



Lighting of tree ushers in holiday season

Story and photos by MC1 Robert Lamb, NAVSTA Public Affairs

Many people believe that the holiday season begins the day after Thanksgiving, when shoppers grab their wallets and wait for the nearest store to open. Not in GTMO however.

As soon as Gina Buzby, wife of RDML Mark Buzby, and Santa Claus flipped the switch, lighting up the Guantanamo Bay (GTMO) Christmas Tree, located across from the Combined Bachelors Quarters (Harbor Lights), the traditional GTMO holiday season started.

Morale, Welfare and Recreation will put on two parades in the coming weeks. The first parade will take place on Saturday, Dec. 1, 6 p.m.

A variety of floats, marchers and other holiday revelers will stroll down Sherman Avenue until they reach the Downtown Lyceum. Special parade guests will include Johnny Grant, Hollywood's Honorary Mayor, along with actress and animal rights activist Stefanie Powers. On Saturday, Dec. 8, the annual Holiday Boat

Parade will take place in and around the bay. During the month of December the Navy Exchange will be having individual sales, where children, women and men will have the opportunity to shop by themselves in order to keep their purchases secret until they are wrapped and given away. On Sunday Dec. 2, 4:30 - 8 p.m. the Hospital Spouses Organization will be hosting a Holiday 'Tour of Homes'. For more information about the 'Tour of Homes' please check out page 4.

Tips offered to increase advancement opportunity

Story provided by Navy Personnel Command Public Affairs

With advancement results released Nov. 16, many Sailors are celebrating, while others look for steps to increase their opportunities during the next advancement cycle.

"Superior performance is still the most important factor in getting advanced," according to Vice Adm. J.C. Harvey, Chief of Naval Personnel (CNP). "The weight of the performance mark average from a Sailor's evaluation promotion recommendation has increased by seven percent. The weight of service-in-pay grade and pass-not-advanced points has decreased by approximately one-half," Harvey said.

"It is extremely important for commanding officers, executive officers, and command master chiefs to communicate with those who did not get advanced this cycle," Harvey added.

According to CNP, one thing the chain of command can do to assist Sailors not selected for advancement is schedule a career development board (CDB). A CDB provides personnel the opportunity to discuss their career progression, the health of

their rating, and their short and long-term goals for the future.

It allows a Sailor and his or her chain of command to review the Sailor's record and identify ways to improve competitiveness in future advancement cycles.

According to the Navy's Center for Career Development (CCD), located at Navy Personnel Command, some questions a Sailor should ask during the board include:

- What can I do to gain more authority and responsibility in my current position to make me more competitive for the next higher pay grade?

- I passed but didn't advance the last advancement exam, what changes can I make to improve my chances next time?

- In order to make me more competitive for advancement and to round out my rating expertise, what should my next assignment or duty station be?

- What can members of this board do to assist me both professionally and personally in order to help me achieve success?

- What is the status of my

rating? Advancement is extremely limited in overmanned rates and Sailors may want to consider a rating conversion to increase advancement opportunities.

Every Sailor should have a mentor and should also look for opportunities to mentor other Sailors who can benefit from their diverse experiences, according to Chief Navy Counselor (AW) Kelly L. Strickland, a career counselor at CCD. A mentor is a trusted counselor or guide who is looking out for the best interests of his or her Sailor. This includes advancement opportunities, but also includes helping the Sailor reach other personal and professional goals.

"It is extremely important to have a mentor," added Strickland. "It's great to have that person in your career to receive information and points of view from."

It's never too early to start planning for the next advancement cycle.

"I suggest that Sailors who did not advance this cycle start studying again," said Strickland. "You should also realize performance carries the most weight in advancement. Look at your last evaluation and improve in the areas you scored less in."

For more information visit, <http://www.npc.navy.mil/CareerInfo/EnlistedCareerProgression/>.

Sailor of The Week



"I feel great because this is my third time and I also am bluejacket for the third quarter", said Nobles. "I was just selected for third class too. I want to thank everyone who has given me advice and is leading me in the right way. It means a lot to me. I thank God for this and for my command."

YN3 Clifford Nobles, NAVSTA Admin.

GUANTANAMO BAY

Gazette

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Scores increase for Sailors with degrees

Story by Ed Barker, Naval Education and Training Command Public Affairs

Recognizing the importance of a strong educational foundation for career progression, Vice Adm. John C. Harvey Jr., Chief of Naval Personnel (CNP), announced on Nov. 8 the introduction of education points into the E4-E6 Final Multiple Score (FMS) for advancement.

Beginning with advancement cycles in August 2008, E3-E5 Sailors will be awarded two points for an accredited associate degree and four points for an accredited baccalaureate degree. For those going before the E7-E9 selection board, education will be recognized by including an emphasis on education in the selection board precepts.

"The implementation of these points towards advancement for E-4 through E-6 and in the precept language for E-7 to E-9 selection, reflects the importance the Navy places on education," said Harvey. "As the Navy continues to develop highly-technical capabilities, Sailors will be called on to perform in new and challenging ways. Adapting to these challenges requires leaders that have strong educational foundations, both professionally and personally."

Documentation is required for degree completion to count towards advancement. Official transcripts that indicate proof of degree completion must come directly from the degree granting institution to the Navy College Center in Pensacola, Fla.

Sailors eligible for advancement to E4-E6 must ensure official transcripts are received by the NCC no later than the first of the month in which their advancement exam takes place.

Transcripts for Sailors competing for advancement to E-7 to E-9 must be received by the Navy College Center by the cut-off dates specified in the corresponding selection board NAVADMIN.



Photo by MC1 Robert Lamb

Official transcripts that indicate proof of degree completion must come directly from the degree granting institution to the Navy College Center in Pensacola, Fla.

"It's always been important to document education in your records," said Cmdr. Sharon Bemis, Naval Education and Training Command (NETC) Voluntary Education Program Manager. "CNP's announcement makes documentation even more crucial. This new policy should give Sailors a greater incentive to validate all of their education records and ensure they have the highest FMS possible toward advancement."

To assist Sailors in pursuing a degree, the Navy has developed an education roadmap that is available through Navy Knowledge Online (NKO). Sailors using the roadmap will first verify their existing academic transcripts contained in their Electronic Training Jacket on NKO. This information is compiled from the individual's Sailor/Marine American Council on Education Registry Transcript.

Once this information has been

verified, Sailors can consult with their local Navy College Officer or the Navy College Center to develop their specific education plan.

"Taking advantage of Navy Voluntary Education opportunities is now more important than ever," said Master Chief Electrician's Mate (SW) Tom Smith, Enlisted Education Coordinator for NETC. "There are numerous programs in place that allow Sailors, whether deployed or on shore, to work toward their degree, and get those advancement points."

The Navy's educational initiatives are designed to support a continuum of learning and development throughout a Sailor's career, including distance learning available in multiple formats almost anywhere around the globe.

Under the Navy College Program, several opportunities are available that give Sailors a head-start in earning their college degree.

A visit to the local NCO is a logical first step to learn about the wide variety of college level examinations available, such as the Defense Activity for Non-Traditional Education Support (DANTES) Examination Program, the College Level Examination Program and the DANTES Subject Standardized Tests program.

In these programs and others, Sailors can take tests in a variety of subjects and receive recommended college credit for each test successfully completed. There are also several college admission tests given through the NCOs, including the Scholastic Assessment Test, and the American College Test assessment program. The Graduate Record Exam may be taken at certain testing sites off-base and DANTES will reimburse the Sailor for the cost of the test. The Sailor must personally fund the test administration fee.

There is a great chance for Sailors to earn college credit for things they already do in their job. Rating-relevant degrees are offered and supported by the Navy College Program Distance Learning Partnerships (NCPDLP), as part of the Service members Opportunity College (SOC).

NCPDLP degrees maximize acceptance college credit recommended for Navy Training and experience as well as credit by examination, and offer distance learning opportunities to complete the remainder of degree requirements.

The Tuition Assistance (TA) program is one of the Navy's most popular educational assistance programs. Through TA, Sailors can apply for financial support to help them complete their college degree.

The Navy funds 100 percent of tuition and mandatory course fees (max of \$250 per semester hour)

See degrees, page 5

Residents open homes for the holidays

Story and photo by MC1 Robert Lamb, NAVSTA Public Affairs

One of the best ways to get into the holiday spirit is to decorate your home or room in bright lights and festive decorations. Even easier, visit someone else's home.

Eighteen Guantanamo Bay (GTMO) residents will open their doors Sunday, Dec. 2 for the annual Naval Hospital Spouses Organization (HSO) 'Holiday Tour of Homes'.

(HSO) gives residents the opportunity to showcase their homes during this special time of year. The organized Holiday Tour of Homes is scheduled to commence on Sunday, Dec. 2, 4:30 - 8 p.m. This year's tour will feature Naval Station Guantanamo Bay's Commanding Officer, Capt. and Mrs. Mark Leary's home at 1101 Deer Point Road, and Commander, Joint Task Force, Rear Adm. and Mrs. Mark Buzby, 101 Marine Site, along with 16 other spectacular homes.

This tour provides a rare chance to sneak a peek at someone else's abode and perhaps come away with some Christmas decorating ideas of your own. Also, it's an opportunity for the community to continue to support the Hospital Spouses Organization.

"This is our first Christmas in GTMO. We are excited to be part of a long standing tradition. Our family is more than happy to open our home to the community," said Rebecca Bayless.

The Bayless' home, located at #4A Caravella Point is a warm and spacious home, sparkling with all sorts of beautiful decorations. Many of the holiday ornaments were collected from various countries in Europe. Another home on the tour is that of W.T. Sampson High School Principal Kathleen Einhorn and her husband at 102 Marine Site.

"Jeff and I decided to showcase our home since we discovered that we're one of the few families on island who celebrate Hanukkah, said Kathleen Einhorn. "We celebrate Hanukkah every year in our home rather than Christmas, although we enjoy participating in Christmas activities with friends. People entering our home will notice the simple blue and white Hanukkah decorations and the collection of Hanukkah menorahs or "hanukkiahs" set



Rebecca Bayless (above) and her husband Maj. Robert Bayless put the final touches on their home located at Caravella Point #4A. Many of the ornaments and holiday decorations, that will be on display, were gathered while being stationed overseas with the U.S. Army.

up for different nights of the holiday. We love the holiday season, and love sharing our celebration with families who may not be familiar with Hanukkah," she added.

According to Annie Horvath, tour organizer, the tour will be conducted in an orderly fashion.


"On each ticket there is an address; this is where you start the tour. At the first home you'll receive a list of participating homes and a map. You decide where you want to go, how many homes you want to see, how long you want to stay."


Your vision is not the only sense that will be activated on the tour, participants have mentioned they are making sure the event will touch all the senses. Some gracious hosts will serve up a bit of holiday

spirits and a few special holiday treats as well. Naval Hospital representatives have said that the Holiday Tour of Homes has become an event people really look forward to around the holidays each year. The community has supported the tour and anyone who's new to GTMO and spending their first year here should come out and get a taste of a real GTMO holiday spirit.

"With GTMO's tropical location it's difficult for many people to get into the holiday mood. The tour is like a shot of holiday adrenaline," said Horvath. "If it doesn't get you in the holiday spirit, I don't know what will." Tickets are \$10 and are available at the NEX Atrium Saturday, Dec. 1, 11 a.m. - 1 p.m.

Tickets still available








Tickets will be sold on Saturday, Dec. 1, at the NEX Atrium, 11 a.m. - 1 p.m.



Photo by MC1 Robert Lamb

Course Completed — 26 U.S. Navy Petty Officer Third Class Selectees recently completed the Center for Naval Leadership Petty Officer Selectee Leadership Course on Tuesday, Nov. 27. On Thursday, Nov. 29 these selectees officially assume the roles of U.S. Navy Third Class Petty Officers.

degrees...

From page 3

for up to 16 semester hours per fiscal year. The \$250 per semester hour (or semester hour equivalent) payment applies only to tuition and mandatory course fees related to course enrollment.

TA does not cover books or other expenses, and this policy applies to all pay grades.

Another Navy College Program designed to help Sailors continue their education while on sea-duty assignments is the Navy College Program for Afloat College Education (NCPACE).

All NCPACE college courses are provided by accredited colleges and universities, and both undergraduate and graduate level courses are available. NCPACE courses are funded by the Navy with the individual Sailor only paying for books.

For additional information on advanced education programs, the best place to start is the local Navy College Office or online at <https://navycollege.navy.mil>.



Sorry to Say Good-bye

As we leave GTMO, moving on to our next station of duty in Mississippi, AJ, Courtney & baby Andrew Jackson would like to express our sincere appreciation to all of our friends and coworkers we have met during our wonderful time here in GTMO. We have made some friendships that will remain with us for the rest of our lives - thank you GTMO Latino family! We would also like to thank Courtney's absolutely amazing Commissary employees for their hard work and dedication - you are THE BEST!!!

Thank you to everyone who made our difficult time during Courtney's emergency MEDEVAC to the States easier and for all of the thoughts and prayers. We will never forget our GTMO days or any of the people we have met. Keep in touch! AJ, Courtney & baby Andrew Jackson

**Religious Services/
Base Chapel**

- Catholic**
Daily Catholic Mass Mon. - Fri. 5:30 p.m. (Main Chapel)
Vigil Mass, Sat. 5 p.m. (Main Chapel)
Sun. Mass, 7:30 a.m. (JTF-Troopers Chapel)
Sun. 9 a.m. Mass (Main Chapel)
Protestant (GTMO Chapel)
Sat. 11 a.m. Seventh Day Adventist Service (Room B)
Sun. 7 p.m. Filipino Christian Fellowship (Room A)
8 a.m. Pentecostal Gospel Temple (Room D)
9 a.m. LDS Service (Room A)
10 a.m. Liturgical Service (Room B)
11 a.m. General Prot. Service
11 a.m. United Jamaican Fellowship (Bldg 1036)
1 p.m. Gospel Service
7 p.m. Iglesia Ni Cristo (Fellowship Hall)
Friday Religious Services
1:15 p.m. Islamic Service (Room C)
7 p.m. Jewish Service (FMI call 2628)

**Religious Services/
JTF Troopers Chapel**

- Catholic Services**
Wed. 11 a.m. Spanish Mass (New)
Sat. 6:30 p.m. Vigil Mass (PPI Chapel)
Sun. 7:30 a.m. Sunday Mass (New)
Protestant (GTMO Chapel)
Sat. 11 a.m. Seventh Day Adventist Service (Room B)
Sun. 5:30 Filipino Christian Fellowship (Room A)
8 a.m. Pentecostal Gospel Temple (Room D)
9 a.m. LDS Service (Room A)
10 a.m. Liturgical Service (Room B0)
11 a.m. General Prot. Service
11 a.m. United Jamaican Fellowship (Bldg 1036)
1 p.m. Gospel service
8 p.m. Iglesia Ni Cristo (Room B)

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VA Benefits: What can your country do for you?

Story by Julia Noreen Adams for LIFELines

“Ask not what your country can do for you - ask what you can do for your country.”

This patriots call so eloquently stated by President John F. Kennedy has been answered many times by courageous men and women who have honorably served in defense of freedom and the American way.

The U.S. Department of Veterans Affairs (VA) is asking those veterans, on behalf of our grateful nation, “Now, what can your country do for you?” While veterans can never be fully repaid for their sacrifice, the VA’s multibillion-dollar programs aim high with an impressive array of benefits to an estimated 70 million vets and their dependants. Jo Schuda of VA Public Affairs estimates that no more than one-seventh of those eligible are actually receiving benefits.

Perhaps that’s because, while many benefits are well known, some require a little research. The VA helps veterans in life with health care, financial compensation, loan guarantees, education, and employment benefits, and in death with life insurance, burial, memorial, and survivor benefits. In 1996, the VA established a health-care plan that emphasizes preventive and primary care as well as including a full range of inpatient and outpatient services. Counsel-



Photo by MC1 Robert Lamb

The veteran’s benefit is \$18,234 annually (paid monthly) and increases to \$21,615 if a veteran has one dependent. The surviving spouse alone is \$11,715 annually.

ing for veterans and their families is an important part of this.

Enrollment applications are available online. The VA also provides nursing-home care and funding for home improvements to provide disabled access.” Aid and Atten-

dance” is an underutilized special monthly pension benefit offered by the Veterans Administration for veterans and surviving spouses who require in-home care or live in nursing homes.

To qualify, a veteran (this includes the surviving spouse) must have served at least 90 days of active military service, one day of which is during a period of war, and must be discharged under conditions other than dishonorable.

The veteran’s benefit is \$18,234 annually (paid monthly) and increases to \$21,615 if a veteran has one dependent. Payment to the surviving spouse alone is \$11,715 annually. Veterans can also access a wide variety of health care resources online at MyHealtheVet.

Medical care isn’t limited to those with a service-connected disability. Any injury or disease that happened or was aggravated during active military service might qualify for a monthly disability payment or other compensation.

Special allowances may be added for each dependant. Full pensions are awarded to veterans with extremely low income to

See VA Benefits, page 7

Diving Secured

Diving will be secured December 4 through 6. The GTMO Dive Locker will be performing critical periodic maintenance on the recompression chamber. “The Navy Diver is not just an operator, but a maintenance technician as well - we repair & maintain a myriad diver’s life support equipment”, says NAVSTA Command Diving Officer NDC(DSW) Castilla, “This down time will provide an excellent opportunity for recreational divers to overhaul their gear as well”

Guantanamo Bay residents participating in recreational diving have (for many years) enjoyed the safety a local recompression chamber provides. However, the 1.2 million dollar, NAVSEA certified, chamber complex does require periodic shut down to ensure all planned maintenance requirements are met. This maintenance period will include gage calibration and high pressure filter replacement. “The alternative to treating a patient locally is Life-Flight from GTMO to Miami; that puts divers at risk of permanent neurological damage due to a delay in treating for arterial gas embolism (sometimes referred to as decompression sickness)”, says NDC, “It’s much safer to just secure diving for a couple of days.”

bring their income to a level that will support basic needs.

Also, sizable grants are available for homes and vehicles that are specially adapted for the disabled. Sailors and Marine career retirees who have their disability payments waived or offset by the VA because they draw a retirement pension may apply under a special program called Combat-Related Special Compensation to receive both retirement pay and payments for combat-related disabilities.

Veterans, service members and unremarried surviving spouses need not be disabled to take advantage of VA loan guarantees. The VA will cosign a portion of a real estate, home improvement or refinanced loan. This benefit ensures equitable treatment, favorable loan terms and a competitive interest rate. The VA works to promote the welfare and dignity of veterans, particularly through education and employment benefits.

The VA helps veterans through three major programs: • The Montgomery G.I. Bill (MGIB) requires a minimal temporary reduction in active-duty pay and then provides a considerable monthly payment for college or any other approved courses or training programs. Its predecessor, the Veterans Education Assistance Program (VEAP), is a dollar-matching program for similar pursuits. • Vocational Rehabilitation offers help in training for, finding, and keeping a job.

The Work-Study program provides part-time employment with the VA while a veteran goes to school.

Further, the VA is the only federal agency that provides substantial direct assistance to homeless veterans and their

family members. The VA life and mortgage life insurance program makes up for the difficulty that veterans often have getting life insurance from private companies because of a service-connected disability. The VA encourages veterans to investigate commercially available policies that may be better buys, especially group policies provided by colleges and employers. When the inevitable occurs, veterans and some family members become eligible for burial in VA-directed national cemeteries. This includes many aspects of burial needs.

Upon request, quality headstones, military funeral honors, Presidential Memorial Certificates and burial flags are also available for burials in private cemeteries. In some instances, the VA will reimburse limited funeral expenses.

Even after a veteran has died, the VA continues to help in the form of survivor benefits. Surviving family members, including some parents, may be eligible for monthly payments, an annual pension, educational and job assistance, home loan guarantees, financial counseling for life insurance beneficiaries and burial benefits. Programs and benefits improve annually.

Details are published each year in "Federal Benefits for Veterans and Dependents." You can download it free, or call (866) 512-1800 to buy a hard copy. Also check out the Retiree Survivors Guide.

To speak to a VA counselor about your individual circumstances, call (800) 827-1000. Additionally, all states offer some form of veterans benefits. Veterans may qualify in the state where they entered the military, left the military, and/or, currently reside.

Clothing Replacement Allowance



Introduction of the Navy working uniform and service uniform will occur over a 24 month period using Navy Exchange Uniform Centers beginning in the summer of 2008. Fleet outfitting will be incremental and start first with the largest concentration areas. Recruit Training Command Great Lakes will begin receiving the new uniforms in the beginning of FY09.

Uniforms should be available to all regions within 24 months of the initial rollout. The uniform introduction approach permits flexibility during the uniform phase in process (To manage resources effectively within existing logistical constraints), ensures the new uniforms conform to fleet standards and requirements, and facilitates the phase out of those uniform items that will be removed from the seabag. During the 24 month phase in period both current and new uniforms will be authorized for wear. To help enlisted Sailors purchase the new uniforms during the phase in period, annual clothing replacement allowances will increase in FY08 and FY09. Drilling reservists (E-1 through E-9), will receive new uniforms through their Navy Operational Support Command. For more information about Task Force Uniform, or to view or download photos, visit www.news.navy.mil/local/tfu.

Todd Fritsch (Country Music) Concert



Tuesday, Dec. 4, 8 p.m., Club Survivor
 Wednesday, Dec. 5, 8 p.m., Windjammer Club
 Thursday, Dec. 6, 8 p.m., Bayview Patio
 Friday, Dec. 7, 8 p.m., Goat Locker.

Holiday Stress and Deployment

Story provided by <http://www.militaryonesource.com>.

The winter holidays can be stressful for anyone, but when your loved one is deployed, they can be especially difficult. You may experience a range of emotions, from worry to loneliness, even anger and disappointment. The holidays may magnify those feelings, but they can also be a time to strengthen your emotional commitment to your service member and your family. If possible, sit down with your deployed service member before your separation to talk about how you will mark the holidays. If you are already apart, discuss your plans through letters, e-mail, or telephone calls. *Get an early start with gifts and cards.*

Depending on where your loved one is stationed, it can take a week or more for a package to arrive from the U.S. Give yourself plenty of time to make or purchase and send your gift so your service member will receive it in time for the holiday. If you have children, ask them to write their gift lists early to avoid last-minute purchases that may put you over your budget. *Record a holiday message.* Borrow a video camera or tape recorder if you don't have one, and record yourself and other family members wishing the service member a happy holiday season. Do this far enough in advance so your loved one receives it in time for the holiday. Include a, "Do not open until . . ." note on the package asking your service member to wait until the day of the holiday to view or listen to the recording. *Be flexible with phone calls.* Calls home are unpredictable, so it's best not to count on a phone call from your service member on the holiday itself. You might want to aim for a call during the week of the holiday instead. If you have a cell phone, arrange for the deployed service member to call that number so you won't miss the phone call if you're away from home. Just be sure to have your cell phone with you (and turned on) at all times.

Surround yourself with people

Look for opportunities to be with family and friends. Get together with others who are in your situation. Being with others who are going through the same thing helps prevent loneliness. *Plan to attend holiday events for families of deployed service members.* You can find out about these by checking with your base's family support center. *If you*

have school-age children, attend holiday school events. Volunteer to help your children's teachers. Even if you aren't able to attend the event, you can bake or help make decorations. *Help organize a holiday party or potluck for families in your loved one's command.*

This will help keep your mind off your loneliness and you will be comforted to be with others who are going through the same thing. *Visit friends or family on the holiday.* If you live far away and funds are tight, ask those who would normally give you a gift to chip in for an airline ticket instead. If you prefer to stay home, invite family or friends to spend the holiday with you. *Volunteer for a good cause.* Collect coats for the needy; help stock shelves at the food pantry; serve a meal at a homeless shelter. Helping others less fortunate than you will keep you busy and will remind you of all you have. Ask your family support center staff about volunteer opportunities in your area.

Reduce holiday stress:

It's easy to get caught up in all you have to do during this time of year, especially if you have always shared the work with your deployed servicemember. Tell yourself you don't have to do everything. It's more im-

portant to take time out to enjoy the season. *Find ways to have fun.* Drive or walk with your family or friends to see the holiday decorations. Give yourself time for activities that make you feel good. Go swimming, sledding, ice skating, or skiing. Go on a nature walk or start a new project. *Get plenty of rest and exercise.* Remember to take care of yourself and keep your energy level high by eating well, staying active, and getting enough sleep. *Prioritize.* Make a list of all the things you need to do and decide which ones are the most important. Do those first. Then if you have time, start on the others. You may not have time for everything on the list, but if you get the important things out of the way, the rest probably won't matter.

Be realistic about what to expect

As the family member of a deployed service member, it's important to be flexible, especially during the holidays. Here are some ways to do that: *Accept that this holiday season will be different.* It's easy to fall into the trap of expecting everything to be perfect, especially around the holidays. *Do something you wouldn't ordinarily do.*

Instead of celebrating the holiday the way you have in years past, make an effort to keep busy in a memorable way. If you have always stayed home on the holiday, this year go to the movies, spend time with friends or relatives, or visit a museum that's open on the holiday. *Keep holiday decorations up until your loved one returns, if it makes you feel better.* Or take them down and put them back up when your loved one returns. Some families celebrate the holidays twice: once on the actual dates, and again when their deployed service member returns home.

However, be aware that leaving decorations up long after the holiday has passed may be an unpleasant reminder of your separation and may make it more difficult to accept your situation. *Prepare yourself for a post-holiday letdown.* Getting through the holidays may not be as difficult as you thought, especially if you keep busy and surround yourself with loved ones. Once it's over and things go back to normal, you may find it difficult to get on with day-to-day life. Prepare yourself for this possibility by keeping your support system in place in January and beyond.



Creature Feature: Yellowfin Tuna

Story, photo provided by José B. Montalvo, Natural Resources Manager, Environmental Department

The yellowfin tuna (*Thunnus albacores*) is a large fish associated with open waters. It is a highly migratory species and is found worldwide in tropical and subtropical waters. Yellowfin tend to school with same size fish and often school with other species of tuna. Larger adult yellowfin in the eastern Pacific often school with various species of the marine mammal dolphin and this association results in the incidental by-catch (and death) of hundreds of thousands of dolphin by commercial fishing interests. You may recall the controversy of the early to mid '80's that resulted in consumer boycotts of tuna and the implementation of regulatory requirements on the commercial fishing industry for 'dolphin friendly' tuna—fish that are taken without killing dolphins.

Yellowfins are usually associated with some sort of shade and are frequently found under trash lines, weed lines, or other floating objects



Recreational anglers spend a great deal of money in pursuit of their pastime and yellowfin tuna are among the most popular saltwater game fish.

which provide shade and foraging habitat for bait fish.

Yellowfins have metallic greenish to black or blue backs with white bellies and sides. There is a gold band running down the length of the fish and the fins are yellow, hence their common name. Their bodies are spindle shaped tapering from the middle to the front and rear. They have two dorsal fins and the second dorsal fin, along with the anal fin, are very large in adults. No other tuna have these extended dorsal and anal fins.

Yellowfins are predators at the upper end of the food chain. They are fast and efficient predators able to reach sustained speeds of over 2 feet per second with bursts of speed up to approximately 67 feet per second. They eat fish primarily, but will also prey on squid, octopus, shrimp, lobster, crab and many other food items including smaller yellowfin tuna. These fish are visual predators and generally feed at the surface during the day although they are known to occasionally feed at night. They do fall prey to larger predatory species including sharks, other fish and marine mammals.

This species supports economic interests as a very important commercial and recreational fishery. So far this year, the US has imported over 112 million pounds of canned tuna in wa-

ter. Recreational anglers spend a great deal of money in pursuit of their pastime and yellowfin tuna are among the most popular saltwater game fish. The International Game Fish Association World Record yellowfin, caught in Mexico, weighed in at 388 pounds, 12 ounces. The Florida record is 230 pounds.

COMNAVBASEGTMOINST 1710.10J sets the limit on yellowfin tuna at 20 inches minimum size and the lesser of 3 per person or 6 per vessel. If you know of a violation call Security at 4105 or VHF channel 73. Report poachers! They are stealing from you.

Save Lids To Save Lives



GTMO Breast Cancer Awareness Collection Drive.

Bring a clean pink lid from the Yoplait Yogurt container and drop it off at the collection box located in the NEX Atrium.

For every lid sent in, Yoplait Yogurt donates 10 cents to the Susan G. Komen Foundation for Breast Cancer.

The deadline is Dec. 14.

Letters to Santa Claus



Children may write Santa Claus and drop off letters at the NEX Atrium by Sunday, Dec. 9.

Downtown Lyceum

Friday, Nov. 30

Enchanted

7 p.m., PG, 107 min.

Beowulf

9 p.m., PG13, 114 min.

Saturday, Dec. 1

No Movie Night

Electric Light Parade

Sunday, Dec. 2

This Christmas

7 p.m., PG13, 119 min.

Monday, Dec. 3

Elizabeth/The Golden

Age

7 p.m., PG13, 119 min.

Tuesday, Dec. 4

Beowulf

7 p.m., PG-13, 114 min.

Wednesday, Dec. 5

The Comebacks

7 p.m., RPG13 114 min.

Thursday, Dec. 6

Enchanted

7 p.m., PG, 107 min.

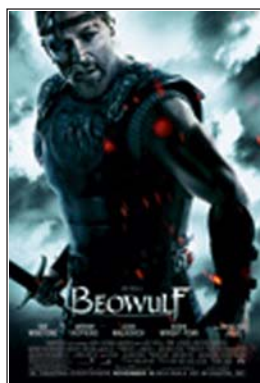
The Comebacks



Comedy and Sports PG-13 114 min
Cast: David Koechner, Carl Weathers, Matt Lawrence and Brooke Nevin.

This spoof comedy follows an out-of-luck coach, Lambeau Fields, who takes a rag-tag bunch of college misfits and drives them towards the football championships. In the process, this life-long loser discovers that he is a winner after all by redeeming himself, saving his relationship with his family and friends, and finding that there is indeed, no "I" in "team"!

Beowulf



Action, Adventure PG-13 114 min
Cast: Angelina Jolie, Ray Winstone, Anthony Hopkins

In the age of heroes comes the mightiest warrior of them all, Beowulf. After destroying the overpowering demon Grendel, he incurs the undying wrath of the beast's ruthlessly seductive mother, who will use any means possible to ensure revenge. The ensuing epic battle resonates throughout the ages, immortalizing the name of Beowulf.

MWR Happenings

ELECTRIC LIGHT PARADE HOLIDAY CONCERT

December 1st, Parade begins at 6pm
 Concert will follow the parade at the Downtown Lyceum. Special Guest Include: Mr. John Grant w/ Stefanie Powers, Kate Limer (The Young and the Restless), Victoria Secret Angels, Kari Turner (JAG) and Skateboarders Mitchie Brusco & Rodney Mullen

TESS'S FUNNY HONEY'S & HOMIES!

Comedy Show, Dec 1st 2130 at Club Survivor, Dec 2nd 2100 at the Windjammer, Nema Williams, Rodney Perry, Joe Wells, Adam Hunter, Frank Lucero, Christina Lopez and Tess Drake

SKATEBOARDING DEMONSTRATION

Dec 2nd at 1pm
 at the Denich Gym Skate Park
 featuring: Mitchie Brusco & Rodney Mullen

FAMILY FUNDAY

Dec. 8 at the Windjammer Pool at 10 a.m. - 3 p.m. Free food and drinks
 Floaties allowed, Iceberg and banana boat provided. FMI Call Tony 2205 or 77262

GTMOMARATHON

December 8th. Run begins at Base Gym promptly at 0530. Individual Runners or Teams of 2 or 4, Runners must sign up by Dec 7th - no sign ups on race day. Participants: Please join us Friday Dec 7th from 1800 to 2000. for a pre-run pasta dinner
 FMI call Audrey at 75576 or LCDR Huff at 72102

CRAFT FAIR

The next Craft Fair will be held December 14th,
 Tables are \$10 Sign up at the Ceramic Shop

GTMO Shopper

For Sale

(2) Yamaha Electric Keyboard, full size 88 keys w/ sustain pedal. \$400. FMI call 77282.

(2) Washer, Dryer, microwave, toasters, irons, laptop cooling pad, and other items. FMI call 77116.

(2) 55 Gallon Saltwater Tank with fish. Sea Clear plexiglass with Eheim Canister filter and Stand. All for \$500. FMI call 3661 or 77788.

(2) Scubata tank 63cu. \$800 OBO. FMI call 3661 or 77788.

(2) 4500 watt gas generator. Started once. \$450. FMI call 79561.

(1) Washer, Dryer, Microwave, toaster, irons, memory and other items. FMI call 77116.

(1) First years 5 in 1 bassinet, bought in June, used only a few times, vibrating motion, sounds, lights. \$75. FMI call 75687.

(1) Buoyancy Compensators: One Lady Hawk BCD-medium integrated \$250, One Ladies Seaquest Balance BCD-small integrated \$100, One men's RAV-DACOR BCD-large nonintegrated \$75, One TUSA Passage BCD-small nonintegrated \$75, One Tusa Liberator BCD-small integrated \$100, One Scuba Pro Glide Plus BCD-medium integrated \$225, One Dacor BCD-large back inflator integrated \$100, One Seaquest Balance BCD-medium integrated \$100. Regulators: One Tusa reg set \$200, One Mares reg set \$125, One Sherwood reg set \$200. All regulators include octo, gauges and compass. 6HP Evinrude Outboard, like new \$600. FMI call 75270.

(1) BCD for sale. Large Dacor Hemisphere BCD. Used twice. \$250 OBO. FMI call 5027 or 5025.

(1) New Mountain Bike w/helmet \$75; Queen pillow-top bed w/box spring \$60; Washer & Drier excellent condition \$300. FMI call 77988 or 9798.

(1) 5 piece light-wood colored bedroom set \$1000; 4 piece dark-wood colored bedroom set \$300; 27" TV \$150; Great condition washer and dryer \$300 and Kitchen corner table \$100. FMI call 9787.

(1) Hewlett Packard Desktop Computer, Includes - CPU, Monitor & Keyboard, Windows XP installed., Approximately 5 years old., Good condition. \$200. FMI call 77621.

(1) One computer desk, one computer chair, never been used, still in the box, want \$80. FMI call 77845.

(1) GE Washer & Dryer in good condition \$ 250 for both. Symphonic

13 Inch. TV \$30. FMI call 77123

Employment

(2) Computer Support Technician: Must Have experience with MS Windows OS, MS Office Suite and basic computer architecture including net-working and wiring; experience with basic troubleshooting techniques; experience with virus protection and computer security techniques; database management skills. Experience in higher education preferred. 10 hours per week. Flexible schedule. To check out the complete job description and/or apply, go to <http://www.ccis.edu>, "Jobs". Call 75555 or contact Melissa Belleman at mabelleman@ccis.edu for more information.

(2) LYNX AIR has vacancy for cargo agent. Training will be provided computer literate and customer oriented. Please send resume to GTMO@LYNX-AIR.COM

(1) Part time Administrative Assistant. 20 hours per week. Maintain current records, and perform functions associated with the day to day operations of the campus. Must be familiar with MS Windows and MS Office applications. Applicants must be familiar with MS Windows and MS Office and are preferred to have advanced computer skills, and some college coursework. Minimum acceptable qualifications include superior organizational and critical thinking skills, the ability to handle confidential information, excellent oral and written communication skills. FMI or to apply, contact Columbia College at 75555.

(1) Columbia College is seeking instructors to teach the following courses: Computer Information Systems, Economics, Geography, History, Humanities, Music, Psychology, Political Science, Sociology and Spanish. Minimum qualifications include a Master's Degree in the related field including courses directly related to the content area. Current workplace experience in an associated field and college teaching experience are highly desired. To apply, contact Melissa Belleman at 75555 or mabelleman@ccis.edu.

(1) Navy Federal Credit Union is seeking a Part Time Member Service Representative. Approximately 32-35 hours per week. Applicants should be flexible, outgoing, and possess a professional appearance. FMI or to submit an application, please visit

www.navyfcu.org and then click on "careers"

(1) Medical Records Technician GS-0675-67, announcement NO: 07-073, salary GS-06 - \$28,562 to \$37,130 per annum. Opening date Nov. 23. Closing date Nov. 30. GS-07 - U.S. Naval Hospital, Patient Admin Dept., Guantanamo Bay, Cuba. FMI call 4101.

Announcements

(2) Navy College Office Notice: The ACT examination will be administered Dec. 11, 8 a.m.. Active Duty and Reservists who need to take the ACT can register with the Navy College Office. In Feb. '05, ACT introduced an optional Writing Test. This exam will not be available at the Navy College Office. Bring military ID and payment (if applicable). Candidates need to arrive no later than 8:15 a.m. Allow 4-6 weeks for score reports.

(2) NAVADMIN 301/07 & Instructions on how to get degree added to SMART. Sailors must ensure transcripts with degree information are forwarded directly from their academic institution to the Navy College Center. Sailor must contact the Navy College Center (NCC) advising them that he/she is having an official transcript mailed to NCC directly from the academic institution for the purpose of adding the degree to SMART. Sailor provides NCC with his/her name; last four of SSN and either e-mail or phone number so that individual can be reached should there be any questions. NCC@NAVY.MIL Toll free 1-877-253-7122, DSN 922-1828, Commercial 850-452-1828.

(1) PTO Meeting. Tues., Dec. 11, 6p.m. PTO Room at the Elementary School (A Wing). FMI call 75654.

(1) House for Rent., 1051 Beckingham Dr, St Augustine Florida. About 30 miles from NAS Jacksonville and 29 miles from A1A Beach). 4 Bedroom/ 2 Baths. 1 Year lease at \$1150/month. FMI call 77000.

Vehicles/Boats

(2) 1989 Dodge Dakota Pick-up, \$2200 OBO. FMI call 77001 or 72626.

(2) 1989 Jeep Cherokee 4x4 manual transmission, new master and slave clutch cylinder recently added, runs great \$2,500 OBO. FMI call 77946.

(2) 1992 Mustang, good condition, A/C, blue green, \$2500 OBO. FMI call 78371.

(2) 12 ft Vhull boat. Registered. 40 hp engine. \$2,000 OBO. FMI call 2345.

(2) 1989 Jeep Cherokee 4dr manual

transmission, new master and clutch cylinder just added, great condition. \$2,500 OBO. FMI call 77946 or 74389.

(2) 2004 Bajaj Cheetak Scooter, 150 CC, manual transmission. Excellent running condition, comes with helmet, goggles, spare tire, & tool kit. \$2,000. FMI call 77911 or 5195.

(2) 14ft Fiberglass boat w/2005 Mercury outboard engine. Great bay boat for inshore fishing and diving. Well maintained. \$3700. FMI call 3661 or 77788.

(2) Yamaha Wave Runner III Jet Ski with Shorelander Trailer. Runs great and in very good condition. \$3800. FMI call 3661 or 77788.

(2) Minnkota Endura 30 electric trolling motor. \$90 OBO. FMI call 77788 or 3661.

(2) 14ft fiberglass boat custom built for fishing. Fully loaded turn-key w/ 2006 Yamaha 40hp OB. \$8,300. FMI call 84040.

(2) 11 ft. Achilles' inflatable boat. W/ 7.5 Evinrude motor. All accessories included. Great for exploring the bay. \$1,000. FMI call 79561.

(1) 18.5 foot Center Console Boat. Has VHF "Ray Marine" band radio, new never used Hummingbird 300 w/ GPS chart plotter depth finder, 9hp kicker motor, trailer, 115hp Evinrude outboard engine recently serviced, pole holders, safety equipment, cup holders, cushioned seats, anchor, trim tabs, new compass. Great dive and fishing boat. \$7000. FMI call 75270.

(1) 1987 Chevrolet Astro Van, V6 engine. Set up for dive gear. \$1350 OBO FMI call 75270.

(1) Jet-ski w/ trailer \$2000 and 2003 Dodge Neon RT 40k \$8000. FMI call 9787.

(1) 1990 Nissan Sentra. New Tires, brakes, and Oil/Filter. Runs excellent and great on gas. \$1700 OBO. FMI call 77222.

Lost

(1) Lost underwater digital camera last Saturday while diving at Kittery Beach. A small reward for anyone that may turn it in. FMI call 77241 or 4409.

Wanted

(2) I want to purchase a working FAX machine and a couch with recliner. FMI call 77716.

Yard Sales

Dec. 1 — Caribbean Circle, #24C, 7-10 a.m.



Picture provided by Ms. Lupe O. Beltran

No one does it better — *The Ladies' Captain's Cup Volleyball team, "Slamming Sisters", won both the Captain's Cup and the final tournament to remain undefeated throughout both leagues. Members' of the "Slamming Sisters" are: Captain and Coach, Lupe Beltran; Sarah Stannard; Audrey Chapman; Terry Harris (not in picture); Deyen Greene; Natalie Thomas; Shameeka Jones and Lisa Peterson.*



Picture provided by Ms. Lupe O. Beltran

Top of their game — *Congratulations go out to the men's Captain's Cup Volleyball Champions. "PPI" members include: Captain and Coach, Dileep Devakaran; Anu Kuriakose; Jayakumar Sivadasan; Shijo Chacko; Somadas Prabakaran; Rakundan Madavan; Daglus B. and Sikandar Rai.*

New Year Overnight Softball Tournament

Jan. 12 - 13, 6 p.m.
until Sunrise at Zaiser
Field. Rosters due
Jan. 11. POC:
Karissa Sandstrom,
Tournament Director,
email:



sandstromk@stgmnava.mil
or karissa241974@yahoo.com Lori
Wills, Fitness Sports Assistant, email:
lori.wills@usnbgmtmo.navy.mil FMI call 77262
or 2113.



Picture by MC1 Robert Lamb

Soccer kicks off new season — *W.T. Sampson High School Senior, Joshua Blood, carefully maneuvers the ball downfield during a Captain's Cup Soccer match on Saturday, Nov. 24. The Captain's Cup Soccer season is in full swing, so come out and enjoy a night of soccer at Cooper Field.*