

## National American Indian and Alaska Native Heritage Month

*Provided by Department of the Interior, Bureau of Indian Affairs*

The nation will take pause during November to recognize the patriotism and cultural heritage of Native Americans.

Throughout our nation's history, American Indians and Alaska natives have served with honor in the military. From scouting for Gen. George Washington to charging up San Juan Hill with Theodore Roosevelt's Rough Riders; from the trenches of World War I to the beaches of Iwo Jima, these professionals contributed significantly to both our national security and to our freedom. During the 20th century alone, five Native Americans earned the Medal of Honor.

What began at the turn of the century as an effort to gain a day

of recognition for the significant contributions the First Americans made to the establishment and growth of the United States has resulted in the month of November being designated for that purpose. One of the early proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian who was the Director of the Museum of Arts and Science in Rochester, New York. He persuaded the Boy Scouts of America to set aside a day for the "First Americans," and for three years the Scouts adopted such a day. In 1915, at the annual Congress of the American Indian Association meeting in Lawrence, Kansas, a plan celebrating Ameri-

**Continued, Page 3**



Photo by MC1 Bob Lamb

*A group of Native Americans (pictured here) performed and educated GTMO residents through song and dance last November.*



Photo by MC1 Robert Lamb

**Happy Thanksgiving GTMO**  
— More than 500 residents of Guantanamo Bay took advantage of a great Thanksgiving meal at the Leeward, Seaside and Gold Hill Galleys on Thursday, Nov. 22. The Food Service staff managed to cook 1,077 lbs. of Turkey; 997 lbs. of Beef and 255 lbs. of Ham. For dessert they prepared more than 68 pies, that included Apple, Pumpkin and sweet potato. Don't forget all the fixins.

# GWOT support for future assignments

Story by MCC(SW) Maria Yager, Navy Personnel Command Public Affairs

More predictability for Sailors is the goal as the Navy transitions from individual augmentee (IA) assignments to Global War on Terrorism Support Assignments (GSA), announced Chief of Naval Personnel (CNP) in November.

"The more I talk to Sailors around the fleet the more I'm convinced Global war on terrorism Support Assignments is the right thing to do. I look forward to pressing ahead on this plan," said Vice Adm. J.C. Harvey, CNP, who released the latest GSA NAVADMIN 297/07, Nov. 7, to provide an update on the transition.

The Navy first introduced the GSA detailing concept in June 2007, via NAVADMIN 147/07.

This process allows Sailors to negotiate for an IA when it fits their needs. Eventually it will replace the need to pull Sailors from other assignments mid-tour in order to fill an IA, according to Rear Adm. Sonny Masso, Deputy Chief of Naval Personnel.

"We're done studying the issue. We've tested enough billets to make sure the system will work. It's time to move out and make this happen," added



Photo by MC1 Robert Lamb

***The plan allows Sailors to negotiate eight-month or 14-month PCS orders to an Expeditionary Combat Readiness Center (ECRC) for an assignment in theater in support of GWOT.***

Masso.

The plan allows Sailors to negotiate eight-month or 14-month PCS orders to an Expeditionary Combat Readiness Center (ECRC) for an assignment in theater in support of GWOT, according to Master Chief Sonar Technician Surface (SW) James Stone, head, enlisted GSA detailee.

In addition to billets in Iraq and Afghanistan, GSA detailing will also cover assignments to the Horn of Africa, Kuwait,

Bahrain, Germany, South America, Cuba, Kosovo, Philippines, and even stateside duty in Tampa, Fla., and Arlington, Va.

"The feedback from the Sailors I've detailed has been positive so far. They get to choose where and when they go, and

it helps commands because they don't have to choose what Sailors they are going to send," said Stone.

Currently Information Systems Technician, Master-at-Arms, and Yeoman are the most in-demand enlisted ratings, added Stone. However, Sailors with comparable skills sets from other ratings may also volunteer, said Stone.

To date, more 372 Sailors have negotiated orders to an ECRC for GSA, which coordinates and supervises Sailors' pre-deployment training before sending them in theater.

Approximately 1,500 enlisted GSA billets are currently available on Career Management System-Interactive Detailing, the program enlisted Sailors use to apply for orders.

The Web address is <https://www.cmsid.navy.mil> Billets are listed under the category code 90GS. Officers can contact their detailee directly for information on GSA billets.

GUANTANAMO BAY

## Gazette

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Commanding Officer.....Capt. Mark M. Leary  
 Executive Officer.....Cmdr. Sylvester Moore  
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## Earning Extra Points

**NAVADMIN 301/07 Education Points, says E-4-E6: will be given 2 pts for an Associates degree, 4 pts for Baccalaureate degree (pts rewarded for highest degree held).**

**E-7 - E-9: no pts; emphasis on education in Board precepts. Sailors must have official College Transcripts sent directly to the Navy College Center, PCOLA, NLT 1st month in which adv. exam occurs.**

**FMI call 2227.**

# National American ...

From page 1

can Indian Day was formally approved. The Association directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to set aside a day of recognition. Rev. Coolidge issued a proclamation on September 28, 1915, which declared the second Saturday of May as American Indian Day and contained the first formal appeal for recognition of American Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfeet Indian, rode horseback from state to state, seeking approval for a day to honor American Indians. On December 14, 1915, Red Fox James presented the endorsements of 24 state governments to the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day to be celebrated in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated

Columbus Day as Native American Day, but it continues to be a day we observe without any legal recognition as a national holiday.

In 1990 President George Bush approved a joint resolution designating November 1990 as "National American Indian Heritage Month." Similar proclamations have been issued each year since 1994. National American Indian and Alaska Native Heritage Month is celebrated to recognize the intertribal cultures and to educate the public about the heritage, history, art, and traditions of the American Indian and Alaska Native people. The Creation of National American Indian and Alaska Native Heritage Month A Brief History Source: Department of the Interior, Bureau of Indian Affairs.

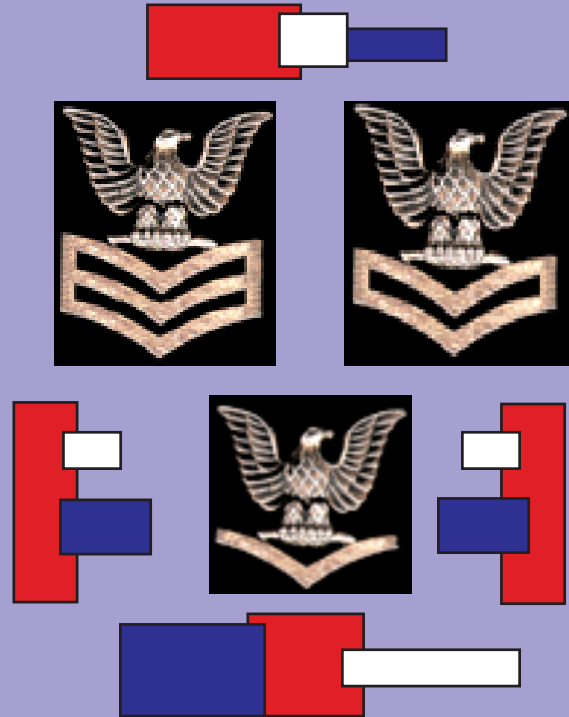
Commands are encouraged to observe National American Indian and Alaska Native Heritage Month through educational programs, exhibits, publications, and participation in military and community events that recognize the diversity of our American-Heritage. FMI visit [www.pers-net.navy.mil/PERS00H/OB-SERVAN-CES.HTML](http://www.pers-net.navy.mil/PERS00H/OB-SERVAN-CES.HTML).



Photo by MC1 Bob Lamb

**What a night** — *Saturday, Nov. 17, W.T. Sampson High School held its annual Homecoming Dance. Jason Perez and Katie Whitaker were chosen as the 'King and Queen of the Homecoming Dance. Congratulations to you both!*

## The results are in!



**Navy-wide there were 22,467 active-duty and full-time support sailors being advanced to petty officer third, second and first class from the fall advancement cycle. Here at Naval Station Guantanamo Bay, 26 advanced.**

- |                      |                        |
|----------------------|------------------------|
| YN3 Yamil Candelario | YN3 Clifford Nobles    |
| MA3 Michael Barnum   | MA3 Michael Burdette   |
| MA3 John Cameron     | MA3 Matthew Carlin     |
| MA3 Thomas Dunams    | MA3 Andrew Elston      |
| MA3 Matt Kolosovsky  | MA3 Nathan McCain      |
| MA3 Patrick Medeiros | MA3 Daniel Nolan       |
| MA3 John Piersa      | MA3 Richard Russell    |
| MA3 Randal Shaeffer  | MA3 Richard Stephens   |
| MA3 Tim Tedrow       | MA3 Rebecca Wolfbrandt |
| AE2 Joseph Glueckert | MA2 Brandon Malone     |
| MA2 Matthew Vollmer  | GM1 Gary Jones         |
| GM1 Brandon Maye     | IT1 Jason Silvas       |
| MA1 Jason Terry      | BM1 Andrew Rolonviera  |

The POSLC formerly known as PO-INDOC for Sailors advancing to Petty Officer Third Class from the Sep '07 exam cycle will be held on Nov. 26 & 27. Location is Building 2144 (Bulkeley Hall) Classroom B/C.

The class will be 1.5 days long. The class times are 7:15 a.m. - 4:30 p.m. on the first day. Second day will be from 7:15 - 10:45 a.m.

# Navy to fund professional credential exams for Sailors

Story by Ensign Jan Shultis, Center for Information Dominance Public Affairs

Sailors pursuing occupational credentials can now receive funding to pay for approved credential exams, according to NAVADMIN 293/07, released in November.

By using Navy Credentialing Opportunities Online (COOL), Sailors can see how they can earn civilian certifications and licenses based on their ratings and jobs.

"COOL offers Sailors tremendous opportunity of having the Navy fund the entire cost of exams for credentials closely aligned with their Navy jobs and training," said Vice Adm. John C. Harvey, Chief of Naval Personnel.

The Navy is funding approximately 14,000-16,000 credentials this year. The Navy may issue a pre-paid voucher or reimburse costs associated with credential exams, as well as renewal and maintenance fees, provided funding is available.

Some occupations have certain professional and technical standards. The process of meeting

these standards and earning official recognition (in the form of credentials, licenses or certificates) is called credentialing.

The Navy's credential program is designed to further develop the personal and professional capability of the total Navy force, thus enhancing force readiness. Credentialing offers new, non-traditional training to enhance individual's capabilities and improve force readiness through workforce initiatives.

"The COOL Web page went live in July of 2006 and it's a great tool giving Sailors comprehensive information on how to obtain credentials and apply for funding," said Harvey.

Currently, more than 1,500 occupational credentials have been identified as having a strong correlation with Navy jobs that qualify them for exam funding.

The program is being administered on a first come, first served basis, with funds being released

each quarter of the fiscal year. This will ensure availability of funds during the latter part of the year for Sailors who were not able to participate earlier due to deployments or other constraints.

Capt. Connie Frizzell, program manager for the Navy Credentialing Program and commanding officer for the Center for Information Dominance, said the new funding policy will enable more Sailors than ever to achieve their educational and professional goals.

"The strong usage statistics on Navy COOL indicate that Sailors are very interested in taking advantage of credentialing opportunities to build their professional qualifications," Frizzell said. "The new funding policy will make credentialing even more appealing, and is a significant step forward in the professionalism of our Navy workforce. We're presenting Sailors with another key to career success that will benefit them

while they're serving in the Navy and beyond."

Credentialing is important for several reasons; federal, state, or local law may require specific credentials to legally perform some jobs; employers may choose to hire only employees who have certain credentials, or to pay those employees more; credentials may improve an employee's prospects for promotion; credentialed service members demonstrate to prospective civilian employers that their skills are on par with their civilian peers; and civilian credentialing can contribute to military career development, and may be accepted for self development requirements and in performance evaluations.

For more information, log on to Navy COOL at <https://www.cool.navy.mil>. Navy funding information is available on the Cests and resources page.



Photo provided by AT1 Matt Murcin

**Good Deed** — *Members of the Guantanamo Bay First Class Petty Officers Association (FCPOA) recently flew up to Jacksonville, Fla. to purchase and then donate toys to the Wolfson Children's Hospital. \$2,000 was raised by the FCPOA back in Aug. Target and Wal-Mart were very helpful in supporting the FCPOA as they bought toys for infants up to late teens. The FCPOA members that went present at the hospital during this good deed were AT1 (AW/SW) Murcin; ET1 (AW/SW) Schiltz; MA1 Paramore; MA1 Craig Alley; MA1 (SW) Karetta Chambers and MA1(PJ) Carlo Miller. "The hospital staff was blown away by how much we bought, said Murcin. "We could not have accomplished this without the participation of all FCPOA members and the GTMO community," he added.*

# Hole in one for GTMO!

Story by MC1 Robert Lamb, NAVSTA Public Affairs

Due to the recent rainy weather patterns affecting Guantanamo Bay (GTMO) in the last few weeks, a dark cloud of disappointment has surrounded the morale and recreation of many golfers here. The men and women who utilize the course, sometimes on a daily basis, are going into tee-off fever. They want the rain to stop and wish to get back on the links as quickly as possible.

But a bright future lies ahead in the form of a donation from Callaway Golf Company, to the men and women serving their country in GTMO. Boxes after boxes of all sorts of different size clubs were sent down to GTMO from Callaway, one of the largest producers of golf clubs in the world.

Whether you're an amateur or a self proclaimed novice golfer, this donation goes directly to the men and women serving in this area of operations. This donation alone should brighten any golfer's day.

Soon after receiving the clubs from the barge, John Tully, Morale, Welfare and Recreation (MWR), Golf Course Manager, said WOW! "This is really a generous donation and will really help promote GTMO golf to our servicemembers who are stationed here."

At the present time MWR personnel are inventorying each box of clubs that arrived, and eventually will order Callaway Golf Bags so that all active and reserve military personnel who don't have clubs can play for free.

"The clubs were not provided to us as full sets but rather as individual clubs, said

Tully. "For instance, there are a large number of drivers but no number three woods included in the donation. We're in the process of determining which irons and woods will be required to finish out full sets. The Callaway clubs will be checked out free of charge to our active duty personnel when they come to play golf. Club rental fees will no longer apply to our military personnel. Civilian personnel will be able to rent clubs for the current \$5 fee, but the Callaway clubs are for military use only."

The Callaway Golf Company has been donating non-current Callaway Golf equipment to deployed military personnel around the world since the war on terrorism began. The effort is part of "Callaway Golf Operation Cares" initiative and is intended for the general morale and welfare of the men and women in all military branches.

According to Callaway Golf Company, in 2006, Callaway Golf sent \$656,755 worth of products to 29 different military groups. Thus far in 2007, the Company has sent \$231,599 worth of equipment to 10 different organizations and now to GTMO.

This is all great news for servicemembers, but there always seems to be a catch when good news arrives and the catch now is the weather.

"The course still has a great deal of standing water throughout and it will be difficult to have lawn mowers cut the course until it dries out some. The greens will be kept mowed for those people who desire to walk the course, but the cart paths have sustained a good deal of erosion and will

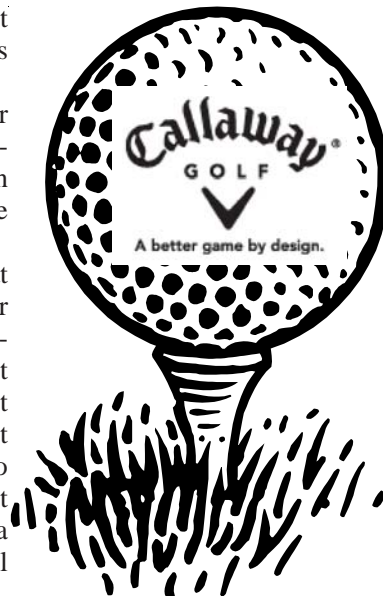
require grading as soon as it can be arranged, said Tully.

"The number 5 green was under water and has sustained a good deal of damage. All in all we would like to have the course back on line within a couple of weeks. Of course that will be contingent on the weather," Tully said.

Other examples of service-members and commands who benefited from these generous donations are Marines stationed at Camp Pendleton Marine base, located just a few miles from Callaway Golf headquarters in Carlsbad, California. Once they were accepted the golf donations were forwarded to the First Marine Expeditionary Force in Iraq. In September of 2006, while stationed in Iraq, the army's Wolfhounds received equipment and distributed it to two platoons.

Thousands of other military personnel stationed around the world have received golf equipment as well.

"We can't thank Callaway enough for their support of Combat Golf at GTMO," added Tully.



## 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)

## Ombudsman Corner

**Steve Doherty (Retired Steve)**

NAVSTA Ombudsman  
Phone - 77239

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011-5399-84882

comm.

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**Machele Friend**

Navy Expeditionary  
Guard Battalion  
Ombudsman

State-side Liaison  
*ladysgotshuz@cox.net*

# Special programs for military spouses

Stories provided by *Military OneSource*

**H&R Block Military Spouse Scholarship:** Military spouses are eligible to receive a full scholarship for a H&R Block Income Tax course. Interested spouses may also interview for employment with H&R Block after the successful completion of the course. The program does not require any previous training and it is open to active duty and reserve military spouses. For complete details and program information, contact your local H&R Block office at 1-888-412-7880.

**Military Spouse Occupational Study:** The RAND Corporation is a private, nonprofit, public policy research institute that is conducting research for

the office for Military Community and Family Policy in the Office of the Secretary of Defense. We have been asked to study the occupational choices of military spouses, with emphasis on occupations that are perceived to be complementary to military life. We will also recommend actions to support military spouse employment. As part of the study, RAND is conducting interviews with military spouses.

We understand that all spouses of military service members face significant choices and issues related to their careers. Unfortunately, this study's sample must be limited in scope, which precludes the participation of some

spouses. These choices are not based on perceived importance. They reflect the limited scope of an initial research effort. We hope that future research can address issues facing a broader range of military spouses.

We are looking for interview participants with the following characteristics: 18 years or older; Female; Married to an enlisted Active Duty servicemember in the Army, Navy, Air Force, or Marine Corps; Currently employed in one of the following career fields: Nursing (e.g. RNs, LPNs, home health aides, nursing aides); Education (e.g. teachers, teacher aides, professors, lecturers); Financial/Accounting

(e.g. accountants, bookkeepers, auditors); Information Technology (e.g. computer programmers, software technicians) and Currently residing in the United States.

**Spouses To Teachers Scholarship:** Western Governors University is offering a \$300 scholarship to spouses of active-duty military personnel who enroll in their Spouses To Teachers program. The scholarship is renewable each 6-month term to a maximum value of \$1,500. Visit *Western Governors University* to find out more details and to apply.

## It's never too late to get your shots

Story provided *HM2(SW) Toni Grizzelle, Naval Hospital Guantanamo Bay*

I don't like shots! I'm afraid of needles! Don't they have this in a pill form? Well, anything you ever wanted to know about the 'Flu' is in this article, even how to get one.

Many people received their annual flu-shots last week, administered by Naval Hospital Guantanamo Bay (GTMO) personnel at the Windjammer Ballroom, without a wimper. And if you missed your shots you are still in luck. The medical staff stationed in Guantanamo Bay (GTMO) is willing to give flu-shots; all you have to do is get down to the hospital during normal working hours and you'll be fine.

Many people have misconceptions about the flu. I can't get the flu, I'm in GTMO! It doesn't get cold down here so why would I get the flu? I haven't got the flu in years, I'll pass! With so many misconceptions the Naval Hospital would like to put them to rest.

What is the flu? Influenza is a respiratory infection that produces fever, chills, sore throat, muscle aches and cough that lasts a week or more. The flu can be deadly for the elderly and those with compromised immune systems or who are suffering from diabetes, kidney dysfunction and heart disease. Each year, about 36,000 Americans, mostly in these high-risk groups, reportedly die from flu complications

such as pneumonia.

What is the flu vaccine? There are two types of vaccines: The "flu shot"—an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine — a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for "live attenuated influenza vaccine" or FluMist®). LAIV (FluMist®) is approved for use in healthy people 2-49 years of age who are not pregnant.

Each vaccine contains three influenza viruses—one A (H3N2) virus, one A (H1N1) virus, and one B virus. The viruses in the vaccine change each year based on international surveillance and scientists' estimations about which types and strains of viruses will circulate in a given year.

Why should I get vaccinated? Like all vaccines, the flu vaccine only gives a temporary immunity to the virus strains or closely related virus strains contained in the vaccine. The only way to get natural and permanent immunity to a strain of flu is to recover naturally from the flu. However, because the vaccine only pro-

vides a 70-80% chance of temporary immunity to selected strains and those strains may or may not be prevalent each year, doctors say you have to get a flu shot every year.

Who should get vaccinated? In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, it is recommended that a certain group of people get vaccinated each year.

Those people who should get vaccinated each year are: People at high risk for complications from the flu, including: Children aged 6 months until their 5th birthday, pregnant women in their second or third trimester, people 50 years of age and older, and people of any age with certain chronic medical conditions; people who live in nursing homes and other long term care facilities.

People who live with or care for those at high risk for complications from flu, including: Household contacts of persons at high risk for complications from the flu (see above) Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated) and Healthcare workers.

Who should not get vaccinated? There are

*See Shots, page 8*

# Naval Safety Center launches Holiday Driving Campaign

Story by April Phillips, Naval Safety Center Public Affairs

The Naval Safety Center (NSC) will launch a Web-based holiday safe driving campaign in November.

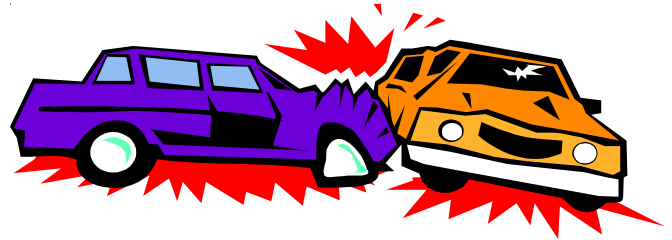
Last holiday season NSC predicted that 14 Sailors and Marines would die in private motor vehicle (PMV) mishaps between Thanksgiving and the New Year. Sadly, 20 lost their lives. This year, NSC is launching a new safe driving campaign called "Surviving Driving: Holidays '07" with tools to help service members navigate the highways safely.

"The holidays are a time to celebrate with loved ones, but they are also a time of increased risk," said Marine Col. Mark Vanous, deputy commander of NSC. "More of our Sailors and Marines are on the highways during this time

and many are driving long hours to get to their destinations, which increases the odds that tragedy may strike. Risk management can make the difference between coming back to work safely after the new year or winding up as a statistic."

"Surviving Driving: Holidays '07" is a Web-based campaign that will be available to the fleet in time for the long Veterans Day weekend November 9-12. It will run through New Year's Day. Available resources include presentations for holiday safety stand downs, informative articles for command and base newspapers, a safe driving flip guide, videos, posters and more.

"Our goal at the Naval Safety Center is to provide Sailors and Marines with the resources they need to avoid mishaps both on and



off the job. Safety plays a huge role in fleet combat readiness and this safe driving campaign is part of our commitment to keeping the Navy and Marine Corps ready to do the job entrusted to us by the American people," Vanous said.

While PMV deaths may seem unrelated to combat readiness, the loss of a trained and ready Sailor or Marine impacts his or her unit and the fleet as a whole. During the holidays, fatigued driving and driving under the influence of alcohol increase and they are both major causes of traffic fatalities. Another danger related to the season is driving unreasonable distances without taking breaks.

Master Chief Petty Officer of the Navy (SW/FMF) Joe Campa Jr. said he understands why Sailors rush to start their holiday leave

period, but said there's no excuse for taking unnecessary risks.

"I know what Sailors are thinking when they get in those cars. They want to get home. They want to get the kids to the grandparents. They want to enjoy the holiday as quickly as possible. But get there safely. One lapse of situational awareness could mean the very worst," Campa stressed.

The "Surviving Driving: Holidays '07" campaign material is intended to provide leaders with the tools they need to educate their young Sailors and Marines. These tools will be updated throughout the holiday season, so NSC recommends checking back often to take advantage of the resources. Visit [www.safetycenter.navy.mil](http://www.safetycenter.navy.mil) to download safe driving materials.

## Sailor of The Week



*"I'm pleased by the command recognition and of the importance of my work, and especially of the work that my fellow Security Department personnel do. This is something I'll think of with pride while I'm on patrol," said Le.*

**MASA Thuyvy Le, NAVSTA Security Department**

## Clothing Replacement Allowance

In the next few issues of the Gazette there will be information in regards to the new Navy uniforms. Especially allowance information, uniform regulations and policy changes.

For future information about Task Force Uniform or the FY-08 and future FY-09 increases in clothing replacement allowances associated with the introduction of new Navy uniforms (Physical Training Uniforms (PTU), E1 - E6 Service Uniform (SU) and Navy working uniform (NWU)) check out [www.http://www.npc.navy.mil/CommandSupport/USNavyUniforms/TaskForceUniform/](http://www.npc.navy.mil/CommandSupport/USNavyUniforms/TaskForceUniform/)

Stay alert to NAVADMIN messages and the Gazette: A Navy in which Sailors are afforded a set of uniforms which present a professional appearance which recognizes naval heritage and offers versatility, safety, ease of maintenance, and storage, comfort, utility and cost-effectiveness.

# Reminisce about the old times

Story by MC1 Robert Lamb, NAVSTA Public Affairs

Have you ever wondered what happened to your old shipmate or thought, "What ever happened to what's her name?" After years of being apart, people just fade away never to meet again. Then all of a sudden you read in some military periodical that the (CV 59) USS Forrestal or the VP squadron that you were stationed in years ago is having a reunion and the organizers want you to attend.

It may be hard to stay in touch with everyone you wish to, but now things just got a little easier. The Naval Station Guantanamo Bay, Official Guantanamo Bay Association recently started and they want anyone who has been stationed, resided or worked in GTMO for more than six months to check out their website at: <http://www.git-mobay.org>

A few years ago a man decided to search out and meet up with as many people as he could who had been stationed or lived in GTMO. After that initial meeting, a small number of people started to hold informal reunions around the United States and within a few years the approximately 30 members turned it into an official association.

During the 2007 Fort Mitchell, Kentucky reunion a business meeting was held and the Guantanamo Bay Association was formed. Officers were appointed for a 3 year term and they are as follows: President, Shelia Evans; Vice President, John Kellett; and Secretary, John Durrett. Cost is \$25 a year to join and reunions are held around the same time of each year, October. The 2008 reunion is tentatively scheduled for Jacksonville, Florida.

"The common theme that we all have is that we all enjoyed our time down here at (GTMO)", said Mike Warman, Treasurer, Guantanamo Bay Association. "I just really cherish the memories of living in GTMO. At one of the reunions I met a man who was stationed down here the same time my family and I were here and we didn't know each other at the time, but that's some of the people you run into. I always meet someone who was stationed or lived in GTMO", added Warman.



U.S. Navy Photo

*This photo of the Navy Exchange, circa 1970, is the one building that many people never seem to forget.*

Warman was stationed in GTMO between 1969 and 1973 as a U.S. Navy First-Class Torpedoman.

The main focus of this association is for people to get together once a year, nostalgically reminisce about their old

GTMO days, fondly remember their old shipmates and friends and bring each other up to date on what has happened to each of them since they went their separate ways.

## Flu shots...

### From page 6

some people who should not be vaccinated without first consulting a physician. These include: People who have a severe allergy to chicken eggs; people who have had a severe reaction to an influenza vaccination in the past; people who developed Guillain-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine previously; influenza vaccine is not approved for use in children less than 6 months of age and people who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

What are the side effects associated with the flu shot? The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that could occur are: Soreness, redness, or swelling where the shot was given; fever (low grade) and aches.

If these problems occur, they begin soon after the shot and usually last 1 to 2 days.

LAIV (FluMist®): The viruses in the nasal-spray vaccine are weakened and do not cause severe symptoms often associated with influenza illness. (In clinical studies, transmission of vaccine viruses to close contacts has occurred only rarely.)

In children, side effects from LAIV (FluMist®) can include: Runny nose; wheezing; headache; vomiting; muscle aches and a fever. In adults, side effects from LAIV (FluMist®) can include: Runny nose; headache; and sore throat or cough.

More information on Influenza and Influenza vaccine can be found at [www.cdc.gov](http://www.cdc.gov). For information on Flu vaccinations, please contact Preventive Medicine at 72990 or the Naval Hospital's Immunization clinic at 72036.



# Creature Feature: Giant Land Crab

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

The Giant Land Crab (*Cardisoma quahumi*) is seen frequently around GTMO. This is the same crab seen throughout the Caribbean because the species is circum-equatorial (found around the general region of the equator). Giant Land Crabs can also be found in South and Central America, Puerto Rico, Florida, and coastal areas of the Gulf of Mexico.

This crab is primarily terrestrial but needs the sea for reproduction. Male crabs court the females according to seasonal weather patterns and moon phase. Females carry the eggs externally and then must release them in salt water for the larvae to survive. Spawning is generally completed with a migration from the land to the sea within 1 or 2 days and is associated with a full moon. The time frame for successful spawning requires adult crabs to remain within 3 – 5 miles of the ocean even though they spend most of their adult lives on land. Once the eggs hatch, larvae are at the mercy of the currents to keep them in tropical/subtropical waters. Larvae must complete 5 larval stages and 1 post-larval stage

in waters above 20 degrees Celsius. Below this temperature, the metamorphosis into adulthood is impeded. This is the basic reason these crabs are found in tropical and subtropical regions.

Giant Land Crabs live most of their lives in burrows they excavate to avoid dehydration during the day. They come out at night to feed. These crabs grow slowly compared to most other crabs. The majority of crab species are full-grown after 20 molts (shed skin) though; Giant Land Crabs require more than 60 molts. In spite of this growth rate, they can reach 11 cm and weigh up to 500 grams.

Giant Land Crabs are primarily vegetarians, although they are known to eat carrion and even to cannibalize other crabs. In Florida and other areas, these crabs are considered pests due to their habit of burrowing in lawns and gardens and eating fruits and vegetables planted for human consumption. Also, in the old days of bias ply tires, these crabs were responsible for numerous flats contributing to their reputation as pests. Large



***Giant Land Crabs are primarily vegetarians, although they are known to eat carrion and even to cannibalize other crabs.***

numbers of migrating crabs were run over as they crossed roads and flat tires were a fact of life. Ironically, in other areas, these crabs are commercially exploited in some countries and Giant Land Crab populations are diminishing.

Whether the Giant Land Crab is considered a pest, a delicacy, or neither, the species deserves conservation. If excessive numbers are destructive to the human or natural environment, conservation may require reducing the population to manageable numbers as is

done with Hutia at GTMO. If the population is over-exploited as a commercial commodity like many species of fish, conservation may require regulating the harvest and managing habitat in order to perpetuate the species. Fortunately, at GTMO, most of us have radial tires and the Giant Land Crab is neither a pest nor an over-exploited commodity. This is a good thing because once again, we have shown conservation begins with us.



Photo by LCDR Eileen D'Andrea

**Lazy Sunday afternoon** — *The Guantanamo Bay Spouses Club put on an old fashioned Father and Son Croquet Tourney on Sunday, Nov. 18. Croquet is a game played both as a recreational pastime and as a competitive sport which involves hitting wooden or plastic balls with a mallet through hoops embedded into the grass playing arena.*

# Downtown Lyceum Game Plan

**Friday, Nov. 23**

***The Game Plan***

7 p.m. PG, 110 min.

***The Kingdom***

9 p.m. R, 110 min.

**Saturday, Nov. 24**

***Bee Movie***

7 p.m. PG, 91 min.

***Feel The Noise***

9 p.m. PG13, 89 min.

**Sunday, Nov. 25**

***The Heartbreak Kid***

7 p.m., R, 117 min.

**Monday, Nov. 26**

***The Brave One***

7 p.m., R, 122 min.

**Tuesday, Nov. 27**

***Good Luck Chuck***

7 p.m., R, 96 min.

**Wednesday, Nov. 28**

***The Kingdom***

7 p.m., PG, 110 min.

**Thursday, Nov. 29**

***Sydney White***

7 p.m., PG13, 117 min.



**Comedy, PG, 110 min.**

**Cast:** Dwayne 'The Rock' Johnson, Roselyn Sanchez, Morris Chestnut, Brian J. White and Madison Pettis.

Quarterback Joe Kingman is known as one of the toughest players to ever take the field. Blessed with amazing strength and agility, he's famed for being able to handle any hit, no matter how ferocious. Kingman's Boston-based pro football team, The Rebels, is chasing their long-awaited championship and Joe has been living the ultimate bachelor fantasy: he's cool, rich, famous and the life of every party.

## The Kingdom



**War, drama, R, 110 min.**

**Cast:** Jamie Foxx, Chris Cooper, Jennifer Garner and Jason Bateman.

Terrorists attack a compound for foreign workers in Riyadh, killing over a hundred people including Special Agent Francis Manner (Kyle Chandler)— the FBI's lead agent in Saudi Arabia. While the FBI is hamstrung by diplomatic sensitivities and unable to send agents to investigate,

## MWR Happenings

### LIBERTY NOVEMBER EVENTS

Nov 23rd Free Paintball 1900 at the Paintball Range

Nov 23rd Fiesta Cruise 1900 on the Gtmo Queen

Nov 24th Snorkeling Trip 1000 at the Marina

Nov 25th Wakeboarding/Skiing 1300 at the Marina

Nov 28th Liberty at the Lanes 1800 at the Bowling Center

Nov 29th Last Buck Party 1900 at all Liberty Centers

FMI 2010 or 77421

### 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 Liner (The Young and the Restless), Victoria Secret Angels, Kari Turner (JAG) and Skateboarders Mitchie Brusco & Rodney Mullen

### HOLIDAY BOAT PARADE

December 8th, 6pm at the Marina  
To Sign Up or FMI call 2345 or email at mwr@usnbgmto.navy.mil

### WHAT'S ON YOUR PRO- GRAM?

Army vs. Navy Flag Football Game  
Women's games begins at 7 p.m.

Men's game begins at 8 p.m.

both games will be held at Cooper Field Dec. 2. Tail gate party kicks off at 2803 at Cooper Field. Prizes awarded all evening!!! FMI Sports Coordinator 2113

### FAMILY FUN DAY

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

# GTMO Shopper

## For Sale

(2) Scuba Gear for sale. Regulator set: Primary, and Secondary stages with Octopus. All made by Cressi, in excellent, "like new" condition. I believe they were used on less than 11 dives. The secondary and octopus need to be attached to the primary. Warning: the dive shop here will not attach them for you, so you or someone you know will have to attach them. Paid \$220. FMI call 78173 or 9825.

(2) Three Louis Vuitton handbags for sale. Pre-owned and in mint condition for a great price. FMI call 77136 or 9769.

(2) 6 ft. diameter satellite dish with LNB, cable, & splitter - \$750 and Gas lawnmower - \$80. FMI call 4519 or 78690.

(2) Scuba tanks 80's, VIP current, 2 years old, 6 available. \$125 each. Dell computer monitor, works great, 5 years old, \$80. Beautiful long chocolate satin dress with strapless lace bodice, brand new with tags. Size 24, alter it to fit. Paid \$360, sell for \$200. FMI call 72900 or 77796.

(2) New sofa-original price over \$400, now selling for \$275. Desk and chair for only \$60. New futon mattress with a full size bed frame. Original price over \$200 selling for only \$120. Two large plants well taken care of selling for \$15 each and many small potted plants prices differ. Many small kitchen and home items. All above items has to go as soon as possible. FMI call 77910.

(2) Two college text books, barely used \$75, Psychology 101 and Financial Planning. Both are needed for courses at Columbia College. FMI call 77946 or 7489.

(2) Brown micro Suede Loveseat for sale. Immaculate condition. Bought at NEX 4 months ago for \$225, will sell for \$125. FMI call 79776 or 84748.

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

(2) Two TV's 27 inch for \$60 each; two old computer Monitors for \$25 each and CD player with two speakers \$60. FMI call 77151.

(2) ProForm Tread Mill. \$275. FMI call 77380 or 3797.

(2) Sharp Microwave \$40 and XL Dog Crate \$75. FMI call 79407.

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

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

(1) 55 Gallon Saltwater Tank with fish. Sea Clear plexiglass with Ehiem Canister filter and Stand. All for \$500. FMI call 3661 or 77788.

(1) Scuba tank 63cu. \$80 OBO. FMI call 3661 or 77788.

(1) 4500 watt gas generator. Started once. \$450. FMI call 79561.

## Employment

(2) Ocean Enterprises is now taking applications for full and part time positions! Snorkelers and Scuba Divers encouraged to apply. Applications available at OE Dive Center or call 75336.

(1) Computer Support Tech-nician: 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](mailto:mabelleman@ccis.edu) for more information.

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

## Announcements

(1) 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 for college admissions or for an officer accession program can register with the Navy College Office. In February 2005, ACT introduced an optional Writing Test. This exam will not be available at the Navy College Office. If your college or program requires the Writing Test, it is recommended taking the ACT Plus Writing at a National or International Test Center. Eligible Service members are authorized only one DANTES-funded administration of either the ACT or SAT for a Service (ACEP, STA-21, MECEP, etc) or education requirement. (Exceptions apply) If you have already taken the ACT while active duty, contact NCO to find out if you meet one of the exceptions or if payment will be required. Form of payment should be a cashier's check or money order

made payable to ACT in the amount of \$30 (military). For online quizzes and test taking tips: <http://www.actstudent.org/> or visit the base library for study material. Contact NCO to register: [candice.rice@usnbgmo.navy.mil](mailto:candice.rice@usnbgmo.navy.mil), X2227, or come by Chapel Hill, Room 11. Limit: 10 per test session. Bring military ID and payment (if applicable). Due to the time required to fill out the paperwork and complete the exam, candidates who arrive later than 8:15 a.m. will not be admitted. Allow 4-6 weeks for score reports.

(1) 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](mailto:NCC@NAVY.MIL) Toll free 1-877-253-7122, DSN 922-1828, Commercial 850-452-1828.

## Vehicles/Boats

(2) 6HP Evinrude Outboard, like new \$600. Misc items for sale: Gaffs, Rod Holders, Trailer light, 6" Deck Plates, 500 GPH bilge pump, assorted dive fins, marine battery clips, assorted boat hardware, toggle switch, etc. FMI call 75270 or 72118.

(2) 1987 Chevrolet Astro Van, V6 engine. Available Nov 23. Great dive van. \$1500 OBO. FMI call 75270 or 72118.

(2) 1995 Dodge Grand Caravan for Sale. Great family car! 109K miles. \$2800. Only one previous owner. Runs great with no mechanical problems. 2 spare tires included! FMI call 79776 or 84748.

(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) 1999 Acura Integra 59,000 miles, 5 Speed. Great Condition with AC and CD player, two door and sun roof. Asking price \$ 8000 OB. FMI call

77151.

(2) 2007 Motofino Scooter, very low mileage. electric start, 125cc, street legal, FMI call 77129.

(1) 1989 Dodge Dakota Pick-up, \$2200 OBO. FMI call 77001 or 72626.

(1) 1989 Jeep Cherokee 4x4 manual transmission, new master and slave clutch cylinder recently added, runs great \$2,500 OBO. FMI call 77946.

(1) 1992 Mustang, good condition, A/C, blue green, \$2500 OBO. FMI call 78371.

(1) 12 ft Vhull boat. Registered. 40 hp engine. \$2,000 OBO. FMI call 2345.

(1) 1989 Jeep Cherokee 4dr manual transmission, new master and clutch cylinder just added, great condition. \$2,500 OBO. FMI call 77946 or 74389.

(1) 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.

(1) 14ft Fiberglass boat w/2005 Mercury outboard engine. Great bay boat for inshore fishing and diving. Well maintained. \$3700. FMI call 3661 or 77788.

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

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

(1) 14ft fiberglass boat custom built for fishing. Fully loaded turn-key w/ 2006 Yamaha 40hp OB. \$8,300 OBO. FMI call 84040.

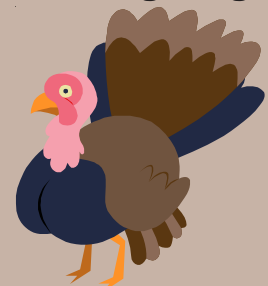
(1) 11 ft. Achilles inflatable boat. W/ 7.5 Evinrude motor. All accessories included. Great for exploring the bay. \$1,000. FMI call 79561.

## Wanted

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

(2) Warhammer 40K players. FMI call 84114.

## Happy Thanksgiving!



**No Fins Required** — *Lt. Robert Trujillo, Naval Station Admin. Officer (see here), along with 27 other men and women made their way down to Phillips Dive Pier on Sat., Nov. 17, to swim across the bay to the Leeward side. The swim is approximately 1.5 miles, and that particular morning the waves were moderately choppy. According to W.T. Sampson High*



Photo by MC1 Bob Lamb

*School Teacher, Paul Hernandez, it was just another form of exercise. "I used to swim as a teenager, but I have not done any significant swimming for a while. I play racquetball regularly and generally try to stay in shape. "Although it was not a race, I finished 3rd overall. My biggest challenge was trying to keep up with the S.E.A.L candidate in front of me," said Trujillo. "The swim was long and vigorous," said SFC George Howard. "I was so tired at the end of it I thought I was never going to see the end of that swim, it was the biggest challenge I had here," he added.*

**Crafty Ideas** — *Saturday, Nov. 17, Guantanamo Bay residents were given the opportunity to buy some early holiday presents at reasonable prices at the Bayview. A small craft show displayed many quality and crafty ideas by local residents. Some of the ideas consisted of using materials or images from right around here. Shells, fish scales, glass and other materials made up jewelry, ornaments and many other decorative items for the holiday season.*

*The turnout for the Craft Show was steady from the beginning. Base resident, Tracy Miller,*

*walked out of the bayview with enough presents to cover many of her family members and friends. "I was pleased with the crafts on display," said Miller. I just love the GTMO Art Community. I bought quit a bit of craft at the Bayview Craft Fair. Deenie, Martie, Jen, Harriot, Heather and Suzan... all of you do such incredible work! Thanks for helping me knock out my Holiday shopping," she added.*



Photo by MC1 Bob Lamb