CSAAD Sailors And Volunteers Restore Historic GTMO Site

MC2(SW/AW) Justin Ailes
Gazette Editor

Coalition Sailors Against Destructive Decisions (CSAAD) at Naval Station (NS) Guantanamo Bay, hosted a volunteer cleanup and restoration project at the installation’s “Our Lady of Cobre” monument, Mar. 2.

Eight volunteer service members cleaned and repainted the site, which serves as a religious shrine for the base’s Cuban Catholic community.

“It is imperative to offer a wide selection of volunteer projects that benefit the local community and to present a positive outlet for Sailors,” said Religious Programs Specialist 2nd Class Sandra Hosier, volunteer event coordinator and CSADD Secretary. “This project was vital to the Catholic community who will celebrate the 400th anniversary of Our Lady of Cobre’s existence later this month, and base Chapel services will rededicate and bless the historical site.”

Our Lady of Cobre also known as Our Lady of Charity is the patroness of Cuba. The original shrine was built in 1926 and is situated in village El Cobre, near Santiago de Cuba, Cuba.

“The experience was heartwarming in so many ways,” said Hosier. “In addition, volunteer work is one of the many aspects of being a well rounded Sailor. It is crucial that Sailors continue to volunteer their time to places of need. Even though we are at an isolated command, there are still plenty of volunteer opportunities.”

Accompanying Hosier, Religious Programs Specialist 2nd Class Vanessa Rocha, Surface Sonar Technician 3rd Class Erin Phillips, Logistics Specialist 2nd Class Oluwadamilare Ogunlade, Logistics Specialist Seaman Dominique Williams, Interior Communications Electrician 1st Class Rodney Washington, Aviation Electronics Technician 2nd Class Maurice Shuron, and Master-at-Arms 2nd Class Rodolfo Gallardo assisted in the cleanup project.
Safety Department Host Motorcycle Safety Course

Mar. 8. The course, which took place at McCalla Hill airfield, provided motorcycle operators with safe riding skills and techniques.

Commander William Bachenia

Sailors React To SECVN’s 21st Century Sailor, Marine Initiative

The secretary of the Navy held an All Hands call on board USS Bataan (LHD 5) which was televised and streamed live on the web to the fleet March 5, announcing the establishment of the 21st Century Sailor, Marine Initiative. Secretary Ray Mabus explained that the initiative consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness. The programs are divided into five categories: readiness, safety, physical fitness, inclusion, and continuum of service.

The new defense strategy will put increased responsibilities on the Navy and Marine Corps in the years to come,” the secretary said. “You are the department’s most essential asset, and it is the duty of the department’s leadership to do all we can to provide each individual Sailor and Marine with the resources to maintain that resiliency.

For Sailors in attendance, the message was clear. Logistics Specialist 2nd Class Jessica Vestal from Bataan said she left the All Hands call feeling excited for the future of the Navy.

“I thought the new initiatives really show how far the Navy has come,” said Vestal. “As Sailors, need all the support we can get, and I feel like I heard a lot today that will have a real deckplate impact.”

Various programs fall under the readiness area, all of which help ensure we have the most mentally prepared service members and family in department history. Continued emphasis on the responsible use of alcohol, zero tolerance for drug use, suicide prevention, family and personal preparedness, and financial and family stability, all work together to prepare Sailors, Marines and their families for the challenges that they may face and reinforce healthy alternatives on liberty or off-duty. A new initiative will include breathalyzer tests when Sailors station on overseas ships, submarines and at squadrons report for duty and randomly elsewhere to reduce the occurrence of alcohol related incidents that can end careers and sometimes end lives.

Gas Turbine Systems Technician 2nd Class Eric Smith from Assault Craft Unit 4 said the new initiatives were a welcome continuation of policies already in place.

“We have been moving towards a cleaner, smarter Navy, and I would tell my guys that this is just one more step towards that goal,” said Smith. “If you aren’t right, now is definitely the time to get right.”

In addition to ensuring the readiness of our Sailors and Marines, the initiative will aim to make the Navy and Marine Corps the safest and most secure force in the department’s history. All personnel in the fleet will be safe environment, free from harassment or hazards, and when confronted with these, have the resources available to immediately correct the problem.

“I was very encouraged to see the Navy and Marine Corps taking the lead to establish these initiatives,” Smith said. “I’ve been an advocate for the program and I think it’s very encouraging that the Sailors coming in to the navy will find it to be a great working environment.”

While each of the five areas provide important support for department personnel, physical fitness can be viewed having some of the farthest reaching beneficial effects. Sailors and Marines must be ready to meet the demands of performing in a tactical environment, and physical readiness is a crucial link to ensuring Sailors and Marines are ready to take on the challenges the Navy and Marine Corps faces today, and will face in the future.

Ensuring all personnel, regardless of race or gender, are given every opportunity to excel and succeed is the hallmark of the program’s forth area, inclusion. In order to operate globally, the Department of the Navy will need diversity of ideas, experiences, areas of expertise, and backgrounds to fulfill a variety of missions, while remaining relevant to the American people.

A new DoN Diversity Office will be established, with the Assistant Secretary of the Navy (Manpower and Reserve Affairs) serving as the DoN’s diversity officer. The Diversity Office will leverage, coordinate and formalize ongoing efforts within the Navy and Marine Corps and will include the heads of the Navy Office of Diversity and Inclusion, Marine Corps Office of Equal Opportunity and Diversity.

Secretary Ray Mabus explained that the initiative consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness. The programs are divided into five categories: readiness, safety, physical fitness, inclusion, and continuum of service.

The final area, continuum of service, aims at ensuring Sailors and Marines are provided the most robust transition support in Department history. Whether retraining wounded warriors, providing voluntary educators, or helping achieve civilian credentialing, the department will aim to provide personnel every opportunity for personal and professional growth.

Chaplain’s Corner

Haste Makes Waste

A few weeks ago, I wrote about patience. Yes, it’s something that we all need. I was told that there is a senior chaplain at a certain Naval base who regularly does physical training with Sailors, more years younger than him. At PT, when the group has a distance run, the chaplain would plan and set his pace. And so at the beginning of the run, he would let all the young Sailors sprint or run ahead of him or let others pass him knowing that he would eventually overtake them. And sure enough, from the middle of the run toward the end, he would pass one tired Sailor and then another exhausted shipmate, and another teammate who would be worn out and panting and gasping for air. How does this happen? Aren’t young Sailors strong and fit? And don’t they have stamina, especially the ones that have been in the Navy for some time and have been training regularly? Yes, but there are other things that are very important. Wisdom is one of them. And wisdom tells that chaplain to be patient, to slow and to remember that “haste makes waste.”
Safety Department Host Motorcycle Safety Course

The Guantanamo Bay Gazette is an authorized publication for members of the military services and their families stationed on the installation. It is printed by the Defense Logistics Agency (DLA) Document Services with a circulation of 1,000.

Active duty service members are subject to OPNAVSTN 5100.12H at all times on or off a military installation. All other motorcyclists and their passengers who come aboard a military installation must also follow the instruction. The instruction requires that certain PPE be worn, to include “Dot” or “Snell” approved helmets, long trousers, long sleeved shirts, reflective vests or jackets, full finger gloves, hard-soled shoes with heels that protect the ankle, and protective eyewear. This event reaffirms our safety awareness when riding, and lets me know that other riders are confident on the road,” said safety course participant Steven Bott. All military personnel who operate a motorcycle on or off base, and all DoD civilian personnel who operate a motorcycle on base are required to complete the motorcycle rider safety course before operating these vehicles.

Motorcycle Safety Course participant Steven Bott and base motorcyclists navigate turns during the Safety department’s training program, March 8. This course keeps riders current on personal protective equipment (PPE) and operator training when riding a motorcycle on base. In accordance with the U.S. Navy Traffic Safety Program (OPNAVSTN 5100.12H) and Department of Defense Instruction (DoDI 6055.04), the purpose of the motorcycle safety training program is to provide motorcycle operators with safe riding skills, knowledge, and techniques.

“The course keeps riders current on motorcyclist guidelines as well as military safety policies, and knocks off some ‘rust,’” said NS Guantanamo Bay Safety Manager Joseph Perfetto. “The course outlines requirements for proper personal protective equipment (PPE) and operator training when riding a motorcycle on base.”

Motorcycle Safety Course participant Steven Bott and base motorcyclists navigate turns during the Safety department’s training program, March 8. The course, which took place at McNally Hall, provided motorcycle operators with safe riding skills and techniques.

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In addition to ensuring the readiness of our Sailors and Marines, the initiative will aim to make the Navy and Marine Corps the safest and most secure force in the department’s history. All personnel in the fleet will be safe and secure, free from harassment or hazards, and when confronted with these, have the resources available to immediately correct the problem.

“Twas very encouraged to see the Navy and Marine Corps taking the lead in sexual assault prevention.”

The final area, continuum of service, aims at ensuring Sailors and Marines are provided the most robust transition support in Department history. Whether retraining wounded warriors, providing voluntary educators, or helping achieve civilian credentialing, the department will aim to provide personnel every opportunity to excel and succeed in the hallmark of the program’s forth area, inclusion. In order to operate globally, the Department of the Navy will need diversity of ideas, experiences, areas of expertise, and backgrounds to fulfill a variety of missions, while remaining relevant to the American people.

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Morale, Welfare and Recreation (MWR) at Naval Station (NS) Guantanamo Bay, hosted drum and dance group “Rhythm Extreme” at the installation’s downtown Lyceum, Mar. 3.

The performance featured created rhythm through dancing, singing, and creative drumming utilizing rubber trash cans, plastic buckets, and the stage itself.

“I’m so proud of our MWR team for finding such a diverse and exciting line-up of live entertainment, and this was a great example of that variety,” said NS Guantanamo Bay MWR Director Tara Culbertson. “This was a heart pounding, fun show that appealed to all ages. I was thrilled to see how both the adults and the families enjoyed it. I think everyone enjoyed the crowd participation and the opportunity to get on stage to join in the fun. MWR works hard to provide things that are new and different and I think this show was a big win.”

Styled after the worldwide theatrical production “Stomp,” Rhythm Extreme incorporates innovative percussion performances to create a theatrical event. During the performance, some audience members were invited on-stage to try their hand at drumming on a variety of objects.

“Rhythm Extreme brought energy and excitement through a musical form rarely seen in GTMO,” said NS Guantanamo Bay MWR Marketing Coordinator Brittany Hanna. “It’s important to host unique entertainment because it keeps up base morale and it shows that MWR is listening to patron input.”
USNH Guantanamo Bay Focuses On Patient Safety

Staley Bingly

N
tional Patient Safety Awareness Week is tak-
ing place March 4 – 10. U.S. Naval Hospital Guan
tanamo Bay (USNH GTMO) has been promot-
ing patient safety education and awareness through-
out the week in the Primary Care Clinic.

“The annual campaign, led by the National Patient
Safety Foundation, encourages patients to become
involved, recognize the importance of patient safe-
ty and the range of efforts to improve health safety
in the United States and worldwide,” said Sandra
McMurray, USNH GTMO’s Patient Safety Manager.

Throughout the week of March 4 – 10, members of
the healthcare team had displays set up in the Pri-
mary Care Clinic and in other areas of the hospital,
and were available to answer patient questions.

The hospital’s patient safety awareness slogan is
“Be Aware for Safe Care.”

The intent is to involve everyone – patients, health-
care providers, and the general public – to becom-
ing more aware of the ways each one can participate
and partner to improve patient safety efforts.

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yray. “The more we work together to promote patient
care providers, and the general public – to become
in the healthcare team had displays set up in the Pri-
mary Care Clinic and in other areas of the hospital,
and were available to answer patient questions.

The winners of the best patient safety poster was the
Multi-Service Ward of the hospital.

“I am so pleased about the response we got to the poster contest,” said McMurray. “Everyone did an ex-
cellent job. We had a hard time determining the win-
ners.”

Infection prevention is one of the major concerns re-
lating to patient safety. One way to alleviate the spread
of infection is by hand-washing. Our healthcare provid-
ers call this the “healthcare handshake.”

Throughout the week patients seen at the hospital
were given a card asking if they “received their health-
care handshake”, meaning did they witness their health-
care provider wash his or her hands before and after

treatment. Patients were asked to answer the questions
on the card and deposit it in one of the boxes provided
for the purpose, or turn the card in at the Primary Care
check-in window.

“Here at USNH GTMO we encourage patients to em-
power themselves and ask questions about their care, to
educate themselves about their treatment,” added Mc-
murray. “We want them to be part of the solution. Now
more than ever in healthcare, a focus on empowering
patients and strengthening patient-provider commu-
nications are seen as paramount to reducing errors. We
all need to Be Aware for Safe Care.”

WINNAS Weekly

INCOMING PHONE DIRECTORY

Lost undersea camera. Located at the Slot. Please re-call 90081 if camera is
found. Ads are re-submitted after two
weeks.

BASE PHONe DIRECTORY

Base telephones are listed in the phone directory, located near the check out windows. There is a Base Telephone Directory available online at mctool.army.mil.

Gazette Points

In the interest of not feeding the know-
nothing people. Anonymous sources are not
accepted, nor are the names of any individual
personnel. There is a Base Telephone Directory available online at mctool.army.mil.

BBINO

Every Tues., Thurs., and Sun. at the windjammer, 1830-2100. CC 2855.

GTMo History Club

Anyone interested in attending the GTMO
History Club please call Michael Shimer at 4842.
The first meeting is Mar. 10, 1800 at Starbucks, CCC cafe.

2012 SEA BEAR BALL


Parent’s Night Out

Mar. 10, 1800-Midnight. $10 per child. For children 5-17 years old; Youth Center for 5-12 years old.

Daylight Savings Time

Mar. 11, 0200 to 0300, or Saturday night right before you go to bed.

Employment Opportunities

Mar. 13, FTC Bldg. 2135, 0930-1130, liquidation sale to support our employment applications. Fmi, or to register call 4243.

St. Patty’s Day Party

Mar. 17, 1700, O’Healy’s Irish Pub. Free event open to 21 yrs. and up. Party favors (while supplies last), drink spe-
cials, march, a DJ on the patio, and great live bands.

Badger Bowl

Mar. 17, 2100, U.S. Army Senior Bowl. B-Ball game, 3400, 0930. First 100 runners to register get a free shirt. Tickets available at the box office.

SamCra’s Sports Bar

Mar. 17, 0930. Glow in the dark paintball. Open to staff. $10 per person. Contact 2313.

Dance Mar. 17, 0930-1230, CCC cafe. Free dance, 5-9 p.m., open to staff. Contact 2313.

Scupper’s Clubhouse

Mar. 17, 0930-1230, CCC cafe. MCI’s last event of the year! Free food, free drinks, and great entertainment. Message board for details.

RED CROSS TRAINING COURSE

Mar. 19, 0900-1600, 3400. In person and online. Don’t forget to roll your clocks forward one hour Sun.
Mar. 11, 0200 to 0300, or Saturday night right before you go to bed.

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MathGate


Movies Downtown Lcy

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MATHGATE

USNH Guantanamo Bay Focuses On Patient Safety

Stacey Byington

The United States Naval Hospital Guantanamo Bay (USNH GTMO) has been promoting patient safety education and awareness throughout the week in the hospital’s Primary Care Clinic.

“The annual campaign, led by the National Patient Safety Foundation, encourages patients to become involved, recognize the importance of patient safety and the range of efforts to improve health safety in the United States and worldwide,” said Sandra McMurray, USNH GTMO’s Patient Safety Manager. McMurray said that throughout the week of March 4 – 10, members of the healthcare team had displays set up in the Primary Care Clinic and in other areas of the hospital, and were available to answer patient questions.

“Patient safety awareness campaign slogans are as follows: Be Aware for Safe Care.”

“The intent is to involve everyone – patients, healthcare providers, and the general public – to become aware of the ways each one can participate and partner to improve patient safety efforts.”

“Patient safety impacts everyone,” said McMurray. “The more we work together to promote patient safety, the better we benefit everyone.”

“Here at USNH GTMO we encourage patients to empower themselves and ask questions about their care, to educate themselves about their treatment,” added McMurray. “We want them to be part of the solution. Now more than ever in healthcare, a focus on empowering patients and strengthening patient-provider communications are seen as paramount to reducing errors. We all need to be Aware for Safe Care.”

USNH Guantanamo Bay Provides Free Consults

The United States Naval Hospital Guantanamo Bay (USNH GTMO) is offering free consults for Hakuna Mtoto (“Do Ya Know”) patients, March 4-10, 2012.

“Do Ya Know” is a program aimed at improving patient awareness of the importance of health care and reducing errors. Consults are available in both general and specialty settings.

The hospital is open 24/7 with free parking. Visit usnhgtmo.navy.mil or call 343-1781/83 for more information.

Patient safety impacts everyone. March 4-10 is National Patient Safety Awareness Week, and members of the USNH Naval Hospital Guantanamo Bay’s Multi-Service Health Care team offered advice to patients on how they can play a role in improving patient safety. As part of the week’s hospital personnel have been promoting patient safety education and awareness throughout the week in the hospital’s Primary Care Clinic.

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Five Sailors attached to Naval Station (NS) Guantanamo Bay, Cuba’s Port Operations department participated in the Shore Installation Management Basic Boat Coxswain (SimBBC) program Mar. 5-9.

In accordance with Commander Navy Installations Command (CNIC) instruction 3500.1, the course was held to qualify Sailors as small boat Coxswain’s.

“Coxswain is the person overall in charge of safety, and the well-being of crew, vessel and passengers,” said Boatswain’s Mate 2nd Class Jason Mickel, SimBBC program instructor. “We are teaching Sailors proper anchoring techniques, conducting man over-board drills, and facilitating towing astern and towing along-side procedures.”

The SimBBC course provides a standardized shore installation management program for the training and qualifying of basic boat Coxswain’s and crewmembers.

“After completion of this course, members will obtain advanced knowledge in basic seamanship, fundamentals of basic navigation, and proper boat etiquette,” said Mickel. “Overall, the course gives Port Ops personnel a refresher of basic fundamentals while training them to be a coxswain and crew member, responsible for safe navigation.”