



# Gazette

## GTMO Welcomes Newest Chief Petty Officers To The Mess



*Newly promoted Chief Legalman Kristen Spakoski receives her combination cover and is pinned with her anchors by her mother Marsha Brekkea signifying her advancement to Chief Petty Officer during the 2012 Chief Pinning Ceremony at the Windjammer ballroom, Sept. 14. Twelve Chief Petty Officer selectees received their anchors the event, which served as a culmination of this year's induction season.*

**Rusty Baker**

*NS Guantanamo Bay Public Affairs Officer*

The Chief Petty Officer is a position of senior-enlisted authority unique to the Navy and its Coast Guard sister service. As their creed states, chiefs are required to be a fountain of wisdom, ambassador of good will and authority in personal relations as well as in technical applications. Chiefs have been leading Sailors since their inception on April 1, 1893. Now, over 119 years later, earning the “letters U.S.N., in silver upon a gilt foul anchor” is merely the first step inherit of such a prestigious and time-honored title.

Twelve chief petty officer selectees from Naval Station Guantanamo, Cuba, and Joint Task Force Guantanamo received their anchors to become chiefs in front of shipmates, family and friends during a pinning ceremony held at the Windjammer Ballroom on Sept. 14.

“Twelve is a very large number for [Guantanamo Bay], and I think a big reason we made so many is because the selection board realizes

that to succeed in a dynamic and challenging tour like GTMO where you work with every branch of service and many different cultures, you have to be a stellar leader,” said NS Guantanamo Bay Command Master Chief Ross Cramer. “We had 12 stellar First Class Petty Officers selected to be Chief Petty Officers.”

- Guantanamo Bay’s newest chief petty officers are:
- RPC(SW/AW) Gilbert Credo from the Chaplain Dept.
  - MAC(EXW) Kyrs Henderson from Navy Expeditionary Guard Battalion
  - HTC Ronald Steinke from Navy Expeditionary Guard Battalion
  - YNC(SW/AW) Bonita Kendrick from Security Dept.
  - GMC(SW/EXW/AW) Brandon Lalley from Station Weapons
  - GMC(SW) Lamont Shearin from Station Weapons
  - LSC(AW) James Rincon from NMCB-27
  - EOC(SCW) Kermit Tate from NMCB-27



# What's The Frequency Kenneth?

**Sgt. 1st Class Kryn P. Westhoven**

*JTF Public Affairs*

The Internet has made connecting with a stranger half way around the world commonplace. But if you want to hear the sound of that stranger's voice or be amazed at a foreign dialect, only amateur radio can take you there.

Millions of people worldwide have made amateur radio their hobby. Troopers can learn the basics with study guides at the Guantanamo Bay Naval Station library.

There will be an opportunity to take the Federal Communications Commission (FCC) first level Technician Class License next month. Volunteers from the Virginia DX Century Club will be visiting Guantanamo during the National Boy Scouts Jamboree. The radio operators will help Scouts connect with the amateur radio station here during the Jamboree.



**Bill Verebely broadcasts to amateur radio operators worldwide from the Windward Point lighthouse.**

Bill Verebely of Virginia Beach is one of the volunteer FCC authorized examiners. He makes his ninth visit to the radio club shack located in the front of the MWR Ceramic Shop building.

"I loved being here and love operating DXing from here," said Verebely, a 69-year old Air Force veteran who served in Vietnam.

DX is the initials to for distance in amateur radio lingo. Bill and his fellow radio operators refer to the trip to GTMO as a DXpedition, visiting a distant locale to broadcast from.

"Always wanted to do that (DXpedition), so I put it on my bucket list," said Verebely. He has spent more than 50-years as ham radio operator and is active in getting others involved.

The term 'ham' has unknown origins, but many think it was from how some operators sounded on the airwaves.

"The hams have been famous over the years for being around during tornados, earthquakes, hurricanes or whatever," added Verebely. "It is a great hobby for anyone."

The call letters KG4AN of the GTMO ham radio station have been heard internationally and in the U.S. This past February more than 6,000 people responded to the broadcast from the Windward Point lighthouse. The Virginia DX Century Club volunteers call it the GTMO Invasion, as they place a single wire antenna attached to the metal lighthouse.

Guantanamo Bay remains a rare catch in ham operator logbooks around the world, ranking 45th out of the 100 most needed locations.

What many radio operators want is a postcard mailed back to them. It is called a QSL card is a written confirmation on connecting with a distant station. The Guantanamo station has sent cards featuring pictures of the lighthouse to photos of Iguanas.

Ham radio has had a geek mystic attached to the hobby, but then it was those engineers involved that pioneered FM radio band and adapted the packet system to make the Internet possible.

The amateur radio operators will be on Guantanamo Oct. 12 to 21. Stop by the library to check out the study guides and learn the date for the exam.



## AVIATION WARFARE MECHINCAL THIRD CLASS JEFFERY FRENCH

■ **Job/Department:** Air Crew/Air Operations

■ **Age:** 22

■ **Home Town:** San Angelo, TX

■ **Quote:** "Even when those who move you be kings or men of power, your soul is in your keeping alone."

■ **Favorite TV Show:** Big Bang Theory

■ **Favorite Hobby:** Playing Guitar

■ **Favorite Team:** Pittsburgh Steelers

■ **Favorite GTMO Restaurant:** Windjammer

■ **Favorite Movie:** Kingdom of Heaven

■ **Favorite Musician:** Zac Brown Band

■ **Currently Working On:** Advancement

■ **Greatest Passion:** N/A

■ **Greatest Accomplishment:** Achieving my aircrew qualification

■ **How The Navy Has Improved His Life:** The Navy allowed me to see the world.

■ **Sailor Of The Week Because:** AWF3 has been the cornerstone of the Aircrew while undermanned. He has flown every mission available, including four last week.

# GUANTANAMO BAY GAZETTE

**COMMANDING OFFICER  
EXECUTIVE OFFICER  
COMMAND MASTER CHIEF**

CAPT. JOHN NETTLETON  
CMDR. COLIN CASWELL  
CMDMCM (SW/EXW/AW) ROSS CRAMER



**PUBLIC AFFAIRS OFFICER  
GAZETTE EDITOR  
PHOTOJOURNALIST**

RUSTY BAKER  
MC2(SW/AW) JUSTIN AILES  
MC2(SW/AW) JUSTIN AILES

# Guantanamo's NEX, MWR To Host Annual Weekend Event

**MC2(SW/AW) Justin Ailes**

*Gazette Editor*

The Navy Exchange (NEX) and Morale, Welfare and Recreation (MWR) at Naval Station (NS) Guantanamo Bay, Cuba, will host the NEX Customer Appreciation Weekend, Sept. 28-30.

Held each year at the NEX facility, the two-day event is designed to provide the Guantanamo Bay community a unique shopping experience and a venue for entertainment as a way to say "thank you" for the support from their valued customers.

"The community can expect fantastic sales, a host of vendors, numerous giveaways and drawings, a 'Humvee'-pull contest, a dance competition and a lot more," said NS Guantanamo Bay NEX General Manager Catherine "Kitty" Case. "Most importantly, it gives the vendors and entertainers a chance to meet the troops and thank them for their service. That's the reason all of the vendors and entertainers come."

Among the myriad of attractions, this year's event will feature musical performances from the Kelly Bell Band, Martial Arts

demonstrations from Sideswipe, as well as a food-tasting prepared from chefs featured on Food Network's television show "Diners, Drive Ins and Dives."

"I believe this experience gives all of us the feeling we're not isolated, it feels like any stateside event," said Case. "All of GTMO is invited to come downtown and enjoy all the fun and festivities with their friends & neighbors. In addition, many of the base organizations will be hosting food venues as fundraisers and you'll be able to enjoy several cultural dance presentations from our community as well."

Wounded Warriors Marine Sgt. Than Naing and Lance Cpl. Christopher Heenan will also be on-hand during the event to meet Guantanamo's service men and women.

"The entire NEX team, from the main store to the Mini-Marts, to the Navy Lodge and everything in between, are trained to deliver premier customer service," said Case. "For us, premier customer service is all about building personal relationships with our customers and enhancing each shopping experience with individual care so they are memorable."

## New Option To Be Added To TSP Benefits

**Walt Barrett**

*Personal Financial Management Specialist*

The Thrift Savings Plan (TSP) has been part of the Federal government's Civilian Workforce's Retirement Plan since 1986. In October 2001, the president extended participation to the Uniformed Services.

If the service member elects to participate in TSP, they designate a certain percentage or dollar amount of their base pay (or other incentive pays) be taken from their pay. This amount comes out before Federal taxes are withheld and applied to one to five of TSP's core funds (G F C S I). A service member can also elect to have their money applied to any of the "L" funds, which are composed of the five core funds. All monies withdrawn

from the TSP Traditional choice will be taxed when withdrawn at retirement.

Starting this November, service members will have an additional choice within TSP. They'll now be able to put their money into the new Roth option. Individuals who choose this option will pay taxes (taxes based on their yearly marginal tax rate) on the money going into the Roth. Any earnings generated within the Roth plus your contributions will be withdrawn TAX FREE come retirement time.

Choosing where to put your money (TSP-Traditional or the new Roth Option) is a short/long term tax planning strategy. The Internal Revenue Service (IRS) rules state the earliest to start withdrawing your money for retirement is age 59.5. What you have to do, is decide whether you want to pay taxes today or in the future.

To discuss the pros and cons of these choices, please contact Walter Barrett, Fleet and Family Support Center at 4141 to schedule an appointment or presentation at your facility.



## Chaplain's Corner

### Fall Expectations

**Chaplain Larry Jones**

*NS Guantanamo Bay Chaplain Services*

In just a few more days we will have the first day of the autumnal equinox or fall. I love this time of year because the temperatures begin to drop, the days get shorter and the nights are longer. The amazing scenes of foliage with their bright colors of red, yellow and orange paint the landscapes of our local cities and towns. For all football fans, game season is on and all of our teams have to win! The reality is we are in GTMO and we will not see and feel all the lovely changes expected in the fall

season; however, it does not negate the fact that fall is here. The question now is what do we do when our expectations in life are not met? Do we choose to live in despair? Do we choose to give up? The reality is that in life there are times when we'll have to make the necessary adjustments to our expectations. It is hard to do but the goal is to adjust them to the reality we are experiencing at the moment with hopes of better days ahead. I encourage all of us to begin to expect to reevaluate and make the adjustments we need during our season here in GTMO. May the new expectations spur you onto taking on greater challenges, making the necessary life changes or being open to learning something new about yourself and the people you are around. It's your choice!



# TRAIN TO **FIGHT** MCSFCO



To see more, 'Like' us on Facebook  
[www.facebook.com/NSGuantanamoBay](http://www.facebook.com/NSGuantanamoBay)



# FAST Marines Conduct Site Security Exercise At GTMO

**Rusty Baker**

*NS Guantanamo Bay Public Affairs Officer*

With the recent happenings with the American Diplomatic Compound in Benghazi, Libya, and other areas of U.S. interests abroad, Fleet Anti-Terrorism Security Team Marines now have a clear sight picture of the mission that may lie ahead.

Marines of Charlie One, one of the two FAST platoons attached to Marine Corps Security Forces Company Guantanamo Bay, conducted a grueling 50-hour site security exercise as part of their pre-deployment training plan on Sept. 18.

This is the second of the many site security exercises that the platoon will conduct prior to receiving a formal evaluation from MCSFCO that will allow their parent command, based in Naval Station Norfolk, Va., to obtain a snapshot of their readiness so that refinements can be implemented.

“One of the mission-essential tasks that each platoon has to execute is to be able to arrive on a site and secure it for an undetermined, indefinite amount of time,” said Commanding Officer of MCSFCO, Capt. Jesus Mendez. “What that generally entails is arriving on site, cordoning off the location, establishing a perimeter and establishing an interior guard (sic) and be ready for follow-on missions.”

Such follow-on missions include the implementation of a react force that would respond to a crisis within the perimeter, recapture missions, convoy operations and

limited riot control capability.

“Everyone’s still learning exactly what their role is going to be in different scenarios,” said Charlie One’s Platoon Commander, Capt. Joe Moeller, who hails from Visalia, Calif. “From the rifleman PFC all the way up to me, [we train] where we can easily transition through any scenario and continue to do our job without any hiccups despite what gets thrown at us.”

Sleep deprived and baking in Guantanamo Bay’s hot midday sun in full combat gear, the Marines were continuously challenged. Just before noon, a simulated attack was launched by Marines posing as local nationals who purposely blocked an entry control point while coordinated sniper fire rang out from a concealed position. Before the altercation was over, two Marines were told to pose as simulated casualties, forcing a handful of Marines to react and evacuate the wounded while others donned riot gear to disarm the threat at the ECP.

“We started off a little rusty because we haven’t been together that long. But once you get to know the guys, we all get a rhythm with each other and everything seems to work out a lot better,” said Lance Cpl. Beau Cobb, of Georgetown, Kentucky. “This is a good opportunity to work out the kinks.”

Said Mendez, “what we have going on in the world right now in places like Libya, Yemen, and Egypt, this a very good eye opener to let you know that what you’re doing now counts.”

**Marine Lance Cpl. Beau Cobb, basic security guard from Charlie One, FAST platoon takes cover behind a barricaded entry control point during a 50-hour site security exercise conducted at NS Guantanamo Bay’s Marine Corps Security Force Company’s (MCSFCO) headquarters, Sept. 18. Site Security Exercises are conducted prior to receiving a formal evaluation that provides parent commands a snapshot of operational readiness.**



ETC(SW) Rolando Roblesnavarro from Air Operations

BMC(SW) Rogelio Salinas from Port Operations.

LNC(SW/AW) Kristen Spakoski from the Region LSO

LSC(SW/AW) Joseph Tolbert from JTF Guantanamo

Donned for the first time in their khaki uniforms, the selectees marched forward, center stage of the guests while bellowing Anchors Away in unison. After a reading of the meaning of the anchors, the selectees were pinned by family members, friends and esteemed colleagues of their choosing, while their sponsoring chief covered them with their combination cover.

For Marsha Brekke, mother of Chief Legalman (SW/AW) Kristen Spakoski, who traveled 2,600 miles from Salt Lake City, Utah, pinning the anchors on her daughter's collar was an uplifting experience.

"The Navy has been a Godsend to my daughter," said Brekke, "It has given her strength to be an outstanding Sailor and outstanding daughter."

Exhausted from enduring several weeks of training during a rigorous induction session, many of the chiefs' words reflected a common theme of fatigued euphoria.

Chief Logistics Specialists James Rincon of Naval Mobile Construction Battalion 27 summed it up best, "This has been one

of the most amazing experiences of my life. [Induction] was very challenging, but it was great."

"I'm relieved to get through this training, I got a lot of knowledge, I feel like a weight has been lifted off my shoulders," said Chief Gunner's Mate (SW) Lamont Shearin from the installation's Weapons Department. "I'm just proud to be a chief."

Nearly every Sailor has received a form of sage counseling or guidance from a chief that may have served as an awakening or turning point in their career. For Master Chief Cramer, the words of wisdom fell upon him during his initiation for chief.

"A crusty old Boatswain's Mate Master Chief told me in a very direct and passionate way 'those anchors are not yours, they are on loan to you by those Chiefs that went before you and the junior Sailors that got you where you are today. You better not let them down, ever.' I have never forgotten those words," said Cramer.

A command master chief with 26 of service to the Navy, including countless sea and shore tours, Cramer imparts his own advice to the newly pinned chiefs, "work as hard for your Sailors as you want them to work for you."

Chief Hull Maintenance Technician Ronald Steinke from Navy Expeditionary Guard Battalion puts it all into proper perspective, "...now, the work starts."



Children involved with NS Guantanamo Bay's youth sports program take part in their first soccer practice at Cooper Field, Sept. 15. - photo by Jennifer Simon, W.T. Sampson Career Practicum Student

# GTMO SHOPPER

E-mail classified ad submissions to **PAO-CLASSIFIEDADS@USNBGTMO.NAVY.MIL** If sent to any other e-mail, it may not be published. Submit your ad NLT noon Wednesdays for that week's Gazette. Ads are removed after two weeks. Re-submit the ad to re-publish. The Gazette staff and NS Guantanamo Bay, Cuba, page. The Public Affairs Office has final editorial discretion on all content. Call MC2 Justin Ailes at 4520 with your questions or concerns.

## VEHICLES

'83 Ford Bronco GTMO edition, \$1000. Call James x79603, 8247, or email scurveyjim@gmail.com

'04 Nissan Altima 2.5L S. Automatic, tinted power windows. Power doors and locks. Power seat, CD/Radio. Cold AC, new battery and new tires. Very good condition original owner since '04. \$5,900 OBO. Call 77106

'97 green Ford Explorer \$3500 OBO. 4 new tires, new battery, a/c, 4 wheel drive, 124k miles. Call Sharon at 2512 or 84150

'94 22' STARCRAFT \$7500 OBO. With trailer, inboard/outboard, tackle box approved. Fishfinder, cabin, deepwell and much more. Call 4849 days or 77118 evenings. Ask for Walt

19' Center Console w/90HP Johnson OB, and trailer. All new Garmin Fish Finder/Humming Bird GPS Combo, Wise seat w/live-well, five flush Attwood rod-holders, nine separate stand-alone rod holders, four lay down rod/gaff holders, two rod out riggers, marine FM/CD/AUX w/speakers 1500 GPM Bilge, SE300 Hydrofoil. New topside, non-skid deck, and bottom paint, \$7500. Call 77677 or 84532

'10 Kia Soul, 2.0L, V4, 4 Door automatic. Green with tinted windows and moonroof. Less than 13,500 miles, and has spent 2 and a half years of it's life here at GTMO. Great car and runs great. PCSing and cannot take it with us. Car will not be available until October 6th. Asking \$13,600. Please email jpwwoods24@yahoo.com if interested

'90 Nissan Maxima a/c screams along with the stereo. Good condition, \$2000. Call 77501

'02 Chrysler Sebring LXI Coupe 3.0L, 99800 miles. New radiator and battery, A/C works. \$2800. Home: 77082, Work 8191, email cdmoats@yahoo.com

26' foot Pontoon boat for sale. Ready for diving, snorkeling or swimming. Turn key ready with lots of stuff included. \$4,000 OBO. Contact Rich at 84742

## ELECTRONICS

6 ft. Satellite dish, Includes dual LBN, 2 receivers with complete cables, \$350. Call 75516

New items including New 40" HD LCD TV/Computer Monitor, Nice Couch, New Toaster, Blender, Blue-Ray's, Xbox games, All-in-One Printer, Office Desk & Chair, bedroom furniture, coffee maker and lots more. Email WillsonB@PoBox.com or call 55075

SCSI modem w/ complete cord, \$50. Call 58545

PS3 Games: UFC Undisputed 3, \$35. Uncharted 3, \$20. Batman Arkham Asylum \$15. Router & SCSI modem w/ cables \$70, call 8361, 8344, 79683

Wii: 4 controllers with charging station, 2 nunchucks, balance board, and 10 games. Like new condition. Extra batteries and silicone covers included. Just Dance 2, 3, My Fitness Coach, Wii Fit, My Sims Racing, Big Brain Academy: Wii Degree, Madden '09, Call of Duty, Blazing Angels, Wii Sports Resort, \$200. Call 75661

SCSI modem, like new, in the box with CD w/ ethernet cable, power charger, phone cord \$60. Call 78563

## MISC

Laptop Stand w/ wheels \$20, Swiffer Wet Jet w/ pads & batteries \$10, Basketball \$5. Call 8361, 8344, 79683

## OUTDOOR REC

Dive-Computer: Suunto Cobra Pro, Regulator: MK25/A700, BCD: Equator L, grey, Camera: DC1200, light: UK C8 (LED, black), RIFFE speargun, (long), Standard fill checker, mask, snorkel. All 2 years old, package deal: \$1,900. Will sell after September 26. Email jaschmitt2008@gmail.com or call 58720

Dive Gear Set, \$1000. Mares Rover 12S Regulator 2012 (purchased for \$210), Mares Octo Rover (\$91), Axiom i3 Bk/Nvy/Gry ML BCD (\$567), SubGear XP10 3-gauge dive computer (\$319), Set of 3 hangers (\$20), 3000 psi air tank (\$120), 1MM Hydroflex Men's Blk ML wet suit (\$92), Seawing Nova Blk Md fins (\$150), 3MM Ti Low Boots (\$30), Scuba Bug Grabber gloves (\$20), Squeeze Lock Tanto Titanium YL dive knife (\$56), (Mask and snorkel not included). Call 84829 or 8119

## YARD SALE

Sept. 22, Caribbean Circle 25 B, 0730

Sept. 22, Caribbean Circle 37 B, 0700-1100. No early birds please

## LOST AND FOUND

Lost set of Toyota keys with remote possibly at Windward Ferry Landing September 8th. Has a 'Cindy' name tag and yellow floating tag attached. Please call 75827 or 84074 if found.

# The Scoop

## GTMO OKTOBERFEST

Sept. 22, Windjammer ballroom, 1800-2200. Free to attend, open to all hands. Featuring traditional German music, food and games. Free steins to the first 400 patrons that purchase a German brew. FMI, call 4882.

## ATTENTION USED CAR SELLERS

The used car lot located in the NEX parking lot will be closed for Customer Appreciation Week. All vehicles are to be removed by Sept. 23. The used car lot will re-open Oct. 1. FMI, call 4461.

## BASE FIRE ALARM SYSTEM

The base fire alarm reporting system will be temporarily out of service Sept. 26th from 0800-1000 and Sept. 28th from 1200-1400. Fire alarms will continue to work locally but will not transmit the alarm to the Fire department. All building fire alarm activations must be called into 4911 during these periods in order to initiate a Fire department response.

## CHANGE OF COMMAND

The Commanding Officer of Marine Corps Security Force Company (MCSFCO) requests the pleasure of your company at Marine Hill for the Change of Command ceremony, Sept. 27 at 1000. Attire is Uniform of the Day. FMI, call 84223

## HAHA DINNER DANCE

The Hispanic American Heritage Association presents the 2012 HAHA Dinner/Dance, Oct. 6 at the Windjammer ballroom. Social hour begins at 1800, Ceremony begins at 1900. FMI, call 58640, 2576, or 84701.

## FFSC TRAINING COURSES

The Fleet and Family Support Center is providing a Resume Building course Sept. 25, 0930-1130, a Sponsorship Training course Sept. 26, 1330-1530, and a Car Buying Strategies course Sept. 28, 1030-1200. Courses are held at the FFSC building 2135. FMI or to register, call 4153 or 4141.

# GTMO JOB HUNT

- NGIS Laborer - 3 Flex Positions
- Administrative Assistant - Full Time
- CYP Assistant Lead - Full Time
- Movie Manager - Full Time
- Bartender - Flex
- Bartender Lead - Flex
- Cashier - Flex
- Electrician - Full Time
- Recreation Asst. Lifeguard - Flex
- Recreation Asst. Lifeguard - Full Time
- CYP Program Asst. - Full Time
- Bartender O'Kelly's. - Flex
- Computer Tech - Full Time
- Food Svc. Worker - Flex and Sundays
- Food Svc. Worker - Flex, mornings only
- Food Svc. Worker - Flex
- CYP Ops Clerk - Flex
- CYP Asst. - Flex
- Cook, Taco Bell - Flex

Job Descriptions can be found on MWR's Job Wall next to the NAF HR office, Bldg. 760. FMI, call 74121

## CNRSE-HRO

LH12-042 Supply Technician - GS-2005-5/6/7, FLCJ

FMI Call 4441

# MOVIES DOWNTOWN LYCEUM

## FRIDAY Sept. 21

8 p.m.: **Moonrise Kingdom (new)**  
PG 13 93 min.

10 p.m.: **Magic Mike (last)**  
R 110 min.

## SATURDAY Sept. 22

8 p.m.: **Madea's Witness Protection**  
PG13 114 min.

10 p.m.: **Dark Knight Rises**  
PG13 165 min.

## SUNDAY Sept. 23

8 p.m.: **Savages (new)**  
R 131 min.

## MONDAY Sept. 24

8 p.m.: **People Like Us (last)**  
PG13 115 min.

## TUESDAY Sept. 25

8 p.m.: **Ice Age: Continental Drift**  
PG 94 min.

## WEDNESDAY Sept. 26

8 p.m.: **Seeking A Friend For The End Of The World**  
R 101 min.

## THURSDAY Sept. 27

8 p.m.: **Savages (new)**  
R 131 min.

CALL THE MOVIE HOTLINE @ 4880



# GTMO's MWR Aquatic Division To Undergo Safety Training

**Tara Culbertson**

*NS Guantanamo Bay MWR Director*

This past week the Morale, Welfare and Recreation (MWR) department's Aquatics Division underwent some intensive training to better provide a safer and friendlier environment at its aquatic facilities. Our MWR lifeguards are certified by the American Red Cross, in Life Guarding and CPR and First Aid for the Professional Rescuer. They took time to focus on some specific training on subjects such as patron surveillance, emergency action plans, interaction with the public, preventing injuries, rules enforcement and patron safety.

Usually, our lifeguards perform in-service training throughout the year on subjects like fitness, active drowning rescues, CPR & AED skills practice, non-responsive rescues and spinal injuries. These in-service trainings take place every two weeks to keep our

guards sharp and well trained. We also took time out to discuss our general Aquatic rules and policies, as well as re-familiarize ourselves with the Bupers Instruction 1710.11C that covers Aquatic Facilities and Programs. We work on emergency action plans and appropriate responses so we are better prepared in the event that an emergency does arise.

Anytime water is introduced into the equation, risk increases. With training and vigilance, we attempt to mitigate potential hazards for lifeguards and customers alike. The importance of communication and how safety is the responsibility of everyone was also discussed. How we can better help the community to provide a safe and friendly place for people to relax and unwind is important to us. We constantly strive to strike the balance between a safe and fun environment while maintaining a professional and responsible place for our community to visit.



*NS Guantanamo Bay Aquatic Supervisor Anthony Roberts facilitates the Level 2 "Learn to Swim" program at the Windjammer pool, Sept. 19. The two-week session is designed to teach children ages three to six the basic fundamentals of swimming.*



