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Friday, March 30, 2007

Seabees celebrate 65th anniversary



Photo by MC1 Igo Wordu

VADM Michael Loose joins the oldest Seabee in NAVSTA Guantanamo Bay, CECS(SCW) John Inglis, and the youngest Seabee, BUCA Tyler Wilmot in cutting the cake during the Seabees' 65th Anniversary Ball at

CNRSE implements family IA support program

By MC2(SW/AW) Rebecca Kruck

Many Sailors returning from an Individual Augmentee (IA) assignments, such as the Middle East, have a hard time readjusting to a normal life style and some even suffer from post-traumatic stress disorder (PTSD) due to physiological and psychological stressors experienced while deployed. Military members go through a series of health screenings before and after deployment to identify any mental or physical problems that may have been caused by their deployment and treatment is issued accordingly. However, until recently, the families of those deployed have had little in the way of education on what to expect from their spouse or parent after they return from the war zone.

Commander, Navy Region Southeast's (CNRSE) family support program, in conjunction with a directive from the Chief of Naval Operations, Adm. Mike Mullen, is ensuring that all bases implement an IA support group to help families after loved ones deploy.

Olivia O'Neal, the regional fleet and family support program coordinator for CNRSE as well as the working family life coordinator, described



how these programs will develop.

"Here at CNRSE we've been working on the subject of IAs and reaching out to IA families for more than a year now. Many months ago, our installations began outreach programs to the families of IAs and we realized that we had a major obstacle which was identifying who the IA member and their families were."

According to O'Neal, they have started to receive that information from the Expeditionary Combat Readiness Command (ECRC) based in Norfolk, Va. The ECRC has established a hotline, 1-877-364-4302, for families of active duty and reserve Sailors who are deploying as IAs. They will provide information that will allow the Fleet and Family Support Center (FFSC) to contact fam-

ily members and offer services such as the IA support group, counseling, financial planning, etc.

Lt. Cmdr. Shawn Oxendine, from CNRSE, who was deployed as an IA to Afghanistan for six months, elaborated on some of the challenges she and her family faced while she was gone.

"Some of the problems we faced were based on my husband having to take over the role of mother as well as a father. I know he took good care of our daughter, but there were some things he didn't know how to handle," she said. "I also had to worry about them worrying about me because I wasn't always able to tell them what I was doing and wasn't always able to call."

"I think it would be helpful if they had something on the family end about how to readjust when their spouse or par-

ent get home."

O'Neal and the FFSC are working hard to do just that.

"By March 23, all of our installations will be mandated by CNRSE to start a program targeted towards the families of IAs. We felt it necessary to designate a program for IA families because they are under different stressors than those who go on routine deployments on ships," she continued.

Some of the installations under CNRSE, which covers a radius spanning from Mid-Eastern Texas to South Carolina, also including Guantanamo Bay, Cuba, have already began IA support programs. These programs, will introduce families to the services that the FFSC programs offer and educate families on PTSD, other stressors their

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Speaking to the masses

W.T. Sampson Honors 9, Honors 10 and AP English classes presented a program of Human Rights Speeches and plays for a high school audience and entertained the dinner crowd on the Bayview Patio on Thursday, March 22. Many historical and current advocates of human rights were portrayed by the students. Among the honored "guests" were Dr. Martin Luther King Jr., played by Ira Wenzel; Robert F. Kennedy, Sojourner Truth, played by Shamisa Mouzon, Queen Esther, Socrates, Frederick Douglass, Vaclav Havel, by Robert Armbruster with the cast of "I Never Saw Another Butterfly", Eleanor Roosevelt, the Dalai Lama, Mukhtaran Bibi, by Nichole Lamb; Olympe deGouges, by Hali Hearn and children who were



Photo provided by Neata Wiley
Ira Wenzel portrays Dr. Martin Luther King Jr.

victims of the Jewish Holocaust, by Kenyata Handley, Caitlyn Ocampo and Hayden Kemp. The performances were directed by English teacher Dawn Going and Information Specialist and Drama Coach Neata Wiley.

GUANTANAMO BAY

Gazette

Vol. 64 No. 12

Commanding Officer.....CAPT Mark M. Leary
Executive Officer.....CDR Sylvester Moore
Command Master Chief.....CMDCM(SW/SS) Larry Cairo
Public Affairs Officer.....Ms. Stacey Byington
Asst. PAO/LPO.....MC1 Robert Lamb
Journalist.....MC1 Igo Wordu
Journalist.....MC2(AW) Honey Nixon

The Guantanamo Bay Gazette is an authorized publication for members of the military services and their families stationed at U.S. Naval Station Guantanamo Bay. The contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, or the U.S. Navy, and do not imply endorsement thereof. The editorial content is prepared, edited and provided by the Public Affairs Office of U.S. Naval Station Guantanamo Bay. Questions or comments can be directed to the PAO. The Gazette staff can be reached by phone at ext. 4502; fax 4819; by email at pao@usnbgtno.navy.mil. Get the Gazette online at www.nsgtmo.navy.mil.

Journey through a Navy career

Story and photo by MC1 Igo Wordu, Public Affairs Office

Only history can give a true testament of women's contributions to the military and their service to the nation. Surely, their struggles in the past have paved the way for future generations. The month of March is dedicated to the contributions women have made to history.

As present generations of females continue to strive, serving in the military alongside their male counterparts, they are confronted with some of the same issues facing men — family issues, parenthood in the service, and the demands the military makes for their time. For some, dealing with these issues demands a great deal of perseverance.

HMC Venecia Wenzé, currently the Directorate Leading Chief Petty Officer for Medical Services at the U.S. Navy Hospital, Guantanamo Bay, has had her share of ups and downs, which come with serving in the military.

"Perseverance has kept me going through the years; never giving up because quitting has never been an option," said Wenzé. "Sometimes we fail, but get back up. Lose, but don't accept loss, and succeed because we won't fail. People like that don't lead by words, they inspire by example."

She enlisted in the Navy in September 1986. She only intended to serve a short stint; never imagining it would become a 20-year career.

As fate would have it, she met and married her husband, currently HMCM (FMF/SW/AW) Ira Wenzé (also stationed at GTMO), at her first duty station, Naval Hospital, Jacksonville, Fla., in 1988.

At duty stations like Naval Hospital Camp Lejeune, N.C.; Roosevelt Roads, Puerto Rico;



HMC Venecia Wenzé supervises HM3 Brandon Nichols and HM1(SW) Blake Cooper.

Pensacola, Fla., and Recruit Training Command, Great Lakes, Ill., she has served in various assignments, including ward corpsman on a labor and delivery floor, field corpsman at Marine combat training, a clinical corpsman, with sports medicine, and as an administrative assistant.

Along the way, she has received many accolades including the Defense Meritorious Service Medal, which she earned while serving as the senior enlisted adviser for the Joint Task Force-GTMO medical detachment.

She is quick to attribute her success to her fellow Sailors and her family.

"I credit my accomplishments and success to my fellow shipmates, people that I have worked with, and my family," Wenzé said. "You don't get places by yourself. Using your resources and surrounding yourself with positive influences paves the way to a successful future. Education is also another key to success. We never stop learning. The more you learn, the

more you have to share with others."

In utmost humility, she measures her personal success by the success of the junior Sailors under her guidance.

"Being a chief petty officer broadened my opportunity to help and assist others, especially junior Sailors," Wenzé said. "My top priority has always been not to set the example, but to be the example. I measure my success by how many of my Sailors pass the Physical Fitness Assessment (PFA) or get advanced to the next pay grade. If they succeed, then I too have succeeded."

With regard to challenges to family life while serving in the military, Wenzé has been able to balance life as a Sailor and a parent, due in large part to the support of her family.

"Being married to another Sailor for 18 years has been challenging," said Wenzé. "Balancing careers, children, and the needs of the Navy, has taken a lot of sacrifice and perseverance. When you are dual military with children, having a strong support system is absolutely necessary.

"We are both very supportive and proud of each other's accomplishments. We both have had to step back from time to time to allow the other to excel. In the end, it's a win-win situation."

She also takes pride in her children.

"My son has been absolutely amazing through the years. I couldn't ask for a better child. He will be graduating from high school in a few months. He has done remarkably well for himself, and we are very proud of him. My daughter Mya, she's only 8, but she's looking forward to going to Florida and not moving all the time."

As she approaches the end of her active duty career, Wenzé reflects on her 20-year experience. She believes that women in the military have come a long way, and will continue to serve their country in every imaginable capacity.

"Although we are the minority gender in the Navy, and as corpsman, we are still making history," Wenzé said. "We have had the first female Force Master Chief, MCPO Jackie Derosa. We've also had the first female corpsman killed in the war in Iraq last year. Females are now raising the bar for superior performance and pursuing more challenging assignments to stay competitive."

Chief Wenzé is retiring in a few months. She and her family will leave GTMO, but she has qualified as a Navy Science Instructor for the Naval Junior Reserve Officers Training Corps (NJROTC) program, and will be working at a high school in Pensacola.

"Although I will miss it a great deal, I will take with me a lot of skills, experiences, education, and most of all the friendships."

Fitness director inspires local women

Story and photo by MC1 Robert Lamb, Public Affairs Office

Since Guantanamo Bay is a Navy base, it may be tempting to think of March and Women's History Month as a time to reflect on the contributions of women in the Navy. But what about the women who contribute their time and services in order that women in the Armed Services may keep doing their jobs?

One of these women is Karissa Sandstrom, the MWR Fitness Director.

She is about as far away from home as one could imagine. She traded in her views of the Olympic Mountains in Washington State, specifically Port Orchard, a few years ago to view the beautiful sunsets of GTMO. Sandstrom attained a Business Management Degree from Central Washington University in Ellensburg, Wash., and now enjoys tropical weather instead of the cold rainy climate of Washington State.

"My favorite thing about GTMO is the weather and the ocean. As you know it rains a lot in Washington, so getting sun every day is amazing! Not to mention the water is a lot warmer too!" said Sandstrom.

For the past four years, she's been motivating and helping service members and civilians stay in good health, and also educates them on the ways to maintain a healthy lifestyle. It's part of Sandstrom's job to motivate, educate, and at many times, inspire people to do things that they may



Karissa Sandstrom conducts spinning classes at Marine Hill Fitness Center.

seem to think is hard, inconvenient or even impossible at times.

When asked what woman, or women, in history have motivated or inspired her, she named Anne Frank, and the women of the 'All American Girls Professional Baseball League,' (from the mid-40s). She believes that Anne Frank and the women of the professional baseball league did what she tries to do in some small way on a regular basis.

"They've certainly motivated, obviously educated, but most of all, they've inspired, women as well as men," said Sandstrom.

Anne Frank, on her 13th birthday, chronicled her life from June 12, 1942 until August 1, 1944, in a diary. She described daily life under Nazi occupation for more than two years. Her writing has captivated people from all over the world for more than 60 years. Her intimate examination of daily life in Germany touched the lives of millions of women and children during an unimaginable time in our history.

"Anne was only 16 years of age when she died, however, she had a huge impact on the world with just the things she wrote in her diary," said Sandstrom.

Sandstrom's concern for others well-being has been prevalent throughout her days as a fitness director. Sports and a sense of competition are also a huge part of her life.

"Because I played college softball, the women who used to play in the Women's Professional Baseball League back in the 1940s had a big impact on me as well," she said. "Major League Baseball, in 1943, was in danger of collapse due to the war. Young men, 18 years of age and over, were being drafted in to the armed services. Many of these men were quality players

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IA family support program ...

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spouse will experience overseas and help them prepare for the transition that will occur upon their return home.

"It will also be the responsibility of FFSC IA coordinator to make referrals for those who are having a particularly hard time and need more individual assistance. Some may need help with things such as parenting skills or just help going on with their lives. Many of these families have spouses who haven't been married very long, have very young children and are at their first station away from home so they need someone to rely on. If they

don't have that then people can quickly start falling apart," said O'Neal.

She also stated that the FFSC's will be working with MWR to assist with childcare to influence maximum participation. The concept of an IA children's support group has also been undertaken by FFSC and is already in place on some installations.

"The emphasis on these support groups is coming straight from the CNO. He is adamant in seeing that these families are taken care of, and it falls upon our leadership to make it happen."



Grand opening — NAVSTA Commanding Officer, CAPT Mark Leary, is joined by personnel from the Housing Office and Island Contractors for the opening ceremony of Gold Hill Towers 'Wing A.' The wing is now open to residents.



Ombudsman Corner

Senora (Sunni) Malone

NAVSTA Ombudsman
Phone - 77957
Pager - 4084-2390
ur_lombuds@yahoo.com

Kathy Diaz

USNH Ombudsman
Phone - 7379
Pager - 72090, #018
kathiuska.m.diaz@gtmo.med.navy.mil

Jennifer Amaio

USNH Ombudsman
Phone - 7379
Pager - 72090, #493
jennifer.k.amaio@gtmo.med.navy.mil

Machele Friend

Navy Expeditionary
Guard Battalion
Ombudsman
State-side Liaison
ladysgotshuz@cox.net



Easter Egg Hunt and Carnival

April 7, 10 a.m.
at Cooper's Field.

FMI call 75225.



Photo by MC1 Igo Wordu

'Fusion Devastators' pose with their trophies after they completed a sweep of this year's Captain's Cup basketball league and tournament with a perfect record. They ended the season on a high note after defeating 'Int'l Players,' 56 - 33, March 22.



'Hospital' won double titles as they finished the season as winners of the women's league and play-off tournament. W.T. Sampson finished second in the tournament and NAVSTA placed 3rd.

Photo by MC1 Igo Wordu

Sailor of the Week



YN3 Ortega Patton
NAVSTA Security Admin.
Department

"I was shocked," said Patton. "I don't do anything spectacular. I did work late occasionally, so I guess they look for someone who takes on additional responsibilities."

Fitness director inspires local women ...

Continued from page 4

who attracted a crowd. So to keep the dream of baseball alive, women were recruited to play. Many of the AAGPBL players were playing softball all around the country, and were then recruited to play for the professional league.

"Women were now taking over for the men who had to go to war. The AAGPBL players helped their country out by keeping America's favorite past time alive, as well as becoming recognized for their own athletic abilities. I, being a college

softball player, thought this made a huge impact for girls in the game of baseball/softball," she added.

Motivation and the willingness to never give up seems to be a common thread that runs through the lives of these women and maybe through the life of Karissa Sandstrom too.

Ms. Sandstrom is a dynamic, outgoing, and intense manager, said Craig Basel, "MWR Installation Program Director. "Her leadership and expertise have successfully enabled her to

spearhead all the fitness and aquatics programs to higher levels of excellence. She strives for only the best in all her employees and she generates top level performance. Karissa has responded in a professional manner to increases in program requirements and major facility renovations. Karissa has integrity and honor; clarity of vision, and her character, dedication and service are truly outstanding," replied Basel.

Downtown Lyceum

Friday, March 30

Norbit

8 p.m., PG-13, 102 min.

Smokin Aces

10 p.m., R, 109 min.

Saturday, March 31

Catch and Release

8 p.m., PG-13, 111 min.

Hannibal Rising

10 p.m., R, 121min.

Sunday, April 1

Letters from Iwo Jima

8 p.m., R, 141 min.

Monday, April 2

Because I Said So

8 p.m., PG-13, 101 min.

Tuesday, April 3

Norbit

8 p.m., PG-13, 102 min.

Wednesday, April 4

Hannibal Rising

8 p.m., R, 121 min.

Thursday, April 5

Letters from Iwo Jima

8 p.m., R, 141 min.



Smokin Aces

Genre: Action, Adventure, Comedy, Crime

Ben Affleck, Jeremy Piven, Ryan Reynolds, Andy Garcia, Alicia Keys
Storyline: Mob boss Primo Sparazza has taken out a contract on Buddy "Aces" Israel—who has agreed to turn state's evidence against the Vegas mob. The FBI places "Aces" into protective custody—under the supervision of two agents. When word of the price on Aces' head spreads into the community of ex-cons and cons-to-be, it entices bounty hunters, thugs-for-hire, and double-crossing mobsters to join in the hunt.



Letters from Iwo Jima

Genre: Drama, Adaptation, War

Ken Watanabe, Kazunari Ninomiya, Tsuyoshi Ihara, Ryo Kase, Shido Nakamura

Storyline: The story of the battle of Iwo Jima between the United States and Japan during World War II, as told from the perspective of two good friends serving in the Japanese forces, who watch helplessly throughout various battles as their comrades are killed.

MWR Happenings

Windjammer Dinner Theater

Monday, April 2, at 5:30 p.m. Bring the family to the Windjammer Club to enjoy dinner and then watch family oriented G-or PG-rated movies. This Monday, "Shrek 2," begins at 5:30 p.m., and the second movie, "Some-thing's Gotta Give," begins at 8 p.m.

Liberty Events

March 30, 7 p.m., Last Buck party, at the Windjammer.

9-Pin Bowling Tourney

March 30, 6 p.m., at Marblehead Lanes. No-Tap with Jackpot. Entry fee is \$15. FMI call 2118 or 77147.

Armed Forces Kid's Run

March 31, 8 - 11:30 a.m., begins at the high school track. A pool party will follow at the Windjammer Pool. Come dressed as favorite TV/movie character. Fun games and food for everyone. FMI call Denise at 78344 or Nadine at 77262.

Dusk 'Til' Dawn Volleyball

March 31, 6 p.m. - 6 a.m., at the base gym. Co-ed teams with at least one female player. Trophies for 1st, 2nd and 3rd-place teams. FMI call Denise at 78344 or 77262.

Beginner's Pottery

March 31 and April 14, 11 a.m. - 1 p.m., at the MWR Ceramic Shop, Bldg. AV 81. Cost is \$50 per student. Register at the Ceramic Shop before class starts. Students will receive clay, glazes, and tools needed for class. FMI call 74795.

GTMO Shopper

For Sale

(2) New speargun, \$200. FMI call 77084 or 2205.
 (2) Potted plants for sale. FMI call 77310.
 (1) Nikon digital camera, 5.1 megapixels, memory card and case, \$200; Western Digital external hard drive, 300 GB, \$125; Jeep bike, excellent condition, \$100. FMI call 78092 AWH.
 (1) Complete dive set, less than 100 dives, twin 80s w/Isolator manifold and aluminum back plate, \$200; JBL Magnum speargun, \$150; 2 aluminum 80 CFM, \$150; XL Seaquest Latitude BC, \$200; Scuba Pro MK25 1st Stage, Scuba Pro 5600 2nd stage, Scuba EM250 octopus, inflator hose, Tusa IQ700 computer w/standard controls, \$400; Scuba Pro twin jets, 4 pairs, yellow, blue and 2 black, \$40 a pair; everything can go for \$1,200. FMI call 77278 or 9825.
 (1) Patio set w/umbrella, \$100 OBO; futon/bunk bed, black, \$100 OBO; 19-in. RCA TV, \$30; bicycle, \$15; large crock pot, \$10; HP printer, \$20; Compaq 19-in. monitor, \$25; gas grill, \$125 OBO. FMI call 77731 or 4536.
 (1) Black evening shawl, \$25; turquoise glittery evening gown, SZ 12, \$125; black evening gown, SZ 12, \$75; gold tea-length halter dress, SZ 6/8, \$30; SZ 9 evening shoes, \$25; SZ 9 gold dress shoes, \$15; SZ 9, black knee-length boots, \$25; assortment of ceramics and paints, \$30; Sanyo compact refrigerator, \$30; Ashley queen-size bedroom suite, less than 6-months old, \$700 OBO. FMI call Debbie at 77978.
 (1) Two, Trikke T8 convertible three-wheeled cambering vehicles, \$150 each, or the pair for \$275; piano, Old Whitton and Whitton, great for beginner, \$800. FMI call Jorie at 2207 DWH or 75758 AWH.
 (1) 27-in. TV, \$50; JVC VCR, \$25; microwave, \$15; rug, SZ 9x12, brown, \$15; 12x12, green \$30; boy's bike, like new, \$25. FMI call 75826.
 (1) 5-piece mahogany-stained dining room set, \$150. FMI call 79407 AWH.
 (1) Three-piece couch w/end tables, dining glass table w/4 chairs w/matching wall unit, girls clothes, 18 mths - 6T, girls shoes, womens clothes, maternity clothes. FMI call

77957.

Vehicles/Boats

(2) 1985 Dodge pick-up truck, four-wheel drive, very good condition, \$1,800; Honda Shadow Motorcycle, 750-cc engine, 30K, runs great, \$1,350. FMI call 4380.
 (2) 1999 Honda Rebel, low miles, good mechanical condition, \$1,300 OBO. FMI call Mike at 77789.
 (2) 1992 Acura Vigor, rims, sunroof, automatic, good AC, power windows, excellent mechanical condition. FMI call 90054 or 4222.
 (2) 1999 Kia Sedan, damage on rear bumper, view and make best offer. FMI call 79539.
 (2) Mitsubishi Lancer, O- Z Rally, 4-door sports type, AC, power windows, manual transmission, 4-cyl., only \$3,200 miles, good condition, \$18,000 OBO. FMI call 4523 DWH or 75507 AWH.
 (2) 1988 EZGO 36V golf cart w/ charger, cami paint job, fender mounted ice chest, new HD 4ga wiring, \$850. FMI call 75622 AWH.
 (2) 1984 Wellcraft V-hull center console w/Evinrude 115 HP OB, rebuilt in 2005, clean, good shape, CD player, fishfinder, dual batteries, radio, new bimini, \$8,000; 2005 Hobie Outback kayak, paddle, foot and sail driven, excellent shape, fish rod holders built in, all accessories along with anchors, Marine Radio, \$3,000 for both. Will negotiate price for one. FMI call Kevin at 75680.
 (2) 1990 883 Harley Sportster, custom paint, runs well, motor in VCG, needs minor work, \$3,200. FMI call Bill at 75666 AWH.
 (1) 1993 Honda Civic, green, 4-door, automatic, power windows,

AC, good condition, \$2,900 OBO. FMI call 78663 or 9804.
 (1) 1992 Buick Lasabre, 4-door, power everything, auto transmission, great sound system, runs great, starts everytime, \$2,000. FMI call 79595.
 (1) 1992 Ford Taurus, runs great, V6, power windows, CD player, AC, 98K, \$3,200 OBO. FMI call 77278 or 9825.
 (1) 1998 Saturn LS, tan, new tires, sun roof, \$4,000. FMI call Aishia at 2500 DWH or 79557 AWH.
 (1) 2000 Saab 9-3 turbo, heated leather seats, power moon roof, alarm, excellent condition, \$10,000. FMI call Shawn at 77344.
 (1) 1997 Ford Ranger XLT, extended cab, rebuilt engine, brand new clutch, Sony CD player, AC, runs great, \$4,600 OBO. FMI call 78092 AWH.
 (1) 1991 Boston Whaler, 19-ft. center console boat w/power trailer. 175HP outboard engine, ski tube, color mapping fish finder, \$14,500 OBO. FMI call 9791 DWH or 77398 AWH.
 (1) 1975 Offshore sportcraft boat, 22-ft., 160HP, inboard, \$4,300. FMI call Woody 77752 or 74924.
 (1) 2005 Hobie outback kayak, paddle, foot, and sail driven excellent shape, fishing rod holders built in, all accessories w/anchors and Marine radio, \$3,000 for both. Will negotiate price for one. FMI call Kevin at 75680.

Employment

(2) Human Resources Office announces the following vacancies: Human Resources Asst., GS-5/7, closes April 2; Patient Account Technician, GS-0503-05/07, closes

April 9.

(2) SAIC has a job opening for an Administrative Assistant. The position is within NAVSTA Information Systems Department. Please forward resumes to DellML@usnbgtnavy.mil or call 4616.

Announcements

(1) The NEX will have a value-pack, commissary sidewalk sale, March 30-31, 9 a.m. - 6 p.m., and April 1, 10 a.m. - 3 p.m. On April 2, shoppers will get a chance to win a commissary shopping spree. Patrons can participate by guessing the number of paper towels inside a vehicle at the NEX atrium. Must be 18 years or older and a U.S. citizen to enter. Only one entry per person. FMI call Courtney Jackson at 4911.
 (1) The Fleet and Family Support Center is offering a class in "Stress Management" April 4, 6 p.m. FMI call 4141.

Lost/Found

(1) Sony N-1 digital camera w/ underwater case, lost at Windmill Beach. FMI call 78630 or 3505.

Wanted

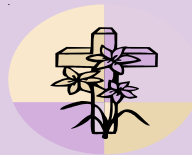
(1) Will pay cash for newer pick-up w/canopy, SUV, or van and fishing/pontoon boat. FMI call Mike at 77977 or 2129.

Yard Sales

March 31 — Caribbean Circle, #27D, 7 - 9 a.m.
 March 31 — Caribbean Circle, #25D, 7 a.m - noon.
 March 31 — Caribbean Circle, #12, 8:30 - 11 a.m.

Easter Season Chapel Services and Events

Holy Thursday	April 5	6 p.m. 7:30 p.m.	Roman Catholic Mass Joint Protestant	Base Chapel Base Chapel
Good Friday	April 6	Noon Noon 5 p.m.	Protestant Service Protestant Service Roman Catholic Mass	Trooper's Chapel Base Chapel Base Chapel
Holy Saturday	April 7	8 p.m.	Roman Catholic Vigil	Base Chapel
Easter Sunday	April 8	7 a.m. 9 a.m. 9 a.m. 10 a.m. 11 a.m. 1 p.m. 6:30 p.m.	Sunrise Service Roman Catholic Mass Easter Brunch Afterward Protestant Service Liturgical Protestant Protestant Service Gospel Service Roman Catholic	Bayview Base Chapel Fellowship Hall Trooper's Chapel Sanctuary B Base Chapel Base Chapel Trooper's Chapel



GTMO Happenings



Photo by MC2(AW) Honey Nixon

Film festival — *Johnny Grant, Honorary Mayor of Hollywood, along with actress Tracy O'Connor (left), and singer Kimberly Faith-Jones (right), present MWR Director, Craig Basel, with an 'Honorary Mayor of GTMO' plaque, March 25, at the Windjammer Ballroom. The entertainers were here to promote the GTMO Independent Film Festival.*



Photo provided by Maj. Gerald Crawford

Clean-up — *Lt.Col. Jim Vasconcellos, CDR Ron Draker, and LCDR Dave Harris, return from a litter pick-up, March 16, at Hicacal Beach. Volunteers from the Office for the Administrative Review of the Detention of Enemy Combatants (OARDEC) collected large bags of trash, which appeared to have floated across from Windward. The trash included many water bottles as well as an assortment of shoes, brushes, and combs. To reserve a free boat for beach clean-ups, call the MWR Marina manager at 2345.*

Photo provided by Paula Whitfield



Lionfish sighting reported

The venomous Indo-Pacific 'Lionfish' has recently been sighted in Guantanamo Bay waters.

Their spines are venomous and can cause extreme pain. If stung, immerse wound in hot water and seek medical attention as soon as possible.

Identification: Lionfish have distinctive red, maroon, and white stripes; fleshy tentacles above eyes and below mouth; fan-like pectoral fins; long separated dorsal spines; dorsal spines 13; dorsal soft rays 10-11; anal spines 3; anal soft rays 6-7. An adult lionfish can grow as large as 18 inches while juveniles (see right) may be as small as 1 inch or less.

Habitat: Lionfish have been found in water depths from 85

to 260 ft. on hard bottom, coral reefs and artificial substrate, sometimes found under ledges and hiding in crevices.

Special Precautions: All of the spines on a lionfish are venomous! This fish can give a painful, venomous sting with its dorsal, anal and pelvic spines. Please exercise extreme caution.

Report any lionfish sighting to the local environmental office at 4380 or 4662. Videos and photographs are encouraged. Any other information including the number of lionfish, depth, latitude and longitude, or behavioral observations such as feeding and courtship behavior are also welcome.



Photo by MC1 Bob Lamb

Port visit — *USS Carney (DDG 64), the Navy's 14th Arleigh Burke-class destroyer, arrives at Guantanamo Bay for a refueling stop, March 21.*