

Guantanamo Bay Gazette

GTMO Hosts USS Ships, U.S. 4th Fleet Commander



Naval Station Guantanamo Bay, Cuba, Commanding Officer J.R. Nettleton escorts Commodore of Destroyer Squadron 40 Capt. Ace Van Wagoner and U.S. 4th Fleet Commander, Rear Adm. Sinclair Harris as they disembark USS Anzio (CG 68) and USS Underwood (FFG 36) during the ships' visit to the installation during their support of multi-national training exercise UNITAS Atlantic 53. Thirteen multi-national ships from seven partner nations participated in the exercise that originated in Key West, Fla. and officially ended in the Western Caribbean area of responsibility September 29. UNITAS Atlantic 53 is a U.S. and South American-sponsored international naval exercise and is the longest ongoing maritime exercise in the region. UNITAS is designed to train each naval force in a variety of maritime scenarios, to provide the maximum opportunity to improve interoperability.

MC2(SW/AW) Justin Alles

Gazette Editor

USS Underwood (FFG 36) and USS Anzio (CG 68) visited Naval Station (NS) Guantanamo Bay, Cuba, during their deployments in support of multi-national maritime exercise Southern Seas 2012 and UNITAS Atlantic 53, Sept. 29-30.

USS Underwood received logistic support from the installation including fuel, water and supplies, while UNITAS flagship USS Anzio disembarked attached staff members from Destroyer Squadron 40 including U.S. 4th Fleet Commander, Rear Adm. Sinclair Harris.

“Guantanamo Bay is an important logistical base for U.S. 4th Fleet as it is the only forward deployed, full service naval station in our area of responsibility,” said U.S. 4th Fleet Public Affairs Officer Lt. Cmdr. Corey Barker.

UNITAS Atlantic 53 is a U.S. and South America-sponsored international naval exercise. This is the 53rd year partner nations have participated in UNITAS, which stands for “unity,” making it

the longest ongoing maritime exercise in the region.

“Having Guantanamo Bay as a port visit is so important for us at this point in our deployment,” said Southern Seas 2012 Public Affairs Officer Lt. Stephanie Homick. “It’s the last U.S. base we’ll hit before returning to homeport and it’s a great logistical stop for all the last minute items we’ll need to see us through to the end. The crew is really glad it has this opportunity to pull into Guantanamo Bay. It’s a huge morale booster to get supplies and other items from a place that almost feels like home. Guantanamo is like any other U.S. base that provides for the Navy’s needs.”

Thirteen multi-national ships from seven partner nations participated in the exercise that originated in Key West, Fla. and officially ended in the Western Caribbean Sept. 29. Warships from Brazil, Canada, Colombia, the Dominican Republic, Mexico, the United States and the United Kingdom and observers from France, Jamaica, Panama and Peru participated in the exercise.

UNITAS is designed to train each naval force in a variety of maritime scenarios, with each operating as a component of

GTMO's NEX, MWR Host 11th Annual Customer Appreciation Weekend

MC2(SW/AW) Justin Ailes
Gazette Editor

Navy Exchange (NEX) and Morale, Welfare and Recreation (MWR) at Naval Station (NS) Guantanamo Bay, Cuba, hosted the 11th annual Customer Appreciation Weekend, Sept. 28-30.

Numerous events were held at different locations on base during the jam-packed weekend, 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.

"This event gave the vendors and entertainers a chance to meet the troops and thank them for their service," said NS Guantanamo Bay NEX General Manager Catherine "Kitty" Case. "That's the reason all of the vendors and entertainers come."

In coordination with Navy Entertainment, this year's event featured numerous musical performances from the Kelly Bell Band. The group has toured with Navy Entertainment and performed shows for service members as far as San Diego and more recently and through Europe for a 4th of July show this past summer. From Baltimore, Md., the Kelly Bell Band has been voted the Best Blues Band in the Mid Atlantic Region 12 years in a row.

For more see **NEX/MWR** ■ page 6



JTF Troopers strain against the 7,500 pound weight of an M1151 Humvee during the NEX/MWR Customer Appreciation Weekend's Humvee-pull competition. 19 teams of three competed during the event.

GUANTANAMO BAY GAZETTE

COMMANDING OFFICER
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COMMAND MASTER CHIEF

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



PUBLIC AFFAIRS OFFICER
GAZETTE EDITOR
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MC2(SW/AW) JUSTIN AILES

USNH Emergency Room Re-opening in Original Location

Stacey Byington

USNH Public Affairs Officer

U.S. Naval Hospital Guantanamo Bay is putting the final touches on upgrades to the main hospital building that began in October 2009. Renovations to D-Wing (Emergency Room and Galley at the back of the hospital on the first deck, and Operating Room spaces on the second deck) are almost complete.

“It is important that everyone on the base know that no hospital services have been, or will be interrupted,” said LCDR Willie Carter, MSC, USNH GTMO Director of Administration. “CAPT Richard Stoltz, MSC, USNH GTMO Commanding Officer, has directed it is ‘business as usual,’ and it is imperative to make this long-term renovation as seamless as possible for people who need hospital services.”

Beginning Oct. 9 at 4 p.m., the Emergency Room will be relocated to its normal location on the first floor inside the main hospital building. Signs will be posted to redirect patients to the Emergency Room entrance and designated parking.

“The current hospital was constructed in the mid-1950s, and opened its doors in 1956,” said Carter. “The current on-going renovation is the first major upgrade to the hospital since that time. Although many of the upgrades will not be noticeable to the casual observer, the hospital’s entire fire-suppression system has been replaced, and most of the hospital’s life-safety measures have been upgraded to meet current codes.”

While most of the hospital renovations have been completed, there are still a few spaces that are still being upgraded. The hospital galley is still undergoing renovation, and is scheduled to reopen by the end of this calendar year.

Technology Simplifies Military ID Cards Renewal Process

Lt. Mike Baldwin

Personnel Support Detachment Officer in Charge

Anyone who has ever had to renew a military ID card knows the drill. Between making appointments, scheduling a mutually agreeable time for sponsors and family members, filling out paperwork and waiting for your name to be called, it can take a fair amount of time and effort. And if your sponsor is deployed, you should be sure to bring a power of attorney. Well, the process has just become much easier. The Defense Manpower Data Center (DMDC) now offers the Real-time Automated Personnel Identification System (RAPIDS), a self-service portal that provides common access card (CAC) holders with online access to apply for ID cards for family members or retirees or to update dependent statuses. So whether the military sponsor is nearby on the installation or deployed overseas, or if the family member is a college student residing in another state, the RAPIDS portal provides a way for the service member to authenticate eligibility

without the need to be physically present.

The process is simple. The CAC holder can log in to the RAPIDS site and access their family member’s information, which the military sponsor can update, if needed. For an ID card, the CAC holder must complete DD Form 1172-2 and electronically sign it. The family member can then take a printed version of the Form 1172-2 to the nearest DMDC office, easily located by using the RAPIDS Site Locator, to get an ID. The service member does not need to accompany the family member to the site to pick up the card. RAPIDS also can provide the CAC holder with a Department of Defense (DoD) self-service username and password, called a DS Logon, which can provide access to several DoD and Veterans Administration (VA) websites.

There are two levels of access: basic and premium. The premium level will offer the greatest access to personal data and more ability to interact with that data, such as applying for benefits online, checking the status of a claim, and updating records. You must apply in person for the premium level. As this sophisticated system matures, DMDC may expand self-service options to include changing email certificates and updating information about family members. Additional identity information, such as fingerprints, may even be added to the system. Keep an eye out for more exciting news about RAPIDS.



Chaplain's Corner

The Little Things

Capt. Van Dickens

NS Guantanamo Bay Command Chaplain

We do them in such little ways that we hardly notice. Going just a little faster than the speed limit, cutting out a little earlier than we’re supposed to, failing to reimburse a friend for the two dollars he loaned you, fudging on numbers to look a little better on reports. Everybody’s doing it. It’s not that big a deal, we think. And then it happens. We cross a line we don’t see anymore and do a far worse wrong. How did we allow ourselves to go that far? We had never

done anything that serious before. And yet, our habitual “little” crimes kept adding up. In time, the difference between right and wrong became blurred, until we got caught doing something very wrong. Early in my career I visited with an officer who resigned his commission after being NJP’d for lying on his physical readiness test. All he needed in order to pass was to be counted for one more push-up. No big deal, right? Hmm.

So how’s your moral compass these days? What keeps you from drifting off course? What core values and spiritual resources do you habitually draw from in order to habitually stay morally straight? What is your center of gravity for right living? Not sure? I know who can help.



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www.facebook.com/NSGuantanamoBay



A Joint Task Force (JTF) Guantanamo Bay Trooper assists an installation youth as he pretends to fire one of the many weapons Army service members had on display during National Night Out at the downtown Lyceum, Oct. 2.

GTMO's Security Department Hosts National Night Out

MC2(SW/AW) Justin Alles

Gazette Editor

The Security department at Naval Station (NS) Guantanamo Bay, Cuba, hosted "National Night Out" at the downtown Lyceum, Oct. 2.

National Night Out is a crime and drug prevention event designed to heighten awareness, generate support for local anti-crime programs, strengthen neighborhood spirit, and organize community and police members in a crime-stopping partnership.

"The event itself is aimed at increasing police program awareness, neighborhood watches, and bringing the community together," said NS Guantanamo Bay Physical Security Officer Edwin Quinones. "The Security department is able to walk away knowing exactly who they are protecting and serving, residents are able to leave with new neighborly friends and crime prevention information, and everyone is able to walk away with a memory of another fun, entertaining, and diversified night."

The event has been held annually since 1984 in the United States and is sponsored by the National Association of Town.

"Thank you to Security's Military Working Dog Handlers

who gave a performance that featured detection training and apprehension techniques, the Training division who had personnel in the "Red Man" gear [baton training], the Harbor Patrol Unit who showcased their new patrol boat, Master-at-Arms 1st Class Jodie Hurlbut and Master-at-Arms 1st Class David Ochsenfeld who were on the grill providing free food, but most importantly Master-at-Arms 2nd Class Eldis Vazquez-Flores who coordinated the event," said Quinones. "Thank you to all the volunteers, but especially the GTMO Spouse Association, Chief Petty Officer Association, First Class Petty Officer Association, the Wardroom for their financial contributions and MWR and for their logistics and music support for the event."

This year's National Night Out featured Master-at-Arms 3rd Class Molly Meehan providing face-painting, a rock wall and balloon bounce house, displays from numerous departments and tenant commands on base including Joint Task Force Guantanamo Bay Troopers, Marine Corps Security Force Company Marines, and Weapons department Sailors, all with a focus on educating community members on the importance of crime prevention.



USS SHIPS ■ From **cover** ←

a multi-national force to provide the maximum opportunity to improve interoperability. The exercise develops and sustains relationships that improve the capacity of emerging and enduring partners' maritime forces to achieve common desired effects. The annual exercise fosters friendly, mutual cooperation and understanding between participating navies.

Southern Seas 2012 is a six-month U.S. Navy engagement and training operation to the Caribbean and Central and South America. During the deployment, USS Underwood and embarked units participated in a variety of exercises and multi-national exchanges to improve operational readiness and enhance relationships in the region.

During the operation, assigned units focused on operating in the multi-national environment, preparing to deal with unconventional threats such as illicit trafficking, and improved training levels in a variety of mission areas.

Participating forces took part in major regional exercises including UNITAS Atlantic, UNITAS Pacific, and Silent Force Exercise.



Quartermaster 2nd Class Melissa Pate serves as Dockmaster during the arrival of USS Underwood (FFG 36) as she visits Naval Station Guantanamo Bay, Cuba, during her deployment in support of U.S. 4th Fleet mission Southern Seas 2012 and annual multi-national maritime exercise, UNITAS Atlantic 53.

Forces also participated in a series of theater security cooperation events, including military-to-military cooperation, humanitarian assistance, disaster response, combined training, and maritime security.

NEX/MWR ■ From **page 2** ←

"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."

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

Sgt. Naing related some of his experiences to the staff of U.S. Naval Hospital Guantanamo Bay, Sept. 28. Naing joined the Marine Corps in 2004, and during his second tour in Iraq in 2006, was wounded in the shoulder by an enemy sniper, and medevaced first to Germany and then to Naval Hospital Bethesda. After hospitalization, he continued recovery in

Wounded Warrior East, and upon full recovery, returned to full duty and reenlisted in the Marine Corps in 2008. Naing was deployed to Afghanistan in January 2010. It was there, about six months into his tour, that he was wounded during a firefight near a vehicle checkpoint, shot in the chest with the bullet exiting his back. Sgt. Naing talked to base residents about his experiences and highlighted the many achievements of the Wounded Warrior program.

As part of the Customer Appreciation Weekend, "Sideswipe," a martial arts based performance team which travels the country showcasing their combination of martial arts moves, aerodynamics, and gymnastics, performed at the NEX atrium for base residents. Sideswipe has appeared on such shows as The Jerry Lewis Telethon, The Wayne Brady Show, and The Ellen DeGeneres Show, as well as sporting events, live action shows and karate tournaments.

The weekend event also featured a 5k race, an athletic shoe clinic, a community lunch fundraiser, grand prize give-aways for free trips to Las Vegas and New York, a drawing for a \$2000 NEX gift card, a fishing derby at the MWR Marina, a multicultural performance, a dance competition, and door prizes.

Service members and civilians were also invited to competitively test their strength. Nineteen teams of three competed in a timed M1151 Humvee-pull competition. Team members strained against the 7,500 pound tactical vehicle as they competed for the best time and prizes.

Closing out the weekend festivities, a food-tasting prepared from chefs featured on Food Network's television show "Diners, Drive Ins and Dives" was held at the Bayview restaurant. Chefs Johnny Brava, Dimitri Kallianis, and Mike Hardin provided their signature dishes for community members.

"Everyone has been very supportive," said Mike Hardin. "I've been coming to Guantanamo Bay for a while now and it's always an amazing experience."



Chef and restaurant owner Mike Hardin poses with JTF Commander Rear Adm. John W. Smith Jr. during a food-tasting prepared by Hardin and other chefs featured on Food Network's "Diners, Drive Ins and Dives," as part of the NEX/MWR Customer Appreciation Weekend, Sept. 28-30.

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

'97 Jeep Wrangler TJ. 2.5 Liter 4 cylinder. manual transmission, new water pump, new removable back seat, new MP3 CD stereo. Available Oct. 16. \$6000 OBO. Call 79525, ask for Shawn

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

'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 jpwoods24@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

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

6 ft. offset satellite dish (good for DirecTV and Dish Network). Comes with DirecTV Inb and multiswitch, plus cables, \$500. Bose Acoustimass 16 Series II 6.1 surround sound system, black color, comes with speakers wall mounts and Sony 7.1 receiver, \$900. Apple TV, like new, \$70. Insanity workout complete DVD set, comes with mat, \$50. Xenon Lights conversion kit + Lights, \$100. Call 75885

iMac Apple 21" desktop intel core i3 for \$750 neg. SCSI modem, \$40. Call 75849 or email skilbert_1981@yahoo

Dell Windows Vista laptop, 2 gb memory with webcam. \$350. Call 2441, 2600, 77430

MacBook Air Laptop, 1.6GHz dual-core Intel Core i5 processor, OS X Lion 10.7.3, Speed 1.6 GHz, Memory 2 GB, HD 64GB, \$800. Call 79561

Apple iPad 2 WiFi + 3G Verizon black, excellent condition. Includes protective case and leather smart cover, \$500. Call 84908

(2) SCSI modems with ethernet cables, power supplies, and built in DSL filters. \$50 for each or \$85 for both. Call 84165 or 2270

MISC

(2) 6gal. gas cans, \$5 each. (2) 3 gal. boat gas cans, \$5 without hose, \$7 with hose. Anchor light on a pole, \$10. 24' anchor rode/chain, \$25. Obrien double skis, \$40. Obrien Slalom ski, \$40. V-ski bridle new, \$20. 75' ski rope new, \$20. (2) Dive Gear hangers, \$3 each. Charbroil smoker and wood chips, \$10. Tecumseh 20" 4 HP lawn mower and gas can, \$40. Danforth anchor, \$20. Light wood night stand. Altec Lansing BS2621 Speaker System in box, \$35. TV entertainment center, 5' wide by 5' tall and 2' deep with a Sony Trinitron TV, \$300 for both. Mini fridge, \$50. Call Mark or Jo Gallagher 77872

OUTDOOR REC

(2) 100 Cu. Ft. Al. Tanks. Hydro dates 1/11 and 11/11. \$150 each. Call 77872

YARD SALE

Oct. 6, Caribbean Circle 3A, 1200

Oct. 6, Grandillo Point 13D, 0800

HOUSEHOLD GOODS

Washer and Dryer. Bought new 3 years ago. Both work great. \$500 for both OBO. Call 77254 if interested

Full size bed with mattress, box, and headboard \$100. Computer desk, very good shape, like new and executive style black leather chair with built in multiple setting massager. Both for \$100. Call 77106

The Scoop

SEABEE GOLF SCRAMBLE

Oct. 7, 0700 check-in, 0800 Shotgun start, Yatera Seca Golf Course. Teams of 3-4 are welcome. \$25 per person. Starter bag and lunch are included. Prizes for 1st, 2nd, and 3rd. Call 4519 or 4518 to register.

CAREER EXPLORATION

Oct. 10, 0930-1130, Fleet and Family Support Center building 2135. Learn to match personal skills and traits with possible career occupations. Call 4153 to register.

PARENTING TODDLERS

Oct. 11, 1400-1600, Fleet and Family Support Center building 2135. Learn to help your child reach milestones through active play and hear from other parents. Call 4141 to register.

HAIL AND FAREWELL

The Filipino-American Cultural Association of Guantanamo Bay is hosting a Hail and Farewell event at Cable Beach, Oct. 7, starting at 1300. Bring a dish to share, bring a friend and celebrate Phillipine culture.

GRIP IT AND RIP IT

Oct. 14, Yatera Seca Golf Course, 0800-1200. Grip it and rip it golfers. There's a longest drive contest, closest to the pin contest, and cash prizes for 1st place men and women. 3 shots for \$10. Sponsored by the Yater Seca Golf Association.

NAVY BIRTHDAY BALL

Oct. 13, Windjammer Ballroom. Tickets are sold out. Come out and celebrate the Navy's 237th birthday and commemorate the War of 1812 Bicentennial. FMI, call 4721, 58601, or 3056.

FLAMINGO FLOCKING

Suprise your friends with a yard full of plastic pink flamingos. All it takes is a \$20 donation. Flocking insurance is also available for donation to protect your yard. Brought to you by the 2013 Seabee Ball Committee. FMI, call 4148.

SPACE 'A' SIGN UP

A new way to sign up for Space 'A' has arrived. You may now email your leave chits to ATOC@USNBGTMO.NAVY.MIL. Remember, you can only be signed up the day your leave begins.

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

TRICARE Service Representative

GTMO. www.saic.com/careers. Keyword search "Medprotect." Full-time position, local hire.

MOVIES

DOWNTOWN LYCEUM

FRIDAY Oct. 5

8 p.m.: **Looper (new)**
R 119 min.

10 p.m.: **Step Up Revolution**
PG13 99 min.

SATURDAY Oct. 6

8 p.m.: **D.O.A.W.K. Dog Days (new)**
PG 94 min.

10 p.m.: **Moonrise Kingdom**
PG13 93 min.

SUNDAY Oct. 7

8 p.m.: **Hotel Transylvania (new)**
PG 92 min.

10 p.m.: **Total Recall**
PG13 121 min.

MONDAY Oct. 8

8 p.m.: **Savages**
R 131 min.

TUESDAY Oct. 9

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

WEDNESDAY Oct. 10

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

THURSDAY Oct. 11

8 p.m.: **Trouble with the Curve**
PG13 111 min.

CALL THE MOVIE HOTLINE @ 4880

GTMO Kicks Off Combined Federal Campaign Season

MC2(SW/AW) Justin Ailes

Gazette Editor

The Combined Federal Campaign (CFC) kicked off at Naval Station (NS) Guantanamo Bay, Cuba, with a cake-cutting



NS Guantanamo Bay Executive Officer Cdr. Colin Caswell kicks off the Combined Federal Campaign season with a cake-cutting ceremony at the Gold Hill galley, Oct. 3.

ceremony at the installation's Gold Hill galley, Oct. 3.

CFC is a program allowing certain charitable organizations to solicit contributions from employees of the federal government. The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

"I've been involved with CFC for several years," said NS Guantanamo Bay Executive Officer Cdr. Colin Caswell. "This program is a great way for military members to give back to the community. There a lot of worth-while organizations that depends on the CFC. It's very important for us to show our support."

To learn more about making donations to the CFC, contact your department representative or the installation's CFC Coordinator, Chief Gunner's Mate Derrick Abson.

CFC was established in 1961 and is the largest workplace charity campaign in the U.S. It is the only campaign authorized to solicit from federal employees in the workplace on behalf of charitable organizations.

GTMO's Fire Department To Host Fire Prevention Week

NS Guantanamo Bay Fire Department

Naval Station Guantanamo Bay, Cuba's Fire department will hold Fire Prevention Week, Oct. 7-13.

Every year since 1957, Fire Prevention Week is observed with a new theme and this year's theme is "Know 2 Ways Out." The U.S., Canada, and all DoD facilities across the globe observe Fire Prevention Week. Remember these factual statistics and safety practices when you're at home:

Home Fires:

In 2010, 85% of all fire deaths were caused by home fires.

Escape Planning:

Develop and practice an escape plan. "Have 2 Ways Out" from each bedroom and living space. Establish a meeting place. Never go back into a burning building.

Smoke Alarms:

Carbon monoxide is a "silent killer." Never disconnect detectors. Test monthly. Replace batteries every 6 months or when chirping. Every bedroom and level of a home should have smoke detector.

Home Fire Sprinklers:

Sprinklers are highly effective because they react so quickly in a fire. They reduce the risk of death and injury from a fire because they dramatically reduce the heat, flames and smoke produced, allowing people time to evacuate the home. Never tamper with any part of a sprinkler system, nor close a shut-off valve.

Cooking:

Cooking equipment is the #1 leading cause of home fires and associated injuries, and was tied with electrical fires for the third leading cause of home fire deaths. Unattended cooking is the leading cause of these fires. If you must leave the cooking area, turn off the stove range and move the food to a cooler spot. Keep handles of pots and pans out of reach of children while cooking. Avoid overheating foods, especially oil. If a fire starts, use a lid cover to place over the

fire to smother it. Never use water or a wet rag on grease fires. If the fire is too large to cover, use an ABC dry chemical fire extinguisher.

Heating:

Heating equipment was the second leading cause of all reported home fires and home fire deaths, particularly during the cooler months. Never leave equipment unattended. Keep equipment at least 3 ft away from any combustible materials, such as furniture, draperies, desks and trash cans. Portable space heaters should be UL-listed with an automatic shut-off safety device such as tip-over switch and a thermostat. Never use extension cords. Plug directly into a wall outlet.

Smoking Materials:

Smoking is the #1 leading cause of home fire deaths. Avoid smoking when tired while lying down on a bed or recliner to prevent you from falling asleep with a lit smoking device. Always dispose the "cherry" or "butts" in a non-combustible receptacle or ashtray. Ensure the smoking device is extinguished and cooled.

Electrical:

Electrical fires are tied with cooking fires for being the third leading cause of fire deaths in home fires. Extension cords and non-surge protected power taps are for temporary use only. Avoid overloading these power distribution devices. For permanent use and for protecting certain equipment, use surge suppressors or have a certified electrician install additional outlets. Avoid overloading wall outlets and breakers. Equipment should be in good operating condition, with no exposed wires. Always follow the manufacturer's recommendations.

Housekeeping:

Keep home clean and avoid being a "packrat." Clean dryer lint traps and electrical stove range from grease and food build-up.

Candles:

Keep candles clear from draperies and at least a foot away from all other combustibles. Candles should be placed on a solid, stable and non-combustible surface. Keep candles, matches and lighters out of reach from children. Alternatives to fire lit candles are battery operated candle, use a candle warmer in lieu of a lit wick, or simply use a plug-in air freshener. Candles in bachelor quarters are not authorized to be lit.

The Fire Department extends its invitation to all base personnel and families to join us to observe Fire Prevention Week.

