



Photo by MC2(AW) Honey Nixon

'Cool Boyz' performed many different dances during the entertainment phase of the Jamaican Independence Day ceremonies on Aug. 5, at the Windjammer Club. They performed traditional to modern dances all night.

Independence is a journey, not a destination

By MC1 Robert Lamb, Public Affairs Office

At midnight August 5, 1962 the British Flag was lowered and the Jamaican Flag was hoisted for the first time signaling the birth of a new nation.

For forty-four years the

GTMO community has celebrated the events of that day side by side with Jamaican residents. Every Jamaican in Guantanamo Bay may have his or her heart in Jamaica, but the first week of

Aug. we all celebrate the Independence of Jamaica and give thanks to them for the support that they've given us while they're here in this community.

In typical Jamaican cul-

tural fashion, the GTMO community came together to celebrate this year's Jamaican Independence anniversary, Saturday, August 5. Inclement weather forced

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Income-replacement program launched for mobilized reservists, guardsmen

From American Forces Press Service

The Defense Department kicked off a program in August to help prevent activated Reservists and National Guardsmen from facing financial hardships.

The Reserve Income Replacement Program (RIRP) will pay eligible National Guard and reserve members mobilized for extended or frequent periods the difference between their monthly civilian pre-mobilization income and their current total monthly military compensation.

“RIRP is designed to assist those mobilized Guard and reserve members that are experiencing a loss of income while mobilized,” said Tom Bush, principal director of manpower and reserve affairs for the Office of the Assistant Secretary of Defense for Reserve Affairs.

Program payments are not automatic. Guard and reserve members must apply for the RIRP payments through their service personnel offices.

To qualify for RIRP, service members must be serving on active duty in an involuntary status and have completed 18 continuous months of involuntary active duty; or have com-



Photo provided by Public Affairs

(RIRP) will pay eligible National Guard and reserve members mobilized.

pleted 24 cumulative months of involuntary active duty within the last 60 months; or be serving on involuntary active duty for a period of 180 days or more that starts within six months of separation from a previous period on involuntary active duty for at least 180 days. Guard and reserve members serving on involuntary active duty and earning at least \$50 less than their normal civilian income each month must verify eligibility for this benefit through their military service’s personnel system, using a new

DD form created for this program, DoD officials said.

Financial records submitted with the RIRP application must include the member’s most recent federal income tax return or other record of earnings that shows gross income during the 12 months before the member’s mobilization, officials said.

The first payments under the

program will be made at the end of August for members who have completed the application and meet all eligibility criteria. Congress authorized the Reserve Income Replacement Program as part of the National Defense Authorization Act for fiscal 2006. The authority for RIRP will expire Dec. 31, 2008.

GUANTANAMO Gazette

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Photo by MC2(AW) Honey Nixon

Late Advancement — CAPT Mark Leary, NAVSTA Commanding Officer shakes hand with newly frocked Navy Petty Officer Second Class Benjamin Kongesor on Friday, Aug. 4.

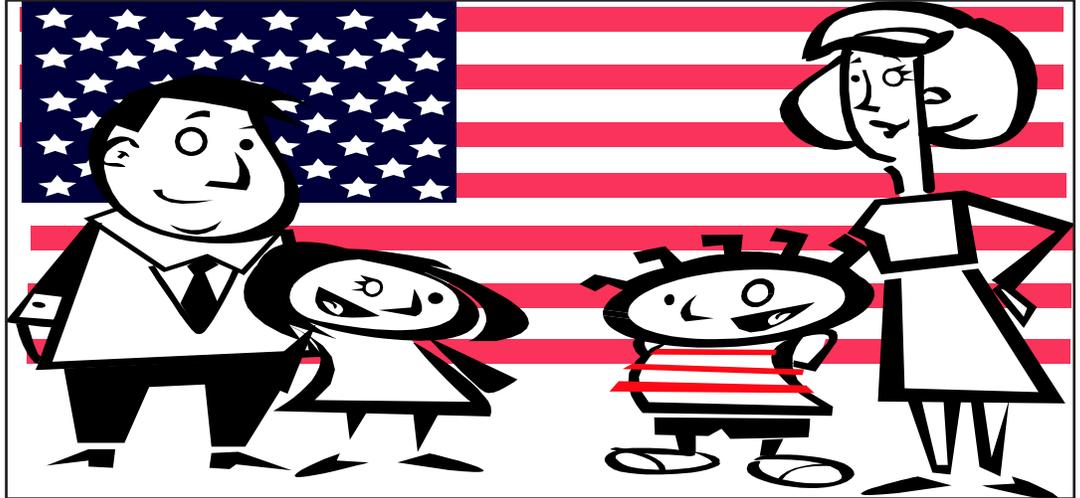
DoD encourages overseas citizens, military personnel to vote

Special release from the U.S. Department of Defense

In 2006, U.S. citizens will elect 34 senators, the entire House of Representatives, 37 state governors, and hundreds of state and local officials.

Overseas voters and military personnel have a variety of means that will enable them to participate in the 2006 elections starting with the primaries beginning in March and through the general election on Nov. 7, 2006. U.S. citizens can register to vote and request an absentee ballot using the Federal Post Card Application (FPCA), which has been redesigned for 2006, allowing them to provide more information to their local election official as well as providing greater security for their personal information.

The form is available from their unit or installation voting assistance officer, U.S. embassies and consular offices, as well as from many local civic and overseas groups. It also is available electronically



on the Federal Voting Assistance Program (FVAP) Web site at www.fvap.gov.

Once completed, U.S. citizens can send the FPCA to their local election official in the jurisdiction of their legal voting residence. The local election official will then be responsible for sending an absentee ballot to the requestor. All U.S. citizens are encouraged to register to vote as soon as possible

to ensure compliance with varying state registration deadlines. The FVAP Web site contains a great deal of useful information, including an updated, electronic copy of the "2006-07 Voting Assistance Guide."

For more information contact the unit or installation vot-

ing assistance officer or the nearest U.S. embassy or consular office. Voters may also contact FVAP staff directly by e-mail at vote@fvap.ncr.gov or by telephone on one of the many toll-free international phone numbers, available on the Web site. FVAP office hours are 8:30 a.m.- 5 p.m. EST.



Photo by MC2(AW) Honey Nixon

Advancement — *BMC(SW) Tommy Lowery congratulates Boatswain's mate Chief Select Dexter Williams on Friday, Aug. 4. Three of the four Chief Selectees, from Naval Station Guantanamo Bay, came from Port Services Department.*

Congratulations to the followed Navy Chief Petty

Officer Selectees

NAVSTA



- ND1(DSW) Nicholas Luoto*
- GM1(SW) Joshua Tolleson*
- HT1 (SW) Christopher Wills*
- BM1(SW/AW/FMF) Dexter Williams*



Naval Hospital

- HM1 Jessie Karstedt*

JTF

- DC1(SW) Tim Chrockrem*
- PS1 Bill Randall*
- HM1 Don Jeffers*

- GSM1(SW) Garrion Street*
- CTI1(FMF) Andrew Meyer*

- MA1(SW) James Henley*

- AE1(AW/SW) Jim McDonald*

- MA1(SW/AW) Jerry Tullos*

- MA1(AW/SW) Patrick Otis*

- MCI Tim Duckworth*



Yacht Club seeks new members

By MC2(AW) Honey Nixon, Public Affairs Office

Aided by the island breeze, colorful sailboats break the water's smooth surface as sailing enthusiasts direct their boats into Guantanamo Bay. A scene like this can easily be turned into reality by signing up for membership in the GTMO Yacht Club (GBYC).

The club is currently looking to increase its membership and to help breathe life back into the MWR Sailing Center.

"Historically, this club was part of numerous regattas and competitions," said Lt. Susan Rodriguez, adjutant of GBYC. "We would like to bring that sailing life back to this base and offer events of food, fun and sailing to those interested. By keeping events available we hope to bring more people together with that interest and to be able to revive the spirit of the sailing center."

To become an 'active' member of the GBYC, one must possess an MWR sailing certification. However, anyone without sailing certification can

become an 'associate' member.

"Our meetings are more like gatherings for anyone interested in sailing," said Rodriguez. "Every third Saturday of each month, club needs are addressed by our members."

Rodriguez advises that the best way to take advantage of free sailing lessons and pursue certification is to sign up in person at the Marina with the sailing instructor, Anthony Henry. Lessons are offered from Wednesday through Sunday at 10 a.m. to noon or 2 to 4 p.m. depending on the weather.

"The MWR Marina has sailboats available for rent to those carrying an MWR sailing certification," said Rodriguez. "There are 14 ft., 17 ft. and 22 ft. boats currently available for rent."

Rodriguez adds the Sailing Center is in need of cleaning and painting in addition to repairing and enhancing the center overall.

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Photo by MC2(AW) Honey Nixon

One of many sailboats that are berthed near the Morale, Welfare and Recreation Sailing Center. Sailboats are rented from MWR for recreation use.



Yard of the Quarter — *Mr. and Mrs. Irving Diaz are congratulated by CAPT Mark Leary, NAVSTA Commanding Officer, and Rudy Sammons, Housing Director, after their home was selected as the overall winner for 'Yard of the Quarter.'* *Mr. and Mrs. Diaz live at Radio Point #729. Congratulations to all who were chosen this quarter.*



Ombudsman

Cheryl Crouse

NAVSTA Ombudsman
Local Liaison
Phone - 75860
Pager - 4447-2000
ccrouse35@yahoo.com

Senora (Sunni) Malone

NAVSTA Ombudsman
Phone - 77957
Pager - 4084-2390
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Tanya Ward

NAVSTA Ombudsman
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Amy Thomason

Navy Provisional Guard
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thomasonas@usnbgmtmo.navy.mil or
thomasonamy@msn.com

Kathy Diaz

USNH Ombudsman
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kathiuska.m.diaz@gtmo.med.navy.mil

Jennifer Amaio

USNH Ombudsman
Phone - 7379
Pager - 72090, #493
jennifer.k.amaio@

Welcome to the GTMO Community

YNC(SW) Ginamarie Rodriguez Doherty

What is your job here in GTMO?

My job is to supervise documents and files created and maintained for NAVSTA, JTF, and other NAVSTA tenant commands. We assist Sailors, government civilians, and many contract personnel with administrative functions such as residency, funded and unfunded Environmental Leave.

Why did you choose to come to GTMO?

I chose GTMO to experience overseas duty and take on a new challenge. I had to terminate shore duty for this billet.

Last Duty Station?

Surface Warrior Officer School, Rhode Island. We trained officers from ensign to captain to serve at sea and it's also where I became as a master training specialist. I am very proud of that one, it took alot of work.

How long have you been in the Navy?

I will have been in the Navy for 20 years in September. I joined when I'd had enough of Dunkin Donuts and Kmart.

What are your favorite aspects of GTMO on both a professional and leisure level?

The sailors here are professional and focused on their mission. They don't think just of themselves and their interests. The off-duty activities are available from 6 a.m. to midnight, like boating and fishing and lots of sports like dodgeball and softball. I am currently having a great time playing on a co-ed team with my fellow chief brothers.



Yacht Club...

Continued from page 4

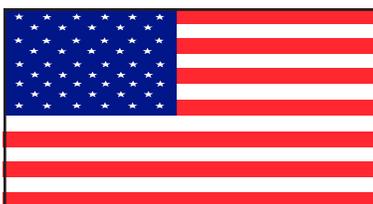
"We hope to become a united front and gain the attention needed to complete the much needed repairs on the boats and on the sailing center itself," said Rodriguez. "There is a 30-ft. sailboat that needs repairs to get it back out on the open bay. Hopefully, someday we will hold more regattas in the bay and continue the tradition of the GTMO Yacht Club."

For more information on becoming a member of the GBYC email Rodriguez at susan.Rodriguez@gtmo.med.mil. or to learn more about obtaining sailing certification, call the MWR Marina at 2345.



Photo by MC1(SW) Terry Matlock

Peruvian Navy — BAP Bolognesi (FM-57), A Lupo Class Frigate pulled into Naval Station, Guantanamo Bay on Friday, Aug. 4. As of 2006, the Peruvian Navy comprises 1 cruiser, 1 destroyer, 8 frigates, 6 corvettes, 6 submarines, 4 tank landing ships and 2 replenishment oilers. Ships are given the prefix BAP, short for Buque Armada Peruana (Peruvian Navy Ship).



44th Annual

Jamaican Independence Day

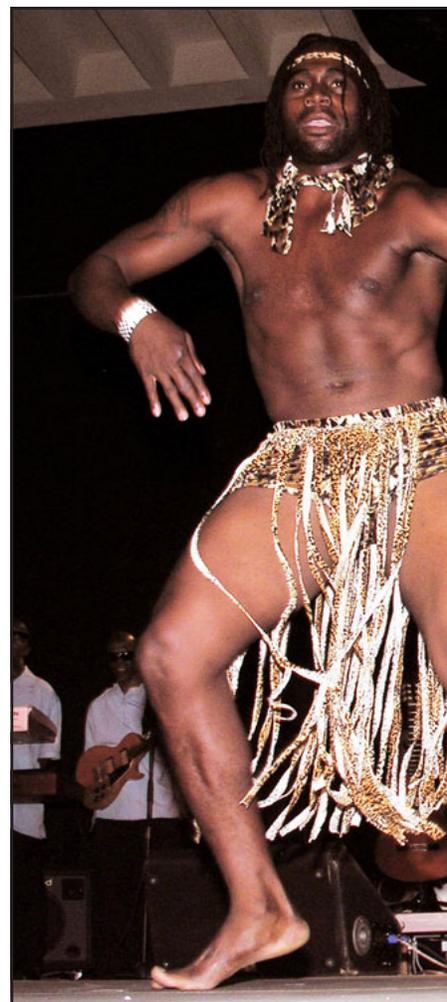


Jamaican Independence Day Photo

The crowd was amazed when 'Rico the Fire-eater' lit up the stage.

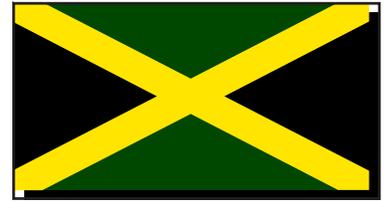


The crowd was encouraged to get up and dance when the "Cool Boyz" performed.



These dancers pulled out the 'Old

Independence Day Celebration



Photos by MC2(AW) Honey Nixon



Mark Stevenson played classical and jazz, but specializes in 'Reggae violin.'



'School' clothes for this number.



These young women couldn't keep their eyes off of the dancers and musicians.

Independence is a journey...

Continued from page 1

organizers to move the day's events from Phillips Park to the Windjammer Club. But that did little to spoil the festive mood as the ballroom shined in the colors of the Jamaican flag, black, gold and green.

The symbolisms of the three colors are yellow for the sunshine and natural resources; black, for the burdens borne by the people and green for the agriculture and hope for the future.

"As we celebrate here today let us not forget that we have also suffered reversals and missed many opportunities," added Collin Kesley, 2006 Jamaican Independence Day Committee (JIDC), Vice President. "We can always do better than we have done. We have the capacity to do it and we have the duty to do it both in honor of those who struggled for our independence and in protection of the legacy that belongs to those who are yet to come."

Representatives from the 2006 JIDC and MWR personnel worked extremely fast in setting up the Windjammer Club to support over 600 revelers throughout the day.

Due to mechanical failure with an aircraft, U.S. Ambassador to Jamaica, Brenda LaGrange-Johnson and Senator Floyd Morris, could not attend. They however sent an Independence Day message to the Jamaican community through CAPT Mark Leary, NAVSTA Commanding Officer. In their message, they wished the Jamaican community a very happy Independence Day and they hope to visit GTMO in the near future.



Photo by MC1(SW) Terry Matlock

After nearly 40 years of individual service to the GTMO Fire Department, Jamaican firemen, Neville Stewart and George Rookwood, were promoted to their current rank as Battalion Fire Chiefs, during a ceremony held at Fire Station No. 1, on July 8.

The celebration started off with a soulful rendition of the U.S. National Anthem, sung by Sentara Glover, along with the Jamaican Anthem, sung by Kimone Keane.

Gerald Keane, the JIDC President spoke of his thankfulness for such a wonderful turnout. "Looking at this gathering, I cannot help but feel overwhelmed, said Keane. "This gathering here is indicative of the essence of what love and respect is all. Yes, this truly echoes our motto "Out of many one people."

Authentic Jamaican dishes such as curried goat, jerk chicken, yams, ackee, saltfish and more were served for lunch after local officials and keynote speakers awarded many Jamaican residents for their devotion and service to GTMO. Not just for their support with military operations, but with also the community and as a whole.

indications that those efforts were worth it.

"To get to this day we had to carry out a series of fund-raisers, thank you GTMO community for your support. Every time we call upon you, you were always there to assist us to make contributions," said Collin Kesley, "During the fund-raisers, we needed help to make this celebration the kind we envisioned, said Collin Kesley. "We appreciate and thank you all for your assistance, guidance and contributions. The unique band, dancers, performers and everyone who traveled from Jamaica to celebrate with us, as we say in Jamaica "Big Up!"

This was a celebration of independence, but also a celebration of a community united.

"I would like to say to the younger generation, whether you are Jamaican or not, take advantage of every opportunity that you have in life. There are several people out there who would wish to have the type of opportunities that we have here in GTMO. I know it's not easy sometimes, but if you work hard and stay humble, you'll always achieve what you want on life," said Neville Stewart, Battalion Fire Chief, GTMO Fire Department. "There are schools on this base. Take advantage of them and aim for things higher than what you have now," replied Stewart.

Aug. 5, was a day that some Jamaicans will cherish, but to everyone in GTMO, it was "Out of many, one people."

GTMO's Fire Department Battalion Chiefs, Neville Stewart and George Rookwood received the loudest ovation after they were introduced as serving the GTMO community for more than 40 years of service. Both men were the first foreign nationals to be promoted to the ranks of Battalion Fire Chief.

"I would like to thank MWR, especially the GTMO community for always supporting the Jamaican community. Frankly speaking, this celebration is an example of the type of relationship we have here in GTMO," said Stewart. "I miss home, my family and my friends sometimes, but I've come to make friends down here who have become my family as well."

For almost a year, JIDC worked long and hard in preparations for the celebration. However, the smiling faces on those who attended the celebrations are sure in-

Worship Services

Catholic

Catholic Mass Mon. thru Fri. 6 a.m. & 6 p.m. (Main Chapel)
 Confession, Mon. thru Fri. 5:15 a.m. & 5:15 p.m. (Main Chapel)
 Vigil Mass, 5 p.m.
 Sunday Mass, 9 a.m. (Cobre Chapel)
 Eucharistic Adoration, daily 24 hrs.

Protestant

Sunday
 Sunday School, 9:30 a.m.
 Sunday Services, Main Chapel, 11 a.m.
 Children's Sunday School, 11:30 a.m.
 Gospel Worship Service, 1 p.m.
 Monday
 Prayer Group, 6 p.m. (Fellowship Hall)
 Wednesday
 Men's Fellowship, 6:30 p.m. (Fellowship Hall)
 Gospel Bible Study, 7:30 p.m. (Sanctuary A)
 Thursday
 PWOC - 6:30 p.m. (Fellowship Hall)
 Sunday, Protestant Liturgical Service, 10 a.m. (Sanctuary B)

Church of Jesus Christ of Latter Day Saints (Sanctuary A)

Monday, Family Home Evening, 7 p.m. (m. 8)
 Sunday Sacrament, 9 a.m.

Filipino Christian Fellowship (Sanctuary A)

Sunday Worship, 7 p.m.

Iglesia Ni Cristo (Sanctuary B)

Bible Study, Thursday, 7 p.m.
 Sunday Worship, 5:30 a.m.

Pentecostal Gospel Temple (Sanctuary D)

Sunday Worship, 8 a.m. & 5 p.m.

Seventh Day Adventist (Sanctuary B)

Prayer Meeting, Tuesday, 7 p.m.
 Vesper Meeting, Friday, 7 p.m.
 Sabbath School, Saturday, 9:30 a.m.
 Divine Service, Saturday, 11 a.m.
 Bible Study, Saturday, 4:30 p.m.

Islamic Service (Sanctuary C)

Friday Worship, 1:15 p.m.

United Jamaican Fellowship (Bldg. 1036, next to Phoenix Cable)

Sunday Service, 11 a.m. & 6:30 p.m.

Shabbat Service

Second Friday of the month, Rm. 11, 7:30p.m.

**GTMO
 Jazz and
 Music
 Festival,
 Sept. 3**

Can't stand the heat?

LT Ed Melendez, MC, USN, Senior Medical Officer, Joint Aid Station

President Truman is credited with the phrase, "If you can't stand the **heat**, get out of the kitchen." Heat is a very real threat in GTMO.

The daily temperature here ranges between the mid-80s and 90s, the addition of humidity makes it feel much hotter. Combine that with our outdoor lifestyle and you have a situation where heat injuries are not just likely, they're inevitable.

The best way to reduce your risk of heat injury is to know how they happen and take some simple measures.

The human body is a complex machine that uses chemical reactions to perform its work. These reactions can only occur between certain temperatures. If the body temperature falls outside that range then the chemical reactions don't happen and the machine breaks down. Fortunately, we have ways to control our body temperature.

The body has several ways to prevent heat from building up, but none of them are as important as sweat. When you sweat, the evaporation of the water on your skin cools the body. The amount of sweat produced depends on hydration. Sometimes, even proper hydration isn't enough. On a humid day, the air is already packed with water, so the water on your skin really doesn't have anywhere to go, making cooling off harder.

A heat injury can occur when the body either cannot produce enough sweat or the sweat it produces cannot evaporate due to high humidity. Mild symptoms include muscle cramps, headache, dizziness, nausea, and simply feeling hot. More serious signs are confusion, convulsions, unre-



sponsiveness, and death. Unfortunately, these signs can go unrecognized by the victim and that is how most deaths occur.

Prevention —There are several easy ways to prevent heat injury. First and most importantly is hydration. It is crucial to drink before, during, and after physical training. The best source of hydration is water. Simply put, there is no substitute. It's true that sports drinks are an important source of carbohydrates and electrolytes, but since the typical diet is already high in sodium chloride (salt) electrolyte replacement is not as important as water replacement. Avoid dehydrating fluids such as caffeine and alcohol prior to your workout. Remember that the color of your urine is the best gauge of your hydration status and that proper hydration prevents injury and enhances performance.

Another important prevention of heat injury is situational awareness. Avoid working-out when it is too hot. Times to avoid are the midday sun and when the humidity is high. Plan on having water available while working out. Be mindful of your clothing. For example, when wearing body-armor add 10 degrees to the outside temperature. If you are new to GTMO, allow yourself

several weeks to acclimatize. Finally, have a workout buddy who can identify the signs of heat injury that you may be unable to recognize in yourself. If a buddy is not available at least notify someone of your plans so that if you don't return in time someone will go looking for you.

Treatment —If you identify the sign of heat injury in yourself or a buddy, quick treatment can save lives. First, remove the victim from the hot environment. Next loosen clothing and cool the body with cool water. If ice is available, place ice packs around the head, armpits, and groin; these areas of the body lose heat the quickest. Finally, seek medical attention. If you call 911, remember to stay in place so that the ambulance can find you quickly. Recently, there have been several 911 calls where the ambulance was unable to find the victim because well-meaning people moved them to another location.

Heat injuries are a dangerous part of life in GTMO, but manageable. By taking precautions, you will be better able to stand the heat. The most important precaution comes from President Truman, "If you can't stand the heat," then stay out of it.

Downtown Lyceum

Friday, August 11

Garfield: A Tail of 2 Kitties

8 p.m., PG, 78 min.

The Fast and the Furious

10 p.m., PG-13, 104 min.

Saturday, August 12

Nacho Libre

8 p.m., PG, 91 min.

Lady in the Water

10 p.m., PG-13, 110 min.

Sunday, August 13

Pirates of the Caribbean

8 p.m., NR, 150 min.

Monday, August 14

Cars

8 p.m., G, 116 min.

Tuesday, August 15

Nacho Libre

8 p.m., PG, 91 min.

Wednesday, August 16

The Fast and the Furious

8 p.m., PG-13, 104 min.

Thursday, August 17

Garfield: A Tail of 2 Kitties

8 p.m., PG, 78 min.



The Lady in the Water

Comedy, Kids/Family, Animation

Cast: Jennifer Love Hewitt, Breckin Meyer, Bill Murray, Lucy Davis

Storyline: When Garfield follows his owner, Jon Arbuckle, to England, the U.K. may never recover, as Garfield is mistaken for a look-alike, regal cat who has inherited a castle. Garfield savors the royal treatment afforded by his loyal four-legged subjects, but his reign is in jeopardy. Garfield's bigger, better, more purr-fect world is soon turned upside down in this tale of two kitties.



The Fast and the Furious

Action/Adventure, Sequel

Cast: Lucas Black, Shad 'Bow Wow' Gregory Moss, Nathalie Kelley

Storyline: Sean Boswell is an outsider who attempts to define himself as a hot-headed street racer. Racing provides a escape from an unhappy home, but it has also made him unpopular with the authorities. To avoid jail time, Sean is sent to live with his estranged father, a career military-man stationed in Tokyo. But it doesn't take long for him to find action when a fellow American buddy, Twinkie, introduces him to the world of drift racing.

MWR Happenings

Windjammer Dinner Theater

Monday, Aug. 14, 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, "Madagascar," begins at 5:30 p.m., and the second movie, "Fantastic Four" begins at 8 p.m.

Adult Swim Meet

Aug 12, 9 a.m., at the Windjammer Pool. Adults only. Register at the base gym. FMI call Karissa at 77262 or Tony at 2205 or 77084.

Tennis Tournament

Aug 18 -19, 6 p.m., at the Deer Point tennis courts. Adults only. Register at the base gym. FMI call 78344.

International Food Show

Sept. 2, 11 a.m., at the Windjammer Ballroom. FMI call Eric Nikkel at 75604.

Labor Day Golf Tournament

Sept. 2 - 3, 8 a.m., at the Yatera Seca Golf Club. FMI call 90143.

Youth Swim Meet

Sept. 9, 9 a.m., at the Windjammer Pool. Children only. Register at the base gym. Free t-shirts for participants. FMI call Karissa at 77262 or Tony at 2205 or 77084.

Teen Center Needs Volunteers

The Teen Center is looking for volunteers for the following camps: cheerleading, dance, and music camp. FMI call Terrill at 90203 or Trecia at 2096.

GTMO Shopper

For Sale

- (2) Parafoil 272 rigged for parasailing, \$600. FMI call 77349.
- (2) Diamondback Mountain Bike w/helmet and extras, \$450. FMI call 79496 AWH or 4274 DWH.
- (2) Specialized Hardrock mountain bike, good condition, \$100 OBO. FMI call Antonie 9733 or 78026.
- (2) Tippman 98 paintball gun, custom, Smart Part Ion w/2 barrels, Trinity drop forward w/on/off ASA bleed, 530 Bolt Mod, bag of 500 rounds, dye mask, \$500 OBO. FMI call 79586.
- (2) Diver's lobster bag, \$30; diver's underwater flashlight, \$50; computer monitor w/ HP Pavillion mx704, unused, \$75; potted patio plants. FMI call 75613 DWH.
- (2) Cargo bunk beds w/chest, \$250; 2 storage lockers, \$25 each; GTMO momento plate, \$40; large trampoline, \$100; various plants. FMI call 3977.
- (2) Vigor Fit home gym, pull-up/push-up bars, sit-up station, dual leg ropes, heavy duty weight bar, strength power kit, \$450. FMI call Burt at 77927 or 90016.
- (1) Subwoofer speaker box, MDF, space for 2 x 12-in. subs, \$100; MA Audio amp, 600 watt, 2 channel, \$125. FMI call Jason at 78357.
- (1) Dark green rug, \$40; burgundy rug, \$40; beige rug, \$25, all rugs measure 12 x 9. FMI call 4841.
- (1) 2004 Giant OCR 3 road bike, black and yellow, good condition, includes bike computer and helmet. FMI call Paul at 77849 or 6354.
- (1) Queen bed set w/dresser and 2 night stands, oak dining table w/4 chairs, 2 recliners, complete snorkeling set w/bag and life vest. FMI call Emad at 78022 DWH or 3284 AWH.
- (1) Sony Vaio PC, no hard drive, \$150; ceramic canister set, \$5; 2 VCRs, \$15 each; Aroma rice cooker, never used, \$5; Torso Track, \$15; Aqua Dyne dive-propulsion vehicle, still in box, \$500; exercise bike, \$15; Sharp stereo system w/5 disc CD changer and display case, \$250; Panasonic digital camera, \$50. FMI call 77623.
- (1) Baby swing, \$15; baby

activity mat, \$20; baby bathtub, \$5; all in good condition. FMI call Kim at 77954.

Vehicles/Boats

- (2) 1994 Acura Integra LS, 100K, \$5,000 OBO. FMI call Lam at 77712.
- (2) 1994 Sea Doo, hardly-used motor, \$1,500. FMI call 3977.
- (2) 1999 Honda Accord EX, 100K miles, V6, 225-hp, fully loaded, excellent condition, \$9,500. FMI call Daniel at 74227.
- (2) Large jon boat w/30-hp Johnson motor and trailer, \$1,500. FMI call 3977.
- (1) 1973 VW Bug, \$4,000. FMI call 3977
- (1) Pontoon boat, 37-ft, 125-hp engine, \$3,000. FMI call 3977.
- (1) 1999 Mitsubishi Eclipse, 18-in. rims, engine upgrades, racing exhaust, many extras, \$11,000 OBO. FMI call 90262.
- (1) 1964 Skat-Kat dune buggy, motor just overhauled, \$5,000 OBO. FMI call 3977.

Employment

(1) Human Resources Office announces the following vacancies: General Engineer, GS-0801-13, closed Aug. 14; Social Services Aide, closes Dec. 29. FMI call 4441.

Announcements

(2) The United States Postal Service has a new program to supply military family members and friends with packaging materials to send packages to troops overseas, sailors on ships, etc. Those interested can call and ask for a 'military pack.' They will be sent eight boxes, tape, packaging materials, and labels. An ID number will be issued, so if supplies run low, USPS can be contacted to send more. The materials take four to 10 days to arrive. When calling, select option 1, then on next prompt, select option 1 again. FMI call 1-800-610-8734.

(1) The Jamaican Independence Day Committee wishes to express our deepest gratitude to the GTMO community for the warm support given us through the year and the overflowing of love which was felt at the Independence Day Celebration

this past Saturday. The energy was palpable in the Windjammer on Saturday night and the JIDC is proud to have been able to give back something to this wonderful community. I would also like to thank the Base Command, which stood behind us and gave us professional advise and support to ensure that the event was a success. I would also like to thank the hard-working committee who sacrificed time and energy to help this year's event take place. I would also like to thank those that made important contributions to the JIDC activities: Tropical Aviation, Lynx Airlines, RIC, Peter Budhoo 'Cuban Club Smoker' and his crew, Devon Christie, Nadine Donaldson, all the BLD 2146 crew, Nicole Steele, Buck and Fraser and everyone who assisted or supported us this year, Thank you! The JIDC has recorded the events this year and will make these recordings available on DVD soon. If any one is interested in owning "Jamaican 44th Independence GTMO," please call Petrona at 74658 or Avery at 77885.

(1) There will be a Marriage Enrichment Retreat Sept. 8- 10 from Friday evening through Sunday afternoon. The weekend retreat will be held on Leeward side. Sign-up early, as only 11 couples can attend. Sign-up, at

the NAVSTA Chaplain's Office. FMI call 2323.

(1) MWR and the GTMO School of Dance are seeking dance teachers for the 2006- 07 school year. Anyone with ballet, tap, jazz or musical theater training, please contact Rachel Thompson at 75551.

(1) The Youth Center is presenting the "Nickelodeon Slimetime" family challenge Aug. 17, 7-9 p.m. at the Youth Center. Parents must have a child attending the Youth Center to participate. Sign-up at the Youth Center. FMI call Terrill Hill at 74658 or 2005.

Wanted

- (2) Motorcycle mechanic needed. Need someone to work on a 1976 Yamaha 360cc. Needs minor electrical work and a tune-up. FMI call 79599 AWH.
- (1) A good home for a black and white female border collie. The dog is very playful, obedient and house trained. FMI call Aishia at 2222 DWH or 79557 AWH.
- (1) Treadmill. FMI call Aishia at 2222 DWH or 79557 AWH.

Yard Sales

- Aug. 12 — Tierra Kay, #150, 8 a.m. - noon.
- Aug. 12 — Villamar, #10A, 7- 10 a.m.
- Aug. 12 — Nob Hill, #14A, 8 a.m. - noon.



Wounded Warrior 10K Run/Walk

MWR and the U.S. NAVSTA Naval Hospital present the "Wounded Warrior Project" 10K Run/Walk Aug. 19, 6:30 a.m., beginning and ending at the MWR Sailing Center. Sign-up at the Base gym.



Birth Announcement

Brandyl and Kim Coffey announce the birth of a daughter, Charlotte Isabella Coffey, on June 29.

Jamaica, Jamaica, Jamaica, Land we love



Charmaine Limonius, guitarist, with 'Unique Vision' plays reggae music with her acoustic guitar.



'Culture Doc', a reggae rapper, also with 'Unique Vision,' kept the music flowing all night long.



Te'Nya Craig, age 4, along with her family, enjoys the festivities at the Windjammer Club during the Jamaican Independence Day Celebration..



A visually-impaired band called 'Unique Vision' supported all of the acts for the whole evening with their music.

Photos by MCI(SW) Terry Matlock, MCI Igo Wordu.