



**WELCOME TO**



**GUANTANAMO BAY**





**“Providing Professional and Caring Services When Needed Most!”**

**Fleet and Family Support Center  
Naval Station Guantanamo Bay, Cuba  
PSC 1005 Box 29  
FPO, AE 09593**

Welcome Aboard!!

Welcome to Naval Station Guantanamo Bay, Cuba – “Great Place, Great People, Doing What No One Else Can Do.” Fleet and Family Support Center provides essential life services to maintain warfighter readiness. In doing so, it provides operational readiness and retention support services, thereby enhancing the quality of life for all station personnel and family members. We do this by assisting sailors, soldiers, airmen, marines, coast guardsmen and family members during some of the most stressful and challenging times of a military career.

Attached you will find a prepared list of links which will take you to WebPages regarding Naval Station Guantanamo Bay and information pertaining to quality of life. The first link is to the Military Installations Directory. If you need access to the Internet, check with your Fleet and Family Support Center or station library.

If you have any specific questions regarding your transition, contact the  
Fleet and Family Support Center  
Naval Station Guantanamo Bay, Cuba  
011-5399-4141 or DSN 660-4141  
Fax 011-5399-4429

Thank you for your commitment and dedication to our great country.  
Have a Great Day!

Look here for your main source of information about Guantanamo Bay

[www.cnic.navy.mil/Guantanamo/index.htm](http://www.cnic.navy.mil/Guantanamo/index.htm)

Plan My Move

[www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)

6 JAN 2009

# **Fleet and Family Support Center**

**PSC 1005 Box 29**

**FPO AE 09593**

**011-5399-4141 or 4153**

**Fax: 4439**

**Monday-Thurs 0730-1630**

**Friday 1000-1630**

**FOR SINGLE or MARRIED MEMBERS, SPOUSES, AND CHILDREN**

## **Information & Referral**

General Information  
Information of Military Service Providers  
Information & Referral Resource Library  
Health & Medical Resources

## **Relocation Assistance Program (RAP)**

Welcome Aboard Packets  
Hospitality Kits  
Sponsor Program  
Smooth Move Information

## **Family Employment Readiness Program (FERP)**

Career Development & Resource Center (CDRC)  
Career Counseling  
Education Resources  
Employment Search, Opportunities & Information  
Employment Workshops

## **Transition Assistance Management Program (TAMP)**

Career Counseling  
Transition Assistance Program (TAP) Seminar  
Employment Assistance  
CONSEP  
Ombudsman Support

## **Life Skills Education**

Anger Management Programs  
Parenting Programs  
Grief & Loss  
Return Reunion  
Suicide Awareness  
Assertiveness Training  
Stress

## **Sexual Assault Victim Intervention Program (SAVI)**

Volunteer Advocate Program  
Sexual Assault Counseling and Intervention  
Awareness and Prevention Training

## **Personal Financial Management (PFM)**

Developing your Spending Plan (budget)  
Money Management Workshops  
Credit Management  
Savings & Investments Class  
Thrift Savings Plan for Uniformed Services  
Home Buying for first timers  
Financial Counseling  
Consumer Awareness  
Financial GMT for Personnel  
Command Financial Specialists Coordinator  
Information and Referral

## **Clinical Counseling Services**

Short Term counseling for all ages  
Behavior problems, Conflict resolution, and other stressors  
Single Members' Issues  
Marriage and other family issues  
Children's school problems  
Referral to long-term therapy and/or self-help groups

## **Family Advocacy Program (FAP)**

Point of Contact for reports of Child/Spouse Abuse  
Crisis Intervention/Safety Planning  
FAP Assessments/ treatment  
Case Review Committee  
Alternative to Violence Intervention Group  
FAP Training for Leadership, targeted groups/GMT  
Spouse Abuse Prevention  
Family Advocacy Clinical Counseling and Prevention  
Education Prevention and awareness

# The History of Guantanamo Bay

## A Brief History



U.S. Naval Base Guantanamo Bay is the oldest U.S. base overseas and the only one in a Communist country. Located on the southeast corner of Cuba, in the Oriente Province, the base is about 400 air miles from Miami, Florida.

In December 1903, the United States leased the 45 square miles of land and water for use as a coaling station. A treaty reaffirmed the lease in 1934 granting Cuba and her trading partners free access through the bay, payment of \$2,000 in gold per year, equating to \$4,085 today, and a requirement that both the U.S. and Cuba must mutually consent to terminate the lease.

President Dwight Eisenhower cut diplomatic relations with Cuba in 1961. At that time, many Cubans sought refuge on the base. U.S. Marines and Cuban militiamen began patrolling opposite sides of the base's 17.4-mile fence line. Today, U.S. Marines and Cuba's "Frontier Brigade" still man the fence line posts 24 hours a day.

In October 1962, family members of service people stationed here and many base employees were evacuated to the United States as President John F. Kennedy announced the presence of Soviet missiles in Cuba. This was the start of the Cuban Missile Crisis, which resulted in a naval quarantine of the island until the Soviet Union removed the missiles. The evacuees were allowed to return to the base by Christmas 1962.

Another crisis arose just 14 months later on Feb. 6, 1964, when Castro cut off water and supplies to the base in retaliation for several incidents in which Cuban fishermen were fined by the U.S. government for fishing in Florida waters. Since then, Guantanamo Bay has been self-sufficient and the Naval Base desalination plant produces 3.4 million gallons of water and more than 800,000-kilowatt hours of electricity daily.

The base is divided into two distinct areas by the 2 1/2 mile-wide bay. The airfield is located on the Leeward side and the main base is on the Windward side. Ferry service provides transportation across the bay. The primary mission of Guantanamo Bay is to serve as a strategic logistics base for the Navy's Atlantic Fleet and to support counter drug operations in the Caribbean.

In 1991, the naval base's mission expanded as some 34,000 Haitian refugees passed through Guantanamo Bay. The refugees fled Haiti after a violent coup brought on by political and social upheaval in their country. The naval base received the Navy Unit Commendation and Joint Meritorious Unit Award for its effort.

In May 1994, Operation Sea Signal began and the naval base was tasked to support Joint Task Force 160, providing humanitarian assistance to thousands of Haitian and Cuban migrants. In late August and early September 1994, 2,200 family members and civilian employees were evacuated from the base as the migrant population climbed to more than 45,000 and the Pentagon began preparing to house up to 60,000 migrants on the base. The last Haitian migrants departed here Nov. 1, 1995. The last of the Cuban migrants left the base Jan. 31, 1996. In October 1995, family members were authorized to return, marking an end to family separations. An immediate effort began to restore base facilities for family use, including a child development center, a youth center, two schools and Sunday school. Additionally, the revitalization of Boy and Girl Scout Camps and the Guantanamo Bay Youth Activities (a free sports program for children) was enacted.

Since Sea Signal, Guantanamo Bay has retained a migrant operations mission with an ongoing steady state migrant population of approximately 40. The base has also conducted two contingency migrant operations: Operation Marathon in October 1996 and Present Haven in February 1997. Both of these short-fused events involved the interception of Chinese migrants being smuggled into the United States.

After 52 years of service, Guantanamo Bay's Fleet Training Group relocated to Mayport, Florida, in July 1995. One month later, the naval base lost another major tenant command when the base's Shore Intermediate Maintenance Activity dismantled after 92 years of service here.

The Naval Base includes, as separate commands, a Naval Hospital and Branch Dental Clinic, detachments of the Personnel Support Activity, Naval Atlantic Meteorological and Oceanographic Command, Naval Media Center, Naval Communications Station, Department of Defense Dependent Schools and a Navy Brig. Directly supporting the base as departments of Naval Station are Naval Criminal Investigative Service, Resident Officer in Charge of Construction, Human Resources Office, Fleet and Family Support Center, Red Cross, Security, MWR, and Navy Exchange/Commissary.

# Area Information

[www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)

Plan My Move, Installation Information, Moving 101, Check lists, Customized calendars.

[www.cnic.navy.mil/Guantanamo/index.htm](http://www.cnic.navy.mil/Guantanamo/index.htm)

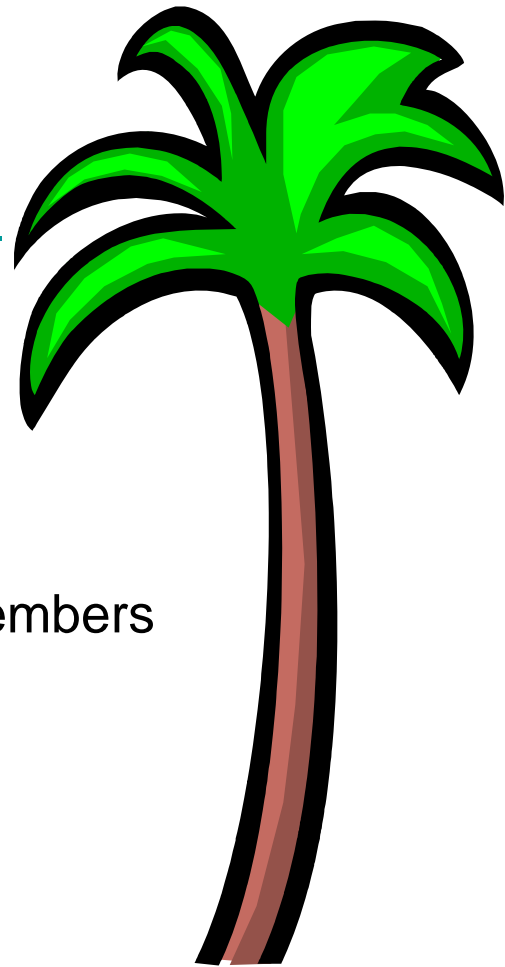
About GTMO, Families, Fighters, Relocation, Recreation, Gazette.

[www.housing.navy.mil/onestop](http://www.housing.navy.mil/onestop)

Housing floor plans and photos.

[www.militaryonesource.com](http://www.militaryonesource.com)

A 24/7 resource for military members and their families.



# Community Library



- Free Computer Access
- Wireless Internet
- DVD's and Audio books
- Children's Story Time
- Fax and Copy Services
- Book Club
- Stitch and Chat

**Monday through Saturday**

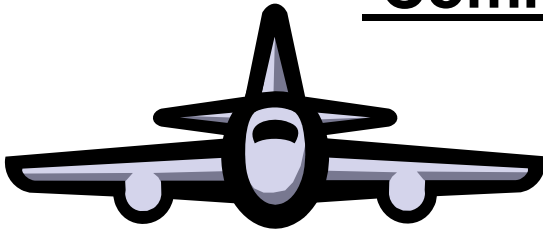
**8:00 a.m. – 9:00 p.m.**

**Sunday**

**12:00 p.m. – 9:00 p.m.**

Located in Bldg. 1840, across the street from the outdoor Lyceum theater.

# Commercial GTMO Flights

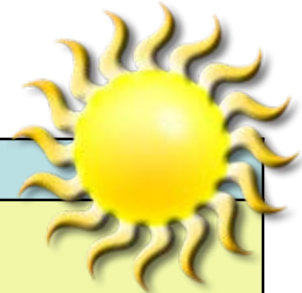


## Lynx Air

FROM:	GUANTANAMO BAY, CUBA		Fare One Way
TO:	FT. LAUDERDALE INTERNATIONAL (FLL)		\$322.00
FLT#	DEPART TIME	ARRIVE TIME	DAY
610	8:00 AM	10:45 AM	TUE
612	7:30 PM	10:15 PM	WED
614	12:00 PM	1:15 PM	THUR
616	8:00 AM	10:45 AM	FRI
618	10:00 AM	11:45 AM	SUN
FROM:	FT. LAUDERDALE INTERNATIONAL (FLL)		Fare One Way
TO:	GUANTANAMO BAY, CUBA		\$322.00
FLT#	DEPART TIME	ARRIVE TIME	DAY
510	3:30 PM	6:45 PM	MON
512	3:00 PM	6:15 PM	WED
514	2:30 PM	5:45 PM	THUR
518	5:00 PM	8:15 PM	SAT

If you have any questions, please call 74106 on Mon. & Thurs. from 1000-1200 or telephone Ft. Lauderdale office at 1-954-772-9808 or 1-888-596-9247

## Air Sunshine



Fort Lauderdale (FLL) to GTMO			
Charter #	Departs FLL	Arrives GTMO	Frequency
101	1:30 p.m.	5:00 p.m.	Sun, Mon, Wed, Thurs
GTMO to Fort Lauderdale (FLL)			
Charter#	Departs GTMO	Arrives FLL	Frequency
100	8:00 a.m.	12:00 p.m.	Mon, Tues, Thurs, Fri
102	11:00 a.m.	3:00 p.m.	

Flights to and from GTMO are operated as on demand charters. Actual times and frequencies may vary from proposed time **One way - \$250.00** Call 74915 for reservations table shown above.

# AMC Tariff Rates FY-09



TO/FROM	DOD	NON DOD	NON FED	EXCESS BAGGAGE	PET CHARGE
JACKSONVILLE	\$221	\$459	\$480	\$91	\$91
NORFOLK	\$317	\$659	\$688	\$103	\$103
BALTIMORE	\$359	\$748	\$782	\$103	\$103
KINGSTON	\$46	\$96	\$100	\$23	N/A

SATURDAY FLIGHT TIMES			
DEPART	TIME	ARRIVE	TIME
BWI	0620	JAX	0745
JAX	0930	GTMO	1135
GTMO	1425	JAX	1630
JAX	1820	BWI	1930

TUESDAY FLIGHT TIMES			
DEPART	TIMES	ARRIVE	TIMES
NORVA	0750	JAX	0910
JAX	1100	GTMO	1310
GTMO	1525	JAX	1730
JAX	1930	NORVA	2040

WEDNESDAY FLIGHT TIMES			
DEPART	TIMES	ARRIVE	TIMES
GTMO	1200	KING	1300
KING	1430	GTMO	1530

Space 'A' out of GTMO \$27.40 ~ into GTMO \$15.40



# Hurricane Season

Hurricane season begins June 1, 2009. Keep a stocked hurricane basket nearby. If you live in hurricane resistant housing, have these items in your home. If you don't, have them ready to transport to the shelter. Baskets should contain the following:

- 3-day supply of ready-to-eat food (non perishable)
- 3-day supply of drinking water
- Disposable plates and silverware
- Manual can-opener
- Portable cooler
- Change of clothing
- Personal toiletries
- Moist towelettes (baby wipes)
- Towel and washcloths
- Blanket or sleeping bag for each person
- Battery-operated portable radio
- Flashlight with extra batteries
- Personal first aid kit
- Prescription medication
- Books, cards, games

Do **NOT** take the following to a community shelter:

Pets  
Valuables  
Alcoholic beverages  
Electronic devices  
Large toys  
Non-essential personal belongings

Smoking is prohibited in all shelters

# Banking Services

## COMMUNITY BANK

Located in the NEX Atrium



OPEN: Monday, Wednesday, and Friday 10:00 a.m. – 3:00 p.m.

Tuesday, Thursday (New Accounts Only)

Services Include ~ ATM Banking, Certificates of Deposit (CDs),  
Check Cashing, Travelers Checks, Money Orders (\$1.00),  
Cashier's Checks (\$5.00).

## NAVY FEDERAL CREDIT UNION

Welcomes you to Guantanamo Bay, Cuba

### HOURS OF OPERATION

MON-FRI 0930 - 1700

SAT-SUN CLOSED

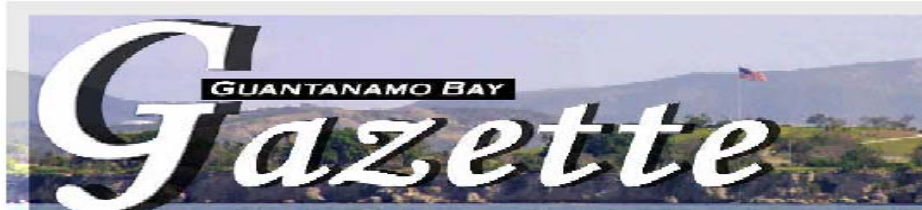
HOLIDAYS CLOSED



Non-Cash Facility, Savings and Checking Accounts, Visa  
Mastercard and Visa Sharecheck, Consumer Loans.

**COME IN OR CALL (74333) LOCATED IN THE NEX ATRIUM!**

# Where can you get your local news?



Access newsletter through the internet at: [www.cnic.navy.mil/Guantanamo/index.htm](http://www.cnic.navy.mil/Guantanamo/index.htm)



Access the JTF newsletter through the internet at: <http://www.nsqtmo.navy.mil/jtfgtmo>



Radio GTMO

103.1 FM "The Blitz"

1340 AM Talk Radio

102.1 FM "The Mix"

# PHOENIX CABLE INC.



## CABLE SERVICE

<b>Monthly Charges</b>	<b>Premium Channels</b>	<b>Installation Charges</b>
Basic Cable \$32.00	HBO	Converter Deposit \$25.00
Remote Control \$3.00	Cinemax	Remote Deposit \$5.00
Additional Boxes \$11.00	Showtime	Subscription Fee \$10.00
Movie Channel \$9.00	The Movie Channel	Cable Reconnection Fee \$15.00
Additional Movie channel \$9.00 (first) \$8.00 (after)		Bad/Returned Check \$35.00
Late Payment \$10.00		

**AFN, TV Guide, Community Roller, CNN, AFN Movie Channel, ABC, TNT, CBS, NBC, A&E, TLC, FOX, Telemondo, Cartoon Network, ESPN, MTV, VH1, Lifetime, Nickledeon, Discovery Channel, TBS, TNN, AFN Expectrum, WGN, Family Channel, PCI Barker, AFN Extra, CMT, C-Span, BET, CNN 2<sup>nd</sup>, PBS, ESPN2, SCI Channel, History, Turner Classics, AFN News, AFN Sports, TV Land, WB**

## INTERNET SERVICE

Cable internet is available for a monthly fee of \$59.95 and a installation fee of \$99.95. Upon leaving base you must return cable box and remote control to our office. We will not transfer accounts to any other individual.

**Please note – at this time there is a one year waiting list for cable internet due to limited bandwidth.**

Contact us at 011-5399-2510. Located behind Grenadillo Circle housing.



Located inside the Base Communications Office (N609) on  
Sherman Avenue. Contact us at 77362 or 77479  
M-F 0800 - 1630

### **Telephone Service – Local and Long distance**

To establish telephone service, you **must** bring your housing assignment letter. Base Communications Office (BCO) provides your local dial tone while SCSI provides you with Long Distance, Internet and Cellular services. SCSI sends out a combination bill of all your services around the 5<sup>th</sup> of each month. Payment is due by the 15<sup>th</sup> of each month. Bills not paid by the last business day of the month will accrue a \$10 late fee. Check and Cash only, no debit/credit cards accepted at this time. Your phone # will be 011-5399-XXXXX. On base dial the last digits (XXXXX) only. Calls coming in from the US must dial the complete number.

### **Monthly Telephone Recurring Rate**

Residential - \$36.58

### **Long Distance Rates**

US/ Canada - \$.09, Europe \$.20, Puerto Rico - \$.25, Africa - \$.75, Asia/ Central America/ South America, Australia/ Caribbean/ Mexico - \$.50. All 800 calls are billed at \$.15 per min

### **Internet Services**

Dial-up service \$30 per month, available the same day (with working phone line)  
DSL service \$60 per month. Usually requires 3-5 business days to establish depending on your housing assignment. DSL requires an external DSL modem. Modem cost \$90. There is a admin fee of \$25 to establish DSL. All internet services require payment of one month service in advance, admin fee (DSL), current monthly pro-rate and any equipment.

### **Cellular Phone Service**

\$49 per month / \$51 per month with Voicemail. Monthly rates include unlimited local calling. Long Distance service can be added on a pre-paid basis, Min \$50. Standard Long Distance rates apply, .50 cent connect fee applies to each completed LD call. SCSI has cell phones for sale for \$200, or you can activate your own (no camera phones allowed) if compatible (GSM / 900 freq) with only a \$50 activation fee. Cell service is available same day, requires first month service in advance, current month pro-rate and any equipment purchase.

### **Calling Cards**

SCSI calling card machines are located throughout the base in the following denominations : \$5, \$10, and \$20. Cards can be recharged at our cashier's window for a minimum of \$50 and shared with friends and family in the US. Outgoing calls are \$.09 per minute to the US and incoming calls from the US are \$.20 a minute with a \$.50 connect fee for all completed calls. Local access number is 2980. AT&T access is 2935

**Base Information** Dial 2000 from any phone for Base information.

# MWR



- Auto skills shop
- Batting Cages
- Bayview Club
- Bike Shack
- Bowling Center
- Caribbean Coffee and Cream
- Ceramic shop
- CDC
- Clipper Club
- Wood Hobby Shop
- G.J. Denich Gym
- Goat Locker (CPO Club)
- Golf Course
- Jerk House
- KFC, A&W, Taco Bell Express
- Liberty Center
- Library
- Marina and Sailing Center
- Marine Hill Gym
- Marine Hill Pool
- Oasis Teen Center
- Paintball Range
- Pizza Hut Express
- Ricks Lounge (Officers Club)
- Taxi Service
- Tiki Bar
- Windjammer Cafe
- Windjammer Pool
- Youth Center

**A Warm  
Welcome  
From MWR**



# GTMO RESTAURANTS

Cuban Club

Windjammer Cafe

The Jerk House

Bayview Club

McDonalds

Subway

Pizza Hut

Gold Hill Galley

Naval Hospital Galley

Seaside Galley

KFC & Taco Bell

A&W Express



# Guantanamo Bay Schools

The W.T. Sampson School community provides an environment that inspires lifelong learning and prepares all students for success in a global society.

[www.cuba.am.dodea.edu](http://www.cuba.am.dodea.edu)



## Elementary School

Kindergarten – 5<sup>th</sup>

Kindergarten students must be five years old by September 1<sup>st</sup> of the school year.

Sure Start students must be four years old by September 1<sup>st</sup>.

Hot lunches are available at the school.

PSC 1005 Box 50

FPO AE 09593

Telephone: 011-5399-2207

DSN: 660-3576

Fax: 011-5399-2520

## High School

6<sup>th</sup>- 12<sup>th</sup>

The A/B Block Schedule provides a wide range of course offerings.

Extracurricular activities include sports, Student Council, and social activities.

High School students may bring lunch or eat off campus. Beginning SY 09/10, Middle School students will eat on campus.

PSC 1005 Box 49

FPO AE 09593

Telephone: 011-5399-3500

DSN: 660-3500

Fax: 011-5399-3629

**Student registration is completed at the High School. The following documents are mandatory for enrollment: orders, dependent entry approval, birth certificate or passport, shot records, and withdrawal grades from previous school.**

It is a pleasure on behalf of the faculty and staff to welcome returning and new students to W.T. Sampson School. Sampson is the oldest Department of Defense Dependent School, and the only one on Communist soil. Named after Rear Admiral William Thomas Sampson, Commander of the North Atlantic Squadron during the Spanish-American War, it has a proud history. Your teachers and I are proud of you. We have high expectations for your learning and behavior. We know you will meet those expectations.

Our School Improvement goals are the improvement of reading comprehension and problem solving in all areas of the curriculum. Our staff is committed to provide learning experiences that allow all students to reach high levels of performance.

We are looking forward to another great year at Sampson. You can contribute to your individual success by becoming involved. There are activities at Sampson available to everyone. Please make the most of this school year by doing your very best both in the classroom and in extracurricular activities.

Sincerely,

Dr. Kathy Einhorn

Principal

Kathy.Einhorn@am.dodea.edu

# Moving With Pets



**DOD regulations limit pet shipment to passengers in PCS status only. Pets are defined as dogs and cats only. You are limited to two pets per family. Pet space is limited on all flights, so request reservations early. Reservations will be made on a first-come, first served basis.**

## **Flying your Pets**

All pets must travel aboard scheduled AMC flights through Norfolk, Baltimore, or Jacksonville. AMC has imposed a weight limit of 150 pounds per animal including carrier. Pet carriers must be approved for air shipment. If your pet will be traveling in cabin, the kennel cannot exceed 20"x16"Wx8"H. Currently there is a shipping fee of \$91 (JAX), \$103 (Norfolk), \$103 (BWI) for each pet.

## **Vaccinations and Health Certificate**

Rabies vaccinations are required for all dogs and cats over the age of four months. All vaccines, including rabies, must be current before arrival. The vaccination must have been given at least 30 days prior and less than 1 year before arriving to the island. You will need a Veterinarian signed certificate of health for each pet, dated not more that 10 days prior to departure.

## **Registration**

All animals must have microchip identification. Pet registration with the veterinarian is mandatory within 14 days of your arrival.

## **Veterinary Services**

Guantanamo Bay's Veterinary Clinic is a full service facility. Services are available to all residents, including DOD and contractors. Clinic hours are Monday – Friday 8:00 a.m. – 4:00 p.m. Contact 011-5399-2212 or DSN 660-2212 for more information.



For helpful hints and additional information please visit

[http://www.move.mil/documents/Counseling/Passenger\\_Travel/AMC\\_Pet\\_Brochure.pdf](http://www.move.mil/documents/Counseling/Passenger_Travel/AMC_Pet_Brochure.pdf)



# Tips to Make Your Move Less Stressful

**R**emember to use your countdown checklist.

**E**stablish a budget, plan for extra expenses, loss of spouse income, utility deposits, etc.

**L**isten to yourself and each member of the family for signs of stress.

**O**rganize your move, it's the key for reducing stress.

**C**ommunicate with agencies, the more info you have the more you feel in control.

**A**nticipate cultural differences, they exist from state to state and country to country.

**T**ake time to relax and laugh at the chaos around you.

**E**xpect the unexpected.

# Documents to Hand Carry

- PSC Orders
- Passports
- Airline Tickets
- Military Records
- Employment Records
- Household Goods Inventory
- Power of Attorney
- Car Titles/ Shipping Paperwork
- Records/ Appraisals for high-value items
- Mortgage Papers
- Social Security Numbers
- Birth Certificates
- Wills
- Bank Books
- Enough Checks for 90 days
- Pet Records
- School Records
- Entry Approvals
- Immunization Records
- Stateside Driver's License
- Insurance Policies



# SUGGESTED LIST FOR EXPRESS SHIPMENT



- ❖ Clothes for warm climate
- ❖ Sheets, pillows and cases, blankets, towels and wash clothes
- ❖ Small Portable Radio
- ❖ Clock
- ❖ Flashlight, candles and holders
- ❖ Toys, games, books, playing cards
- ❖ Small assortment of tools
- ❖ Writing paper, pens, pencils and envelopes
- ❖ Pots and pans, bakeware and coffeepot
- ❖ Casserole dishes
- ❖ Dishes, knives, forks, and spoons
- ❖ Plastic bowls, canisters and colander
- ❖ Spatula, large spoons, can opener, kitchen knives, grater, potato peeler, bottle opener
- ❖ Measuring cups and spoons
- ❖ Telephone

Hospitality kits are available for a limited time. Kits contain dinnerware, pots and pans, coffee maker, iron and ironing board. Sorry, no linens are available at this time. Contact the Fleet and Family Services for more information 011-5300-4141.

# Guantanamo Bay Spouses Club

Hello,

On behalf of the Guantanamo Bay Spouses Club (GBSC) we would like to welcome you to GTMO-Pearl of the Antilles.

GTMO is a unique military base with a lot of wonderful people, families and organizations. It is definitely a wonderful place to bring a family. There are many things to do here such as swimming, boating, diving, fishing. There are sport teams for the kids, and adults, as well as dance classes and swimming lessons. With GTMO being such a small community, all of the programs are run by and thrive on the participation of the residents. There are numerous other groups and organizations around the island in which to participate as well.

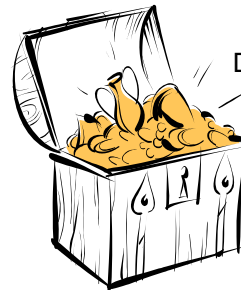
The GBSC is unlike any other spouses club as we include all spouses on the island. We also welcome any civilian spouses interested in joining our club.

As a major organization, we pride ourselves on working for the community. We donate to other organizations on the island i.e. Boy Scouts and WT Sampson Elementary Parent Teacher Organization (PTO) in addition to providing scholarships to High School Seniors upon graduation. We are able to provide these donations through proceeds earned by the island thrift store-Treasures and Trivia.

We hope you enjoy your time here on GTMO, and please feel free to contact me if you have any questions or need additional information.

Thank you and welcome aboard!

Shelly Waterman  
President-Guantanamo Bay Spouses Club  
#011-5399-77545  
[Shelly.waterman@hotmail.com](mailto:Shelly.waterman@hotmail.com)



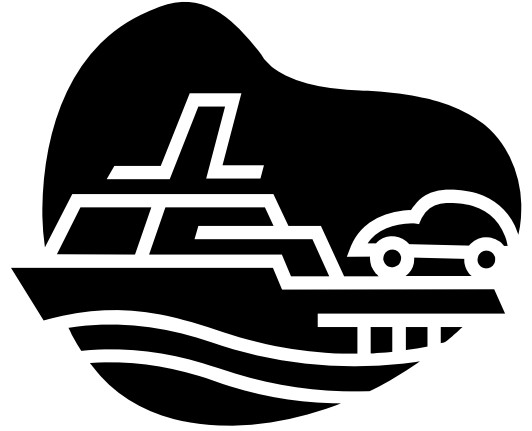
Don't Forget to check out  
**Treasures and Trivia**  
Thrift Shop

Across from the  
Gas Station

# Ferry Schedule

Departs Monday - Saturday

<u>Windward</u>	<u>Leeward</u>
6:30 a.m.	7:00 a.m.
7:30 a.m.	8:00 a.m.
9:30 a.m.	10:00 a.m.
10:30 a.m.	11:00 a.m.
11:30 a.m.	Noon
12:30 a.m.	1:00 p.m.
1:30 p.m.	2:00 p.m.
3:30 p.m.	4:00 p.m.
4:30 p.m. (Not on Saturday)	5:00 p.m.
(No Ferry after 5:00 p.m., only U-Boat)	



# Utility Boat Schedule

Departs Monday – Saturday

(U-Boats run Saturdays after 5 p.m. until 1:45 a.m.)

<u>Windward</u>	<u>Leeward</u>
5:30 p.m.	6:00 p.m.
6:30 p.m.	7:00 p.m.
8:00 p.m.	8:30 p.m.
10:30 p.m.	11:00 p.m.
12:30 a.m. (Friday/Saturday)	12:45 a.m.

## Sunday & Holiday Schedule

Ferry

Windward	Leeward
7:30 a.m.	8:00 a.m.
9:30 a.m.	10:00 a.m.
11:30 a.m.	Noon
1:30 p.m.	2:00 p.m.

U-Boat

3:30 p.m.	4:00 p.m.
5:30 p.m.	6:00 p.m.
6:30 p.m.	7:00 p.m.
8:00 p.m.	8:30 p.m.
10:30 p.m.	11:00 p.m.

Windward Landing	5945
Leeward Landing	6902
Port Services	4898
Air Terminal	6204
MWR Marina	2345
Tropical Air	74915
Lynx Air	74106

# Personnel Support Detachment Guantanamo Bay



PSD welcomes you to Guantanamo Bay. We are a member of the Navy Pay and Personnel Support Center global network, delivering superior military pay, personnel and passenger transportation services around the world.

- Travel Claims – Bring all required documentation and receipts. Lodging receipts are required regardless of amount. Rental car has to be authorized on the orders. Any other receipts over \$75.00 are required even if advances have already been given.
- Assignment Incentive Pay – The amount must be stated on the orders.
- Overseas Housing Allowance – If you have dependents residing overseas, you must submit the following documents upon reporting, in order to start your OHA: N130 OHA approval, lease or mortgage documents, OHA certificate DD Form 2367 signed by appropriate designated Housing Manager, updated page 2.
- Single Dislocation Allowance – There is no single DLA onboard GTMO. All military members will be assigned Government Quarters upon report.
- Single Basic Housing Allowance – There is no single BAH onboard GTMO. All single military members will be assigned Government Quarters upon report.



# *Welcome To GTMO*

## **Child and Youth Programs**

*Let your child be immersed in a world of opportunities!*

**The Child Development Center (CDC), Child Development Home (CDH), School Age Care (SAC) and Youth Programs provide services to all residents of Guantanamo Bay.**

**The Guantanamo Bay CDC follows educational guidelines established by the NAEYC, the oldest and most prestigious accreditation board in the nation. Several CDH homes are also accredited. SAC and Youth Centers are NAA accredited.**

**The SAC and Youth programs offer an array of exciting and fun activities such as sports leagues, cheerleading, homework assistance, and much more.**

### *Hours of Operation*

**CDC 6:00 a.m. – 5:30 p.m.**

**CDH Varies (some homes open 24 hours)**

**Youth Center M-F 2:30 p.m. - 6:00 p.m.**

**Summer M-F 6:00a.m – 6:00 p.m.**

**Teen Center M-W 2:30p.m. – 6:30p.m.  
Th 2:30p.m – 8:30 p.m.  
Fri 2:30p.m. – 11:30 p.m.  
Sat 1:00 p.m. – 11:30 p.m.**

**Summer M-Th 1:00 p.m. – 9:00p.m.  
Fri 2:20 p.m. – 11:30 p.m.  
Sat 1:00 p.m. – 11:30p.m.**

*For enrollment information, please call 011-5399-3664. You can also visit our web site at [www.mwr.navy.mil](http://www.mwr.navy.mil) and click on the CYP logo.*

# NAVY COLLEGE OFFICE GTMO



**PSC 1005 BOX 424  
FPO AE 09593-0028**

**HOURS OF OPER: M-F 1000-1600  
CHAPEL HILL, ROOM 11**

**MONDAY 0830-1700  
TROOPER ONE STOP - JTF**

**PH: 011.5399.2227 FAX: 3997 DSN: 660**

**OFFICE EMAIL:**

**[NAVY.COLLEGE.GTMO@USNBGTMO.NAVY.MIL](mailto:NAVY.COLLEGE.GTMO@USNBGTMO.NAVY.MIL)**

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**SERVICES PROVIDED:**

- NAVY & MARINE TUITION ASSISTANCE
- COUNSELING & DEGREE PLANS (COUNSELING SESSIONS ARE BY APPOINTMENT ONLY!)
- SMART
- ASSIST WITH ONLINE ADMISSION REQUIREMENTS
- USMAP
- TESTING: EXCELSIOR, SAT/ACT, PRAXIS, LSAT, DSST PRINC OF PUBLIC SPEAKING, PROCTOR FOR DISTANCE LEARNING & AFIADL/ACSC; ORAL PROFICIENCY INTERVIEWS (OPI); AND (DLAB/DLPT- CALL FOR PROGRAM UPDATE)
- ARMY STATEMENT OF UNDERSTANDING

**TESTING SCHEDULE: (CONTACT NCO TO REGISTER...DATES SUBJ TO CHANGE)**

**ACT: 2ND TUE, 0800**

**SAT: 4TH TUE, 0800**

**ALL OTHER EXAMS: EVERY WED, 0900, & FRI, 1300**

**FOR ADDITIONAL EDUC INFO: [WWW.NAVYCOLLEGE.NAVY.MIL](http://WWW.NAVYCOLLEGE.NAVY.MIL)**

# Columbia College–Guantanamo Bay

## Someday starts today.



PSC 1005 Box 422  
FPO, AE 09593

Phone: 011-5399-75555  
Fax: 011-5399-79460

Email: [guantanamo@ccis.edu](mailto:guantanamo@ccis.edu)

Office hours:  
Mon-Thur: 10 a.m.-6:00 p.m.  
Fri: 10 a.m.- 3:00 p.m.



At Columbia College–Guantanamo Bay, everything we do is geared toward helping military personnel and other working adults improve their lives through higher education.

Whether you want to finish a degree you started years ago or are attending college for the first time, we'll help you reach your goal of earning an affordable college degree.

Earning your college degree will change your career and your life forever. Columbia College at Guantanamo Bay offers a wide range of fully accredited college degree programs that are specifically tailored to accommodate the busy schedules of military personnel serving on the base. Whether you are interested in earning your bachelor's degree or an associate degree, Columbia College–Guantanamo Bay has a college degree program that will be ideal for you and your future goals.

- Associate and bachelor's degrees
- Eight-week courses that meet one or two nights a week
- Five sessions each year starting in January, March, June, August and October
- Evening and online classes that can be taken simultaneously
- Start-and-stop degree flexibility to meet work and family obligations
- Financial aid to qualified students, including those taking online courses

Applying to Columbia College–Guantanamo Bay is simple. All you have to do is fill out our brief one page application. There are no admissions tests or pre-admittance interviews to worry about. Getting started on the road to a college diploma and a successful and rewarding future career is really that easy.

**No Columbia College Cuba schools near you?** Try our online degree programs through our Online Campus.

<http://www.ccis.edu/nationwide/main.asp?Guantanamo>



# Navy-Marine Corps Relief Society

<http://www.nmcrs.org/>

011-5399-4394

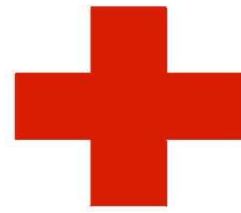
*A nonprofit charitable organization designed to provide financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members and survivors, when in need.*

**Interest-free loans and /or grants to help with emergencies such as:**

- Funeral Expenses.
- Medical/ dental bills.
- Emergency transportation.
- Food, rent and utilities.
- Essential vehicle repairs.
- Unforeseen family emergencies.

**The Society can also offer:**

- Budget counseling.
- Educational loans and grants for spouses of active duty service members.
- Educational loans and grants for children of active duty, retired, and deceased service members.
- Coordination with civilian agencies (ARC, VA, etc.) and military offices.
- Layettes "Junior Sea bags".



## American Red Cross

*Together, we can save a life*

<https://redcross.org>

We are located in the admin. Building across from Bulkeley Hall.

Hours of operation are 7:00 a.m. to 4:00 p.m. Monday – Friday.

011-5399-5060

After Hours 011-5399-84150

## Armed Forces Emergency Services

### Things you and your family back home should know.

Be sure that your family, or someone in the states, knows your military address on GTMO and your Unit extension. If you know you will be receiving a Red Cross message, please notify your command. They can start your paperwork and have it ready when the message arrives. Commands have after hour emergency contact numbers for the American Red Cross. If you know of a situation back home and nothing has been started yet, we can start the process here on station and most likely save 4 to 6 hours of time. Emergency leave is dependent upon the individual's message and member's unit. The American Red Cross will verify emergency situations for retired, DOD, contract personnel and all persons who are American citizens.

# Guantanamo Bay Wildlife



## Sea Turtle

Sea turtles are unique reptiles that have taken to the ocean, only coming onto land to lay their eggs. Loss of nesting habitat and hunting by man and other predators has led to their endangered status worldwide. Two types of sea turtles commonly nest on the beaches at GTMO, the Green sea turtle and the Hawksbill. They can easily be distinguished by the shape of their heads, which is rounded in the Green sea turtle and narrow with a distinctly pointed beak in the Hawksbill. While Green sea turtles eat a variety of bottom-dwelling plants, Hawksbills relish sea sponges. After a female sea turtle lays her eggs in a nest, she carefully digs in the sand, they take about two months to hatch. The babies then laboriously dig their way out of the nest and scramble over the beach in their short trip to the ocean, where they will spend the rest of their lives. It is during nesting and hatching that sea turtles are sensitive to disturbance, so it is critical not to disturb them at this time of year.



## Cuban Iguana

Although they may appear ferocious, Cuban rock iguanas are harmless creatures that play an important role in the ecosystem. Because they are vegetarians, they disperse the seeds of many native plants, helping to keep the cactus forest healthy. Although vulnerable to a variety of predators when they are young, especially feral cats, Cuban iguanas can live to be 60 years old or more. They are highly social animals that use a variety of nodding displays to communicate with each other. Altogether, there are eight species of rock iguanas, dwelling on islands throughout the Caribbean. National and international law protect all of them. You can help conserve iguanas here at GTMO by always observing them from a safe distance and never feeding them. Most of the smaller lizards you see on the base are not baby iguanas, but other types of lizards, including anoles, curly-tails, and ameivas. These less conspicuous species play an important role in controlling local insect populations.



## Turkey Vulture

Turkey vultures are one of the most common birds on the base, and are also one of the most important. By eating carrion, they keep the environment clean and help prevent the spread of disease. While they may seem awkward and ungainly on the ground, they are magnificent flyers, able to soar effortlessly for hours. They usually lay their eggs in caves, tree hollows, or on cliff ledges. Unfortunately, not every species of bird on the base is as prevalent as the turkey vulture. Populations of at least two species, the Cuban parrot and the Brown pelican, have declined so far that they are on the U. S. Endangered Species List. On most of Cuba, the beautiful Cuban parrot, a raucous green bird with blue wing feathers and a red and white head can only be found in remote woodlands. However, a few still survive at GTMO in the dense scrubby woods near the coast. Brown pelicans usually live in small flocks, which can be seen gliding in single-file close to the surface of the ocean.



## Manatee

The West Indian manatee, or sea cow, is a gentle giant that inhabits shallow coastal waters, bays, and rivers, in both fresh and saltwater habitats. Manatees generally swim from three to nine feet below the surface of the water, using their strong tails and flippers to guide them through the water. They often rest by hanging suspended near the surface of the water. Their diet consists mostly of submerged plants, although sometimes they will eat small fish. Both their vision and their hearing are exceptionally good. A typical family unit consists of a mother and her calf. Even though the marine Mammal Protection Act and the Endangered Species Act strictly protect manatees, a major cause of their continuing decline is collisions with powerboat propellers. If you are very lucky, you may get to see a manatee during your stay at GTMO. To help protect manatees on the base, it is important to observe “no wake zone” rules not only where posted, but also anytime, you are cruising in rivers and coves. The least intrusive way to observe them is from a distance with binoculars.



### Hutia

Although often unceremoniously referred to as the banana rat, the correct name for the large-bodied rodent is the Hutia. While at times the base may seem virtually overrun with these pesky creatures, it is important to remember that outside the confines of GTMO, they have been ruthlessly hunted. At least seven of the ten known species in Cuba are in serious danger of extinction. These highly social mammals are good climbers and prefer to live in trees, where they will run along branches and leap from one tree to the next when agitated.

Although they are active primarily at night, they can also be seen during the day, especially in the early morning when they enjoy sunning themselves on leafy boughs. Their diet includes leaves, bark, fruit, lizards, and other small animals. They reproduce throughout the year, but have a birth peak in June. Hutias are attracted to water and can become overly abundant in areas where watering is excessive. Keeping them out of your yard may be as simple as planting native bushes and shrubs that do not require any extra moisture.



### Cuban Boa

Like the other four species of snakes found at GTMO, the Cuban Boa is harmless. It disables its prey through constriction, and is not venomous. Part of its dubious but undeserved reputation is due to its exceptionally large size, which can reach 12 feet or more. In actuality, this beneficial snake plays a key role in the environment by insuring that populations of other species, such as Hutias and rats, remain at healthy levels. Boas are generally shy and unassuming, retiring to trees and caves to rest during the day, but emerging at night to hunt. While beauty is in the eye of the beholder, even the most skeptical agree that Cuban Boas are very attractive snakes. They are intricately patterned with tan, yellow, brown and black markings, and their scales possess a brilliant iridescent rainbow-like sheen. Like the rock iguanas, baby Cuban Boas are very vulnerable to predation by feral cats. Chances are you will probably never encounter a Cuban Boa while you are here at GTMO, but if you do, please remember that these peaceful and ecologically useful snakes mean you no harm.

**The above information taken from a pamphlet prepared by: PWD & Ecology Division. FMI contact the PWD Environmental Branch @ 4662**