

THE TOWER

The Official Publication of Guantanamo

Children honor service

GTMO school children recognize veterans

This might sting a little

The world explosion in jellyfish reaches GTMO

GTMO landmark gets makeover

AROUND THE BAY

AND IN OUR PAGES



8 **Life in Boots**
Children pay respect to Service members for Veterans Day



9 **Trooper Focus**
Health is wealth for Coast Guardsman



12 **Dressing up for fun**
MWR hosts ghoulish Halloween soiree



Cover Story

Cover photo by Staff Sgt. Lorne Neff

Lighthouse museum opens after restoration project
PAGE 10

Other Stories

4 *Command Corner*

5 *Professional Insight*

6 *Reviews of the latest movies on base*

17 *Chaplain's Word of the Week/Comic*

19 *Meals with Monroe*

BAY WIRE REPORT

Government vehicle auction



Automobiles of all types from pick-up trucks to electric-powered vehicles, light plants, stake trucks, and tractor heads and trailers, will be auctioned off Nov. 9, 10 a.m., at Ferry Landing.

If you are interested in placing a bid, be sure to get there early to see what vehicles are available.

Down, Set, Hike!

GTMO's Morale, Welfare and Recreation program will host a flag football tournament Nov. 16, 10 a.m. In order to participate, teams must register by Nov. 13. There will be a coaches meeting Nov. 14, 6:30 p.m. at Denich Gym for teams who want to play.

If you see it, say something

The Fleet and Family Support Center would like to remind everyone at GTMO to report any violence taken against a member of our community. If you are concerned for someone's safety, contact the Family Advocacy Program at ext. 4243 or 84438.

1775 2013

Happy Birthday!

UNITED STATES MARINE CORPS

Enduring Fortitude, Unfailing Valor

Semper Fidelis

CORRECTIONS Please report all corrections to thewire@jtfgtmo.southcom.mil
The following information was printed incorrectly in the Oct. 4 online issue of the Wire



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Look for us on your favorite Social Media:

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Religious Services

NAVSTA Chapel

Catholic Mass
Mon.-Thur. 5:30 p.m.
Saturday 5 p.m.
Sunday 9 a.m.

Protestant Services

General Protestant
Sunday 11 a.m.
Gospel Worship
Sunday 1 p.m.

Chapel Annexes

Pentecostal Gospel
Sunday 8 a.m. & 5 p.m.,
Room D

LDS Service

Sunday 10 a.m., Room 19

Islamic Service

Friday, 1:15 p.m., Room 2

Seventh Day Adventist

Friday, 7 p.m., Room 1
Sabbath School: Saturday 9:30 a.m.,
Room 1
Sabbath Service: Saturday 11:00 a.m.,
Room 1

JTF Trooper Chapel

Protestant Worship
Sunday 6:40 a.m.
Sunday 9 a.m.
Sunday 7 p.m.

Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40
Gazebo - :01, :21, :41
Camp America NEX - :02, :22, :42
Camp Delta - :04, :24, :44
Camp 6 - :07, :27, :47
TK 4 - :13, :33, :53
JAS - :14, :34, :54
TK 3 - :15, :35, :55
TK 2 - :16, :36, :56
TK 1 - :17, :37, :57
CC - :19, :39, :59
Windjammer/Gym - :22, :42, :02
Gold Hill Galley - :24, :44, :04
NEX - :26, :46, :06
NEX Laundry - :27, :47, :07
C Pool - :30, :50, :10
Downtown Lyceum - :31, :51, :11
NEX - :33, :53, :13
Gold Hill Galley - :35, :55, :15
Windjammer/Gym - :37, :57, :17
CC - :40, :00, :20
TK 1 - :41, :01, :21
TK 2 - :42, :02, :22
TK 3 - :43, :03, :23
TK 4 - :44, :04, :24
Camp 6 - :50, :10, :30
Camp Delta - :53, :13, :33
HQ Building - :55, :15, :35
Camp America NEX - :57, :17, :37
Gazebo - :58, :18, :38
Camp America - :00, :20, :40

NEX Express Bus

9:55 a.m. - 7:55 p.m.
Every hour at the stated times

Camp America - :55, :48

TK 1 - :05, :36

Denich Gym/Windjammer - :11, :31

Gold Hill Galley - :14, :29

NEX - :16, :27

Downtown Lyceum - :17, :25

Beach Bus

Sat. and Sun. only - Location #1-4

Windward Loop
9 a.m., 12 p.m., 3 p.m., 6 p.m.

East Caravella

SBOQ/Marina
9:05 a.m., 12:05 p.m., 3:05 p.m.

NEX

9:08 a.m., 12:08 p.m.,
3:08 p.m., 6:08 p.m.

Phillips Park

9:14 a.m., 12:14 p.m.,
3:14 p.m.

Cable Beach

9:17 a.m., 12:17 p.m.,
3:17 p.m.

Windward Loop

9:30 a.m., 12:30 p.m.,
3:30 p.m.

NEX

9:25 a.m., 12:25 p.m.,
3:25 p.m., 6:25 p.m.

SBOQ/MARINA

9:35 a.m., 12:35 p.m., 3:35 p.m.

Return to Office

9:40 a.m., 12:40 p.m., 3:40 p.m.

JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



Military's values-based leadership sets example

By Brig. Gen. Marion Garcia

Joint Task Force Guantanamo Deputy Commander

In the civilian sector there is a growing interest in values-based leadership. I recently read, with some interest, a presentation given at the Kellogg School of Management by Bob McDonald, president and CEO of Proctor & Gamble Co. I found it interesting because it focused on how to apply the principles rather than what the actual principals themselves were. These are tips that all of us could use.

Lead a life guided by purpose.

Each service has its core values; they are remarkably similar:

Army: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, Personal Courage.

Navy: Honor, Courage, Commitment

Air Force: Integrity First, Service Before Self, Excellence in All We Do

Marine Corps: Honor, Courage, Commitment

Coast Guard: Honor, Respect, Devotion to Duty

Everyone wants to succeed and success is contagious.

It is important to point out those who are excelling. A couple of examples here at Joint Task Force Guantanamo include the Joint Detention Group with the Trooper of the Battle Update Brief, and the Base Engineer Emergency Force with recognition of their leaders and Airmen from Air Forces



Brig. Gen. Marion Garcia

Southern monthly competitions. It is equally important to approach every person with the conviction that they are here, on the job, to be successful individually, and to be part of a successful team – they will live up to your level of confidence in them.

Character is the most important trait of a leader.

Every one of us will make mistakes. Leaders cannot make mistakes of ethics or integrity. Those we lead count on us and the American public believes in us to take care of their sons and daughters.

Diverse groups of people are more innovative than homogenous groups.

We have a wealth of diversity: civilian-acquired skills among our Reserve and National Guard Troopers, the various service cultures and the richness they bring to the team, a wide range of specialties including medical professionals of all stripes and mariners from the Coast Guard.

Ineffective strategies, systems and culture are bigger barriers to achievement than the talents of people.

Think standard operating procedures here. We have to be doing the right thing, and doing it the right way. The input from those Troopers working the jobs must be incorporated into the overall strategy.

Organizations must renew themselves.

Progress is synonymous with change. One of the good things about the high rate of turnover for personnel is that we have new ideas and fresh perspectives coming in all the time. Of course, progress needs to be tempered by experience and we value the long-standing members of our team.

TROOPER TO
TROOPER

Soldier as sentry: More than just guard duty

By 1st Sgt. Veronica Ashe

First Sergeant, 189th MP Co.

A sentry is defined as an individual charged to keep watch over, protect, shield, defend and warn others. Service members use this basic concept on a daily basis, shaping our way of life as team members and Leaders.

The cornerstone of a Sentry's duties and responsibilities is derived from their General Orders. Each Service has its General Orders that all Soldiers, Sailors, Airmen and Marines learn verbatim while in training. The U.S. Navy, Marines, and Coast Guard have 11 General Orders, while the Air Force and Army have three. Service members are expected to remember the

orders for the remainder of their military careers.

Listed below are a few General Orders from each branch and how they can be applied to basic leadership each day:

General Order Number One: To take charge of this post and all government property in view.



1st Sgt. Veronica Ashe

Take charge of your area of responsibility and your Troopers. As a Service member and leader you must perform your duties with competence, confidence and enthusiasm — It is often easy to say “the boss wants this done,” take ownership of all decisions that come your way. Know your Soldiers limits and have reasonable expectations. You must continue to keep watch over your Soldiers and ensure their needs are met. Take care of all Service members

within your view as though they were your own, even if not part of your unit.

General Order Number Two: To walk my post in a military manner, keeping always on the alert and observing everything that takes place within sight or hearing.

Be a professional both on and off duty. Take pride in the uniform and uphold the standards of service. Do not become complacent in your duties. Make on the spot corrections, never walk by a deficiency without correcting it. Notice the little things, when a fellow Soldier is feeling down talk to them, when they are happy, show genuine interest.

General Order Number Three: To report all violations of orders I am instructed to enforce.

Do not turn a blind eye to misconduct. As a Service member you must know policies and regulations that must be abided



drive going strong

Donations mount despite government shutdown

Story by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

The Combined Federal Campaign offers deployed Troopers the opportunity to donate to a local charity back home. Since its inception in the early 1960s, the CFC has been the only approved solicitation by charities for federal workers. It is the largest philanthropic fundraiser in the world with donations in excess of \$258 million raised in 2012 for charities around the globe.

Chidley Lafontant, campaign manager for CFC-Overseas, said the CFC provides an avenue to extend service to help those in need and helps Service members reach some 2,500 charities.

“This is a testament to the extreme dedication of campaign representatives at installations and units throughout the five overseas combatant commands and the generosity of the uniformed and civilian men and women serving overseas in our nation’s armed services,” said Lafontant.

One of CFC’s primary goals is to provide 100 percent informed opportunity for civilian employees and Service members to donate to a charity of their choosing. What this translates to, is getting the word out about the chance to contribute to an organization.

“The CFC had a combined goal of 100 percent contact with all Service members so they understood the program was there, and that anything they gave would be given back to their charity,” said Army Master Sgt. Darlene Weidmayer, noncommissioned officer in charge of personnel and manpower for Joint Task Force Guantanamo Bay. “JTF had the same goal of 100 percent contact.”

Weidmayer stressed the importance of CFC donations here on the island because of the connections between giving to charities and the recreational activities offered to Service members and their families.



“The CFC is what brings all the USO tours and Morale, Welfare and Recreation events to this island,” said Weidmayer, “that’s how their funded. Without the CFC funding and the generosity of our Troopers, we would not get the sports figures or the comedy shows; even the movies are funded in part by CFC funds. Everything we get on this post as recreational is in some part affected by CFC.”

Other programs also help with installation activities.

“With the Family Support and Youth Program, 100 percent of funds are returned to the installation for use by the community such as MWR,” said Lafontant.

This year’s CFC has seen some trials and tribulations, however.

“This year, the government shutdown and furloughs have impacted critical fundraising efforts,” said Lafontant. “Thousands of nonprofits depend on CFC funding and are in jeopardy of having to cut programs and services to those who need it most, including affected military families.”

Lafontant added that stateside fundraising activities were suspended, but CFC-O was able to continue to provide direct support for Service members in the form of FSYP.

“During this time of uncertainty, the strong support from our uniformed Service members is needed now more than ever,” said Lafontant.

To date, this campaign has collected more than \$20,000 during the drive -- surpassing its goal set at \$17,000. The Base Engineer Emergency Force and JTF-Headquarters and Headquarters Company have achieved Bronze Awards for their fundraising efforts. So far, JTF is at 75 percent of their Service member goal, but with the donation deadline extended through Dec. 6, there is a chance for JTF to increase that percentage.

For more information, or to make a donation to an organization of your choice, visit the CFC homepage at www.opm.gov/combined-federal-campaign. 🇺🇸

■ Following orders will ensure your mission is a success, continued from previous page

by. Understand your position and what you can handle at your level. When in doubt say something, let superiors make judgment calls.

General Order Number Four: To repeat all calls from posts more distant from the guardhouse (or quarterdeck) than my own.

Communicate up and down the leadership chain. The age old practice of relaying the word is very important in ensuring

success of the mission at all levels.

General Order Number Five (Army General Order Number One): To quit my post only when properly relieved.

Never avoid responsibility or pass up an opportunity to lead. Mentor and train junior Service members to take your place upon your absence, PCS, ETS or Retirement. Set the next person up for success with continuity books, standard operating procedures and proper training.

General Order Number Eleven: To be especially watchful at night and during the time for challenging, to challenge all persons on or near your post and allow no one to pass without proper authority.

Be proud and protective of your unit. Make the mission happen, however be able to recognize the effect it has on your men and women. Stand up and say something when the task becomes detrimental to actual or further mission accomplishment.

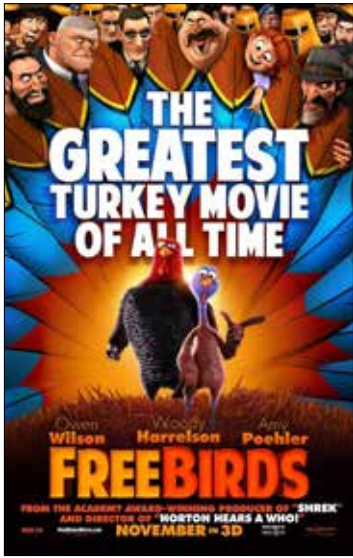


“Free Birds” leaves you hungry for more

Review by Cindy Neff

Household 6 Cmdr., thewire@jftgtno.southcom.mil

“Free Birds” is a joyful romp through history, which provides a glimpse into the other side of how we feast.



Courtesy Relativity Media

Reggie (Owen Wilson) our hero. An outsider

in his own community, he rails against the stupidity of his breed and tries desperately to get other turkeys to understand that they’re being fattened up for holiday fodder.

Don’t eat or be eaten! He is handpicked by the president’s daughter to be the pardoned turkey, and learns what life can be like with the luxuries of pizza and TV and without fear of being someone else’s food. Jake (Woody Harrelson) is engaging as the not-so-clever turkey. It’s his vision and, well, lack of wisdom, that lead him and a reluctant Reggie on a quest to get turkeys off the Thanksgiving menu and change the way we eat forever!

As the prologue states: this IS a work of fiction. And what a fun work of history it is. Miles Standish (Colm

Meaney) is not the trail-blazing hero of our imagination, but a cruel hunter, leading a savage pack of humans out to serve every turkey they can find on a platter to a community of blood-thirsty pilgrims. My favorite character is S.T.E.V.E. (George Takei), the time machine.

Take the family and have a ball (the kids and the senior citizens in my house enjoyed it). It’s hard to complain about a movie that involves time travel, romance and pizza!

I give “Free Birds” four banana rats. 🍌



HOLIDAY HOURS at GTMO

Veterans Day 2013

Monday, November 11

CDC	CLOSED
Youth & Teen Centers	CLOSED
Library	CLOSED
Bayview & Rick’s	CLOSED
Windjammer	CLOSED
Tiki Bar	CLOSED
Jerk House	CLOSED
Triple C	CLOSED
Bowling Alley	Noon-9 P.M.
Taco Bell	Noon-9 P.M.
House of Yum	CLOSED
O’Kelly’s & Pizza Hut	5-9 P.M.
WJ Restaurant	5-9 P.M.
Auto Skills	CLOSED
Paintball	CLOSED
Marina	6 A.M.-8 P.M.
Golf Course	8 A.M.-7 P.M.

Naval Station Guantanamo Bay, Cuba • Joint Task Force Guantanamo

Graphic by Sgt. 1st Class Aaron Hillier/The Wire

Now Showing!

at the Downtown and Camp Bulkeley Lyceums

Call the Movie Hotline at ext. 4880 or visit the MWR Facebook page for more information

	08 FRIDAY	09 SATURDAY	10 SUNDAY	11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY
DOWNTOWN FREE ADMISSION	Baggage Claim (New) PG13, 7 p.m. Parkland PG, 9 p.m.	Gravity PG13, 7 p.m. Prisoners (LS) R, 9 p.m.	Thor: The Dark World (New) PG13, 7 p.m. Machete Kills (New) R, 9 p.m.	Free Birds PG, 7 p.m.	Don Jon (LS) R, 7 p.m.	Rush (LS) R, 7 p.m.	Hotel Transylvania (LS) PG, 7 p.m.
CAMP BULKELEY FREE ADMISSION	Machete Kills (New) R, 8 p.m. Captain Phillips PG13, 10 p.m.	Gravity PG13, 8 p.m. Don Jon (LS) R, 10 p.m.	Trooper Appreciation Concert Thor: The Dark World (New) PG13, 10 p.m.	Lyceum closed Note: Concessions at Camp Bulkeley are also closed every night until further notice.	Rush (LS) R, 8 p.m.	Lyceum closed Note: Concessions at Camp Bulkeley are also closed every night until further notice.	Baggage Claim (New) PG13, 8 p.m.

Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

Workout to recover

Keeping your routine going while recovering from an injury

Story by Master Sgt. Gregg Ramsdell

Command Element SEL, fitness trainer

Up to this point, workouts have focused on increasing muscle size, but this week I want to look at a rehabilitation routine I used to bounce back from an injury.

All workouts, no matter what the goal, will only work with the effort you put into them. This includes appropriate dietary habits, training routines, mental state and resourcefulness.

Resourcefulness? Allow me to explain. Resourcefulness is our ability to adapt to an activity allowing us to sustain something over time. When we think of cardio routines, ideas immediately come to mind of running or walking up John Paul Jones Hill, or doing the same old running program day after day. However, there are many other forms of exercises which can be completed that will elevate your heart rate and leave you feeling good after the workout, without a high risk of injury.

I have used this workout to recover

from injury and found great success. A lot of females I have trained have had tremendous success using this workout as their primary routine.

The exercises must be done in consecutive order, meaning no rest between sets. Adjust your weights to the appropriate level. Be smart, don't lift more than you are capable of. As far as cardio, pick an exercise and tempo which allows you to sustain your efforts in a three-minute block.

Do three circuits (or rotations) of this program. If the second circuit is too difficult, the third rotation can be optional until you increase your fitness level. All the best!

As always, if you have any questions please contact me at gregg.l.ramsdell@jtfgtmo.southcom.mil and see what we can do to enhance or alter this program to assist you in your fitness goals. 🌟

Recovery Cardio Circuit

Chest press 1x12	Cardio (3 min.)
Cardio (3 min.)	Leg extensions 1x12
Bicep curl 1x12	Cardio (3 min.)
Cardio (3 min.)	Hamstring curls 1x12
Wide-grip lateral pull down 1x12	Cardio (3 min.)
Cardio (3 min.)	Seated calf raises 1x12
Tricep cable pushdowns 1x12	Cardio (3 min.)
Cardio (3 min.)	Abs 1x20
Shoulder press (machine) 1x12	Cardio (3 min.)

3X
times

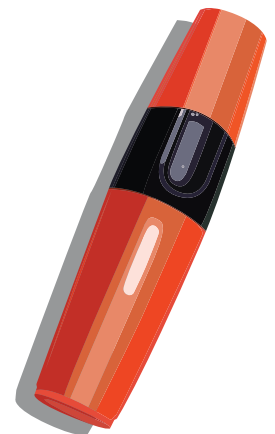
Graphic by Sgt. 1st Class Aaron Hiler/The Wire



**AT THE
WINDJAMMER!**

Every **Tuesday** and **Sunday** evening
6:30-9:00 p.m.

2 Packs of Regular Bingo for \$10





Students from W.T. Sampson Elementary School host a Veterans Day program at the school lyceum Nov. 5. The program honored Base veterans and their families.

Kids honor vets

Elementary school hosts JTF for Veterans Day commemoration

Story and Photo Staff Sgt. Lorne Neff

Staff Writer, thewire@jftgtmo.southcom.mil

Children at W.T. Sampson Elementary School held a Veterans Day presentation for Troopers and families of Guantanamo Bay at the school lyceum Nov. 5.

“I just want to thank the Joint Task Force command, the CO, and the color guard for standing there to show how it’s done,” said Wanda Robinson-Caton, master of ceremonies for the program. “I wanted to thank the community for the support they show; to the volunteers who came out yesterday and put the flags out. It’s just a wonderful feeling.”

The program began with the Pledge of Allegiance by the children in the Sure Start and Kindergarten class, followed by the presentation of colors by the joint service color guard and the singing of the national anthem by Navy Petty Officer 2nd Class Timothy Owens, JTF religious programs specialist. The first grade sang “I love America” and the second grade sang, “All 50 States are What o ur Military Protect.”

The day’s guest speaker was Army Maj. Gladys Lanier, the Joint Detention Group chaplain — Lanier is a schoolteacher deployed to Guantanamo with the 372nd Military Police Battalion, Washington D.C., National Guard.

“It meant a lot,” said Lanier. “I was on recess duty at school back in D.C., when I was called to duty, so coming here and

doing this today, here at the school, brings it full circle for me.”

Lanier said the children were great.

“Watching their performance magnified the inspiration for me and the spiritual meaning. It made me want to cry in tears of joy, knowing the sacrifices that have been made for these little ones and that they are proud of us,” said Lanier.

After the guest speaker, a representative from the Boy Scouts and Girl Scouts presented a wreath followed by a moment of silence for the fallen. The scouts then presented the veteran faculty with a token of thanks for their service.

“We try to get them to understand that it’s not just a day to take for granted,” said Robinson-Caton. “It’s a day we recognize their parents for the time they spend apart from them and to let them know the job their parents do is important. It helps them have the freedom they have. I wanted them to know it wasn’t just a weekend to be out of school, but a special purpose.”

Owens sang “America the Beautiful” and Navy Capt. Greg Nettleton, U.S. Naval Station Guantanamo Bay commander, gave the closing remarks, thanking all in attendance for coming to the event. 🌟

Raising the bar

JTF Coast Guardsman focuses on career, health

Story and photos by Sgt. 1st Class Aaron Hiler

Graphics Editor, thewire@jftgtmo.southcom.mil

It is said that when you come to Guantanamo Bay you can leave as a hunk, a chunk or a drunk. Coast Guard Petty Officer 2nd Class Nicholas Ciocca, damage controlman with the Maritime Security Detachment, made his choice before he arrived.

“Coming from the Cape Cod area of Massachusetts, I’ve worked my entire life,” said Ciocca. “Whether it has been fishing, framing houses or boating, I’m no stranger to hard work.”

Nicholas was on the waters of the Cape by the age of

three and began fishing a few years later. As he came of working age, he worked various jobs including charter fishing and carpentry, yet still remained an avid sailor and member of Cape Cod’s boating community.

“Growing up in Cape Cod, the idea of joining the Coast Guard was really a no-brainer,” Ciocca said. “The Coast Guard is everywhere around the Cape, and was always a part of my early life.”

Ciocca joined in 2007 and chose the damage controlman rating because he already had skills in construction that made the job a good match. After spending four years on active duty, he transferred into the Coast Guard Reserve to begin his education.

“I’ve always had an interest in law enforcement,” Nicholas explained, “so when I left active duty, I got into the criminal justice program at Bunker Hill Community College.”

After a brief while in school, he realized he needed something extra to be the best law enforcement officer he could be. That’s when the Coast Guard came knocking on his door once more.

“When I was told I would deploy to Guantanamo Bay,” Ciocca said, “I was

determined to develop myself so I could excel as a police officer. I knew I would have all kinds of time on my hands outside of duty hours, so I decided to work on my personal fitness.”

Nicholas decided he needed the strength and size that would only come from developing his physical fitness so he began a conditioning and weightlifting regime that would give him that strength.

“Your health is your wealth,” Ciocca said. “When everything else is taken away, you are left with your health and fitness to see you through life.”

Nicholas, also known to his friends and co-workers as “Coco” because of his last name, quickly found a friend and mentor, Petty Officer 3rd Class Mitch Brulotte, to help him put together a workout that would see him to his goals.

“I tried several workout plans, but with no real progress,” Ciocca remarked. “Mitch helped me figure out what would really work for me and setup a realistic plan for my fitness goals.”

After only three months at Guantanamo Bay, Ciocca has made real progress towards his fitness goals. In addition to putting on more than ten pounds, his increased fitness and strength have helped him reach another goal — promotion. 🌟



Coast Guard Petty Officer 2nd Class Nicholas Ciocca, a damage controlman with Port Security Unit 301, lifts weights at the Marine Hill Fitness Center as part of a physical fitness program at Oct. 12. Ciocca’s weightlifting program is part of an overall effort to prepare for a civilian career in law enforcement.



Let there be light[house]!

Story by Staff Sgt. Lorne Neff

Staff Writer, thewire@jftgmo.southcom.mil

Standing next to Guantanamo Bay's iconic Lighthouse is a building that serves as the guardian of Guantanamo's history, a beacon of light into the past. Since 2002 the lighthouse museum has been closed to the public. Thanks to the efforts of a few Guantanamo residents, the museum reopens Saturday giving residents another opportunity for fun.

"We don't have an official name yet," said Cindy Thibodaux, who has spent several months helping restore and reorganize the museum with her husband, Chief Petty Officer Anthony Thibodaux, a Seabee who works for the public works department. "We just call ourselves the lighthouse committee. We would like to make it official, but things on this island take time."

The Lighthouse committee includes Jessica Martinez and Sara Presley who came to the island when their husbands were assigned to the naval hospital.

"They (Martinez and Presley) are more the visual design and history and mine is the restoration and physical because of my husband," said Thibodaux.

The restoration began several months ago with Chief Thibodaux's team of Seabees.

"They fixed the bottom siding, they fixed the floors, they repaired the fence and gate. All the work we owe to the Seabees ... we owe it to their whole troop, we really owe them our appreciation," said Cindy Thibodaux.

The committee found opening the museum to be a bigger project than anticipated and worked with Michael Mccord, naval station environmental director.

"We had a vision of a place that is a learning tool, a place where you can see how history progressed from 1898," said Mccord. "It was a hodgepodge of photos and different things.

When we sat down with the volunteers, their vision was the same, something that is safe to visit."

The Seabees worked to restore the outside while members of the committee, with the help of the Coast Guard, began a complete inventory. Since then, the museum has undergone a complete reorganization.

"It starts out with Cuba before the Spanish were here," said Presley. "Then when the Spanish were here. There was a short period when the British were here. And then into 1898 and the Spanish-American War and how GTMO became what it is. We show what the base was used for throughout the 1900s with the first and second world war until now."

"We have the timeline and a natural history section that has murals on the wall, then we have eclectic mix that makes up Guantanamo's unique culture," said Martinez.

As the committee organizes the museum, each has found their favorite piece of history.

"It's a proclamation from Admiral Bulkeley as the 'king of all water makers,'" said Martinez. "It's embellished and really cool. We have a lot of Admiral Bulkeley's stuff."

"We have a number of 'Welcome to Guantanamo Bay' packages that I guess were given to the sailors over the years," said Presley. "We have them back to the 1950s. It's neat to see the



Lauren Laboy, a Joint Task Force Guantanamo contractor, helps organize artifacts at the Lighthouse Museum.



Restoring and reinventing Guantanamo's lighthouse museum

differences and what was available back then.”

Thibodaux admits there are a lot of unknown items they found in the museum.

“There has been so much that has gone on here,” said Thibodaux. “There’s amazing stories that have happened. It’s hard to know what is true and what isn’t. We have to try to verify everything and that hasn’t been easy.”

Mccord says he loves the old photos and that a lot of the old buildings (around base) are still being used, but the museum’s history is not complete.

“From what I see now, a good part of GTMO is aviation history and as you walk through the rooms you don’t see a lot of that,” said Mccord. “I’m going to do some research and see if we can have something to show that this was a naval air station. At one time this was a naval training station, you don’t see that.”

For now, the reorganization continues with the help of other volunteers

“We are hoping to reinvent this place and show off the rich history of GTMO,” said Hospitalman Rashad Beamon, a physical therapy technician at the hospital. “I want to give back and show that we were here and show that we love this place and cherish the rich history.”

Speculation as to why the museum had been closed brought help from residents around GTMO.

“My wife and I pass by here and wondered what happened and now we have an opportunity to help get it back up and running,” said Petty Officer 1st Class Hector Laboy, who works for the hospital admin directorate.

Getting the lighthouse up and running had sentimental value for Laboy.

“We were married at a lighthouse and wanted to help restore this place,” said Lauren Laboy, Hector’s wife and JTF Guantanamo contractor. “We are both military and have that camaraderie.

I’m organizing all the cabinets and things that have been found throughout the years and miscellaneous artifacts.”

The members of the committee sid it’s important to do this project.

“As a Girl Scout leader and mother, I want my children to know what has gone on here,” said Thibodaux. “Amazing things have happened here. To me it’s not been told, so I want it to be told and shared.”

Restoring the lighthouse means pic-

ing together the scattered parts of the history of Guantanamo Bay.

“There’s not a lot of continuity in GTMO, so we need a place where you can see that this has been a community for a long time,” said Martinez

The lighthouse was built in 1903 when the U.S. leased Guantanamo Bay. In 1904, the lighthouse keepers quarters was built. In 1987, the lighthouse was converted to solar and the lighthouse keeper was no longer needed. For a few years, the quarters belonged to the highest-ranking Coast Guard on base before finally becoming the home of the museum in 1994. The museum

relied on volunteers but ran out in 2002 when it closed to public. The key to the museum was available for self-guided tours until items came up missing. In 2013 a major reorganization began in an effort to reopen the museum to the public.

The original lighthouse beacon is in a Coast Guard museum

in Cape Cod, Connecticut. 🌟



Dress up. Go out. Have a great time.

Halloween Party



Coast Guard Petty Officer 1st Class Mark Finni, a boatswain with Port Security Unit 301, performs a 'Hulkster' move dressed as former pro-wrestler "Hulk Hogan" during the Morale, Welfare and Recreation program's annual Ghosts and Goblin Halloween party at the Windjammer ballroom, Nov. 2. He won the prize for best male costume.

Story and photos by Spc. Lerone Simmons

Staff Writer, thewire@jftgmo.southcom.mil

Service members and residents came out in full costume to attend the Morale, Welfare and Recreation program's annual adult Ghosts and Goblin Halloween party at the Windjammer ballroom at U.S. Naval Station Guantanamo Bay, Cuba, Nov. 2.

"This is another great opportunity for everyone to come together and do something different; to have some fun while at GTMO," said Stephen Prestesater, MWR community activity director. "It makes me feel good to give back to our troops and the community here," he said.

For Army Sgt. Robert Brim, military police, 357th Military Police Company, and his wife Brenda who is visiting GTMO, this was an opportunity to enjoy the GTMO nightlife with friends.

"It was hard to convince him to come out, especially in a pirate costume, but he's a sweetheart and he decided to let his hair down and come out," Brenda said. "This is great for troops to get them out and decompress after a long work week," she said.

"I wanted to make her happy, so we came to have a good time while hanging out with friends," Robert said.

The party was filled with decorations, music from Army Sgt. 1st Class Manuel Gutierrez aka "DJ Manny G," operations sergeant with the 491st MP Co., dancing, and two bouncy houses.

"This was a first time for the bouncy houses," said Prestesater. "Due to the shutdown, we had to do what we could to put on a great event and this was a

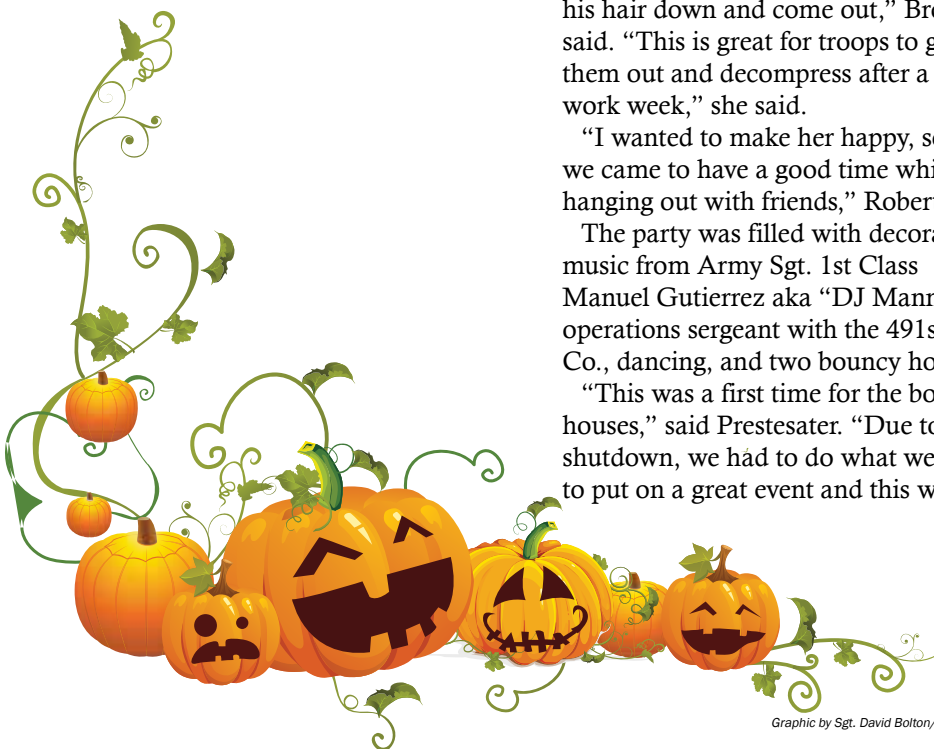
great idea given to us – which worked out perfectly."

Aside from bouncy houses, the main event of the evening was the costume competition that involved more than 20 contestants with DJ Manny G serving as host, deciding the winner based on crowd cheers.

The winners of the costume contest were Coast Guard Petty Officer 1st Class Mark Finni, a boatswain assigned to the Maritime Security Detachment Port Security Unit 301, and Navy Petty Officer 3rd Class Caitlyn Dennison, who dressed as Hulk Hogan and Scooby-Doo detective, Velma, respectively. 🍁



Army Sgt. 1st Class Manuel Gutierrez, center, operations sergeant with the 491st Military Police Company, hosts the costume contest during the Morale, Welfare and Recreation program's annual Ghosts and Goblin Halloween party at the Windjammer ballroom, Nov. 2.



Graphic by Sgt. David Bolton/The Wire



Stinging swarms

Divers beware of jellies in Bay

Staff Report

Petty Officer 2nd Class Scott Pittman (Radio GTMO) and Sgt. 1st Class Gina Vaile-Nelson (The Wire) contributed to this story

If you've been out on the Bay or one of the beaches recently, you've probably noticed an influx in transparent, brainless and spineless creatures known as jellyfish.

While they are more prominent in the fall months and sightings aren't that uncommon in October, across the globe scientists are reporting steady increases in numbers of jellies – which have impacted fisheries in Asia and Ireland, shut down a nuclear plant in Sweden, and caused discomfort to unknowing tourists who got wrapped up in the stinging tentacles.

“Recently, there has been an outbreak of jellyfish exposures,” said Navy Lt. Cdr. James Cortes, emergency room doctor at U.S. Naval Station Guantanamo Bay Hospital.

“It causes a lot of pain, symptomatically,” he said. He added that patients report to the emergency room for acute jellyfish stings when they may be able to treat the stings with home remedies.

Cortes recommended using shaving cream to dull the sting, followed by scraping the exposed area with a credit card or razor.

“After that, put vinegar on top and let it soak for about five to 10 minutes,” he said. “That will really prevent the worsening of the symptoms and pain.”

For Troopers or anyone who has experienced allergic reactions to other insects or animals, you should play it safe if you are unfortunate enough to get a sting from a jellyfish.

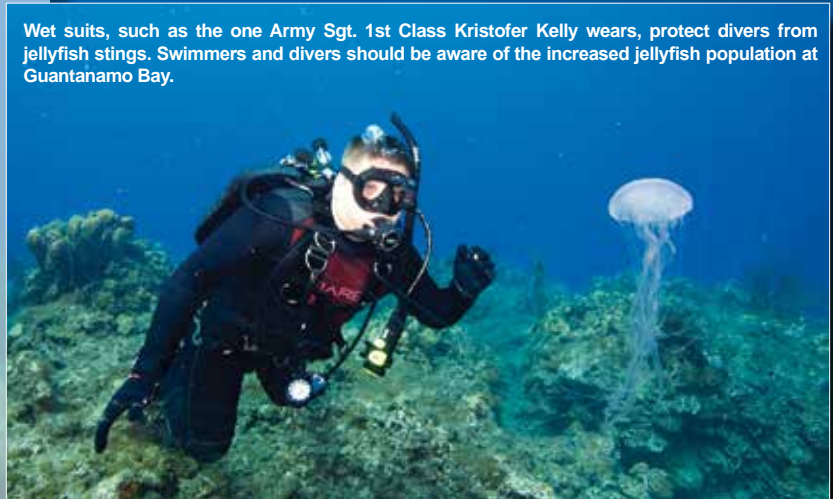
“Look for the warning signs that say ‘go to the hospital,’” Cortez said, “shortness of breath, chest pain, nausea or vomiting.”

One thing that Cortes warned against, are old wives' tales of how to get rid of the stinging sensation after you encounter a jellyfish.

“People think that urinating on someone is going to be just as good as vinegar because it is acidic, but urine is actually not acidic and it does not work. I don't recommend it,” he said. 🌟



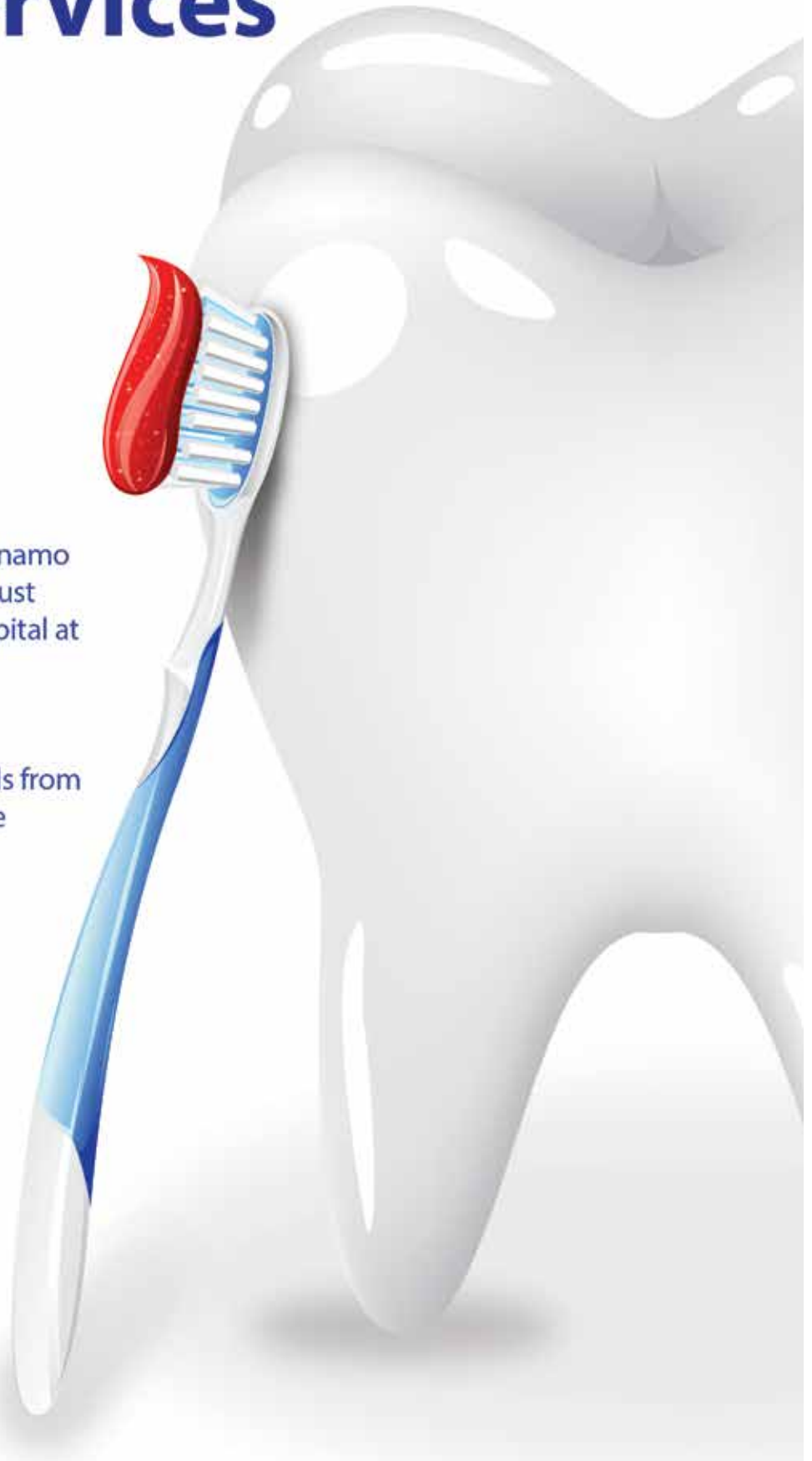
Wet suits, such as the one Army Sgt. 1st Class Kristofer Kelly wears, protect divers from jellyfish stings. Swimmers and divers should be aware of the increased jellyfish population at Guantanamo Bay.



Joint Trooper Clinic Dental Services

Until further notice, all JTF Guantanamo personnel requiring dental care must contact the U.S. Naval Station Hospital at ext. 72239 or ext. 72241 for an appointment.

Troopers must pick up their records from the Joint Trooper Clinic prior to the appointment.





Volunteers wearing zombie makeup pose for a scary photo just before the annual Morale, Welfare and Recreation Zombie 5K fun-run at Cooper Field Oct. 31. During the run, the volunteer zombies chased the participants.

Volunteers create the living dead for annual Halloween fun-run

Story and photos by Sgt. Darron Salzer

Photo Editor, thewire@jftgtmo.southcom.mil

Beneath a moonless night, the Morale, Welfare and Recreation office hosted their annual Zombie 5K fun-run at Cooper Field Halloween night, Oct. 31.

To give runners a good scare, volunteers showed up before the event to have their faces painted in the most ghoulish ways imaginable.

“I am one of several volunteers who have come out to be a zombie and try to catch the runners in the Zombie 5K,” said Navy Petty Officer 2nd Class Jessica Mosley, an information technology specialist with the J2. “I’m excited because really, who doesn’t want to act like a zombie and chase after people?”

Dennis Anthony, the fitness coordinator for MWR, was glad that the volunteers were there.

“Someone had asked me if we could have a ‘real’ zombie run this year,” Anthony said. “I didn’t think that the zombies would be authorized to visit Guantanamo Bay, or what

the cost would be to bring them here, but it would have been too dangerous anyway.”

That would have been all right for at least one of the volunteers.

“I like zombies and zombie movies because they are so suspenseful and scary – you never know when the zombie is going to jump out,” said Spc. Gabrielle Sumner, a mail analyst with the Joint Detention Group.

But runners were just fine with the volunteer zombies.

“It was fun, with the zombies coming at you from different directions while you tried to run around them,” said Spc. Nathan Denis, military police with the 2228th Military Police Company. “It kept me on my toes, and a couple of them spooked me a little bit because I am a focused runner, so it got me a little off balance.”

When asked what he thought of the event, one zombie simply replied, “brains!” 🧠



Katie Stanley-Prestesater, director of the Morale, Welfare and Recreation Liberty program, paints the face of Navy Petty Officer 2nd Class Jessica Mosley, an information technology specialist with J2, before the Zombie 5K fun-run at Cooper Field Oct. 31.



MOVIE NIGHT
Wednesday, Nov. 13, 7 p.m.
Camp America Liberty Center



FOOTBALL MADNESS
at O'Kelly's Pub
Catch the entire lineup starting at Noon each day
SATURDAY COLLEGE
SUNDAY NFL

Group Fitness Classes
MWR Navy Fitness offers a variety of group exercise classes for all fitness levels at the Marine Hill Fitness Center. For more information, please call ext. 77262, 2113 or 2285.

Command PT Mon.-Sat., 5-8 a.m. (by request)	3-2-1 Interval Class Tue. & Thurs., 11:30 a.m.-Noon	Step Fusion Wed., 4:30 p.m.; Sat., 9 a.m.
Sprint Spin Mon., Wed. & Fri., 4:30 p.m.	Yoga* Tues., 4:30 p.m.	Water Aerobics Sat., 10:30 a.m.
Power Training Mon., Thurs. & Fri., 5:30 p.m.	Group Cycling Tues. & Thurs., 6 p.m.	Cardio Kickboxing Mon. @ 6:30 p.m., Wed. @ 5:30 p.m. Thurs. @ 7 p.m.
Zumba Mon. & Fri., 5:30 p.m.	Pilates Mini Ball Tues., 7 p.m.	

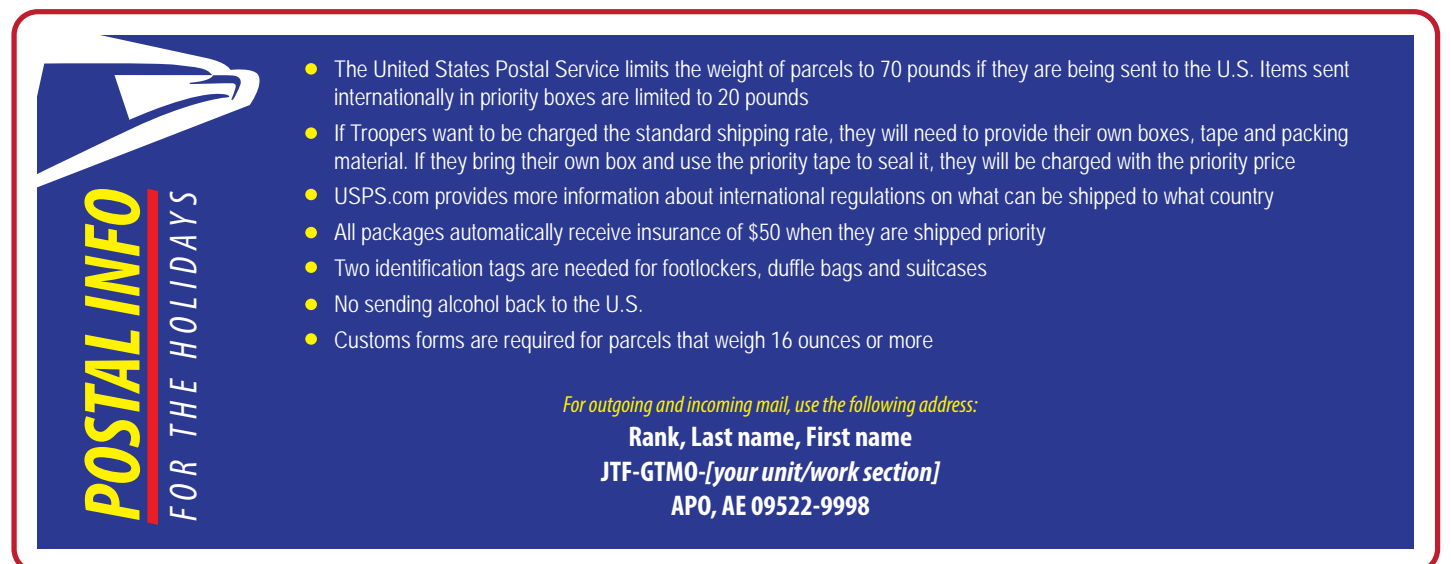
*Fee - \$2.50 paid at Denich Gym



WOOD SHOP 101
Saturday, Nov. 9, 3 p.m.
Call ext. 74795 or ext. 4882 to sign up.
There is a non-refundable \$10 craft fee.



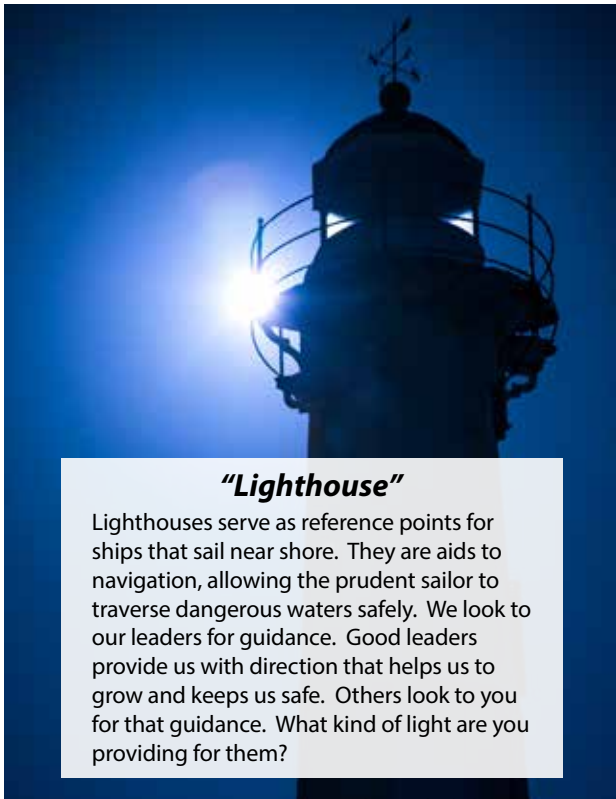
Join The Wire's Team
Writers & Photographers Wanted!
thewire@jtfgtmo.southcom.mil



POSTAL INFO
FOR THE HOLIDAYS

- The United States Postal Service limits the weight of parcels to 70 pounds if they are being sent to the U.S. Items sent internationally in priority boxes are limited to 20 pounds
- If Troopers want to be charged the standard shipping rate, they will need to provide their own boxes, tape and packing material. If they bring their own box and use the priority tape to seal it, they will be charged with the priority price
- USPS.com provides more information about international regulations on what can be shipped to what country
- All packages automatically receive insurance of \$50 when they are shipped priority
- Two identification tags are needed for footlockers, duffle bags and suitcases
- No sending alcohol back to the U.S.
- Customs forms are required for parcels that weigh 16 ounces or more

For outgoing and incoming mail, use the following address:
Rank, Last name, First name
JTF-GTMO-[your unit/work section]
APO, AE 09522-9998



"Lighthouse"

Lighthouses serve as reference points for ships that sail near shore. They are aids to navigation, allowing the prudent sailor to traverse dangerous waters safely. We look to our leaders for guidance. Good leaders provide us with direction that helps us to grow and keeps us safe. Others look to you for that guidance. What kind of light are you providing for them?

Graphic by Sgt. 1st Class Aaron Hiller/The Wire

THE DOWNSIDE UP

by Sgt. Darron Salzer



"Ho ho ho! Oh wait, am I early again?"



Facebook
/jointtaskforceguantanamo



Malware is everywhere

Trojans. Viruses. Worms. Adware.

A few types of malware used by cyber crooks to steal your data are out there and they are rampant. In the last year, an average of 42 malware strains were created every minute!

With the wrong click on an email, connecting an unauthorized device to your computer, or downloading content from an unauthorized external drive, you could become a victim.

So, protect yourself. Install virus protection software on your home computer, and follow all regulatory guidance for your work station. Use OPSEC!

Remember the regs



Information Assurance

COMMUNICATIONS SECURITY TIP: Cards for secure phones (STEs) MUST be locked in an approved GSA container when not in use IAW applicable service regulations and JTF-GTMO policy.

NETWORK SECURITY TIP: NEVER plug in USB 'jump drives' or external hard drives to a DoD computer without prior approval from J6 Information Assurance first. You can call ext. 8984, for more information or approval. Before you put an unlabeled CD into a computer, scan it on a standalone system for malware!

Trooper Appreciation Concert

See the bus schedule on the
JTF GTMO Facebook page



Food available
at minimal cost

With Live Music by Troopers and

of Manny G

Sunday, Nov. 10
Camp Bulkeley Lyceum
3-5 p.m. and 7:30-9 p.m.

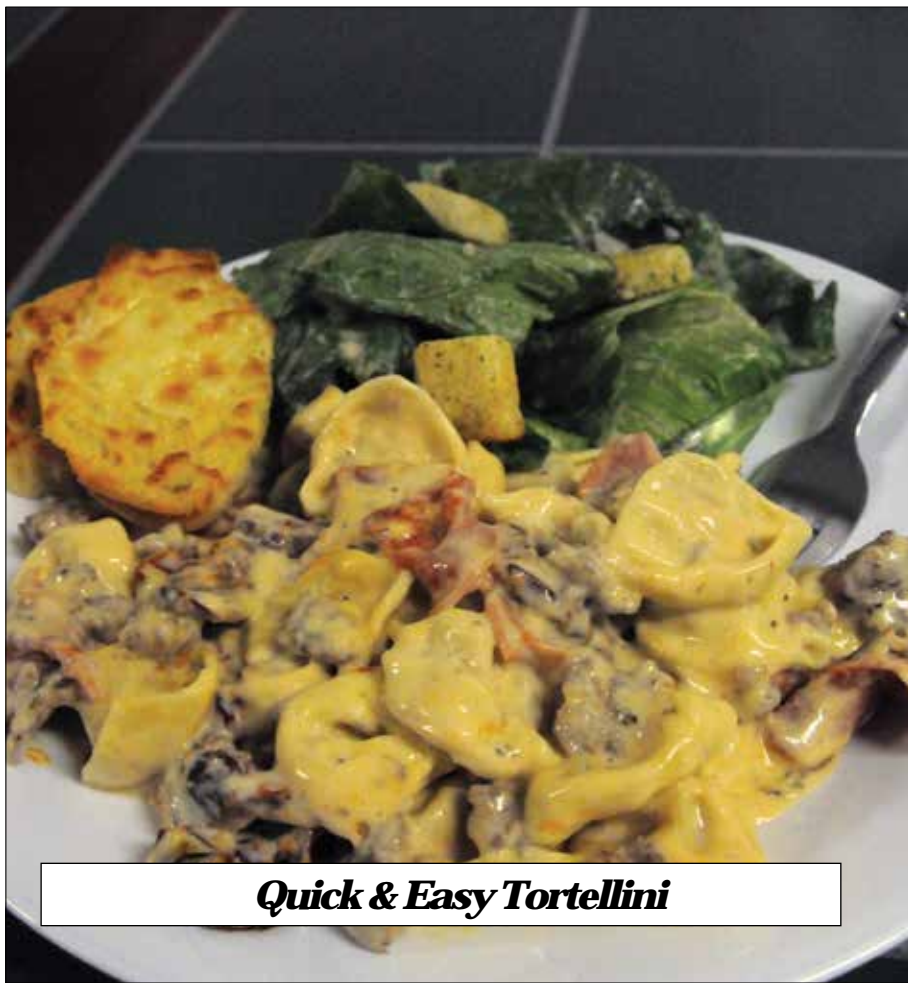
For more info contact
CPT Ford at spclops06@hotmail.com, or
SPC Allen at kemika.d.all@jftgmo.southcom.mil

Meals with Monroe

Sgt. Monroe is on leave, so she asked me to take over. Let's talk about an easy dish for on-the-go parents or the overbooked Trooper trying to get from work, to ball practice then social hour. The best part of this meal is that it is hearty, it sticks to your ribs, and it's Italian, so what more could you ask for? It's not super expensive and everything is already pre-packaged and ready for you at the NEX. Happy eats! - Sgt. 1st Class Gina Vaile-Nelson

You'll need a package of **sundried tomatoes** (near the tomato sauce in the NEX), a package of **Pepperoni** slices, 1 roll of **Jimmy Dean Sausage** (I prefer the Spicy), 2 packages of **Buitoni cheese-filled tortellini** and two jars of **Alfredo** sauce.

Slice the **tomatoes** into slivers to your liking. I prefer mine chunky. You can add a little extra virgin olive oil to them if they seem too dry - just drizzle some on top while the slices sit in a bowl. Then, cut half of the **pepperonis** from the bag into halves or quarters (sometimes the NEX has the mini-pepperonis, these work perfectly if you can find them). Set these items to the side.



Quick & Easy Tortellini

In a large pot, boil enough water to cover your noodles. In a large frying pan, brown 1 large roll of **Jimmy Dean sausage**. You can use **Italian, spicy or mild**. I like spicy. Drain the fat and pat the crumbles dry. While your sausage is browning, drop the 2 packages of **tortellini** into the boiling water.

You'll know the pasta is done when it floats to the top of the boiling water. Drain the pasta then transfer all ingredients into a large skillet. Pour the first jar of **Alfredo** over the ingredients and stir gently over medium heat. Then, add from the second jar to

suit your own taste. It will take about 5 or 10 minutes for the dish to heat up.

I like to add a touch of garlic salt and **red pepper flakes** while everything is coming together. You can garnish with freshly grated cheese, and serve with **garlic bread** and a small **caesar salad**.

p.s. **(one last thing)**

I want to hear from you! Did you try my recipe and loved it? Did you try my recipe and hated it? Well... that's too bad but email me anyways!

If you have a recipe you'd like for me to try, **contact me!** cassandra.l.monroe@jftgmo.southcom.mil



MOTIVATOR
OF THE WEEK

Staff Sgt. Thomas Lenhard
591st Military Police Company

SPC Christopher Bowser
357th Military Police Company

Windjammer Pool: Wed.-Mon., 10 a.m. - 6 p.m.

Marine Hill Pool: Mon.-Fri., 10 a.m. - Noon, 2-6 p.m.
Sat.-Sun., 11 a.m. - 6 p.m.

Effective Sunday, Nov. 3

New Pool Hours

Holiday Mailing Deadlines

In order to ensure timely delivery of holiday mail and packages, please observe the following deadlines:

From the U.S. or OCONUS to GTMO

Parcel Post - Nov. 13
1st Class Mail - Dec. 1
Priority Mail - Dec. 1

From GTMO to the U.S. or OCONUS

Parcel Post - Nov. 13
1st Class Mail - Dec. 2
Priority Mail - Dec. 2

For more information, please contact:
NavSta Postal Officer: ext. 2304 - or - JTF GTMO Post Office: ext. 2331



This ethereal shot of a jellyfish was snapped beneath the waves at Phillips Dive Park by Army 1st Lt. Bryan Chan.

Send your best photos to thewire@jtfgtmo.southcom.mil

PHOTO OF THE WEEK