

THE WIRE

A JTF Journal



Put me in coach

JTF Troopers coach youth sports

On the way out?

Not so fast, have you outprocessed?



Perfection or excellence

**Navy Senior Chief Petty Officer
Robert Kelley**
JTF Guantanamo

I've always considered myself a goal-oriented person during my 25-year naval career. It has been a pretty good career at that; but I did not achieve what I thought would be the perfect end. So, I've looked back at what I did and how I got here. I took on each job with the mindset that if I could look myself in the mirror at the end of the day and honestly say that I gave it my best, I would be satisfied with the outcome. This has served me pretty well. Sometimes a job would just fall into place and go as smoothly as I would have hoped. Then there are times after weeks of planning and preparing I would have to fight, kick, scratch and scramble to just make it work by the skin of my teeth. So I ask myself, which one gave me the most satisfaction; or better yet, which one do I remember? Was it the one that went perfectly or was it the one that I worked the hardest, that tested my limits, the one that made me grow just a little to pull it off? Most of the time we grow more out of our failures than we do from our successes.

I was a young trouble shooter in my first squadron performing my pre-flight systems checks on board the USS Nimitz when I found a discrepancy. I knew what to do to fix it and felt I had plenty of time. All I had to do was move a couple of assemblies around and the crew would have perfect systems to complete their mission. Well, it didn't go as I had planned. The flight deck coordinator saw that I was having trouble getting one of the assemblies back in place. He had to down that aircraft and move the flight crew to another plane to make the sortie. He didn't chew me out to my surprise. He gave me encouragement for giving it a good try.

An interesting tradition still followed by many (if not all) Navajo rug makers is making sure that a "spirit string" is part of the completed rug. You see, the Navajo rug maker puts a lot of time and effort into each handmade rug. They believe that part of their spirit, or soul, gets trapped in the rug as it is woven on the loom. They purposely leave a small piece of yarn, called the "spirit string," sticking out slightly from the surface of the rug. This will allow their spirit a way to get out of the rug.

Also, the Navajo believe that only God is perfect and that what humans do cannot be on the same perfect level. Therefore, they will make sure some little imperfection is part of anything they create. Usually, one has to look very close to find the imperfection, so it does not detract from the beauty of the item.

Perfection is defined as the quality or state of being perfect or complete, so that nothing requisite is wanting. Remember, each and every one of us has our own little piece of yarn; so striving only for perfection leads to disappointment and frustration, even when you succeed. My advice is to work to achieve excellence, do your best and take pride in what you do. That way when you come to the end of this career, you can look back with satisfaction and a sense of accomplishment, even if you came up short of your goal. ★



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The Wire

Executive Editor:

Army 1st Lt. Chris Cudney: 2171

Command Information NCOIC:

Army Sgt. 1st Class Michael Gholston: 3651

Editor:

Army Staff Sgt. Blair Heusdens: 3594

Staff Writers:

Navy Petty Officer 1st Class
Edward Flynn

Navy Petty Officer 2nd Class
Shane Arrington

Army Spc. David McLean

Army Spc. Tiffany Addair

Army Pfc. Christopher Vann

Contact us

Editor's Desk: 3594 or 2171

From the continental United States:

Commercial: 011-53-99-3594

DSN: 660-3594

Email: thewire@jtfgtmo.southcom.mil

Online: www.jtfgtmo.southcom.mil

COVER:

Air Force Senior Airman Edward Edwards, with the Commissions Support Group, explains defensive strategies with his youth sports flag football team, Nov. 5. – JTF Guantanamo photo by Army Spc. Tiffany Addair

BACK COVER:

Wind turbines at Naval Station Guantanamo Bay provide a source of energy for the residents of the base. – JTF Guantanamo photo by Army Spc. Cody Black



The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regards to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Document Automation & Production Service with a circulation of 1,000.

JSMART; here for Troopers

Navy Petty Officer 1st Class Frank A. Robinson, Navy Capt. Robert M. Schlegel, Navy Petty Officer 2nd Class Kyle K. Lafond and Navy Petty Officer 2nd Class Joy F. Wilson, members of the JSMART team, stand in front of their new sign in Camp America, Oct. 28. – JTF Guantanamo photo by Army Spc. Tiffany Addair

Army Spc. Tiffany Addair

JTF Guantanamo Public Affairs

The mission at Joint Task Force Guantanamo is a difficult one. Aside from being away from family, spouses and friends, there are operational situations which can hinder an individual Trooper or a unit's readiness.

The Joint Stress Mitigation and Restoration Team provides individual and group support and counseling to members of the JTF. The JSMART team consists of four members; a clinical psychologist and three qualified neuropsychiatric technicians. The team's main focus is on Troopers mental health.

"Most everyone's mission in the Joint Medical Group is detainee health; ours is the Trooper's health," said Navy Capt. Robert M. Schlegel, a clinical psychologist and officer-in-charge of JSMART. "That is something we are very proud of and something we value. Our focus, which we can be very enthusiastic about, is optimal Trooper health. That's something that we obviously take very seriously [and are also] very enthusiastic about."

With deployments putting stress and strain on the individual Trooper and individuals closely tied to deployed Troops such as family members or friends, services are offered to help mitigate and alleviate

some of the stress and concerns involved with being deployed. The JSMART team puts forward a numerous amount of services for Troopers to take advantage of. Whether you have a deployment-related issue, an operational stress issue or have been diagnosed with depression or a behavioral health problem, JSMART has resources to help.

"We offer individual counseling, group

Ultimately we are all responsible for one another's morale. Every Trooper has the responsibility to look out for their [fellow service members].

– Capt. Robert M. Schlegel

counseling and camp outreach," said Navy Petty Officer 2nd Class Kyle K. Lafond, a neuropsychiatric technician with JSMART.

JSMART visits Troopers behind the wire on a regular basis, offering on-the-spot services to Troopers.

"We are constantly visiting the block, seeing the individual Troopers and letting them know that we are here," Schlegel said. "We bring the famous JSMART stress management tools with us. The outreach can either result in individual sessions or on-the-spot interventions where there is a discussion about what resources are available in the community."

When asked what the best part about being a member of the JSMART team is,

both Lafond and Navy Petty Officer 1st Class Frank A. Robinson, a neuropsychiatric technician and lead petty officer with JSMART, stated that they get to look out for their fellow Troopers and take care of their own.

"It gives us that warm and fuzzy knowing that they have something hard to do but we are here to take care of them while they continue this hard mission," Lafond said.

"What I like and find most important here are the times I can go to all the different camps and talk to the personnel behind the wire," said Navy Petty Officer 2nd Class Joy F. Wilson, a neuropsychiatric technician with JSMART. "It gives me a chance to get to know the staff that's here and build a relationship with them. I like to reach out and offer any support they may need. I truly care about the [JTF] staff that is here and their well being. So ultimately working behind the wire or in an outpatient setting has been nothing but a wonderful experience for me so far and I truly enjoy my job and position at JSMART."

"Ultimately we are all responsible for one another's morale," Schlegel said. "Every Trooper has the responsibility to look out for their [fellow service members]. It is our job to remind people of that and encourage that culture."

JSMART is available 24/7 and can be reached at ext. 3566. ★



Air Force Tech. Sgt. Shawn Rivers, NCOIC, Joint Accountability, goes over an out processing check list with a Joint Task Force Guantanamo Trooper, Nov. 10. - JTF Guantanamo photo by Navy Petty Officer 2nd Class Shane Arrington

Out processing 101

**Navy Petty Officer 2nd Class
Shane Arrington**
JTF Guantanamo Public Affairs

So you've done your time in Guantanamo Bay and now the light at the end of the tunnel is getting to be pretty bright. You're calling home more often, writing more emails and telling everyone to get ready, you're coming back to town. It's in this excitement, however, that people have a tendency to forget something very important, something they need to have completed before they leave Cuba on that jet plane – their out processing check-out sheet.

“The majority of people don't check out with us in a timely manner,” said Army Sgt. Waldemar Cambrelen. “It used to be really bad, but it's been getting better since we've started teaching the individual administration shops how we do things.”

This process is great for big units, but many of the Troopers that make up Joint Task Force Guantanamo are Navy Individual Augmentees, or IAs. IAs are just what their name implies, individuals. With no administrative shop looking over their shoulders to make sure they've started this important process, it's vital they are made aware of proper out processing procedures.

“We hold bi-monthly lectures in our Troopers' Chapel to keep everyone here up-to-date on the procedures,” said Air Force Tech. Sgt. Shawn Rivers. “Another purpose to our training is to simply remind people they have to check out and not wait until the last minute.”

Rivers said a Trooper's departure date is obviously the most important factor in determining when someone should come to the administrative office to start out processing. The date given on their orders doesn't always stay the same once Troopers get near the end

of their deployments however, so Rivers said it's paramount that they constantly check to see if their date has been changed.

“Once you know you're getting close to the month of your projected departure date, check with your admin person, or with us if you don't have one, to ensure the date is correct,” Rivers said.

It's easier on administrative personnel when Troopers contact them in a timely manner and go out of their way to check to see if all their dates are correct, but it's also easier on the Troopers themselves. Rivers said there's a lot of information on the check-out sheet, and a lot of places to go for signatures to complete the process.

- Tech. Sgt. Shawn Rivers

“We may be able to preclear some items, but we can't sign everything,” Rivers said. “In the end it's the Trooper's responsibility to make sure everything is signed off. They need to understand that may mean going places they've never been, or perhaps hadn't even heard of, but if they're missing signatures, it could possibly make the difference between their leaving or staying on the island.”

So if you're a Trooper who's time at Joint Task Force Guantanamo is coming to a close, make sure to remember the following things:

1. Contact your administrative personnel 4-6 weeks before your projected departure to confirm your date.
2. Once you're in your 30-day window, make sure to get your checkout sheet from your administrative personnel to start getting it signed off as soon as possible.
3. Make sure to complete ALL portions of the checkout sheet to prevent the possible delay of your departure.

If you need any information regarding proper out processing procedures contact Tech Sgt. Rivers or Sgt. Cambrelin at ext. 8725 or ext. 8098. ☆

“ It [proper and timely out processing] could possibly make the difference between their [Troopers] leaving or staying on the island. ”

Oak lends support to Guantanamo Bay

Members of the U.S. Coast Guard Cutter Oak fasten steps to a floating pole at Naval Station Guantanamo Bay, Nov. 4. - JTF Guantanamo photo by Army Pfc. Christopher Vann

Army Pfc. Christopher Vann
JTF Guantanamo Public Affairs

Hoisting buoys and replacing day boards, are all in a days work for the U.S. Coast Guard Cutter Oak and her crew.

Oak (WLB-211) is a seagoing buoy tender, homeported in Charleston, S.C. The ship tends buoys along the Southeastern U.S. coast and throughout the Caribbean Sea, including Puerto Rico, the U.S. Virgin Islands, Haiti and Guantanamo Bay, Cuba. Oak also performs other duties, such as maritime border security, marine environmental protection, maritime law enforcement, and search and rescue.

Coast Guardsman Lt. j.g. Jennifer Ferreira, the operations officer aboard Oak, said, "We come out here twice a year, and this trip was great!"

During its time at U.S. Naval Station Guantanamo Bay, Oak repaired or replaced damaged and worn-out buoys and day boards in the bay.

"It takes months of planning and coordination with the Navy and it's divers, to accomplish the task," said Ferreira.

Oak arrived in October for a two-week stay at Guantanamo.

"For a lot of the crewmembers," said Ferreira, "this is the first time they had a chance to work in Guantanamo."

Oak docks in Guantanamo bi-yearly, to perform routine maintenance and repairs to the aides to navigation, such as buoys and day boards.

For more information about the U.S. Coast Guard, visit www.uscg.mil. ★



Members of the U.S. Coast Guard Cutter Oak insert a platform for a day board at Naval Station Guantanamo Bay, Nov. 4. - JTF Guantanamo photo by Army Pfc. Christopher Vann



A member of the U.S. Coast Guard Cutter Oak welds railings at Naval Station Guantanamo Bay, Nov. 4. - JTF Guantanamo photo by Army Pfc. Christopher Vann



Members of the U.S. Coast Guard Cutter Oak patrol Guantanamo Bay, Nov. 4. - JTF Guantanamo photo by Army Pfc. Christopher Vann

Air Force Staff Sgt. Daniel J. Heller, Commissions Support Group's information technology office manager, oversees an offensive play at Cooper Field, Nov. 5. Heller, the head coach, is volunteering his time to help out with the youth sports league flag football team.
- JTF Guantanamo photo by Army Spc. Tiffany Addair

JTF Troopers volunteer to coach youth



Army Spc. Tiffany Addair

JTF Guantanamo Public Affairs

Volunteering is an excellent method for meeting people, finding fulfillment, using skills and interests you have, and becoming part of the Naval Station Guantanamo Bay community. Naval Station Guantanamo Bay has many opportunities, including coaching youth sports, for Troopers to get involved in the community. Cooper Sports Complex offers a venue for Troopers and residents of the naval station to embrace their competitive edge and participate in, or coach, sports programs. Many Joint Task Force Guantanamo Troopers volunteer their time away from work to help the youth sports league on base.

The youth sports league offers four different sports for children to participate in and interact with other kids on the base. The league offers flag football, baseball, soccer and basketball. In turn, Troopers volunteer their spare time to coach the sports that are offered. Many Troopers volunteer their services and get involved with the local community for different

reasons.

Air Force Staff Sgt. Daniel J. Heller, Commissions Support Group's information technology office manager, volunteers to give back to the military and to fill an absence from his home life.

"The military has always treated my family well so I wanted to do something to give back to other families," Heller said. "Also, I have kids of my own back home and it helps to fill that void."

Some Troopers volunteer for the love of a particular sport – working with and helping out kids is an added perk.

"I really like kids; they are so fun and energetic" said Navy Petty Officer 3rd Class Anastasia E. Teres, an analyst with the Joint Intelligence Group. "Also, I really like playing soccer so [volunteering to coach] was perfect."

"I have been coaching youth soccer for a long time. I firmly believe sports are a great tool that can help kids stay out of trouble," said Navy Petty Officer 1st Class Johnny Eliassaint, an X-ray technician with the Joint Medical Group.

Volunteering to help these youth isn't all that time consuming. A couple of hours

during the week for practice and about an hour for games, which are played twice a week, is all one needs to give to make a difference.

Working with younger kids can be challenging at times.

"The toughest part about coaching youth sports is keeping the kids' attention," Heller said.

While coaching has challenges, it also has enjoyable moments and provides a great learning experience for younger kids.

"The kids get excited to see you. Just to see how excited they are when they win a game is great. It is nice to see them set a goal for themselves to win and then accomplish that goal," Teres said.

"It all boils down to teamwork," said Air Force Senior Airman Edward J. Edwards, a JTF Trooper with the Commissions Support Group transportation section.

Coaching with the youth sports league is a great opportunity to give back to the local community.

For more information on volunteering with the youth sports league contact Ms. Rachel or Ms. Nadine at the Youth Center at ext. 74658. ★



Air Force Staff Sgt. Daniel J. Heller, Commissions Support Group's information technology office manager, coaches children during their first practice at Cooper Field, Nov. 5. - JTF Guantanamo photo by Army Spc. Tiffany Addair



Praise for ‘Inglorious Basterds’

**Navy Petty Officer 3rd Class
Joshua Nistas**

JTF Guantanamo Public Affairs

“Inglorious Basterds,” after viewing it for the second time – once in the states, then again this past Friday – this reviewer has come to realize that no matter which viewing, this movie is awesome. One cannot say that Quentin Tarantino – writer and director of other movies such as “Pulp Fiction” and “Kill Bill” – has lost his creative edge, as each character was well played and the story kept the audience from knowing what was going to happen.

The movie begins with Nazi Colonel Hans Landa (Christoph Waltz from various European movies, slated to play in the upcoming “Green Hornet” film) hunting Jewish refugees in hiding. The movie starts out slow, as Landa interviews a farmer and explains himself, giving the audience an idea of who the main bad guy is in the movie.

Following that, you get to see the Inglorious Basterds for the first time, which led to plenty of laughs, as it is in the view of the reviewer that Lt. Aldo Raine (Brad Pitt, “Fight Club” and “Ocean’s Eleven”) was well represented, and that Pitt’s Tennessee accent in the movie was superb as he



tried to pronounce such Italian words like “Arriverderci” and “Gwatzeeeeeee.” Raine is the hero of the movie, an Army Lieutenant with a squad of Jewish-American soldiers who have been dropped into Nazi occupied lands to spread fear through the Third Reich by scalping and killing Nazi soldiers.

The only thing wrong was that even though the title of the film is ‘Inglorious Basterds,’ the squad with this title was only in half this movie, if that. If you were to watch the previews, you’d assume that they were in the majority of the film. The slow plot threatens to lose viewers, though it does serve as a background and build-up to later scenes. It was also surprising to see Mike Myers play as an English General.

All in all, I’d recommend everyone who is able to see an “R” rated movie, to see it, whether on DVD or at the theater. Just bear in mind that it is a Quentin Tarantino movie, and at times it is quite vivid, and in some fairly gruesome ways. ★

R

153 Minutes

Rating: ★★★★★



Army Spc. Waddell Tollison and Army Spc. Mike Martinelli, with the 525th Military Police Battalion, administer first aid to a simulated casualty during combat lifesaver training at Camp America, Nov. 10.



Army Spc. Waddell Tollison, Army Spc. Mike Martinelli and Army Pvt. Jonathan DeLucia, with the 525th Military Police Battalion, conduct combat lifesaver training at Camp America, Nov. 10.



Troopers from the 525th Military Police Battalion conducted combat lifesaver training at Camp America.

Combat lifesaver training provides non-medical Soldiers training in emergency care as a secondary mission. Combat lifesavers ensure wounded service members receive basic immediate medical care until medical personnel arrive or the wounded service member can be brought to a medical facility.

Troopers at Joint Task Force Guantanamo, though not in a combat environment, must stay current in their first aid skills for future deployments and in case they should encounter minor non-combat injuries, caused by accidents or illness.

How to save a life

Native traditions, customs

**Army Staff Sgt.
Blair Heusdens**

JTF Guantanamo Public Affairs

As much as any service member is defined by their background, culture and history, American Indians share a unique heritage which plays a large role in who they are and the contributions they make to the U.S. military.

Historically, American Indians have had the highest record of military service per capita when compared to other ethnic groups. Today, more than 35,000 American Indians serve in the U.S. military.

Despite often strained relations between the U.S. government and native tribes, as well as a tenuous past of violence between the two, many American Indians continue to volunteer to serve and protect in the U.S. military. Raymond Nahai, an American Indian WWII veteran once described why he felt this was. "Many have asked why we fight the white man's war. Our answer is that we are proud to be Americans, and we are proud to be American Indians. The American Indian always stands ready when his country needs him."

November is recognized as National American Indian Heritage month and is an opportunity for citizens to take the time to learn about native customs and traditions and honor the many contributions American Indians have made and continue to make to our society.

"Seldom do we understand why we're celebrating," said

Marine Corps Gunnery

Sgt. Roberto

Macoto,

who

works

with

the

help define military service

Office for the Administrative Review of Detained Enemy Combatants at Naval Station Guantanamo Bay.

American Indians have made significant contributions to the U.S. military throughout history. Approximately 12,000-15,000 served in World War I despite the fact they weren't granted U.S. citizenship until 1924.

During World Wars I and II, the U.S. military took advantage of the uniqueness of the many native languages by utilizing Indian Americans from different tribes to serve as "Code Talkers."

These service members provided

important, secure communications during the wars, with a form of communication that was never able to be broken by the enemy.

An act passed in 2002 declassified the Code Talkers contributions and recognized the important part these American Indians played. The Code Talkers Recognition Act states that at, "... a time when Indians were discouraged from practicing their native culture, a few brave men used their cultural heritage, their language, to help change the course of history."

"History is not something you remember, it's something you live," said Macoto.

Macoto and other American Indians have a greater focus on spiritual life. As opposed to religious beliefs, American Indian spirituality is less a practice as it is an extension of their day-to-day existence.

"When I was a younger Marine, I thought I was invincible," said Macoto. "When you get older, you come to find a more spiritual side."

Traditions such as participating in cleansing rituals and sun dances or stomp dances are examples of ways in which many American Indians cleanse their minds and work to find inner peace.

"You experience something way beyond you, you experience yourself," said Macoto.

See **NATIVE/12**

Leaving on a jet plane

**Army Spc.
David McLean**

JTF Guantanamo Public Affairs

Travelling to and from Naval Station Guantanamo Bay can be tricky for Troopers. The paperwork, scheduling and coordination of travel all require careful thought and planning in order to minimize stress and problems when taking leave.

Army Sgt. Manuel Rios, a joint personnel office (JPO) administrative non-commissioned officer with Joint Task Force Guantanamo Headquarters and Headquarters Company, tracks and files leave, pass and temporary duty requests for Troopers at GTMO. He says there are a few steps to take in advance of dropping off paperwork at the Trooper One Stop.

“You need to make sure that you qualify for Rest and Recuperation leave or a pass first,” said Rios. “Ask your admin and then your chain of command to see if you can get the dates you desire. Get it approved, and then we can get a control number or a payment code for R&R. Anyone going on leave or pass has to go through this office because I am accountable for them.”

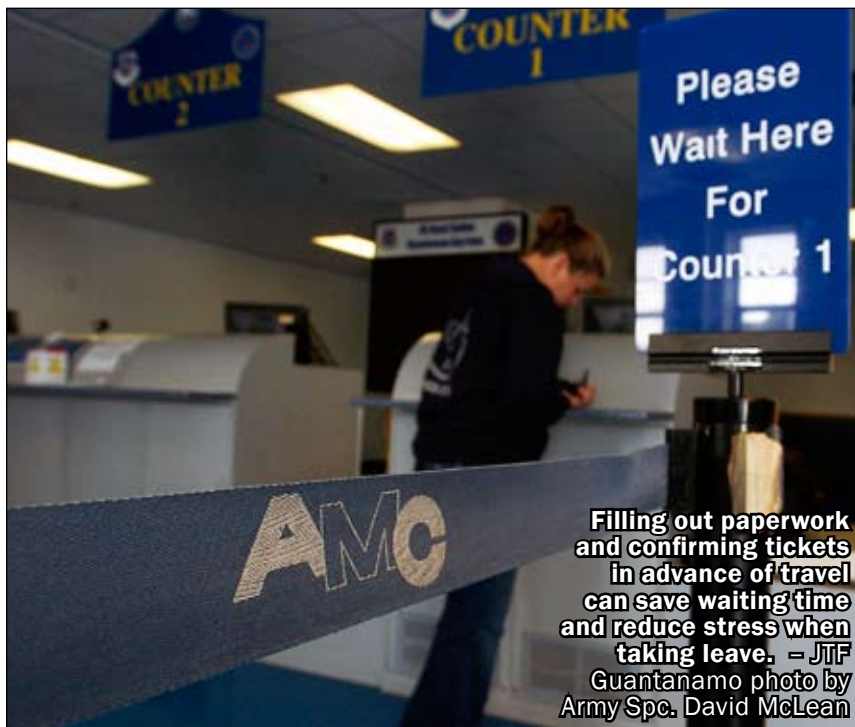
In addition to being accountable for Troopers, the joint personnel office will handle booking a flight through passenger travel on an Air Mobility Command flight for R&R leave. For those travelling on a pass, they are responsible for arranging their flight once the paperwork is processed.

“There is some confusion between leave and a pass,” Rios said. “A pass is non-chargeable. You get four days, but you take care of the funding. With leave, we take care of funding the flight and charge you leave, minus two days for travel.”

If a pass is taken, there are AMC rotator flights or two commercial choices that fly on and off the island. Once a reservation is confirmed for leave or a pass, the last paperwork item is signing out at the JPO.

After signing out, there are ways to minimize waiting time, extra fees and confusion on the day of travel.

“The biggest timesaver is checking in at the windward terminal the night before the flight and taking care of seating for an AMC rotator flight,” said Mark Veditz, air operations manager. “This gives an extra hour for showtime at the terminal, the seat is already



confirmed and you can check in your luggage right there. In addition, if there is a problem with paperwork, it can be handled easier because there is plenty of time before the flight. If you are paying for a flight, make sure to bring cash, as credit cards are not accepted.”

Veditz also recommends leaving some time between connections if reserving a flight out of Jacksonville International Airport (JAX).

“Try not to schedule a flight before 6:00 p.m., preferably after 7:00 p.m., if you are trying to make a flight at JAX,” Veditz said. “The shuttle will take you from Naval Air Station Jacksonville to the airport, but there is customs time, travel and check-in time that you have to account for.”

Accounting for travel time in GTMO is another consideration the day of travel. Waiting too long to catch a bus or the ferry could delay departure off the island. Showtime for AMC flights on Tuesday is 11:00 a.m., or 12:00 p.m. for passengers who check in the night before on the windward side. Showtime for Saturday AMC flights is 10:00 a.m., or 11:00 a.m. for those who check in early the night before.

After arriving at the air terminal, all passengers must go through a security screening process like all other airports in the United States.

“All Transportation Security Administration requirements apply here,” said Zaldy Orlanda, security screening supervisor for the Guantanamo air terminal. “No knives or other prohibited items, liquids must be in properly sized containers and we will screen all carry-on luggage. Think about what you are packing for your trip in advance.”

Remember to plan for the trip back by taking all travel documents and identification while off island. To re-enter GTMO, have leave or pass paperwork and military ID or passport to clear for entry back on the island.

Careful planning and forethought can help to minimize the stress and problems of travel, and leave more time to enjoy the time away from work.

For information about leave and travel, call the JPO at ext. 8098 or call the Air Terminal at ext. 6204 or ext. 6408. ★

GTMO travelling tips:

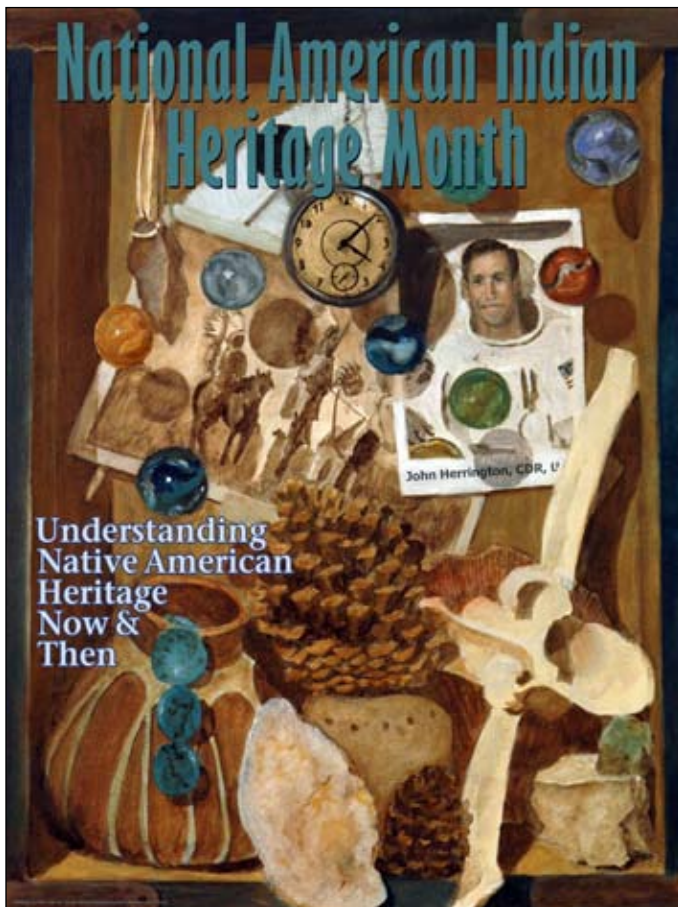
Showtime is terminal showtime, not the itinerary showtime. Call the air terminal to be sure of the correct time.

You must be signed out on leave before you can get on the list for Space A seating. Check the roller frequently to see seat availability or call the air terminal.

Bring at least three copies of all leave/pass paperwork and travel documents.

November is American Indian Heritage Month

NATIVE from 10



This quest for inner peace and spirituality plays a part in the everyday lives of American Indian communities. These communities are often close-knit and center around spiritual and native rituals and celebrations, which bring people together.

After leaving active duty, Air Force Master Sgt. James Cheater, a member of the Arkansas Air National Guard deployed with the 474th Expeditionary Civil Engineering Squadron, moved back to his hometown in Oklahoma to be closer to his family and so his three children could experience some of the native traditions of his Cherokee background. He says that the closeness of the American Indian community he grew up in influenced the way he sees his family.

“The Native Americans in the small town I grew up in were very family-oriented,” said Cheater. “Family is my main focus and I also think of my friends as family.”

Air Force Master Sgt. Ronnie Piovesan, with the 474th ECES, also grew up in a small Oklahoma community with American Indian ties. His experience with the culture of his Choctaw ancestors brought him a greater appreciation for nature and the peace nature can provide.

“We understand that everything has a place in nature,” said Piovesan. “Nature is there for you to use, without taking advantage of what is there.”

Although these kinds of spiritual beliefs and respect for life and nature may seem to oppose the military way of life, American Indian service members often find that these aspects of their culture help them to deal with the challenges that come with stressful or combat related environments.

“You can’t control everything in life,” said Piovesan. “You have to learn to be at peace with what is happening around you.”

Maybe one thing all service members can take away from the American Indian culture, suggests Macoto, is that sense of inner peace.

“You can’t change the past and you can’t change the future, the most powerful time you have is right now,” said Macoto. ♡

Water Safety Tips

◆ Never swim alone.

◆ Catch a weather report before you go out. Stay out of the water if strong winds or a storm is predicted.

◆ Don’t swim under the influence of alcohol or drugs.

◆ Swim only in designated swimming areas.

◆ Don’t overestimate your swimming skills.

◆ Currents can change quickly. If you are not an expert swimmer, stay close to shore or in waist-level water.

◆ If you get caught in a rip tide:

Stay calm and do not swim directly against it.

-If you are a strong swimmer, swim parallel to shore until you are past the current and then swim toward shore.

-If you are a weak swimmer, signal to your buddy and either float with the current or continue to tread water until help arrives.

◆ Be sun smart as well, always use at least SPF 15 sunscreen.

Food for the holidays



Carter "Blue" Pogue, with Joint Task Force Guantanamo, inhales the aroma of simmering cranberries.

Chef Andre Halson, from Trinity, Fla., held a holiday food demonstration for residents of Naval Station Guantanamo Bay at the Gold Hill galley, Nov. 6. The chef provided demonstrations of holiday foods such as bread pudding, creme anglaise sauce, pecan butterscotch scones and cranberry sauce. Halson is the owner of Chefscents, which specializes in all-natural culinary dining products.



Coast Guard Seaman Cameron Hutchens with the Maritime Safety and Security Team 91103 out of Los Angeles, Calif., assists Chef Andre Halson in making pecan butterscotch scones.



Kym Thomas, the W.T. Sampson culinary arts teacher, assists chef Andre Halson in preparing a creme anglaise sauce.



Boots on the Ground

by Army Pfc. Christopher Vann

What location would you visit if you could go anywhere in the world?

Navy Petty Officer 3rd Class
Tania Gedeon



"Israel, to walk the same paths Jesus took."

Air Force Senior Airman
William Lee



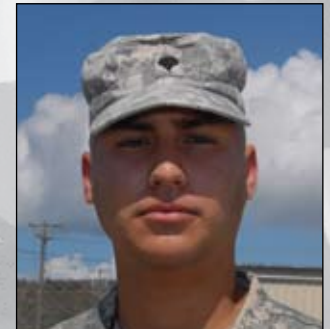
"Brazil, you know why..."

Air Force Tech. Sgt.
Walter Medina



"Italy, beautiful place, awesome people."

Army Spc.
Jonathan Santiago



"Puerto Rico, they have the best beaches."

Wearing the uniform

**Air Force Lt. Col.
Dwayne Peoples**

JTF Guantanamo Command Chaplain



There was a chaplain who was deployed for the Kosovo operation some years ago and one evening, after a long day, he decided to polish his boots. As he worked the polish around, his Army Ranger roommate walked into the room, and since he was about done completing the shine on his boots, he asked his roommate if he wanted his boots polished. Naturally, the Ranger was amazed that someone would offer to polish his boots, but took the chaplain up on the offer none-the-less.

Now this is where the story gets interesting. You see, God began to talk to this chaplain as the chaplain began to polish this Ranger's boots and the conversation went something like this...

God, "What are you doing?" Chaplain, "I'm polishing this Ranger's boots." God, "No you are not." Chaplain, "Yes I am." God, "No you are not!" Chaplain, "Oh, yes I am! Look (as he pulled his hand out of the hot sweaty boot to show it to God) I have my hand down in this Ranger's disgusting boot and I'll probably get athlete's finger and my nails will fall off. I am polishing this Rangers boots!" God, "No you are not!" Chaplain, "Then what am I doing God?"

At this point the chaplain was thinking if God was so smart, then He could just go ahead and tell the chaplain what he was doing. So to the chaplain's question of, "If I'm not polishing this Ranger's boots, what am I doing?" God said, "You are washing his feet." Wow! Sometimes God sees things differently than we see them.

Speaking of seeing things differently, we read in the Scripture, "Greater love has no one than this; that he lay down his life for his friends." I suggest that all of us who wear the uniform are laying down our lives each moment of every day. We may think that the uniform we wear is just another outfit or piece of clothing we hang in our closet, but it is much more than that. Our uniform is a symbol of our willingness to go into harms way, each and every day, for the defense of our country, our mom and dad, our brother and sister, our husband or wife, our boyfriend or girlfriend, for people we don't even know.

You see, we may not give our life in one brutal encounter with the enemy, but we give our lives, incrementally, over time, with each passing day. We go where others cannot go. We obey rules others don't have to obey. We put up with stressors others don't have to put up with. All because we voluntarily wear the uniform of the U.S. Armed Forces. Oh, we lay down our lives.

I salute you, my fellow brothers and sisters in the U.S. Armed Forces. Happy Veterans Day and thanks for wearing the uniform. ☆

JTF CHAPEL SCHEDULED PROGRAMS

Catholic Mass
Sunday - Friday:
6:30 a.m. Mass

Spanish Catholic Mass
Sunday: 5 p.m.
at NAVSTA Chapel

Protestant Worship
Sunday: 9 a.m.

Spanish Protestant
Worship
Sunday: 11 a.m.

Bible Study
Sunday: 6 p.m.
Wednesday: 7 p.m.

JTF names Trooper, Junior Trooper of the Quarter



Navy Petty Officer 3rd Class Danielle Mugford, an intelligence specialist with Joint Task Force Guantanamo, receives a plaque from Navy Rear Adm. Tom Copeman, the JTF commander, after being named the JTF Guantanamo Junior Trooper of the Quarter, Nov. 3. – JTF Guantanamo photo by Navy Petty Officer 1st Class Katherine Hofman

Navy Petty Officer 1st Class Edward Flynn

JTF Guantanamo Public affairs

For Navy Petty Officer 3rd Class Danielle Mugford and Army Staff Sgt. Nicolle Clarke, their hard work, professionalism and countless hours of studying were recognized as they were selected as Joint Task Force Guantanamo Junior Trooper of the Quarter and Trooper of the Quarter, respectively.

Service members were nominated by their commands for the award and participated in an engaging discussion with senior enlisted JTF leaders, answering direct questions during the board. The topics discussed included military knowledge, leadership development and current events. The Troopers were graded on all aspects of their presentation, including their military bearing and communication skills.

According to both Mugford and Clarke, the recognition is a high honor, especially considering the amount of competition they both faced at the board and in a joint environment.

An intelligence specialist for almost three years, Mugford prepared for her first board and values this experience as an invaluable learning opportunity. “Although going before the board was intimidating, it was also a great experience,” said Mugford. “It certainly built confidence in my ability as a professional Sailor.”

Mugford also talked and listened extensively with her senior enlisted leadership as to what to expect before the board. Mugford credited her experience as president of the Junior Sailor Association at Naval Station Guantanamo Bay with improving her leadership and communication skills while volunteering with people from various backgrounds. Through this experience, she has grown professionally.

A mental health care specialist by trade and with over eight years experience in the military, Clarke participated in various award and promotional boards in past units and while stationed here at JTF Guantanamo. “The questions asked from the board members required a lot of thought and analysis,” said Clarke. “Fortunately, the leadership skills I learned and developed helped me during this process.” Clarke credited senior enlisted leadership at JTF with assisting her in preparing for the board and providing leadership development.

Navy Rear Adm. Tom Copeman, the commander of Joint Task Force Guantanamo, presented the awards to Mugford and Clarke at a ceremony held Nov. 3. “These Troopers are the top performers of the Joint Task Force,” said Copeman. “They represent the highest degree of diligence to duty and the military, while demonstrating exemplary military appearance, leadership and professionalism.”★



Army Staff Sgt. Nicolle Clark, a mental health care specialist with Joint Task Force Guantanamo, receives the Joint Service Achievement Medal from Navy Rear Adm. Tom Copeman, the JTF commander, after being named the JTF Guantanamo Trooper of the Quarter, Nov. 3. – JTF Guantanamo photo by Navy Petty Officer 1st Class Katherine Hofman



Army Col. Doris Acevedo, the Joint Task Force Guantanamo command Inspector General, speaks after being promoted to Colonel, Nov. 4. - JTF Guantanamo photo by Army Spc. Cody Black



Troopers from the 115th Military Police Company of the Rhode Island Army National Guard receive directions during a guard mount formation, Nov. 9. The 115th is relieving the 480th MP Company after a year-long tour in support of external security at JTF Guantanamo. - JTF Guantanamo photo by Army Staff Sgt. Blair Heusdens

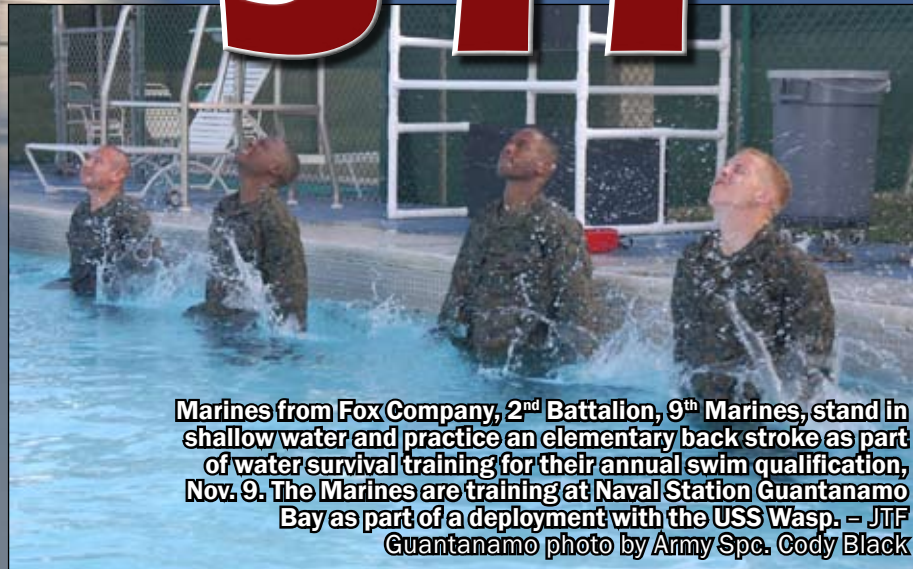
Army Brig. Gen. Rafael O'Ferrall, JTF deputy commander, congratulates newly promoted Navy Capt. Don Martin, the JTF Staff Judge Advocate director, after his promotion ceremony, Nov. 6. - JTF Guantanamo photo by Army Staff Sgt. Jim Wagner



Around the



JTF



Marines from Fox Company, 2nd Battalion, 9th Marines, stand in shallow water and practice an elementary back stroke as part of water survival training for their annual swim qualification, Nov. 9. The Marines are training at Naval Station Guantanamo Bay as part of a deployment with the USS Wasp. - JTF Guantanamo photo by Army Spc. Cody Black