Joint Task Force Guantanamo gives thanks

In this edition:
Holy Joe’s Cafe
Reel Rock Film Tour
Budgeting for the holidays

Here to serve
Joint Task Force Guantanamo gives thanks
“Lincoln on Leadership” shares this level, to foster an environment of trust. To carry out their assigned tasks and leadership to have their best interests their leader. That they will take care to maintain the role and responsibilities, and trust that their subordinates understand and unspoken obligations. They need to accept for pink glow-in-the-dark items. You hold my hand, I your hand go. But if happens to me, chances are that I may let puzzled father. The little boy said, “No, Dad. You cross a bridge. The father was a bit. The Wire and Transparent Department of Defense, or Joint Task Force Guantanamo. It is printed by the JTF Public Affairs Office to inform and educate the community’s interest in a youth hockey rink. The turnout for the hockey will gauge there will be pick-up hockey at the hockey and-field events. 1 p.m. on the track at Cooper Field for the youth of Naval Station Guantanamo Bay. Kids will participate in several short track-and-field events. Following the track meet, from 1–3 p.m., there will be a hockey tournament with dinner and a hockey rink. The tournament will give the community’s interest in a youth hockey league. For more information, call 55346. The Bayview Inn will be serving prime rib on select Friday nights in December. The nights will be Dec. 2, 9, and 16 to accommodate date community and command events. The regular Saturday serving will resume Dec. 24. For more information call 75604. For more information, call 4850. The Bayview Inn will be kicking off the holiday season with dinner and a movie Nov. 25 at the Bayview Patio 6–9 p.m. The movie will be “A Christmas Story” instead of the originally planned “Deck the Halls.” For more information call 75604. The Exchange Holiday Trees will be judged Nov. 26 at 4 p.m. in the NEX armoire for the most original, most holiday feel, and most “Guantanamo.” For more information call 74547. Interview training
The Fleet and Family Support Center will host an interview training session on Wednesday, Nov. 30 from 1:30–3:30 p.m. at FESC building 2155. Participants will learn techniques to prepare for job interviews. For registration information, call 4141. Calling All-Army females
The women’s All-Army football team still is looking for players to take part in the Army vs. Navy football game on Friday, Dec. 10. If you would like to participate, email William.Monserrat@jtfmg.tmosouthcom.mil or Jerzibol@gmail.com. Guamanao holiday parade and concert
This year’s parade will take place on Dec. 3 at 6 p.m. The parade line-up will start at 4:30 p.m. in the SCSI parking lot off Sherman Avenue. All entrants must be parked by 5:45 p.m. All who wish to participate must register by Nov. 28. The parade is accepting walkers, marchers, bicycles, golf carts, vehicles, and floats (vehicle and trailer). Safety is the utmost importance and should be considered when designing themes. Register at Morale, Welfare and Recreation Admin. Bldg. 760. Following the parade, a concert featuring Emerson Drive will begin at 9 p.m. at the Downtown Lycuem. For more information, call 4882.
Trooper to Trooper

FIRST SERGEANT PETER HUNTER
474th Expeditionary Civil Engineering Squadron

You honorably serve our great nation in the Army, Navy, Air Force, Marines and Coast Guard. The citizens of our country are grateful. You wear our uniforms with pride because you are in the public eye. While you are concerned about the appearance of the uniform you wear, do not forget you are the most valued asset. You need to protect and preserve this asset: you! In each day, there are 1,440 minutes. Schedule 30 of those minutes for daily exercise!

As a mentor to young Soldiers, Airmen and Sailors and as an advisor to officers and senior enlisted Troopers, I challenge all to partake in a daily regimen for improved physical conditioning. Serving in the military is oftentimes strenuous. Regular exercise is a critical part of staying healthy. This enables us to engage in and accomplish the arduous tasks which our profession requires. Also, the ability to cope with mental stress is enhanced by regular physical exercise.

Physical fitness is your level of muscular endurance, flexibility, muscular strength, cardiovascular endurance, and a lean body mass composition. In order to achieve a high level of physical fitness, we must remove ourselves from a sedentary lifestyle. Become more active! Approximately 24 percent of all Americans don’t exercise at all! Do we wonder why chronic illnesses, such as heart disease, weight-related diabetes and hypertension are endemic?

To fulfill your exercise program, do not revert to a sedentary lifestyle. Become more active! At Guantanamo Bay, you can participate in numerous exercise programs. Here at Guantanamo Bay, you can participate in numerous exercise programs that you enjoy. This will enable you to maintain your exercise physical fitness in order to serve in the military.

Before you partake in a daily regimen for improved physical fitness, consult with a physician before getting started. You already possess a level of physical fitness and are determined to succeed. However, increase your endurance, strength, and flexibility at a steady pace to avoid injury. This is a long distance, lifelong race. A fast start does not mean you will be first to cross the finish line. Your fitness level will improve if you maintain your discipline.

As you engage in a regular physical fitness program, remember to start slowly. Do not exceed your capabilities. I realize you are determined to succeed. I realize you possess a level of physical fitness due to your military training. However, increase your endurance strength, and flexibility at a steady pace to avoid injury. This is a long distance, lifelong race. A fast start does not mean you will be first to cross the finish line. Your fitness level will improve if you maintain your discipline.

Fourth, be consistent and persistent in your participation in a physical fitness routine. Increased strength and flexibility are direct results of regular physical activity.

As you embark on your physical fitness program, remember it is a critical part of staying healthy. This enables us to engage in and accomplish the arduous tasks which our profession requires. Also, the ability to cope with mental stress is enhanced by regular physical exercise.

Air Force First Sgt. Peter Hunter and Air Force Staff Sgt. Crystal Toney prepare for the day’s tasks at the Base Emergency Engineering Force (BE3) - photo courtesy Tech. Sgt. Kevin Logue, 474th Expeditionary Civil Engineering Squadron

1,440 minutes. Schedule 30 of those minutes for daily exercise!

Remember, with 1,440 minutes in a day, use 30 minutes to exercise!

It should not be attained merely to pass a test. Fitness should be a way of life as long as you are alive. Eat healthy foods and obtain proper rest as you embark on your life journey toward physical fitness. Doing so will add to your level of success.

I challenge all Joint Task Force Guantanamo Troopers to incorporate physical fitness into their lifestyle. Remember, with 1,440 minutes in a day, use 30 minutes to exercise!
trooper      focus

If you asked Army Sgt. Heather Blackwell what she does, she would answer that she simply does her job. But as a recently promoted sergeant in the Joint Trooper Clinic, her job encompasses a lot.

“If they are in the Joint Task Force, I do their medevac,” said Blackwell. “I received my volunteer award while I was here,” said Blackwell. “She does her job and she does it well.”

Blackwell’s role in the clinic has impressed her non-commissioned officer in charge, Army Staff Sgt. Darol Burgess. “She’s outstanding, honestly,” said Burgundy, the clinic’s NCOIC. “She’s one of those people that any time you need something done right and you don’t want to worry about it, you ask her.”

Prior to making E-5, Blackwell had been promotable for over a year. She focused on advancing from the time she arrived to Guantanamo Bay, and accomplished her goal in October. As a woman in the military, Blackwell offers her advice to fellow female Troopers.

“Make sure you work for what you get, and don’t let someone just hand it to you,” said Blackwell. “I promise, it’s a better feeling knowing you worked for it.”

What is the best part of a tropical Thanksgiving?

“The food. Lt. Col. Shields is hosting a J1 potluck.”

Spc. Bobby Allen

Army Capt. Kenia Luna

Fire Controlman 2nd Class Jorge Carpio

BOOTS ON THE GROUND

The Wire | Page 6

Trooper Focus | The Wire | Page 7

BULLET BIO

Time in service: 4 years
Hobbies: Fishing, tanning, boating

The boss says: “She does her job and she does it well.”

Advice to junior Troopers: “Don’t give up, especially on promotion. That’s really big.”

The Joint Task Force Guantanamo Chaplain Section has a new ministry broadcasting through the support of Holy Joe’s Cafe and Green Mountain Coffee. Holy Joe’s Cafe is a nonprofit organization based out of the First Congregational Church in Wallingford, Conn., which supplies free Keurig coffee makers and K-cups to deployed service members in all theaters of operation.


Thom said he was reintroduced to the organization by a chance phone call to his Pentagon office as he was planning for his assignment to JTF Guantanamo.

In talking with Thomas Jastermsky, founder of Holy Joe’s Cafe, Thom mentioned his past experience and his upcoming assignment to Guantanamo. Even before Thom arrived in October, four pallets of Green Mountain Coffee, equal to about 20,000 cups, had been received by Air Force Chaplain Lt. Col. Gary Bertsch and were in use at the various locations by a chance phone call. Thom said he was reintroduced to the organization by a chance phone call to his Pentagon office as he was planning for his assignment to JTF Guantanamo.

In talking with Thomas Jastermsky, founder of Holy Joe’s Cafe, Thom mentioned his past experience and his upcoming assignment to Guantanamo. Even before Thom arrived in October, four pallets of Green Mountain Coffee, equal to about 20,000 cups, had been received by Air Force Chaplain Lt. Col. Gary Bertsch and were in use at the various locations.

Thank heavens! Free coffee available for Troopers

By Army 1st Lt. Amelia Thakker

It’s here! It’s here! It’s finally here! After weeks of anticipation, a package from home finally arrived. The card is full of old news and the cookies are a little crushed, but it’s all in Mom’s handwriting.

“We’ve had quite a few holiday boxes already,” said Army 2nd Lt. Mercie Turner, 525th Military Police Battalion S1 officer in charge.

Turner, who counts postal officer among his additional duties, has already noticed an uptick in the homey goodies coming in with the usual pile of letters. His section is responsible for distributing mail to Soldiers of the 525th MPs.

“Chaps is a good man,” said a member of the guard force. “The Chaps and those guys here, they take really good care of us.”

Navy Chaplain Lt. Cmdr. Marc McDowdell, Petty Officer 2nd Class Vanessa Rocha, and Petty Officer 3rd Class Dana Pratt, all from the JTF Chaplains’ office, delivered the first of the guard force coffee makers and several boxes of coffee on Monday afternoon.

“I haven’t seen 90% of any ships with free coffee,” another guard exclaimed. “I love free coffee!”

For more information on Holy Joe’s Cafe, visit www.holyjoescafe.org or bwwww.deansbeans.com/coffee/holy-joes.html.

Mail maximizes morale

Send the holiday joy home – now

By Army Sgt. Saul Rosa

“Don’t give up, especially on promotion. That’s really big.”

LOGISTICS Spc. 2nd Class Casey Schaefer

Leadership Lt. Col. Shields

It’s not the Wi re

“Now there’s a hard copy of everything I do and it’s universal,” said Blackwell.

“I do and it’s universal,” said Blackwell.

A medical evacuation is not always an emergency situation, but arranged when a medical event necessitates the need for prompt transport from a remote area. One of the most challenging aspects of the Joint Task Force Guantanamo is that it is an island, and a medical evacuation is not always an emergency situation, but arranged when a medical event necessitates the need for prompt transport from a remote area. One of the most challenging aspects of the Joint Task Force Guantanamo is that it is an island, and

The food. Lt. Col. Shields is hosting a J1 potluck.

Logistics Spc. 2nd Class Casey Schaefer

Leadership Lt. Col. Shields

It’s not the Wi re

“Now there’s a hard copy of everything I do and it’s universal,” said Blackwell.

“I do and it’s universal,” said Blackwell.

A medical evacuation is not always an emergency situation, but arranged when a medical event necessitates the need for prompt transport from a remote area. One of the most challenging aspects of the Joint Task Force Guantanamo is that it is an island, and a medical evacuation is not always an emergency situation, but arranged when a medical event necessitates the need for prompt transport from a remote area. One of the most challenging aspects of the Joint Task Force Guantanamo is that it is an island, and

The food. Lt. Col. Shields is hosting a J1 potluck.

Logistics Spc. 2nd Class Casey Schaefer

Leadership Lt. Col. Shields

It’s not the Wi re

“Now there’s a hard copy of everything I do and it’s universal,” said Blackwell.

“I do and it’s universal,” said Blackwell.

A medical evacuation is not always an emergency situation, but arranged when a medical event necessitates the need for prompt transport from a remote area. One of the most challenging aspects of the Joint Task Force Guantanamo is that it is an island, and a medical evacuation is not always an emergency situation, but arranged when a medical event necessitates the need for prompt transport from a remote area. One of the most challenging aspects of the Joint Task Force Guantanamo is that it is an island, and

The food. Lt. Col. Shields is hosting a J1 potluck.

Logistics Spc. 2nd Class Casey Schaefer

Leadership Lt. Col. Shields

It’s not the Wi re

“Now there’s a hard copy of everything I do and it’s universal,” said Blackwell.

“I do and it’s universal,” said Blackwell.

A medical evacuation is not always an emergency situation, but arranged when a medical event necessitates the need for prompt transport from a remote area. One of the most challenging aspects of the Joint Task Force Guantanamo is that it is an island, and a medical evacuation is not always an emergency situation, but arranged when a medical event necessitates the need for prompt transport from a remote area. One of the most challenging aspects of the Joint Task Force Guantanamo is that it is an island, and

The food. Lt. Col. Shields is hosting a J1 potluck.

Logistics Spc. 2nd Class Casey Schaefer

Leadership Lt. Col. Shields

It’s not the Wi re

“Now there’s a hard copy of everything I do and it’s universal,” said Blackwell.

“I do and it’s universal,” said Blackwell.

A medical evacuation is not always an emergency situation, but arranged when a medical event necessitates the need for prompt transport from a remote area. One of the most challenging aspects of the Joint Task Force Guantanamo is that it is an island, and a medical evacuation is not always an emergency situation, but arranged when a medical event necessitates the need for prompt transport from a remote area. One of the most challenging aspects of the Joint Task Force Guantanamo is that it is an island, and

The food. Lt. Col. Shields is hosting a J1 potluck.

Logistics Spc. 2nd Class Casey Schaefer

Leadership Lt. Col. Shields

It’s not the Wi re

“Now there’s a hard copy of everything I do and it’s universal,” said Blackwell.

“I do and it’s universal,” said Blackwell.

A medical evacuation is not always an emergency situation, but arranged when a medical event necessitates the need for prompt transport from a remote area. One of the most challenging aspects of the Joint Task Force Guantanamo is that it is an island, and a medical evacuation is not always an emergency situation, but arranged when a medical event necessitates the need for prompt transport from a remote area. One of the most challenging aspects of the Joint Task Force Guantanamo is that it is an island, and
A Rockin' Good Weekend at Downtown Lyceum

By Army Sgt. Saul Rosa

The wall stood nearly 20 feet tall, gouged by tiny nooks and handholds. The objective was simple: scale the wall as quickly as possible, an extreme challenge for the extreme Reel Rock Tour.

Liberty Guantanamo Bay hosted the first Reel Rock Tour Saturday at the Downtown Lyceum. The event brought together the Reel Rock Tour and some hands-on rock climbing.

The Reel Rock Tour combines climbing and outdoor adventures with filmmaking and the cinema experience. The film consisted of six short films about climbing and the winning videos of the 2011 Reel Rock Tour Filmmaking Competition.

“We were hoping to bring the community of Guantanamo Bay together, and be able to offer something new and different for the community that hasn’t been offered before,” said Jill Lynch, the Liberty Program Manager.

Fleischhauer, a hospital corpsman, did quite well. He pulled in first place in the rock wall climbing competition.

“I felt like a dog chasing a ball, the red button being the ball,” said Fleischhauer. “All I could think was go faster, get that red button, get up there. That’s what I focused on. I just looked at the red button and I blanked out everything else.”

As a father and non-commissioned officer, Petty Officer 1st Class Andrew Wilson understands the benefits of new and different events to keep Troopers engaged in positive activities.

“I think this is really good for the families and the enlisted,” said Wilson, a hospital corpsman. “This incorporates fitness with having a fun time.”

Fleischhauer welcomes events like the Reel Rock Tour which add to the lifestyle on the island.

“If I was at Cuba would be nowhere as fun without these events,” said Fleischhauer. “I think there should be more encouragement to get people out here because anybody who is not here is missing out.”

With the wall conquered and Guantanamo’s first Reel Rock Tour complete, the evening’s success answered the question of what can Troopers do on a Saturday night to have an extreme time.
Gen. Douglas M. Fraser, commander of U.S. Southern Command, played host to service members and their families during Joint Task Force Guantanamo’s Thanksgiving celebration Thursday.

Fraser and his family served Thanksgiving dinner as a way to show their appreciation to Troopers currently deployed to JTF Guantanamo. Several Troopers also had the honor of eating their Thanksgiving meal with the general, including Petty Officer 1st Class Marcus Thomas, a member of the Joint Task Force’s Legal Services Department.

“I think the general coming down here to show his support means a lot,” said Thomas. “He and his family could have spent their Thanksgiving anywhere, but their decision to come here has gone a long way for Trooper morale.”

Fraser understands the importance of sustaining Troopers’ well-being, and recognizes that some service members may find the holiday season difficult due to being separated from their families. He said his family’s decision to have Thanksgiving at JTF Guantanamo was to encourage the bonds Troopers have with each other, and to strengthen the bonds service members have with their families.

“Thanksgiving is an important day to be with family,” Fraser said. “Most of the men and women here unfortunately do not have that luxury this holiday season. We wanted to be with these service members to honor their contributions and their family’s contributions to the military service.”

Thomas said he appreciates General Fraser and his family coming to JTF Guantanamo to show their support.

“I think the general’s visit symbolizes the support, not only that Joint Task Force has from its seniors, but the support Troopers have from their families as well,” Thomas said. “We are separated from them physically, but they are with us in our hearts.”

Fraser’s visit was part of the Guantanamo Bay community’s seasonal celebration this weekend, which includes Thursday’s Turkey Trot 10K run and a tree lighting ceremony, to be held in the Navy Exchange atrium tonight.

The buck doesn’t stop here

If your military service is coming to a close because of retirement, retention boards, or the end of your orders, you may want to start looking toward your future plans now. The Fleet and Family Services Transition Assistance Center and Joint Task Force One Stop can help.

Helping Troopers find a new career isn’t the only thing the Transition Assistance Center does.

“Troopers often have a variety of things,” said April Holland, a work and family life specialist at the Fleet and Support Center, Guantanamo Bay, Cuba. In addition to helping people search for government employment on USA Jobs and craft private industry resumes, Holland also helps Troopers build their college resumes and graduate school applications.

The help doesn’t end once applications and resumes start rolling out to various employers.

“If a potential employer needs documents and a troop needs things scanned, we can do that,” Holland said. “And if a person needs to contact a potential employer by phone in the States, we can help with that too.”

Troops looking to transition out of the military should start at least 12 months before their end of service; earlier if possible so they can get familiar with all the resources available. However, it’s never too late to start gathering information.

“We’ve had people come in and load up on info the day before they get on the plane to leave,” Holland said.

To get a head start on information gathering and all that Transition Services has to offer, Troopers and their dependents can go to the main Department of Defense site for transition services at www.militaryone. org. Here, troops and their families can take advantage of free webinars on resume writing, preparing for job interviews, obtaining federal jobs, and even how to use social media in finding a job.

Speak with a career counselor or pick up informational materials at the Fleet and Family Services Center on the Naval Station sale, Monday through Thursday from 7:30 a.m. to 4:30 p.m. and Fridays from 10:00 a.m. to 1:00 p.m. Additionally, the Joint Task Force One Stop offers transition services assistance every Thursday from 12:45 p.m. to 3:30 p.m. For specific questions regarding these and other services, call JTF One Stop at 8127 or FFSC at 4079/4141.

Breaking the bank

Keep that holiday budget under control

By Army 1st Lt. Amelia Thatcher

It’s Friday morning after Thanksgiving and the turkey is barely cold in the fridge, and half the town has already started lining up outside big-box stores in search of a great deal on flat-screen televisions. Internet retailers, too, are poised for massive sales traffic in the days between Thanksgiving and Christmas.

With the Guantanamo Bay Naval Station Navy Exchange opened at 6 a.m. as well, the scenery should look similar to stores back home.

“Lines go to the parking lot,” said NEX manager Mark Good. “It’s like Customer Appreciation Day. We have a 400 to 500 percent sales increase just that morning.”

However, young or cash-strapped Troopers should take note: it’s not all about the stuff.

“Tning to transition out of the military should start at least 12 months before their end of service; earlier if possible so they can get familiar with all the resources available. However, it’s never too late to start gathering information. “We’ve had people come in and load up on info the day before they get on the plane to leave,” Holland said.

To get a head start on information gathering and all that Transition Services has to offer, Troopers and their dependents can go to the main Department of Defense site for transition services at www.militaryone.org. Here, troops and their families can take advantage of free webinars on resume writing, preparing for job interviews, obtaining federal jobs, and even how to use social media in finding a job.

Speak with a career counselor or pick up informational materials at the Fleet and Family Services Center on the Naval Station sale, Monday through Thursday from 7:30 a.m. to 4:30 p.m. and Fridays from 10:00 a.m. to 1:00 p.m. Additionally, the Joint Task Force One Stop offers transition services assistance every Thursday from 12:45 p.m. to 3:30 p.m. For specific questions regarding these and other services, call JTF One Stop at 8127 or FFSC at 4079/4141.

Keep that holiday budget under control

While Troopers deployed here won’t have a houseful of family members to feed and entertain, they must factor in things like food and beverages for the office party and the cost of shipping gifts home.

According to Military One Source, the average American spends more than $1,000 during the holiday season, and puts much of that on a credit card. Always try to avoid starting the new year with credit card debt.

Instead of running up large bills all at once, make a list of people you’d like to buy for and set a limit. And if you don’t make it to the Black Friday NEX sales, keep in mind there will be more throughout the month of December.

“This is the Thanksgiving season,” Tran said. “All of us have something to be thankful for and have someone to thank.” Either way, your loved ones will be grateful for the toy iguana you send home not because it’s cute and cuddly, but because you’re the one who took time to send it.

- Make a list of everyone you want to buy a gift for, and set a dollar limit on how much to spend.
- Host a potluck meal instead of supplying all the food yourself.
- Don’t forget to factor traveling expenses into your holiday budget.
- Cut back on airfare by driving or visiting family members soon after the holidays, as opposed to buying expensive last-minute tickets.
- Reuse last year’s decorations.
- Consider a family “Secret Santa” instead of having each person buy everyone gifts.
- Consider homemade presents or give the gift of time. For example, promise to help an elderly relative with chores twice a month throughout the coming year.

For more tips, go to www.militaryonesource.com
A main priority of the FET team members during reset training is to talk among one another about lessons learned and come up with ideas on how to approach women, different ways to get word out in the villages about upcoming meetings, or even different ways to possibly get local Afghans to understand the importance of sending their children to school.

“The Qur'an tells us that education is important, and so we try to teach our soldiers,” said Balkish.

More than 200 Afghan soldiers participated in the FET 6 reset training. Among the lessons learned in Sangin’s Phase I ERB, about 60 percent of soldiers participated in the last iteration of the training.

More than 200 Afghan soldiers participated in the FET 6 reset training, which the unit conducted over a four-day period.

During their time on Camp Leatherneck, the FET was able to interact with Afghan women and their children.

“The women within their communities have been able to build relationships with Afghan women within their communities,” said Lugo, the FET 6 team leader in Sangin district. “We were able to partner with new ideas on how to approach women, and discovered one person sitting on the hull of the over turned vessel and the other person was totally submerged. The vessel partially sunk, causing the three crewmembers to be lost.

From the Chief of Naval Personnel

Naval Personnel Command

WASHINGTON – Sailors considered for Phase I of the Enlisted Retention Board (ERB) may review their retention status on BUPERS Online, according to NAVADMIN 354/11.

The Phase I ERB reviewed the records of ERB-eligible E-4 and E-5 Sailors from 31 over underway ratings. The board was charged with reviewing each candidate’s official military personnel file and any correspondence pertaining to prior reenlistment.

Sailors considered by the board are classified in one of three categories in BOL: S-Selected for retention, N-Not selected for retention, and C-Selected for rating revision. ERB Phase II, for E6-E8 Sailors, adjourned Oct. 27. Phase II results will be reviewed by BUPERS for conversion priorities prior to release. Commanders will notify ERB Phase II Sailors in the same manner.

Sailors not selected for retention will have access to the Navy’s transition assistance program, which offers tools we’re providing for separating Sailors and other benefits for members who are involuntary separated. This assistance will be proactive, comprehensive, tailored and supported by every level of the chain of command.

“If you’ve served in the Navy, you’ve been a good military team member, and we want to give you and your families the best possible transition benefits,” said Rear Adm. Martha Herth, director of Personal Readiness and Community Support.

“If you are not selected to stay in the Navy, you can succeed on the outside with your proven military values, education, training, and experience,” she said. “The transition tools we’re providing for separating Sailors will help you hit the ground running and get off to a good start.”

Sailors selected to serve in the ERB will be eligible for targeted outreach assistance from various transition service providers. Additional resources available through Web-based resources are available.

By Tech. Sgt. Rebeca Williams

Air Force Public Affairs Agency

Longest serving Airman calls it a career

USCG vessels rescue commercial fishers off Florida

By 7th District Coast Guard Public Affairs

United States Coast Guard

KEY WEST, Fla. – Coast Guard planes, helicopters, cutters and small boats responded to three boats taking on water in the vicinity of Key West, Fla., Saturday.

Coast Guard watchstanders at Sector Key West were notified at 5:39 p.m. Nov. 19 of a 43-foot commercial fishing vessel deep taking on water with two people on board approximately 34 miles west of Key West. The Coast Guard issued an urgent Maritime Information Broadcast, directed cutter Nantucket and launched a Station Key West 45-foot Response Boat Medium and a Coast Guard Air Station Miami HH-65 Dolphin to the area.

Nantucket crewmembers arrived on scene and discovered one person sitting on the hull of the over turned vessel and the other person in the life raft. The two people were rescued by Nantucket crewmembers. No medical concerns were noted.

At 7:44 p.m. the same evening, Sector Key West watchstanders were notified of a 73-foot commercial fishing vessel taking on water 50 miles northwest of Key West. The Coast Guard issued an urgent Maritime Information Broadcast, directed cutter Nantucket and launched a Station Key West 45-foot Response Boat Medium and a Coast Guard Air Station Miami HH-65 Dolphin to the area.

Nantucket crewmembers arrived on scene and discovered one person sitting on the hull of the over turned vessel and the other person in the life raft. The two people were rescued by Nantucket crewmembers. No medical concerns were noted.

By Tech. Sgt. Stephanie L. Carl

Army mil

KANDAHAR AIRFIELD, Afghanistan – Religious cultural advisors (RCAs) from the Afghan Air Force and the Afghan National Army met with U.S. Army chaplain support teams from the 150th Combat Aviation Brigade at Kandahar Airfield Nov. 15 to further expand an evolving partnership.

Chaplains have been a part of the U.S. Army for 236 years, explained Maj. Brian Carry, the brigade chaplain for the 150th CAB which is partnered with the Kandahar Air Wing of the Afghan Air Force. In the U.S. Army, chaplains help Soldiers to keep their faith and morale, similarly to their Afghan partners.

There have been many misconceptions about American Soldiers, Carry said. “A lot of things here are similar to their Afghan partners. We help them understand what American Soldiers do, said Afghan Air Force. In the U.S. Army, chaplains partnered with the Kandahar Air Wing of the brigade chaplain for the 159th CAB, which is partnered with the Kandahar Air Wing of the Afghan Air Force. In the U.S. Army, chaplains help Soldiers to keep their faith and morale, similarly to their Afghan partners.

“Some of the Afghans, when you explain what we do, they say ‘Well, we think that’s a lot of what your jobs are about,’” Carry said.

“Chaplains have been a part of the U.S. Army for 236 years, explained Maj. Brian Carry, the brigade chaplain for the 150th CAB which is partnered with the Kandahar Air Wing of the Afghan Air Force. In the U.S. Army, chaplains help Soldiers to keep their faith and morale, similarly to their Afghan partners.

There have been many misconceptions about American Soldiers, Carry said. “A lot of things here are similar to their Afghan partners. We help them understand what American Soldiers do, said Afghan Air Force. In the U.S. Army, chaplains partnered with the Kandahar Air Wing of the brigade chaplain for the 159th CAB, which is partnered with the Kandahar Air Wing of the Afghan Air Force. In the U.S. Army, chaplains help Soldiers to keep their faith and morale, similarly to their Afghan partners.

“Some of the Afghans, when you explain what we do, they say ‘Well, we think that’s a lot of what your jobs are about,’” Carry said.

“Some of the Afghans, when you explain what we do, they say ‘Well, we think that’s a lot of what your jobs are about,’” Carry said.

“Some of the Afghans, when you explain what we do, they say ‘Well, we think that’s a lot of what your jobs are about,’” Carry said.

“Some of the Afghans, when you explain what we do, they say ‘Well, we think that’s a lot of what your jobs are about,’” Carry said.

“Some of the Afghans, when you explain what we do, they say ‘Well, we think that’s a lot of what your jobs are about,’” Carry said.
 physical fitness and a sound mind is part of a healthy life. Our bodies are complex machines that require regular maintenance. Physical activity helps to maintain the inner harmony of our mind and body, which in turn affects our mood, energy levels, and overall well-being. Regular exercise has been shown to reduce stress, improve sleep quality, and even enhance cognitive function. Moreover, physical activity can help with weight management, lower the risk of chronic diseases such as heart disease and diabetes, and improve mental health by reducing symptoms of depression and anxiety.

The benefits of physical activity are vast, yet many individuals struggle to make it a regular part of their lives. A lack of motivation, time constraints, or perceived inaccessibility are common barriers. However, there are many ways to overcome these challenges. Finding an activity that you enjoy, such as dancing, yoga, or swimming, can make physical activity more enjoyable and, therefore, more sustainable. Additionally, incorporating physical activity into your daily routine, such as taking the stairs instead of the elevator or cycling to work, can make it easier to maintain a healthy lifestyle.

In conclusion, physical fitness is crucial for achieving a healthy balance of mind and body. By integrating regular physical activity into our daily lives, we can improve our overall health and well-being. It is important to remember that even small changes can lead to significant improvements in our health. Whether it's taking a hike, going for a swim, or simply stretching and moving throughout the day, every little bit counts in creating a healthier lifestyle.

Mind, Body, & Spirit

G.J. Dench Gym Hours of Operation
Mon.-Fri. 24 hours
Sat. & Sun. 9 a.m.—9 p.m.
Contact: 77262
Marine Hill Gym Hours of Operation
Mon.-Fri. 5–2 a.m.
Sat. & Sun. 9 a.m.—9 p.m.
Contact: 2285

Is it your week to run PT? Command-organized physical training may be conducted at Dench Gym. Reservations must be made in advance at the front desk.

“The greatest weapon inpto the time to work out

“Happy to be involved in the medical community to affect change in my local community,” said Dr. Kamran Bokhari, a doctor in the Washington, D.C. area.

Value of the Week: Respect

Treat people as they should be treated. Treat others with dignity and respect while expecting others to do the same. Respect is what allows us to appreciate the best in other people. Respect is trusting that all people have done their jobs and fulfilled their duty. Self-respect, which is just as important as respecting others and their work, results from knowing you have put forth your own best effort. Joint Task Force Guantanamo is one team and each of us has something to contribute.
As a moviegoer, you have to suspend your state of disbelief and accept, maybe even go along with, whatever is on the movie screen. That’s a given. “Make believe” is the name of the game, right? After all, horror films ask that you believe it’s possible for hockey-masked madmen to be virtually indestructible. Science fiction films ask you to believe life on other planets resembles E.T. and Mr. Spock. Romantic comedies would have you believe the state of disbelief and accept, maybe even go along with, the romanticism of a man in love.

That’s not to say a “cool movie” will be any better. “Great movie” are usually two different things. To do his job, Josh enlist’s the aid of Slide (Eddie Murphy), for his expertise on how to successfully complete such an astounding task, and hires a few others to help carry it out.

Now, did I say steal $20 million? Didn’t I say earlier in the review the actual heist was for $44 million? There may be a plot twist or two for viewers to discover on their own. For instance, why would this heist be visible during a Macy’s Thanksgiving Day Parade? Well, I wouldn’t dream of revealing those details here.

As Slide, Eddie Murphy is back in the comedic form that made him a superstar in the ’80s. He’s fun to watch as he channels his “Trading Places” (1983) character Billy Ray Valentine into his new role and stealing every scene he’s in. The supporting cast is fun and хоть хороший соседский жёлтый (я не говорю на шутку) а ведь это же так весело. To begin with, Shaw is under house arrest.

One day Josh discovers what appears to be Shaw’s kidnapping and alerts authorities. It turns out that Shaw was attempting to flee the city before he’s RAIDed by the feds. The Wall Street tycoon is implicated in a Ponzi scheme, and is suspected of stealing over $2 billion from investors. To make matters worse, Shaw has also taken The Tower staff’s pensions and life savings on the promise of increased returns. Now everyone’s money is gone and Josh and a few staff members confront Shaw.

Josh even deeply admires Shaw. Shaw sees Josh as a trustworthy expert on how to successful complete such an astounding task, and hires a few others to help carry it out.

As Slide, Eddie Murphy is back in the comedic form that made him a superstar in the ’80s. He’s fun to watch as he channels his “Trading Places” (1983) character Billy Ray Valentine into his new role and stealing every scene he’s in. The supporting cast is fun and wholesome.

While having a few flirtatious drinks with Shaw, Josh learns that Shaw has over $20 million in cash hidden in a safe in his apartment. Josh quickly deduces where it would be hidden and concocts a plan to coerce Shaw out of his apartment (which is a challenge, since Shaw is under house arrest and can’t go anywhere), break into the safe, steal the $20 million, and return to the fitter Tower employees their hard-earned money. Robin Hood, anyone?

By Mass Communication Spc. 1st Class Ty Bjornson

By Mass Communication Spc. 1st Class Ty Bjornson
Petty Officer 2nd Class Andrew Norman (left) reenlists in true Guantanamo Bay fashion. Norman, who was also recently promoted, opted to sign his new (waterproofed!) contract at Phillips Dive Park Nov. 18. –photo by Mass Communication Spc. 2nd Class Jon Dasbach

Marcus Edd, point guard for Militia, sets up the offense during the Nov. 22 victory over “The Shottaz” in the Morale Welfare and Recreation men’s basketball league championship game. “Militia” battled back from the loser’s bracket to upset regular season champions with a score of 50-48 in the second of two championship showdowns at G.J. Denich Gym. –photo by Army Sgt. Landis Andrews