

THE WIRE

A JTF Journal

Reptile Show
Reptiles found in
your backyard

Guy Fieri
Food Network star
grills for Gitmo



Friend or Acquaintance?

**Senior Chief Petty Officer
Scott Seiter**

Camp Iguana Leading Chief Petty Officer

When it comes to friends and associates there is a big difference between the two. As a Master-at-Arms, I have been involved with many Article 15s, commonly referred to as “Captain’s Mast” or just plain “mast” in the Navy. The majority of them have been because of who a Sailor or Soldier has been friends with or whom they thought were their “friends.”

What is the true definition of the word friend?

According to Webster’s dictionary it is: One attached to another by affection or esteem, or, an acquaintance.

I have been in the military for nearly three decades and in the time I have been around, I have been told countless times there is a big difference between the two. Don’t get me wrong, I have met thousands of good, decent Sailors, Soldiers, Airmen, Marines and Coast Guardsmen in my time in the military. The majority of the “Masts” I have officiated over have had one common denominator, and it always starts out with, “I was with some friends.” If they were your friend or what I perceive to be a true friend, you wouldn’t be standing in front of the Commanding Officer, with your chain of command off to the side, wondering what they are going to report about you.

In my time on this planet, I have been told countless times that in any point in your life you should be able to count your true friends on one hand. I am not saying all those other acquaintances aren’t friends - I am talking about true friends.

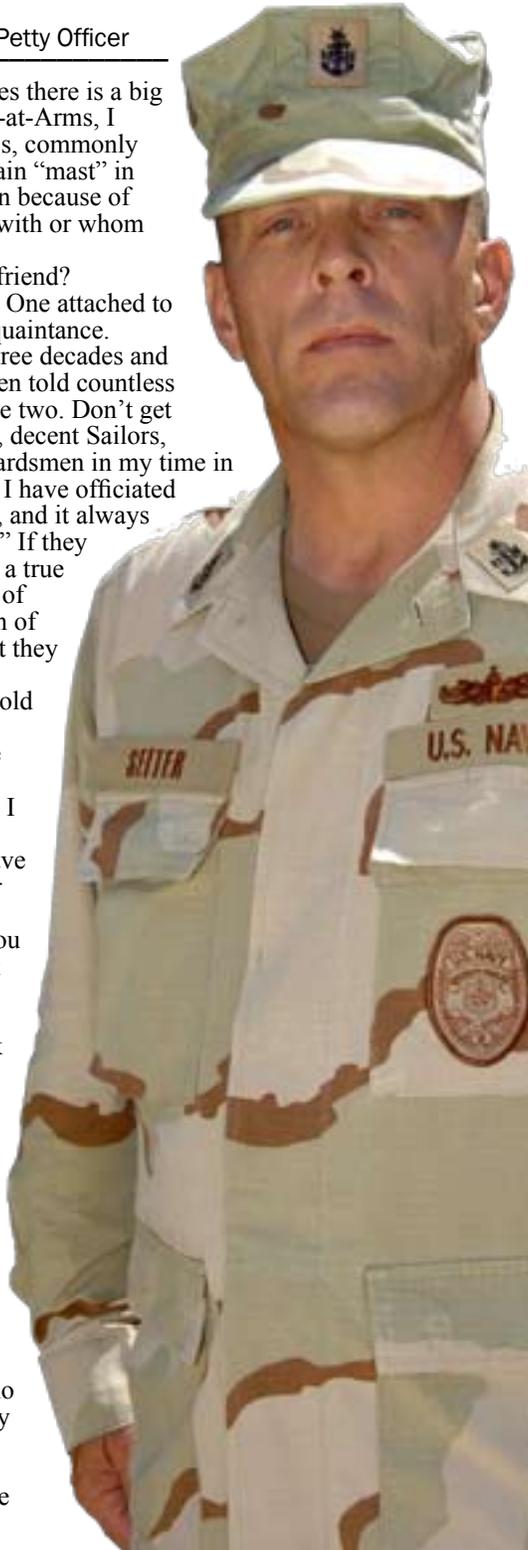
A true friend is someone who won’t leave you in jail because they got bailed out, or someone who will drive four hours one way in the middle of the night because you need help even though they have to work the next day. True friends will open their wallet and loan you \$500 at a moment’s notice and know that they will get it back without a second thought.

Acquaintances are those who would think about doing that, but wouldn’t act. That is why we always hear the expression, “Choose your friends wisely.”

I have been lucky in my life. I have had some very good, true friends in my life who would do, and have done, some of the things I listed above. I am thankful for them every day.

So, step back and take a second or two to reflect on who your friends are and who may consider you a friend. Is it a two way street?

One more thing: Always, always remember, we are all shipmates and battle buddies 24/7. 🇺🇸



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COVER:

Army Sgt. Jonathan Goble relaxes while demonstrating the proper technique of floating using the Army Combat Uniform trousers as a flotation device. - JTF Guantanamo photo by Navy Petty Officer 2nd Class Jayme Pastoric



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 1000.

Keeping the Army afloat

**Navy Petty Officer 2nd Class
Jayme Pastoric**
JTF Guantanamo Public Affairs

In the Navy, learning to survive at sea is taught early on in Sailors' careers. If abandoning ship or ejecting from an aircraft over water, Sailors are given the tools to survive. However, would the Army need such training?

Early in the morning at the Windjammer pool, a platoon-sized group of newly reported Joint Task Force Troopers mustered together to learn to use their Army combat uniform trousers as life vests.

"The Army teaches water survival to ensure that the Soldiers have the maximum chance of accomplishing the intended goal," said Sgt. Jonathan Goble. "Soldiers might use these skills if ever caught in a situation where they are caught in a downed aircraft or swept up in a flood."

Goble and Staff Sgt. Tammy Tillman showed Soldiers how to tread water in uniform and proper technique for using the ACU trousers as a flotation device.

Once in the pool, groups of Soldiers tried different techniques to maintain their composure for 10 minutes of treading water. Some used the kick-and-flail; others used the natural buoyancy of the body to their advantage.

Once the long 10 minutes elapsed, Soldiers removed boots, blouses and trousers to limit the weight of water-logged ACU pulling them underwater.

"We familiarize Troopers with actual events that could occur," said Goble. "Swimming in uniform as well as treading

water for up to 10 minutes, simulating proper technique to push debris from the ascent to the surface and of course the very strenuous process of utilizing the uniform as a flotation device."

Making ACU trousers into a flotation device is easy, said Goble. By tying a knot at the end of each pant leg, you are able to create a space for air to be trapped. By holding the trousers open and behind your head you can force air into the leg sections by making a rotation over your head and downward, like in a basketball slam dunk.

According to the U.S. Coast Guard, the best water survival tip is to keep calm.

Don't thrash about. This leads to exhaustion and increases the loss of air that keeps you afloat.

"This training for Soldiers is great," said water survival student Sgt. Daisy Glass. "It taught me about using my uniform as a flotation device and how to keep calm while in the water."

The Army recommends the training be conducted annually or as the current assignment calls for the training.

Now, Soldiers can be fully confident and maintain composure when in open water situations knowing that they can make their pants float. ☆



Sgt. Daisy Glass floats above the water in full uniform for 10 minutes during water survival training. Annual water survival training is recommended for all Soldiers.

Operations Security: It's everyone's responsibility

■ *An old concept has a current place in the Military today*

**Army Sgt.
Gretel Sharpee**

JTF Guantanamo Public Affairs

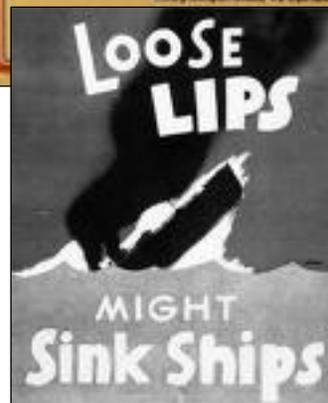
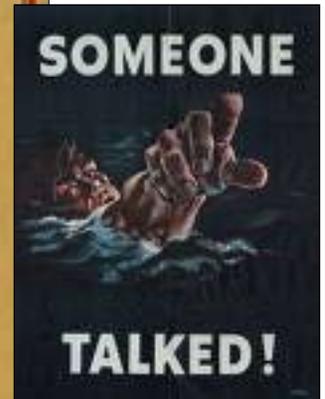
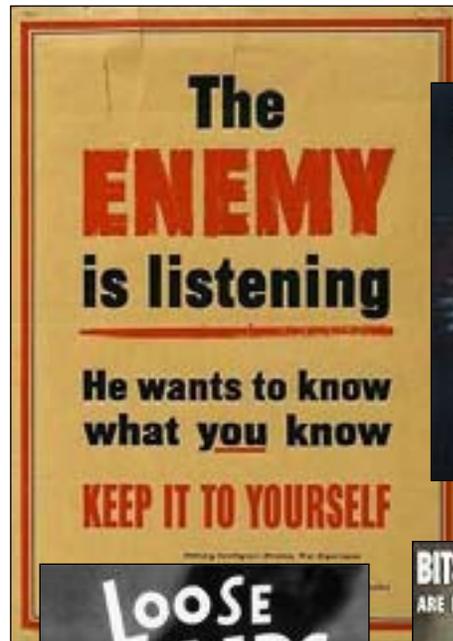
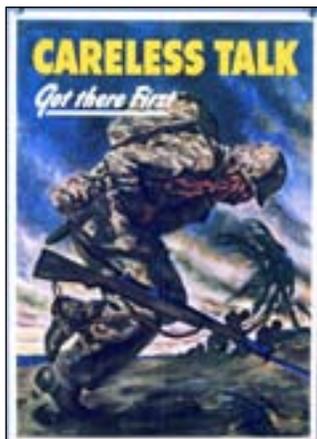
Sending an e-mail, talking on the phone, carrying documents to a meeting in another building, talking to a friend in the galley about work - all of these everyday activities require one thing- Operations Security.

"It is *everyone's responsibility*. We cannot get complacent. If you see a violation, make a quick on-the-spot correction. OPSEC is everyone's concern," said Mr. Gary Belch, Operations Security Programs manager, Joint Task Force Guantanamo Bay.

The military widely attributes the formal beginning of OPSEC to a team originally named Purple Dragon during the Vietnam War. The Purple Dragon was a team of Soldiers whose objective was to institute the OPSEC process to all critical information. Key leaders noticed that once OPSEC measures were being carried out there was an increase in mission effectiveness.

The OPSEC process includes: identification of critical

Operations Security posters, ranging from WWII to present day, serve as a visual reminder to employ OPSEC countermeasures in everything you do.



information; threat analysis; vulnerability analysis; risk assessment and countermeasures. Most of what is shared by everyone falls under countermeasures, from shedding all mission related material to censoring your phone calls home to friends and family.

"This is a real world environment," said Belch, when asked about a few of the biggest OPSEC challenges here in the JTF. "Soldiers train so much in this area it is nothing new, but it is just so much more important here. It is common knowledge that the Cubans are very good at gathering information so we need to be practicing good OPSEC."

There are common violations that Belch frequently sees that can be easily corrected. The display of security badges in public places, uncovered mission related documents left in cars, unoccupied computer stations left unoccupied and logged in and mission related documents left unclaimed at the printer.

While the formal beginnings of OPSEC are documented, OPSEC has been a part of military history since the beginning. George Washington was quoted as saying, "Even minutiae should have a place in our collection, for things of a seemingly trifling nature, when enjoined with others of a more serious cast, may lead to valuable conclusion."

While the idea of OPSEC is old, it is a current mission that is indeed everyone's responsibility.

"I think people are afraid of sending too much stuff on SIPIR," said Belch. "When in doubt send it on SIPIR or when in doubt shred it and remind people on the phone that the line is unsecure. Just a few little things anyone can do." ☆

Eleven Pentad employees from Kittery Cafe, Leeward, Gold Hill, and Seaside Galleys received awards for employee of the quarter, during a ceremony at Cable Beach, Aug. 14.



Galley employees with a golden touch

**Army Staff Sgt.
Emily J. Russell**

JTF Guantanamo Public Affairs

Behind the scenes of every dining facility is a staff that works hard to produce healthy meals, serve patrons and maintain a clean facility.

Here, employees of Pentad Corporation are rewarded for their hard work and effort to support the Troopers who call Guantanamo Bay home.

Each quarter, employees are selected by

the managerial staff of each facility based on excellent performance and consistently supporting the Naval Station and Joint Task Force mission. This quarter, 11 employees from Kittery Café, Leeward, Gold Hill and Seaside galleys were selected.

"I am very grateful to receive the award," said Rizalyn Villaluz, a dietician for detainee meals. Part of Villaluz's job is designing detainee meals according to special diets to accommodate those who are diabetic or have digestion issues.

"It's important to show appreciation for employee efforts," said Kim Amoy, supervisor for detainee meals. "From the lowest level position, to supervisors, we need to [thank them] for the hard work they do every day."

"At the Seaside Galley, the temperature in the kitchen is approximately 100 degrees at all times. The employees work hard to maintain [clean working] conditions and [provide] excellent service," said Sam Scott, assistant project manager for Pentad. "We just try to recognize them for their hard work."

"The employees appreciate the recognition. When [Army Brig. General Gregory] Zanetti gave out coins, [to the Pentad staff] some of the recipients could hardly sleep, they were so excited. They had not received the general's coin before," said Sam.

The efforts of Pentad employees are evident at the dining facilities from the quality of food to the cleanliness of the facility.

"We've maintained a five-star rating for

the last three years," said Jerry Scott, project manager for Pentad. The rating system is similar to any other civilian restaurant, he said. "You have to be very meticulous."

Aside from the quarterly employee awards, the dining facilities and staff compete for the Capt. Edward F. Ney Memorial Award. The award, presented to the best messes in the Navy, is intended to improve food service operations and recognize the employees that work to keep things running.

"Last year, Guantanamo was runner up in the overseas, general mess category [for Navy Region Southeast]," said Pat Boyle, operations officer who was visiting from the corporate office. "This year, we hope to be a finalist," he continued.

"The award is based on many [criterion]; accountability of food storage, how food is prepared, cooked, served, and facility sanitation, from ceiling to floor," said Jerry.

"We usually score between 800-805 points out of 815. Usually it's something minor that [we lose points on] like a piece of paper out of place, or the exact steps of a recipe not followed," he continued.

The initial inspection took place approximately two weeks ago. The hard work and attention to detail put Gold Hill Galley, the competing facility, into the finals. They will compete against Hawaii for the final award.

"Support from the command, and teamwork is what got us this far. We're looking forward to the competition, I hope we get the award," said Jerry. ★

Decorative plates of fruit, cut meticulously and pieced together to create designs such as flowers and birds, are displayed at each dining facility.



Intense competition continues



Team ASKAL (in black) boxes out their opponent as a player of team DOCS shoots their second free-throw. This was only one game played August 18 with many more yet to come.

Army Spc. Megan Burnham

JTF Guantanamo Public Affairs

Denich Gym, specifically the basketball court, is the place to be as the teams participating in the Summer Basketball League '08 continue their intense competition to acquire and maintain the best win-loss record.

Since July 28, 12 teams consisting of up to 12 players have been meeting at the gym two to three times a week to display their skills on the basketball court.

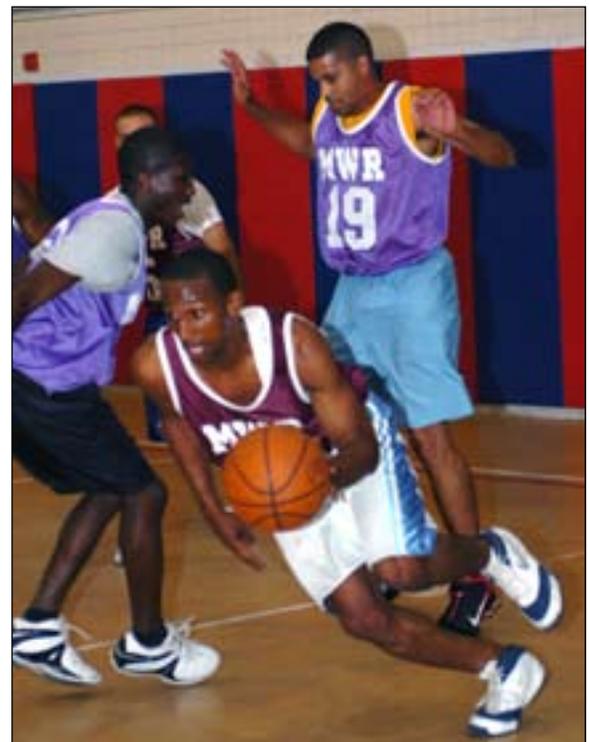
Skills needed include the ability to run while dribbling and passing the ball while denying the opposing team an opportunity to steal before making a two or three point basket. Teams either play as early as 6 p.m. or as late as 9 p.m.

Each game is played by the National Collegiate Athletic Association rules; however, the Morale Welfare and Recreation department made a few modifications. Instead of four-eight minute quarters, the game is conducted in two-20 minute halves with a five minute half-time to ensure the game is completed in about an hour.

Normally the game is played in running time where the clock continues to count down even if a whistle is blown by one of the two referees. However, if a team has a 20 point lead or greater, the last two minutes will change to stop clock in which the clock will stop whenever a whistle is blown. When a team is up by 30 points or more, the mercy rule will be applied and the game immediately ends.

As of Aug. 22, team "DOCS" leads the league with "Illmatic" hot on their tails in second place and Goon Squad taking third place. The league continues until Aug. 28. ♡

After rebounding the ball, team Above Average Joes breaks away from team Saber Hawks to drive the ball toward their own basket.





The funniest 'Nam movie this year!

**Army Pfc.
Eric Liesse**

JTF Guantanamo Public Affairs

Academy Award nominations are few in Hollywood. Worse yet, uber-action movies such as “Rambo” or “Die Hard” rarely garner any Oscar buzz. Still, falling action star Tugg Speedman (Ben Stiller) hopes his new Vietnam-era based movie (think overdone “Platoon”) can earn him his own

little golden man.

Stiller stars as Tugg in his new film “Tropic Thunder,” a full-faced satire on the materialistic and namby-pamby Hollywood actors and studios. Tugg is a failing actor who hoped his last drama, “Simple Jack,” about a mentally disabled farm hand, would earn him respect. However, Tugg’s overacting made critics name it one of the worst films ever.

R
1 hour, 47 minutes

Rating: ★★★★★☆

shot as real and authentic. Once the team lands, however, real-life bad guys are hot on their Hollywood trail.

Stiller, who also wrote and directed the flick, got the best out of all his actors – especially Downey. He plays the grizzled cosmetically-African American soldier so stereotypically – even quoting the “Jeffersons” theme song to be dramatic – that he almost commands the audience to laugh at him. As Kirk, Downey stays in character throughout his jungle trek, even when there are no cameras in sight.

The running joke of Tugg’s last Oscar run, as a severely mentally handicapped and buck-toothed farm hand who can also talk to animals, makes you cringe with its off-color and over-the-top delivery; however, Stiller makes it difficult not to laugh.

A few other stars spring up along the way as well. The veteran whom the film is based on, played by Nick Nolte, is the stereotypical ‘Nam vet and poster-boy for post traumatic stress disorder. The film executive overseeing the project—played by a balding, overweight, hot-tempered Tom Cruise – is full of great lines and vulgarity, as well as some of the funniest dancing since his romp in “Risky Business.”

“Tropic Thunder” works because everything goes over the top. The action makes Michel Bay look like Kevin Smith, and the one-liners seem as if they were taken from the cutting room floor of “Predator” and revised to be even more ridiculous. Few characters or scenes are to be taken seriously, which makes this satirical romp against the Hollywood attitude work so well. ☆



“Tropic Thunder,” also the title of the movie-within-the-movie, is about a squad of Soldiers in Vietnam who head back into the fray to find a stranded fellow Trooper. Tugg hopes the serious material, and working with five-time Oscar winner Kirk, can revive his waning career.

Along with Stiller is scene-stealer Robert Downey Jr. as Kirk Lazarus, an Australian character-actor who underwent “racial reassignment surgery” to play a black soldier for the film. Jack Black also stars as low-brow comedic thespian and drug addict Jeff Portnoy – a performer akin to Eddie Murphy putting on fat suits and farting for laughs.

With a lagging schedule, an unruly crew, and actors not following a single one of his instructions, the film’s director sends the cast into the real Vietnamese jungle in hopes of getting the film

What slithers, creeps

Tropical storm conditions couldn't keep the crowd away from Windmill Beach where reptiles, amphibians and an arachnid made an appearance during the Reptile Show that took place Aug. 16.

Dr. Peter Tolson, Director of Conservation and Research at the Toledo Zoo, is a frequent visitor to Guantanamo Bay. Here, he studies the Cuban Boa, a species that thrives in the protected environment of Gitmo. During his visits, he often gathers commonly, and not-so-commonly seen critters to introduce to the public. During his show, he speaks about each creature describing their habitat, life history and the importance of environmental conservation.

All of these species are indigenous to the island including the Cuban boa, giant toad, dwarf boa, iguana, tree frog, black shoulder curly tail lizard and tarantula.



and hops



around Gitmo

Photos by
Army Staff Sgt.
Emily J. Russell

Fieri cooks up a storm

Guy Fieri marks his territory at the autograph signing table at the Big Grill Event Tuesday, saying "Off da hook in GTMO." - JTF Guantanamo photo by Navy Petty Officer 2nd Class Jayme Pastoric



Army Pfc. Eric Liesse

JTF Guantanamo Public Affairs

Armed with energy and his signature passion for equal parts bold flavors and fun, television's Food Network star Guy Fieri cooked for and greeted Joint Task Force and Naval Station Troopers and civilians this week.

Fieri and his small entourage came for three days of events, including a cook-off competition, a large-scale grilling event and daily meet-and-greets. Fieri also toured the JTF and NAVSTA to get the full Gitmo experience.

"Food is a common denominator to all people," Fieri said. He added that's the reason he is able to do these things for the Troopers.

Monday, Fieri emceed and helped NAVSTA Commander Navy Capt. Mark Leary and NAVSTA Executive Officer Navy Cmdr. Sylvester Moore judge the Iron Chef BBQ Competition at the Tiki Bar. Three teams faced each other in a 45-minute cook off with four secret ingredients: coconut, plantain bananas, artichoke hearts and pork tenderloin. The teams included the Downtown Deli from the Navy Exchange's deli, the Gold Hill Iguanas from Gold Hill Galley, and Morale, Welfare and Recreation's Smokin' Gitmo.

The teams were judged on a point system in categories such as presentation, originality, dish difficulty and overall taste.

At the end of the night, Fieri named MWR's Smokin' Gitmo as the winning team, but only by a 1.2 point margin. Second place went to the Gold Hill Iguanas, and third place went to the Downtown Deli.

In all, Fieri said he was impressed with the culinary talent of the contestants and the overall quality of their products.

Tuesday night, Fieri headed up the Big Grill Event at Marine Hill. For the free grill-out, Fieri and his small crew cooked grills full of pork tenderloins, spicy barbeque chicken and wrapped corn on the cob, as well as rice and spice macaroni and cheese. Throughout the dinner, Fieri made his rounds in the crowd giving his profound thanks to all the Troopers.

The TV chef stressed the importance of focusing the effort or the heart of the dish, saying there should be "no difference" between cooking for a crowd or a family of four.

"If you're cooking to impress people, everything gets diluted," he said.

This trip was not Fieri's first overseas tour. In November 2007, he brought his full-

Food Network star Guy Fieri judges a dish during the Iron Chef BBQ Competition at the Tiki Bar Monday.



flavored fun to troops in the Persian Gulf. When asked to come to Gitmo, Fieri said he jumped at the opportunity and he considered it his "responsibility" to help the troops any way he can.

"It's not the 'life on the line' situation. It's the life, family, jobs, everything," Fieri said of Trooper's service. "I'm not pro-war by any means. I'm pro-Soldier."

Fieri also gave some tips for Troopers here who have limited resources and kitchenware on how to make simple and

See **FOOD/11**

TV chef cooks for Troops

FOOD from 10

healthy foods.

“Beans, pastas, they carry a lot of weight,” he began. “Grind chickpeas into hummus because hummus can go anywhere and with anything.”

Fieri also suggested things such as canned tuna on pita bread with some simple oils for flavor, or use Top Ramen noodles without the high-sodium flavor packet. Instead, use sauces such as extra virgin olive oil and red wine vinegar.

“Speak to the people indigenous to the area and ask them what they eat,” Fieri said.

Although Fieri is the star of three Food Network programs as well as the owner of four – soon to be five – restaurants, he said there is little difference between operating the two enterprises.

“[They’re both] a culmination of all people working together to generate a product,” he said. Be it stage hands, cameramen and producers, or waiters, cooks and shift managers, all come together to “achieve a show or a dish.”

Fieri, with his spiked, platinum-blond hair, black goatee and long shorts, lives boldly and makes sure that comes across in his food. Fieri hopes Troopers remember that in their cooking as well as their lives. ☆

Food Network star Guy Fieri introduces the teams for the Iron Chef BBQ Competition at the Tiki Bar. – JTF

Guantanamo photo by Army Pfc. Eric Liesse



Three teams cooked for 45 minutes to make restaurant-quality dishes which were sampled by all audience members, to include Joint Task Force personnel.



Suicide Prevention

The military takes suicide prevention seriously and wants everyone to do their part in ensuring the safety of the military work force. Suicide is 100% preventable and often has many warning signs. Know the warning signs and watch for them! Keep our military mission ready!

Army Suicide Prevention Mission:

To improve readiness through the development and enhancement of the Army Suicide Prevention Program policies designed to minimize suicide behavior; thereby preserving mission effectiveness through individual readiness for Soldiers, their Families, and Department of the Army civilians.

Ask your buddy

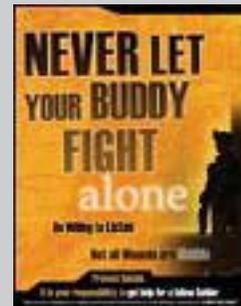
- Have the courage to ask the question, but stay calm.
- Ask the question directly, e.g., Are you thinking of killing yourself?

Care for your buddy

- Remove any means that could be used for self-injury.
- Calmly control the situation; do not use force.
- Actively listen to produce relief.

Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a Chaplain, a behavioral health professional, or a primary care provider.





Above, Ken Latta performs during a prayer breakfast held Monday, Aug. 18 at Seaside Galley. Navy Rear Adm. David M. Thomas, Jr. spoke on the message of “Re-Creation.”

Of creation and re-creation

**Army Sgt. 1st Class
Vaughn R. Larson**

JTF Guantanamo Public Affairs

Navy Rear Adm. David M. Thomas Jr. offered a confession at the start of the Joint Task Force prayer breakfast at Seaside Galley Aug. 18.

“I’ve never been to a prayer breakfast before,” he said, “and I don’t eat breakfast. But I do pray.”

Thomas spoke on the topic of “Re-Creation,” referring to the hymn “Morning Has Broken” and how each new day is a reminder of creation. In the Book of Genesis, it states that after the six days of creation, God rested.

The admiral also compared “re-creation” to the word “recreation,” and emphasized the importance of rest and rejuvenation – to “re-create” ourselves in a positive way that reflects the image of God.

“That’s especially important for us here at JTF,” he said.

The invocation was offered by Navy Lt. Cmdr. Clint Pickett, JTF command chaplain. Army Capt. Eric Bey, chaplain for the 525th Military Police Battalion, gave the benediction and led the breakfast gathering in singing “Amazing Grace.”

Army Pfc. Mercedes Diaz sang the National Anthem, and Ken Latta performed “Majesty” and other musical offerings during the breakfast. ♠



Underwater OK

Army Sgt 1st Class Jeff Agan gives the “OK” sign to Army Sgt. Chris Craighead after Craighead demonstrated an underwater skill during open water SCUBA certification class. SCUBA certification is one of many classes Gitmo Morale Welfare and Recreation offers to Joint Task Force Troopers. – JTF Guantanamo photo by Navy Petty Officer 2nd Class Jayme Pastoric

Boots on the Ground

by Navy Petty Officer 2nd Class Jayme Pastoric

What sport do you think should be in the Olympics?

Navy Ensign
Matthew McMahon



“Surfing, because they have everything else, why not?”

Army Sgt.
Kevin Raney



“NASCAR, to find out who has the best drivers in the world.”

Army Staff Sgt.
Domingo Vega



“Chess, I like the strategy of out thinking your opponent.”

Navy Chief Petty Officer
Sonya Schaefer



“Shoe shopping race in Stiletto.”

Happiness



**Navy Lt. Cmdr.
Clint Pickett**

JTF Command Chaplain

Who among us hasn't looked for happiness? Yearned for it, craved it even? And who hasn't keenly felt the lack of happiness?

Happiness is no trivial thing. Even the Declaration of Independence addresses the issue of happiness in recognizing that we have the right to pursue happiness, though there is no guarantee we will find it. If we were to believe the advertising, there seems to be no lack of things in our daily lives that would seem to promise happiness.

I certainly am not going to pretend that I have all the answers. But I wanted to share an insight into happiness I have gained that has had a significant impact on me. It is interesting that a Jewish friend would recommend a book to me, a Lutheran chaplain, which was written by a Jesuit priest who lived and worked in India. The title of this wonderful little book is "The Way to Love," by Anthony De Mello. He wrote several books, and this book of meditations is his last.

While you and I might come up with a number of things that cause unhappiness, De Mello says there is only one cause of unhappiness: "The false beliefs you have in your head, beliefs so widespread, so commonly held, that it never occurs to you to question them." And these false beliefs are so much a part of the society and culture we live in.

What are some of these false beliefs? One is this: "You cannot be happy without the things that you are attached to and that you consider so precious." All of us right now have been blessed with all we need to be happy. And the reason we are unhappy at this

point in time is that we focus on what we do not have, rather than what we have right now. Another false belief: "Happiness is in the future." Again, instead of being happy now, we are caught up in our false beliefs and distorted perceptions, with our fears, anxieties and attachments.

Yet another belief: "Happiness will come if you manage to change the situation you are in and the people around you." How often I see this belief in my work as a chaplain! We want to change our selves, our partner, our job, where we live, etc., in hopes of becoming happy. And so we squander so much energy in trying to rearrange our world.

Another false belief: "If all your desires are fulfilled you will be happy." Not true. In fact, it is these very desires and attachments that cause us so much anxiety and frustration. Try this: make a list of all your attachments and desires and to each of them say these words: "Deep down in my heart I know that even after I have got you I will not get happiness."

If we want to know lasting happiness, we must be ready to give up all our desires and attachments and their hold over us, by seeing them for what they are. Jesus said "If anyone comes to me and does not hate his own father and mother, and wife and children and brothers and sisters, yes, and even his own life, he cannot be my disciple." And how do we do this? Not by renouncing them or giving them up because whatever we give up violently we are forever bound to.

All of these things are good, family and friends. But when we are able to take leave of these things and all our possessions, we will stop clinging and have destroyed their capacity to hurt us. So do you want to be happy? As Anthony De Mello said, "Understand your false beliefs and they will drop; then you will know the taste of happiness." ✨

JTF CHAPEL SCHEDULED PROGRAMS

Catholic Mass

Sunday: 7 a.m. Confession
7:30 Mass

Wednesday: 11 a.m. Spanish Mass

Protestant Worship

Sunday: 9 a.m.

Spanish Protestant Worship

Sunday: Noon

Beating stress artistically

**Army Spc.
Megan Burnham**

JTF Guantanamo Public Affairs

For most personnel stationed at Guantanamo Bay, stress comes from daily activities and challenges at work. There are numerous ways to handle stress and “take your mind off of work.”

Eugene “Marty” Parsons, who’s been working here since August 2007, handles daily stress by taking unique artistic photos of the island to capture all of the critters that reside here as well as simple nature photos.

“It gave me something to focus on other than how work was just minutes prior,” said Parsons, an electronics technician by military occupational specialty. “Instead of just sitting around after work, I went for a walk to get out and see stuff.”

In Parsons’ first six months, he regularly walked for three hours in the evenings after work and about four to five hours on his days off. He went out everyday, weather permitting, if he didn’t have other plans.

Parsons commented that he was always the one to take photos back home at family gatherings, vacations and other events. In



Parsons used a color accent feature on his digital camera when obtaining this photo of a West Indian Woodpecker.



It took two weeks for Parsons to capture this photo of a Cuban Pygmy Owl across from Tierra Kay in May. This owl is unique in that it is only as tall as someone’s hand

Gitmo, his main undertaking was getting unique shots of animals that not many people had spent the time to get.

“The key was getting to know the animals patterns because they all do different things,” said Parsons. “It basically drew me into applying all my thoughts on how to bring home pictures that were better than the ones I took the day before.”

Parsons had previously decided he was going to be taking photos while stationed here, but had no idea it would turn into a photography obsession and become part of his daily routine. He also used these photos to send to his family back home so they could see what he saw and share his experiences with him.

“My family totally enjoyed it when I sent pictures home,” said Parsons. “They enjoy nature as much as I do, so it was basically allowing them to appreciate the beauty of Gitmo while still being in the states.”

Navy Petty Officer 1st Class Marty Parsons shows a page spread in his photo book “Walkin’ In GTMO.” Parsons used photography as a means to take his mind off work while stationed here for a year.

Some of Parsons’ best shots were taken at Cable Beach and the cliffs around that area, but also the plant nursery, the hills behind Tierra Kay housing and ‘Rain Lake’ (as Parsons likes to call it) down the road from TK. Parsons’ favorite places were ‘Rain Lake’ and the plant nursery because they provided the best opportunities for wildlife, plant and flower photos.

“I call it ‘Rain Lake’ since it’s really only a lake after a good rain,” said Parsons. “It was my favorite place. My second favorite place is the plant nursery which is, in my honest opinion, the greenest part on the base.”

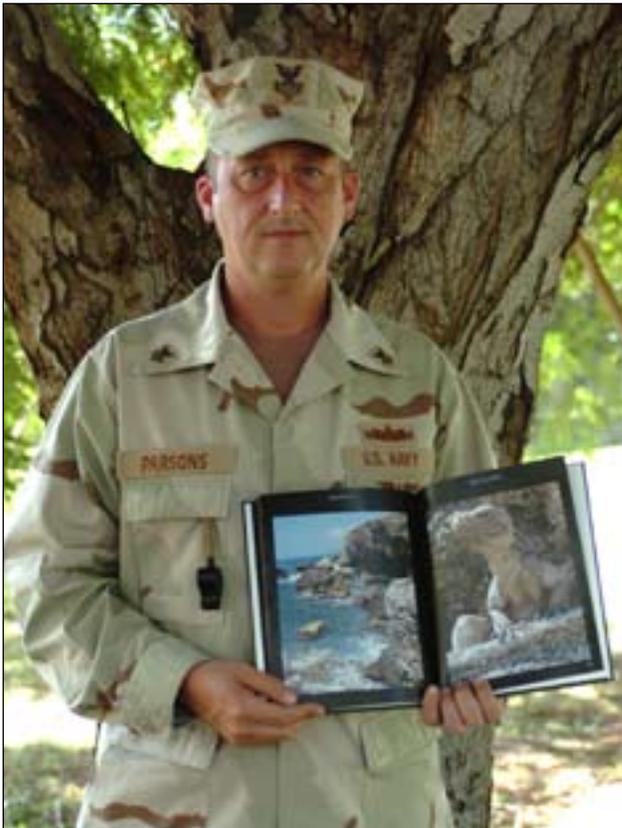
Parsons decided to put a photo book together as a souvenir for himself and his family after being unsuccessful at finding photo books of Gitmo currently in circulation.

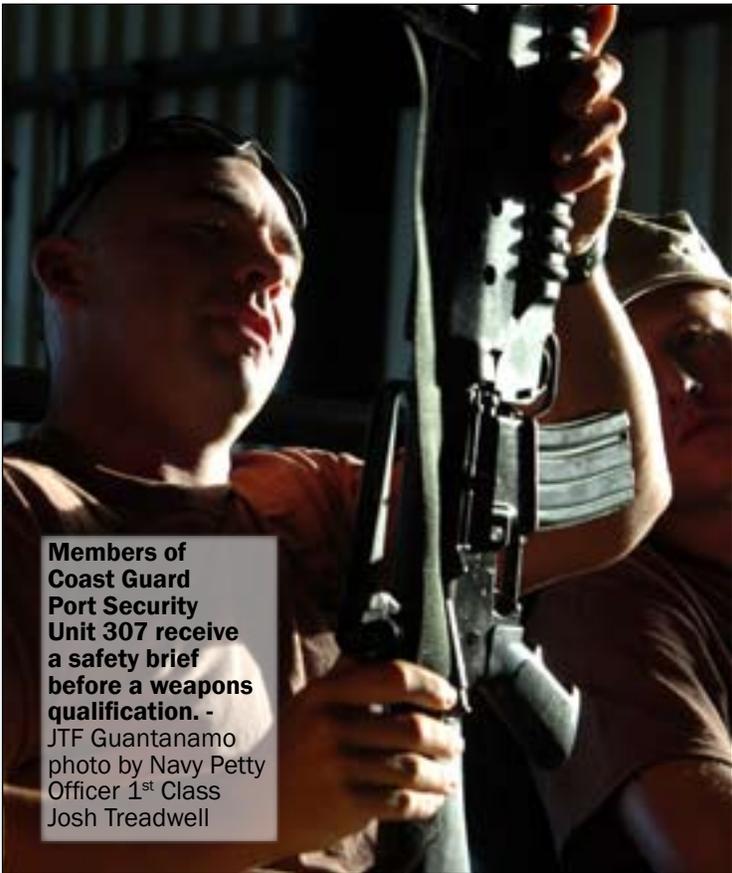
He had already started a photo album of his own, so after stumbling across a company which gave people bookmaking software- he completed his own layout and ordered two copies: one for here and one for home.

After showing it to numerous people, many became interested and wanted a copy of their own.

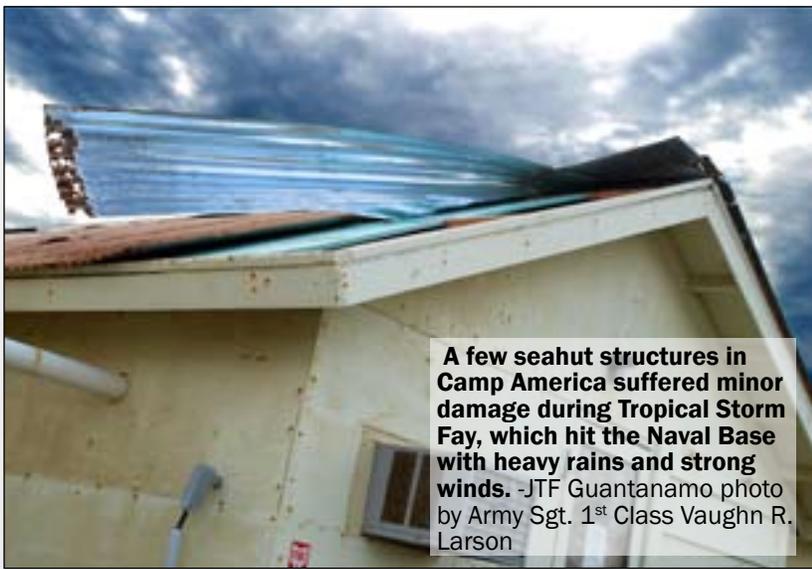
Parsons’ deployment and photo taking opportunities are coming to an end as he will soon be transferring to Naval Station Mayport, Fla. as a radar technician. His goal was to simply take more pictures before he left; over the course of a year, Parsons took around 8,000 photos.

“I hope people will take a little time to walk and appreciate the nature around us,” said Parsons. ☆





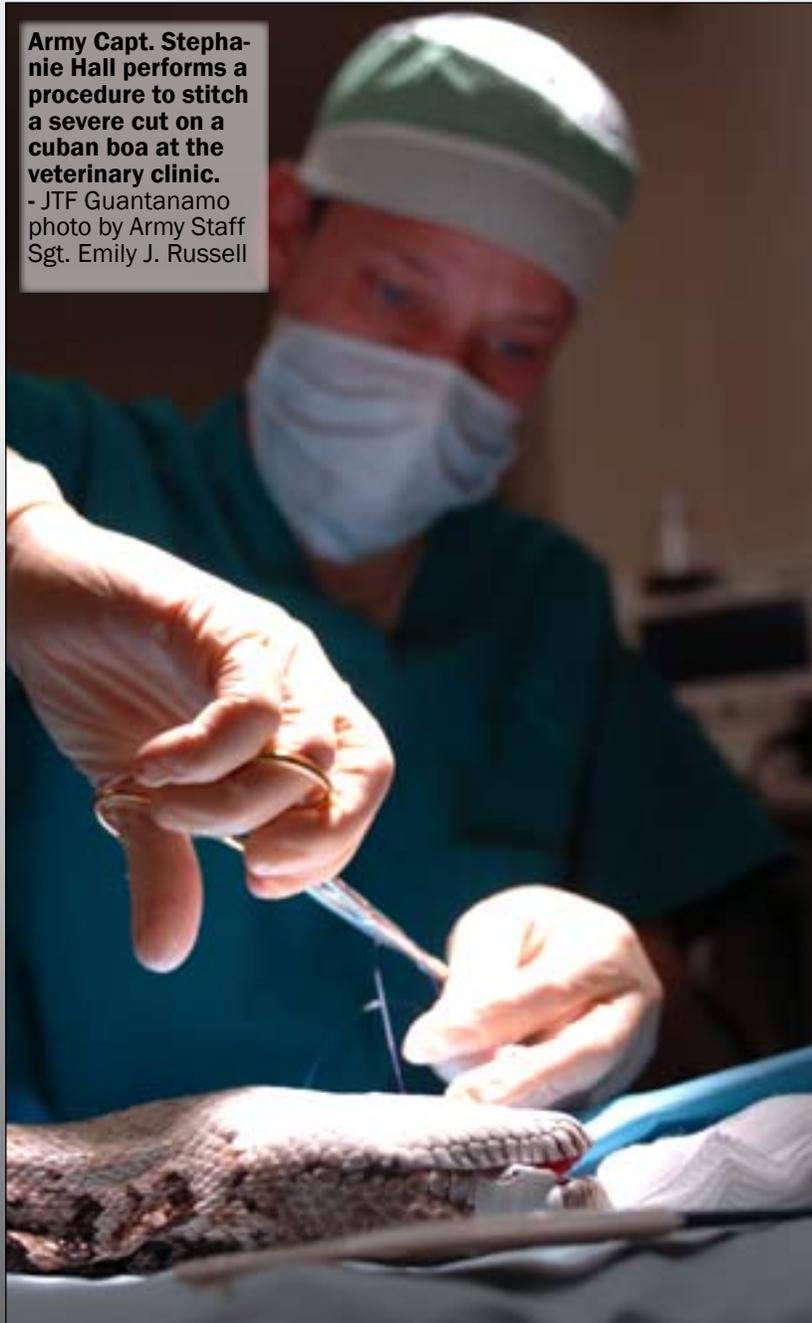
Members of Coast Guard Port Security Unit 307 receive a safety brief before a weapons qualification. - JTF Guantanamo photo by Navy Petty Officer 1st Class Josh Treadwell



A few seahut structures in Camp America suffered minor damage during Tropical Storm Fay, which hit the Naval Base with heavy rains and strong winds. -JTF Guantanamo photo by Army Sgt. 1st Class Vaughn R. Larson



Members of Naval Mobile Construction Battalion Four pour concrete into end walls for a storage unit building project. - JTF Guantanamo photo by Navy Petty Officer 3rd Class Kleynia R. McKnight



Army Capt. Stephanie Hall performs a procedure to stitch a severe cut on a cuban boa at the veterinary clinic. - JTF Guantanamo photo by Army Staff Sgt. Emily J. Russell

