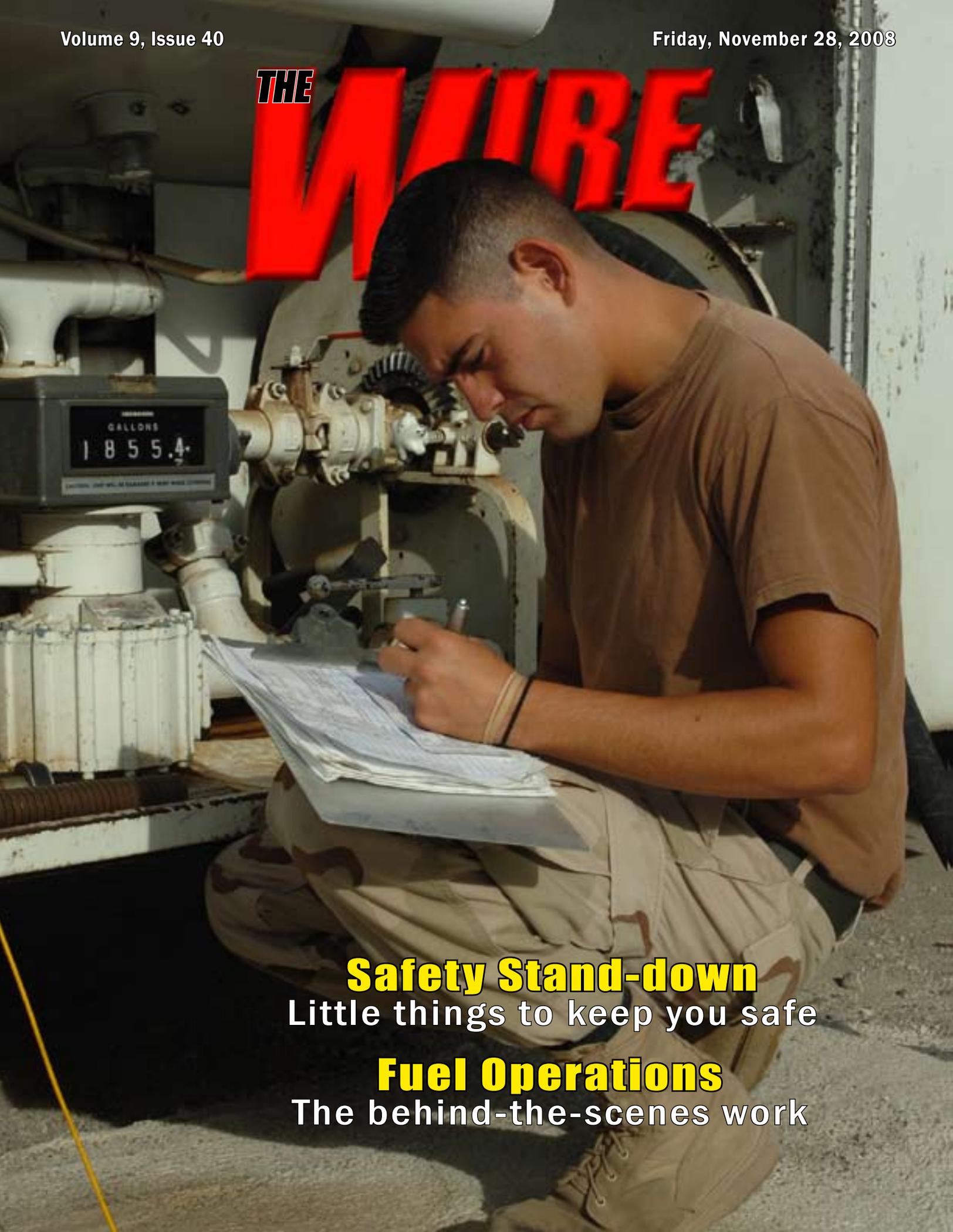


# THE WIRE



## **Safety Stand-down**

Little things to keep you safe

## **Fuel Operations**

The behind-the-scenes work

# Holidays spent away

**Army Master Sgt.  
Urbano Sosa**  
JTF Guantanamo J6

As the holiday season approaches and some deployments come to an end, we are reminded that our families await us at home with open arms and sheer happiness. With that in mind, we as leaders must keep two things in perspective: accomplishment of the mission and the safety and welfare of our Troopers.

For those Troopers who will continue with the mission it is imperative that they follow through with the above mentioned perspectives for they will soon be with their families as well. It is easy to lose focus during this time for two reasons: one, it's nearing the time to return home, and two, it's never easy spending the holidays or anytime away from loved ones. As senior non-commissioned officers and leaders, we must stress to our Troopers the importance of remaining focused and staying the path which we arrived with for this deployment.

One of the many unique things about being in the military is the camaraderie that Troopers obtain during their assignments. Through that camaraderie we become family and friends. This holiday season will be spent with our military family and friends, whether it's going to the galley for the special Thanksgiving and Christmas lunch or going to another Trooper's home for that special meal. Just because we are not home does not mean traditions have to cease. That's what makes the holidays such a special time, being with family and friends. On that note, during the holiday season emotions and feelings tend to emerge somewhat more often so as Troopers' young and old alike we must keep a watchful eye on one another. If you see another Trooper down or feeling lonely, include them in your plans for they will be much appreciative.

During this day and age deployments during the holiday season seem to be of the norm no matter what branch of service you represent. Keep in mind and don't fail to overlook that your families share your feelings and miss you just as much as you miss them. It is important to keep the lines of communication with your loved ones open and positive during this time of year.

Troopers, I ask that you stay positive, stay focused, and most importantly stay safe during this holiday season. In closing, keep in mind that it would be difficult to carry out any mission without the support and love of our families and fellow Troopers.

May you have a happy and safe holiday season. ★



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### COVER:

**Air Force Senior Airman Albert Leyvas, of the 474<sup>th</sup> Expeditionary Civil Engineer Squadron, records information from the running meter to keep track of how much fuel has been put into the truck since the beginning of its service.**

–JTF Guantanamo photo by Spc. Megan Burnham



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.

# Providing more than just fuel



**Air Force Master Sgt. James Butts observes the fuel operation of filling two fuel bladders at Camp Justice.**

## **Army Spc. Megan Burnham**

JTF Guantanamo Public Affairs

It is common knowledge that military commissions occur at the Expeditionary Legal Complex of U.S. Naval Station Guantanamo Bay. What is less commonly known or considered are the people responsible for keeping the ELC up and running, which in turn, enables the Joint Task Force to continue in their mission.

It is the primary mission of the 474<sup>th</sup> Expeditionary Civil Engineering Squadron liquid fuels section to provide power and continuously maintain that power to the ELC and Camp Justice.

“We [liquid fuels] are responsible for providing fuel for the MEP-12 generators which provide power for the camp,” said Air Force Master Sgt. James Butts, liquid fuels supervisor.

Not only does the fuel go towards maintaining power at the ELC and Camp Justice, it is also used to uphold comfortable living conditions for Troopers residing at Camp Justice.

“Our secondary duty is to provide fuel for the laundry tent, the boilers which provide hot water, and the portable generators used as back-up power.

Despite the liquid fuels section being manned by only Butts and Air Force Senior Airman Albert Leyvas, a liquid fuels apprentice, the daily workload doesn’t get overwhelming.



**Air Force Senior Airman Albert Leyvas checks the running meter of a fuel truck before pumping fuel to the fuel bladders.**

– JTF Guantanamo photo by Army Staff Sgt. Emily J. Russell

“We are under the utilities shop and they have about eight members so there’s always someone I can request help from,” said Butts. “Overall, it’s a steady job.”

For five days out of seven, liquid fuels acquire 1,900 gallons of fuel and pumps it to fill the two fuel bladders in service. These bladders can hold up to 10,000 gallons each. While usage varies between 900 and 1,100 gallons in a 24-hour period, much fuel is kept in stock to ensure that there is enough fuel to run all generators and ensure no chance of running out when fuel is not available, especially during the hurricane season.

To check fuel levels in the bladders, a stick is placed on top of the bladder and a tape measure is used to measure the height of the stick above the ground. Once the measure is taken, the measure in inches is then converted to gallons and written down; fuel checks are performed after every filling.

Since beginning their six-month deployment in August, Butts and Leyvas have improved the fueling process by installing two new bladders while completing constant inspections of them to minimize possible leaks. They also replaced the surrounding plastic around the fuel bladders to enhance the drainage system and ensure cleanliness, and they have changed worn out sand bags with 150 new ones.

“The service life of a fuel bladder is one year and installing the two new bladders prevented any extreme complications,” said Butts. “I feel that we improved the liquid fuel operations by 100 percent.”

The mission of the liquid fuels section offers much to the mission of Guantanamo Bay as well as the mission of the Joint Task Force. It is with their knowledge and hard work that operations continue at Camp Justice and personnel are able to live comfortably while accomplishing their own missions. ★

# In the name of safety



**Navy Lt. Eric Gearhart, a physician's assistant with Joint Task Force Guantanamo's Joint Troop Clinic, fights a virtual fire with the BullEx fire extinguisher simulator at the Naval Station Hospital booth during the Safety Stand-down Monday, Nov. 24.**

## **Army Pfc. Eric Liesse**

JTF Guantanamo Public Affairs

In any military environment – regardless of service branch, installation or mission – one component of work and leisure is stressed above all others: safety. From proper handling of an M-16 rifle to planning an effective home fire evacuation plan, safety is



**Air Force 1st Lt. Elesabeth Gutierrez, an officer with Joint Task Force Guantanamo's J-1 staff, walks the line wearing "drunk goggles" while Master Victoria Muller evaluates during the Safety Standdown.**

ever-prevalent in military communities.

To keep Guantanamo Bay residents up to snuff on their safety considerations, Naval Station Guantanamo's Safety Office conducted a holiday Safety Stand-down event at the Windjammer Ballroom Monday, Nov. 28. The event consisted of multiple booths from a variety of departments, commands and civilian contractor organizations, each showcasing information on safety throughout the holiday season and beyond.

Demonstrators used everything from simulated fire extinguishers at the Naval Station Hospital booth, seemingly endless piles of pamphlets on support from the American Red Cross station, to "drunk goggles" paired with a line walk at the NAVSTA Masters' at Arms booth on prevention of driving under the influence.

The drunk goggles at the MA's booth attracted the most attendees. When worn, the goggles simulate the coordination impairment for most people with a blood alcohol level of 0.10, which is 0.02 over most states' legal driving limit. Guantanamo, however, has a zero-tolerance policy with drinking and driving – any blood alcohol level is over the legal limit.

"I thought I would do pretty well, but after I took that first step, I was completely off the line," said Navy Capt. Fred Smith, the deputy director of Joint Task Force Guantanamo's Joint Intelligence Group.

For the NAVSTA Hospital booth, fire safety was taught with help from a fairly new training aid. Perry Randell, NAVSTA Hospital's safety manager, assisted Stand-down attendees in use of the BullEx, a fire extinguisher simulator.

"It uses a digital flame that responds to the laser in the fire extinguisher," Randell said. The extinguisher is pointed at a screen of lights animated as a fire, at which the user

aims the hose to realistically simulate putting out a small fire.

Randell added the BullEx can be used in conjunction with smoke machines and building alarm systems to assist enlarging even a standard fire drill. The aid helped show all attendees how extinguishers actually work, stressing sweeping side-to-side at the fire's base, rather than blasting the top of the flames.

The American Red Cross provided a table full of pamphlets for everyone, assisted by Denise Clark, Guantanamo's American Red Cross station manager. She presented information on a wide variety of topics from water recreation safety, baby-sitting training, proper food and water methods for power outages, and even cardiopulmonary resuscitation information for both humans and pets.

"Lots of Troopers come here and they are already [AMC-certified CPR] trainers," Clark said. They can then in turn help train more Troopers in proper CPR methods, allowing Clark to certify the training.

Clark also showcased emergency preparedness bags. These hold vital goods that are in easy reach in the event of a serious emergency; things such as a first aid kit, personal hygiene products and a sealed blanket. The cost for a standard kit is around \$30. However, Clark hopes that cost will come down.

"We are hoping for contributions to get the cost down to \$15 or even \$5," Clark said.

The Safety Stand-down, a mandatory event for all Guantanamo Bay military personnel, went on all day showcasing areas to improve safety considerations and proper emergency procedures. The important theme stressed by all booths throughout the event was as consistent and simple as the military expression: Safety first. Safety always. ★

# Our mission remains the same



**There is no uncertainty to the Joint Task Force Guantanamo mission, according to Navy Rear Adm. Dave Thomas, Jr. – the safe, humane, legal and transparent care and custody of detained enemy combatants, including those convicted by military commission and those ordered released. – JTF Guantanamo file photos**

**Army Sgt. 1<sup>st</sup> Class  
Vaughn R. Larson**

JTF Guantanamo Public Affairs

The incoming administration promised to close down detainee operations here during its presidential campaign, and news outlets regularly report about how those plans are proceeding and what changes may be required.

As the transition of White House policies commences, the commander of Joint Task Force Guantanamo urged Troopers here to focus on the mission at hand and not on speculation.

“There’s a lot of uncertainty about the future,” acknowledged Navy Rear Adm. David M. Thomas, Jr. “That can be cancerous to our organization.”

He allowed that the detainee camps will close – someday.

“Of course we’re going to close detainee operations,” Thomas said. “Both [presidential] candidates said we would. The challenge is how.”

“I’m on two-year orders, and I’m six months into them,” he continued. “People who show up here will do their full tours – that would be my bet.”

As part of a presentation the admiral plans to give to every JTF Trooper in the coming days, Thomas dispelled common myths about the mission here – and quelled the rumors about the future of Guantanamo Bay.

“There’s a whole lot more to Guantanamo than JTF,” he said, noting that this is the longest-serving overseas U.S. Naval base.

See **JTF/12**

**THE WIRE | PAGE 5**

# Run now, eat later



Participants race off the starting line at Phillips Park during the annual Coast Guard 5-kilometer fun run.

## Navy Petty Officer 1<sup>st</sup> Class Jayme Pastoric

JTF Guantanamo Public Affairs

Thanksgiving is a holiday known for eating your fill and watching football. Families and friends spend days preparing the Thanksgiving meal and hours after of clean up.

Some traditions on Thanksgiving include eating, sleeping, eating and sleeping. To help Troopers cope with the massive calorie intake and jaw-chewing exercising, the Coast Guard unit held a 5-kilometer run on Saturday to prepare Troopers for an eating marathon.

Early Saturday morning, participants came to Phillips Park to participate in the annual Coast Guard Turkey Trot.

Event organizer Lee Cuthbertson enjoyed the turn out of participants. He said the event was a great success and enjoyed hosting the event.

“The last 5K the unit hosted on the Coast Guard Day birthday was very successful,” said Cuthbertson. “There were many requests from Joint Task Force personnel for Coast Guard race shirts.”

Cuthbertson said that the finishing the race itself was the highlight of the race for him. “The weather was great and the course offered a great view of the coast.”

Participants started the Turkey Trot at Phillips Park, ran to Cable beach, and then ran back down Sherman Road, finishing back at Phillips Park.

“In all, a great success,” said Cuthbertson. “Everyone had a good time and burnt up some calories getting ready for Thanksgiving.”

“My favorite part of Thanksgiving is spending time with my family and friends,” said Cuthbertson. “And of course, all of the foods we get to eat.” ☆



Participants in the Nov. 22 Turkey Trot race along the U.S. Naval Station Guantanamo coastline in the early morning.

# QUANTUM OF SOLACE 007

Army Pfc.  
Eric Liesse

JTF Guantanamo Public Affairs

The character of British MI6 00-agent James Bond has been a staple of pop culture for more than 50 years. The most common take on the character portrays him as the epitome of the womanizing, debonair secret agent. He uses an endless supply of nifty gadgets to smoothly catch the grandiose evil-doers, all the while giving countless one-punch knock-outs to an infinite number of nameless henchmen.

However, in the latest Bond story, the Marc Forster-directed “Quantum of Solace,” Bond could not be less of a romantic. As a direct sequel to 2006’s story-reboot “Casino Royale,” this outing is the darkest, most physical and loveless Bond film yet. Again featuring Daniel Craig as Bond, he ruthlessly pursues the shadowy criminal organization Quantum for revenge in the murder of Vesper Lynd, his love interest from “Casino Royale.”

The film starts with Bond in a high-speed car chase on the thin roads of the Italian hills as he heads to Siena. In his trunk is a tied-up Mr. White – a mid-level Quantum agent Bond captured in the last film. Once at Siena, Bond, his boss M (Judi Dench) and other MI6 agents attempt to “forcefully” interrogate White for information on the Quantum agency. White quickly makes them realize that the organization has operatives everywhere, signaling Mitchell – one of the MI6 body guards – to open fire on the group, allowing White to escape.

Bond chases Mitchell in a quick-cutting, roof-top-running chase which ends in a construction scaffolding shootout. Less than 20 minutes into the film, two extremely well-shot and well-performed action sequences take place. Right off the bat, the physical bar for this Bond film is set sky-high.

The rest of the story plays out over multiple countries with several different characters. Bond’s main enemy is Dominic Greene (Mathieu Amalric), high-profile leader of the environmental organization Greene Planet. Greene tells the public he intends to help drought-stricken Haiti, but Bond learns about sinister ulterior motives.

Greene is not a typical Bond villain, as he is an environmentalist without any grotesque physical features, and he isn’t a madman using nuclear weapons to destroy London. Rather, the story’s creator, Michael G. Wilson, intentionally made him more grounded in reality to put focus on the political and economical corruption that the story holds.

The sultry “Bond girl” of the film is Camille Montes (Olga Kurylenko), a Russian-Bolivian woman who attempted to seduce Greene to manipulate him for

her own reasons. Camille sometimes seems shifty in her alliances, but Bond does not stop from using her help.

Through most of the film, Bond is not on M’s good side. After killing a couple henchmen rather than capturing them for questioning, M is forced to tame Bond. He is stripped of his 00-agent status, his passports and credit cards are frozen, and British operatives are sent around the world to reel him back to London. Not to be stopped from his revenge or pursuit of Quantum operatives, Bond is forced to elude even his fellow agents.

As “Quantum of Solace” is the 22nd official Bond film, long-standing Bond references make appearances. The title sequence is full of cool animations with a song by Jack White and Alicia Keys, Bond does the infamous gun-barrel shot and many exotic locales are visited. There is still no Money Penny or Q, however.

The film is intense, both with physicality and plot. There are many characters and several quick plot points that some viewers may gloss over. You must pay attention to names and subtle details if you want to fully understand the story. As with most Bond films, this is not a mindless action movie. It is a well-told espionage/revenge film with lots of action.

“Quantum of Solace” is not a standard Bond film by any means. There is little womanizing, and he is in a tuxedo only once! Craig doesn’t push his classic charm or use high-tech gadgetry to get the job done. This ruthlessly cold Bond is all about business through force. 🍷

**PG-13**  
**1 hour, 46 minutes**

**Rating: ★★★★★**





Participants running along the coast line



Event organizer Lee Cuthbertson explains the race route to participants

# Coast Guard TURKEY TROT 5K



Running down Sherman Road



# The price of ethics



**Army Brig. Gen. Gregory Zanetti, left, speaks about money and ethics during a prayer breakfast at Seaside Galley last week. Below, Army Col. Jacob Goldstein offers his observations on the topic. – JTF Guantanamo photos by Navy Petty Officer 2<sup>nd</sup> Class Jayme Pastoric**

## **Army Sgt. 1<sup>st</sup> Class Vaughn R. Larson**

JTF Guantanamo Public Affairs

According to the Apostle Paul, the love of money is the root of all evil.

But money still has value in society, and Army Brig. Gen. Gregory Zanetti, Joint Task Force deputy commander, cashed in by using money as a metaphor for morality during a prayer breakfast at Seaside Galley Monday morning.

Money derives its value from the trust placed in it by others, Zanetti explained. That's why merchants who were caught using unjust weights and measures in ancient times faced severe punishment.

"What we do with money reflects who we are," Zanetti said. "As we print money for federal bailouts and for Social Security, as we are raking up debt, are we exercising just weights and measures, or are we acting immorally? Are our children entering a contract to pay our debt?"

Zanetti said that service members typically do not join the military for money – their stock in trade is the trust they place in each other. That particular currency was devalued during the Vietnam War, he said.

"We lost our integrity," Zanetti said. "We won every battle, but we lost the war."

Following Vietnam, the Army worked to restore integrity. The success of that effort was borne out during Desert Storm. But recent events have Zanetti concerned about the stability of our integrity currency.



"We lied about Jessica Lynch," he said. "We lied about Pat Tillman. Here at Guantanamo we are still paying the price for the lies about Abu Ghraib."

Shifting to actual currency, Zanetti noted that Troopers and their families would most certainly be affected by the current financial crisis over the coming years.

"How will you behave?" he asked. "What will be your money?"

The general also questioned how the financial crisis would affect Troopers' relationship with God.

"He doesn't need your money, your tithes," Zanetti remarked. "He wants your trust."

The breakfast also featured an ecumenical flavor. "Zak," JTF cultural advisor, offered a prayer asking for "shalom, salaam, peace." Army Col. Jacob Goldstein, an Army Reserve Jewish chaplain, asked those in attendance to take out a dollar bill and look at its back.

"We are the only democratically elected country that says, above our money is God," Goldstein explained.

Army Capt. Eric Bey, protestant chaplain for the 525<sup>th</sup> Military Police Battalion, prayed for moral strength and courage for JTF Troopers as well as financial wisdom. Army Capt. Scott Brill, Mormon chaplain for the Joint Detention Group, offered the introduction and benediction. ★

# Great additions to the Reef Raiders' team

Sarah Cleveland (middle) instructs two students on the correct techniques for safely ascending back to the surface. - JTF Guantanamo photo by Navy Petty Officer 1st Class Jayme Pastorico

## Army Spc. Megan Burnham

JTF Guantanamo Public Affairs

Finally, after long hours of class preparation, studying for exams consisting of physics and physiology, and completing at least 100 open-water dives, four Joint Task Force personnel have become certified as open-water scuba instructors for the Reef Raiders Club here on U.S. Naval Station

Guantanamo Bay.

"[Reef Raiders'] got new blood in, new concepts, new ideas and new programs to work with," said Bill Keenan, co-president of Reef Raiders. "Everyone has a slightly different view about how things work and they bring a fresh start to the system."

It is through Professional Association of Diving Instructors, the world's leading scuba diving training organization, that Reef Raiders has been able to offer scuba

classes to all interested Guantanamo residents. Currently, PADI has been changing their training material as technology develops.

"It's beneficial to all of us because the older instructors learn

from the newer instructors with the new technology coming out," said Keenan. "Since then, we've upgraded some of the teaching we provide and materials that we've used because of that."

The new scuba instructors are Shane Lauritzen, Sarah Cleveland, Jeffery Agan, and Kevin. The group began working together during the Instructor Development Course; however, none of them began their diving at the same time.

"I started diving in college when I took it as an elective with some friends," said Cleveland.

Kevin commented, "When I first got here, some friends of mine were already diving. They said I should start diving and I did and I fell in love with it."

Additionally, as each diver became more and more passionate in diving, their reasons for becoming an instructor were different as well.

For Lauritzen, it was being able to teach his friends and family while having a cool retirement job lined up that made him want to become an instructor. For Kevin, it was getting people from work interested in diving while they asked him questions and advice.

"They would have me teach them different things. That was pretty rewarding," said Kevin. "That was what made me decide I wanted to get into instructing."

The path to becoming certified is not simple or cheap and, for these instructors, many hours were required on a weekly basis.



**Newly certified Reef Raider open-water scuba instructors receive their certifications from the Instructor Development Course Instructor and Instructor Examiner. Pictured are (front row left to right) Shane Lauritzen, Sarah Cleveland and Mark Rainbolt. Second row (l-r): Kevin, John Land, and Jeff Agan.**

# Joint Task Force mission to continue

JTF from 5

Thomas also responded to questions of legality – for example, a recent *New York Times* editorial referred to detainee operations here as an “outlaw prison” – by stating that the mission here is in accordance with international law, U.S. law and Department of Defense policies.

Part of the JTF mission is to support the military commissions.

“We don’t run those procedures,” he admitted. “Love ‘em or hate ‘em, it’s part of a broader policy. It’s the right discussion to be having.”

Claims from detainees of medical abuse? “Nothing could be further from the truth,” the admiral said. “You could not buy the quality of health care given to detainees.”

Thomas showed an image of Camp X-Ray, where detained enemy combatants were initially held in 2002 during a four-month period while permanent facilities were constructed.

“These are not the conditions today,” he stressed. “We have world-class facilities, and we continue to refine them.”



**Navy Rear Adm. Dave M. Thomas, Jr.**

The approximately 250 detainees here today are housed in modern facilities based on federal Bureau of Prisons standards, Thomas explained.

“People who show up here will do their full tours.”

“It’s just as you would expect from your government,” he said.

Thomas devoted much time and energy dispelling the myth of improper detainee treatment, and he praised the integrity of the guards here. He noted that guards interact with detainees on a regular basis.

“There is no remote-control activity here,” he said. “It’s person-to-person, and it’s stressful.”

The JTF commander said that guards perform their duties flawlessly, even without constant direct supervision.

“These are your kids – they’re my kids,” Thomas said of the guards, who average between 18 and 24 years in age. “They’re your neighbors’ kids, just doing their job here at Gitmo. People doing a very difficult job under extraordinary circumstances, and doing it well.” ☆

## Mosquito Bite Prevention

- Stay indoors at dawn, dusk and early evening. This is when mosquitoes are most active.
- Wear long-sleeved shirt, long pants and socks whenever you are outdoors; wear loose-fitting clothing to prevent mosquito bites through thin fabric.
- Use insect repellents that have been approved by the Environmental Protection Agency (EPA). They are safe and effective.
- Eliminate mosquito-breeding sites by emptying water from birdbaths, old tires and other outdoor containers or debris.
- Make sure that door and window screens do not have holes.
- Vitamin B, ultrasonic devices and “bug zappers” are NOT effective in preventing mosquito bites.

**Prevention Works!**

For more information, please email [safety@jftgmo.southcom.mil](mailto:safety@jftgmo.southcom.mil)  
Information provided by The U.S. Army Center for Health Promotion and Preventive Medicine

Jeff Agan demonstrates the use of a lift bag during a search and recovery class at Phillips Dive Park. This is a required course to become an open-water scuba instructor.



# Learning to instruct

**DIVE** from 11

“I spent between 20 to 30 hours per week on classroom work and teaching basic skills during confined water dives in the pool and open water dives,” said Lauritzen.

Cleveland added, “Many JTF Troopers have extremely unique work hours that did not fit in the class schedules. It can take an early morning dive, an after work dive, or a dive on a holiday, but I am usually trying to help someone complete a certification when I am not at work myself.”

The instructors have been certified since October and have shown their knowledge and effectively used their learning background in scuba diving to teach new divers.

“I’ve already had some reviews and comments back from students and they seem to be very, very happy with their scuba experience,” said Keenan. “Many are excited and plan to move on with additional courses and are looking forward to working with [the instructors] again.”

The future path for these new instructors varies greatly as some plan to stay here longer while others only have a short time left on island. However, each plans to continue to teach wherever life takes them.

“These new instructors are just as good as any teachers that I’ve seen out there, said Keenan. “They’ll do Guantanamo Bay proud.” ☆

## Boots on the Ground

*What is your favorite Thanksgiving Day tradition?*

*by Army Staff Sgt. Gretel Sharpee*

**Army Pvt. Kaler Haynes**



“Watching football with my family.”

**Army Pfc. Richard Creech**



“Hunting turkey – we usually go to Arkansas for that.”

**Army Spc. Ernesto Arias**



“Just being with my family in Puerto Rico.”

**Navy Petty Officer 3<sup>rd</sup> Class Cedric Gearing**



“Carving the turkey with my family and friends.”

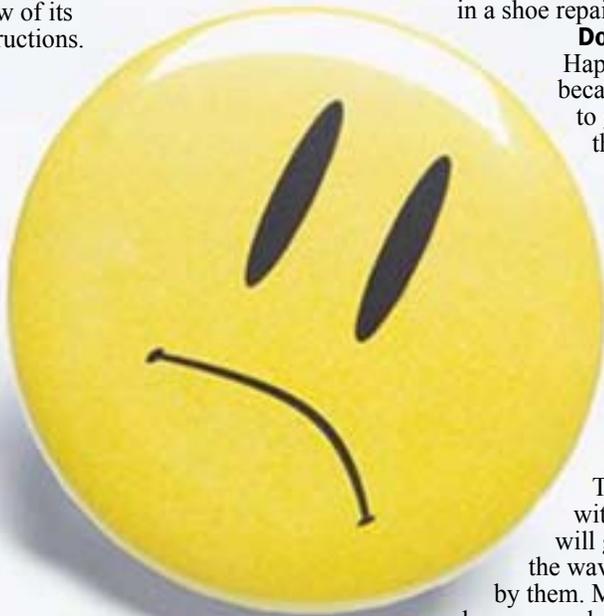
# How to be totally miserable

**Army Capt.  
Scott Brill**

JTF Guantanamo Deputy Chaplain

Some of the great lessons in life come from the most miserable people, places and things. What a great world we live in, where even the bad can be for our good. Suffering is mandatory, like a really bad sunburn, or... well you think of something. Misery on the other hand is optional. Of course we all have something to complain about, we all have problems, but we also have choices that determine our frame of mind. Welcome to planet earth, right?

The bookstores and libraries are full of self-help books on how to be successful, rich, happy, etc. All well and good, but what if I don't want to be happy? What if I am tired of happy people and happy books that happy people are reading? To my surprise I found such a book, where from its pages a person can learn how to be totally miserable, and on the way, how not to be. I have included a few of its instructions.



Enjoy, or not, it is always up to you. (As a man thinketh, so shall he be, Proverbs 23:7)

## Complain About Your Blessings

Lots of people complain. Most people complain about their problems, but miserable people are different – they complain about their blessings. If their car breaks down, they complain that it isn't new. If their waitress is slow, they complain and withhold a tip. If their cell phone drops a call, they complain about their service. They're like the people in the Old Testament who got free food from heaven and said, "What? Manna again?"

By contrast, happy people are grateful to have a car, thankful they can afford to eat at a restaurant, and stoked that they have a cell phone. Most people in the world don't have cars, can't afford restaurants, and have never sent a text message. Happy people count their blessings, while the miserable complain about theirs.

"I complained because I had no shoes until I saw a man who had no feet." - sign in a shoe repair shop

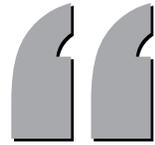
## Don't Have A Purpose

Happy people rarely get down, because they have a reason to get up. They know why they're here and what they're supposed to do. Since they have a purpose, they live their life on purpose. They memorize their mission, ponder their purpose, and always seem to be going someplace. Having a purpose is like having a rudder that steers you through life's storms, winds, and currents.

Miserable people drift.

They just go with the flow without asking where the flow will go. They don't push through the waves, they get pushed around by them. Miserable people have no plans, no goals, no dreams, no purpose. No wonder they're miserable.

"Behold also the ships, which though they be so great, and are driven of fierce winds, yet are they turned about with a



**Most folks are about as happy as they make up their minds to be.**

- Abraham Lincoln

very small helm, withersoever the governor listeth." (James 3:4, New Testament)

## Put Deadlines On Your Happiness

Miserable people look for some outside event to make them happy. "As soon as I graduate, I'll be happy." After they graduate, they say, "Well, as soon as I get a job, I'll be happy." After they get a job, they say, "Okay, as soon as I get married, I'll be happy." Miserable people never seem to learn that happiness is a decision, not a destination. It's an attitude, not an event! If you're determined to be miserable, then think of life as a waiting room, and happiness as your doctor. You know you'll be waiting in there forever, so enjoy the magazines. (And when you finally get into see Dr. Happiness, he'll just tell you to schedule another appointment - and then you'll be happy.)

"Most folks are about as happy as they make up their minds to be." - Abraham Lincoln

"[The fact is] most putts don't drop. Most beef is tough. Most children grow up to be just people. Most successful marriages require a high degree of mutual toleration. Most jobs are more often dull than otherwise. Life is like an old-time rail journey – delays, sidetracks, smoke, dust, cinders and jolts, interspersed only occasionally by beautiful vistas and thrilling bursts of speed. The trick is to thank the Lord for letting you have the ride" (Lloyd Jenkins Jones. "Big Rock Candy Mountains," Deseret News, June 12, 1973, A4).

My thanks to John Bytheway, for writing "How to be Totally Miserable." ✦

## JTF CHAPEL SCHEDULED PROGRAMS

### Catholic Mass

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

**Wednesday:** 11 a.m. Mass

### Protestant Worship

**Sunday:** 9 a.m.

### Spanish Protestant Worship

**Sunday:** Noon



Coast Guard Petty Officer 3rd Class Johnny Boykins stands in front of Camp America after his selection as Joint Task Force Trooper of the Year. – JTF Guantanamo photo by Army Pfc. Carlynn Knaak

# Best of the Best

## Navy Petty Officer 1st Class Jayme Pastoric

JTF Guantanamo Public Affairs

To be the best at something is a big accomplishment. Many hours are sacrificed and effort is put into achieve a goal that few have reached.

To be honored as the Trooper of the Year is an accomplishment that many strive for but only one can achieve.

Coast Guard Petty Officer 3rd Class Johnny Boykins of Coast Guard Port Security Unit 307 has achieved this goal and has been named Joint Task Force Trooper of the Year.

“I put my best foot forward and tried to live up to the Coast Guard Core Values of Honor, Respect and Devotion to Duty,” said Boykins.

The selection process for Boykins was

bittersweet. After barely missing Trooper of the Quarter, his chain of command nominated him for the Trooper of the Year.

“I sat for the TOQ board and just missed out,” said Boykins. “Later, Master Chief Scott Huff told me he selected me for Trooper of the Year.”

Boykins said the selection process was a lot of work and he spent many hours preparing for his board and maintaining his military bearing.

“I studied a lot for the board,” he said. “I was able to use a lot of my college and Coast Guard training to overcome some of the questions.”

Boykins’ squad leader, Petty Officer 1st Class Jay Doyle, knows Boykins’ potential and says it’s only a matter of time before his career takes off.

“Boykins has great character. His

ability to use his public speaking along with his academic excellence gives him every reason to excel in anything he does,” said Doyle. “He is always reliable and a model Coast Guardsman.”

A selection to Trooper of the Year brings a lot of increased responsibility, a responsibility Boykins gladly takes on.

“This is really good for my career and as a senior Petty Officer 3rd Class,” said Boykins. “I’m ready to have the increased responsibility and pass my knowledge on to others in my unit.

Boykins credits his unit for his achievement in being selected.

“Everyone in my unit helped me out by giving me quizzes and asking me questions all of the time. I felt comfortable going into the competition knowing I had a lot of people helping me,” Boykins said. ★



**A Joint Task Force Guantanamo Trooper displays reading materials from the JTF library for detainees to choose from. The library holds 8000 books and magazines in English, Pashtu and Arabic. – JTF Guantanamo photo by Navy Petty Officer 2<sup>nd</sup> Class Patrick Thompson**



**Devon Christie, a financial technician at U.S. Naval Station Hospital, rolls the ball down the lane at the Marble Head Lanes bowling center for the Turkey Shoot competition, Nov. 21. When a bowler achieved striking down all pins three times in a row, they were awarded a frozen turkey. – JTF Guantanamo photo by Army Spc. Megan Burnham**

# Around the JTF



**Navy Petty Officer 2<sup>nd</sup> Class Cornelius Singleton sorts mail for Troopers at the Joint Task Force Post Office, Nov. 20. Postal workers here sort an estimated 6,000 pounds of mail per week. – JTF Guantanamo photo by Army Spc. Erica Isaacson**