A Naws Magazina

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learn to be an effective lead-

Here are a few of my favorites that I have learned through the years:

Mentor your Troopers. Teach your Troopers to think for themselves. Teach them to learn and grow from their experiences. Be there

to clarify any miscommunications. Teach them how to see the big pic-

Listen to your subordinates. Everyone likes to contribute. Encourage their input in situations. Remember that good solutions come from all ranks.

Accept responsibility for your mistakes. No one is infallible. It is not a weakness to be wrong and admit it. You will earn your subordinates' respect when you admit you are wrong and learn from it.

Supervise by knowing, not guessing. Learn the jobs of those you supervise. This will help you teach them in their field, it will help you lead them by example and not fluff. Sympathize with their struggles and praise them for their accomplishments.

It is written somewhere. This one is pretty self - explanatory. The military has been around for a long time and this situation has come up at least once. Don't wing it just so you can say "mission complete."

Train with your Troopers. It is hard to balance your time when you are a leader. Be with your troops to

train. Learn with them. Let them see you go through and understand the same things they do and their respect will follow.

Hands on is always better. Train under realistic situations. Tell me. show me and then let me do it. This is the way to train.

When you learn, you grow. Everyone needs to learn and grow, even from their mistakes. When you stop learning and growing you become ineffective and can not lead Troop-

Provide realistic goals. If you expect too much you might not get the effort you want, especially if your Troopers believe they can't reach your goals. Small steps are better then a large step that they can't envision themselves.

**Knowledge is power**. It sounds crazy, but it is true. Go to every school provided here and meet all the requirements ahead of schedule. It isn't bad to be the one that knows everything, only the one that doesn't know anything. Be professional, respectful and take pride in yourself. Lead by example! It is the key to being a good leader.

#### JTF-GTMO Command

Commander:

Navy Rear Adm. Mark H. Buzby Joint Task Force CMC:

Navy Command Master Chief Brad

Director of Public Affairs:

Navy Cmdr. Rick Haupt: 9928 241st MPAD Commander: Army Maj. Edward Bush: 9927

241st MPAD First Sergeant: Army 1st Sgt. Patrick Sellen: 3649 **Command Information Officer:** Army 1st Lt. Kevin Cowan: 3596 **Command Information NCOIC:** Army Staff Sgt. Paul Meeker: 3593

#### The Wire

Editor:

Army Staff Sgt. Paul Meeker: 3651

**Asst Editor:** 

Navy Petty Officer 3rd Class

Jeff Johnstone: 3594 Layout and Design:

Navy Petty Officer 2nd Class Gary Keen and Army Sgt. Scott Griffin:

3594

Web Design:

Navy Petty Officer 1st Class Richard Wolff and Navy Petty Officer 2nd Class Patrick Thompson: 3589 Staff Writers & Design Team:

Army Spc. Shanita Simmons: 3589 Army Pfc. Daniel Welch: 3589

#### Contact us:

Base Information: 2000

Public Affairs Office: 3651 or 3596 From the continental United States: Commercial: 011-53-99-3651

DSN: 660-3651

#### Online:

www.jtfgtmo.southcom.mil



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# ONTHE RECORD

By Army Sgt. Scott Griffin and Staff Sgt. Paul Meeker

JTF-GTMO Public Affairs Office

Joint Task Force-Guantanamo (JTF-GTMO) Commander, Rear Adm. Mark H. Buzby, made time this past Tuesday, June 12, for a live telephone interview with Associated Press (AP) reporter Andrew Selsky. Selsky called in from his AP bureau in San Juan, Puerto Rico, for an entirely "on the record" interview with Buzby. The interview was noteworthy and informative, given that the worldwide media is once again hyper-focused on GTMO, especially since the reported suicide of Abdul Rahman Ma'ath Thafir Al Amri on May 30 and the Commissions hearings on June 4. Both of these events have re-energized wide-ranging discussions about the immediate future of GTMO.

Buzby addressed the issue, acknowledging that as long as tasked with the mission, JTF-GTMO will conduct it safely, humanely, transparently and legally.

"GTMO has the capability to be around for some time, not just because of the detainee operations here, but also because of the intelligence gathering done here," Buzby said. "There's a great need for a facility to process the intelligence being gathered for the Global War on Terror."

When asked about past allegations of harsh interrogation and torture, Buzby replied that GTMO operations have been thoroughly and repeatedly scrutinized. "We've been investigated a number of times, and GTMO's been doing it right from the beginning with very few exceptions," Buzby said. In fact, he noted that of the myriad allegations investigated by the Church report in May of 2004, only a couple had even minimal substance. He added that GTMO has constantly operated in accordance with set procedures approved at the Department of Defense level. These same procedures later became policy throughout all Department of Defense operations.

Buzby addressed the recent Commissions and the effects they have on daily life for the JTF.



Rear Adm. Mark H. Buzby, commander, JTF-GTMO, confers with his special staff officers shortly before a phone interview with Associated Press reporter Andrew Selsky. Buzby spoke with Selsky to address major concerns for the future of the Joint Task Force.

"An important part of our operation is the mission to support the Commissions," Buzby said. "That means lots of movement operations, lots of guard work, lots of media coming in to cover it. It's just another day as we move forward."

When asked about the importance of recent transfers of new detainees to GTMO, Buzby responded frankly.

"The new detainees are of interest to the JTF and our existing detainees have renewed importance in putting together the mosaic of all al Qaida, Taliban and African operations. We're open for business. We're going to mine this intelligence for some time," he said.

Raising the issue of detainees currently on hunger strike, Selsky asked if this behavior could be seen as a "war of wills." Buzby acknowledged that there is, in fact, a 'war of wills' going on at GTMO and reiterated again the strategic importance and absolute integrity of the mission JTF is committed to accomplishing.

"It's my critical mission to provide safe and humane care of these detainees," Buzby said. "It's also my job to take care of our Troopers. I'm disappointed when accusations of torture are made. It's just plain wrong. These Troopers – Army, Navy, Air Force, Marines and Coast Guard – are doing a noble job. They are all talented people that perform their duties extremely well," Buzby said.

"We're going to keep ourselves and the detainees safe as long as we have them down here," Buzby said, "and that will be as long as GTMO is another battlefront in this 'war of wills.'"

# Network News: Network News:

## From the JTF-GTMO Information Assurance Office

We've all heard the cliché, "you're only as strong as *your weakest link*." This phrase applies in many instances, including when talking about the security of our computer networks. *The weakest link* in our networks could be a number of things at any given time. Here are a few things that typically are our *weakest links* in the information system chain and what we can do to strengthen them:

Weakness: Newly-discovered hardware/software vulnerabilities. Each day, vulnerabilities are discovered in the hardware and software that we use. Unless resolved, "bad guys" could potentially take advantage of these vulnerabilities to access our network.

**Resolution:** disseminating "patches" across the network that fixes the respective vulnerability.

*Weakness:* Computer system users. Users are constantly bombarded with

junk e-mails containing malicious attachments, links, etc. If a single user clicks on an attachment, link, or other malware, the entire network can be compromised.

**Resolution:** continuous user training and awareness. Most users have no intention of introducing a vulnerability to the network. However, with the increased sophistication of spoofed e-mails, social engineering tactics, etc. that "bad guys" are using, a complacent user could unwittingly introduce a vulnerability to the network simply be clicking on a link or executing an attachment. Users must remain informed and constantly skeptical to ensure they don't unknowingly create vulnerability on our networks.

**Weakness:** Insider threat. This is the threat that a "trusted user" (somebody with a user account) poses to the system because of the inherent rights that they have on the network.

**Resolution:** restricted rights

and constant monitoring of network traffic.

Generally, everybody on the network (including system administrators and the like) is restricted to what they can and cannot do on the network. Additionally, network traffic is constantly analyzed to ensure that everything that occurs on the network is legitimate. These two controls minimize the potential damage a user can cause to the network.

Knowing where our weaknesses are and how to strengthen them are keys to securing our networks. Although our network is only as strong as our weakest link, if we can constantly **strengthen** that weakest link, the security of our networks will continually improve. If you have any questions or concerns about a computer security issue, please feel free to contact the JTF-GTMO IA Office at j6-ia@jtfgtmo.southcom.mil or ex: 3333.

## **Keeping GTMO safe: Report suspicious activity**

By Waylon Bader

JTF-GTMO J2 Office

The spy creeps into your office, stealing sensitive or classified material. Hollywood would have you believe that he rappelled from the ceiling and used miniature cameras. In reality, that person could be sitting in the same room as you, and you would hardly know it. Things such as mishandling classified material or selling photographs of sensitive area on Guantanamo Bay are all security violations. You may not see people doing these things. However, here are some other things that may suggest suspicious activity:

- Is someone working late constantly, without a real need?
- Are they coming in on weekends

or when no one is around?

- Are they taking classified materiel home with them?
- Do they have a significant amount of debt?
- Have they recently obtained a large amount of money without explanation?
- Have they taken many short trips to foreign countries?
- Have they expressed sentiments of a pro-extremist, anti-American nature?

Although some of these things alone may not seem to stand out, a few of them together could raise a serious flag. You should report security concerns to your security manager or by calling call the Security Concerns Hotline at ext.

3469. You should provide basic information, such as who, what, when, and where details of the incident. Provide your name and a way for Joint Task Force (JTF) security personnel to contact you for further clarification of the incident. Confidentiality is maintained for all reported incidents.

You have to stay vigilant and report suspicious activities. Do not be the judge of what is considered a security concern. If something looks suspicious, report it. It is better to be safe than sorry. There are no repercussions for reported incidents that prove to be non-malice. It is the job of JTF security personnel to determine whether or not an incident is serious in nature or not.

Station personnel will play an

integral role providing health care

and other such necessary functions.

Troopers from JTF-GTMO will

be responsible for the continuing

operations of these camps until

DOD replacement units can be

established. This is a mission that

# **GTMO** preps for possible Migrant Operations

By Sgt. Sarah Stannard

JTF-GTMO Public Affairs Office

Concerned about the possible mass migration of what could potentially be thousands of people from various Caribbean nations, Joint Task Force Guantanamo (JTF-GTMO), along with United States

Naval Station Guantanamo Bay (GTMO), the United States Southern Command (SOUTHCOM), the United Department States Homeland Security and the United States Department of Defense (DOD) are in the process of instituting a strategic plan for Caribbean migration operations.

Though the threat of mass migration is currently low, and the United States Coast Guard reports that instances of Cuban and Haitian migration to the United States has dropped in recent

years, the DOD has awarded a \$16.5 million dollar contract to Islands Mechanical Contractor (IMC) of Jacksonville, Fl., to construct a migrant operations facility.

IMC will be charged with providing basic infrastructure, such as sewage lagoons and laundry facilities, for the migrant camps. These camps, which will be located on the Leeward side of GTMO, will house immigrants in what will essentially be "tent cities."

Many items needed to maintain a level of relief for this large population, such as tents, cots and other "comfort care" items are already in storage here at GTMO, said Maj. Mike Lynch, operations plans officer from JTF-GTMO.

At the height of Guantanamo Bay's last migration crisis in 1994, more than 32,000 Cubans and 21,000 Haitians fled political unrest in

their home countries. These asylum seekers were housed in a temporary facility here at the Naval Station's Yatera Seca Golf Course. While most of the Haitian population was later sent home, the majority of Cuban refugees were transported to the United States' mainland.



Photo by Army Staff Sgt. Paul Meeker

Immigrants currently intercepted by the United States Coast Guard in the Caribbean Sea are transported here in an effort to limit the number of people who reach Florida in accordance with the United States', "wet foot-dry foot" policy.

Under this policy, refugees who make it to U.S. territory are allowed to remain. Those intercepted at sea, however, are interviewed by immigration authorities while aboard a USCG vessel and are often repatriated to their home country. Some, though, may be transported to a third nation, based on the risk of persecution.

In the event that the President of the United States declares a state of emergency here due to mass JTF-GTMO migration, would supply personnel to provide security, logistical and administrative support to the migrant camps. While Naval

JTF-GTMO has prepared for and is ready to carry out at the President's direction.

"Our main priority is to get this down on paper. Most of us won't be here in a year or two, if there actually is a mass migration," Lynch explained. "We want to make sure the people who come after us are more proactive than reactive...and that we can treat all these people humanely and process them quickly and efficiently." Migrants presently intercepted by the USCG are housed by the Department of Homeland Security in an existing facility which can shelter up to 400 people. This facility now houses about 40 migrants.

The new facility, which is scheduled for completion in May, 2008, will house 10,000 people at Leeward South and up to an additional 35,000 migrants at Leeward North.

# The Rocket Man Roger Clemens

By Army Pfc. Daniel Welch

JTF-GTMO Public Affairs Office



Photo courtesy of cyyoungpitchers.com

Four years ago, then New York Yankee pitcher Roger Clemens walked off the mound at Miami's Pro Player Stadium to a showering ovation from Florida Marlins fans. The Yankee dynasty that had spanned nearly a decade and with it, four World Series titles, was drawing to a close as the aging Yankees were being beaten like a drum by the youthful, upstart Marlins.

Most considered the game four World Series loss that night as the swan song to a storied and sometimes controversial career by the stout right-hander from Texas. Clemens, however, had other ideas, signing the following season with the National League Central's Houston Astros.

Three years later as the 2006 season drew to a close, a similar scenario was emerging. The Astros missed making the playoffs, falling just short to their central division rivals and eventual world champion St. Louis Cardinals. Clemens called it quits, only to come out of retirement for the 2007 season, signing with the Yankees

Clemens, who entered the league in 1984 with the Boston Red Sox, quickly found success in 1986 winning 24 games and the American (AL) League Most Valuable Player award, while also guiding the Sox into the World Series. Earlier that season, he also became the first major leaguer to strike out 20 batters in a nine inning baseball game, and accomplished the same feat ten years later against the Detroit Tigers.

After tying Red Sox great Cy Young for career wins with 121, Clemens was released by the Red Sox and then signed with division rival, the Toronto Blue Jays. Red Sox general manager Dan Duquette was quoted as saying, "Why would we re-sign a pitcher who is in the twilight of his career?"

However, Clemens made sure the Red Sox and Duquette knew how wrong those words were by continuing his stellar career in Toronto, winning the AL Cy Young award for best pitcher, as well as capturing the pitching triple crown, an award given to pitchers who lead the league in earned run average, strikeouts and wins.

With all of his individual achievements, there was one award that had evaded Clemens, a World Series ring.

After signing with the New York Yankees before the start of the 1999 campaign, Clemens landed on a team already destined for greatness. Clemens was brought in to help bolster a pitching rotation that had already won the World Series in 1996 and again in 1998, winning a league record 114 games in the process. The rings came in for 1999 and 2000 for Clemens and the dominant Yankees.

His career has not been without controversy. Labeled by many of his detractors as a "headhunter," Clemens has been involved in various high profile incidents. In 1999 he nearly knocked then-New York Mets catcher Mike Piazza unconscious with a fastball to his head. In 2000, when the two teams met in the World Series, Clemens fired a piece of a broken bat back towards Piazza.

Off the field as well, Clemens has found his name floating around some of the more dubious scandals of baseball including a quote from the 2004 book "Juiced" by slugger Jose Canseco, who claimed he knew of Clemens' use of ste-

roids and attributes Clemens' later success in his career as proof of his allegations.

This year, the Yankees who have been plagued by inconsistencies in their pitching rotation and decimated by injuries, turned to Clemens in hopes of salvaging something of the 2007 season. After dropping two critical series to their arch rivals, the Boston Red Sox, the Yanks found themselves trailing the AL East leading Sox by 13.5 games approaching Memorial Day.

On Saturday, June 9, Clemens made his debut with the Yankees after a few warm-up starts in the minor leagues. Strolling to the mound wearing Yankee pinstripes, he gave a performance befitting a pitcher of his caliber.

Giving up three runs on five hits in his six innings of work, while striking out seven, the Clemens-led Yankees destroyed the perennial bottom feeding Pittsburgh Pirates, 9-3.

Of his performance, Clemens told reporters, "It felt like old times, I've got to take a little deep breath now. I understand the excitement thats there and the expectations that are there. There is a lot of both."

Yankee Manager Joe Torre shared Clemens' excitement and explained that what Clemens means to the team is much more a pitcher who can give six strong innings every five days. "We get caught up in Roger the guy and the competitor, and that's what I think the guys are excited about today: the fact that he's back here. When he's on your side, you just feel like you have an advantage, and that's what we have."

Even with his successful start, Clemens knows that there is much work ahead of him and his Yankees teammates if they intend to climb out of the hole they currently occupy. The Yanks are currently 9.5 games behind the AL East leading Boston Red Sox.

"I'm going to savor this moment. You know what's ahead of us, and it's a lot of work," said Clemens.

Clemens is scheduled to pitch this weekend against his team's hometowns rival and National League East-leading New York Mets.

# The 10% Solution: Saving for your future

By Paul C. Walker

NAVSTA Financial Education Counselor

The 10% Solution takes the math out of saving. And, it makes good financial sense. To figure out how much you have to save, simply take your gross pay each period and "drop" the last digit. If monthly gross income is \$2,000 per month, save \$200. If family income is \$60,000 each year save \$6,000 per year or \$500 each month

The Association for Financial Counseling and Planning Education (AFCPE) and its 800 members are announcing today the start of the 10% Solution – a five-year campaign designed to increase the savings rate of Americans to 10%. The percent

of income saved by Americans dipped into negative territory in 2005 where it remains today. Simply put, Americans spend more than they earn, financing their spending by depleting savings funds and increasing credit obligations.

What can saving do for you?

Saving relieves personal stress and improves relationships. Many studies suggest that disagreement over finances is a major reason for marital strife and divorce. And for the unmarried, financial distress is a major factor in general dissatisfaction and unhappiness. Studies show that financial stress is not necessarily due to a lack of income but instead is due to unsustainable spending, saving and investing patterns.

Saving reduces reliance on credit and can save thousands of dollars in interest. The percentage of disposable income used to pay debts is still near record highs. The American Bankers Association reported in 2005 that 43 percent of consumers carry balances each month on their credit cards. M any Americans owe \$2,000 or more on their credit card debt resulting in \$45 in interest each and every month at 15%.

Saving helps fund a comfortable retirement yet most Americans are not putting enough away for retirement. As employers continue to decrease or eliminate pension benefits, private saving is the only remedy for this malady. Social Security benefits will not – nor were they designed to -- provide enough



income for a sustainable retirement.

Saving increases confidence and the likelihood of getting out of poverty. Persons with even small amounts of savings are more likely to continue saving – even after depleting their savings to zero to meet an emergency.

Saving is habit forming. If 10% is too daunting, start with 5%. Or 3%. Allocate your savings into retirement, emergency and future spending "funds." Small amounts of saving quickly add up. Begin today.

Where should this saving go? Consider putting one-half into a retirement plan – 401(k) or (403(b) plan at work, or an individual IRA or Roth IRA. Save one-third (or \$67 or \$167 in the examples above) for emergencies – in a savings or money market account. These funds can help pay for unexpected household or auto repairs, medical deductibles, or other unplanned expenditures. Place the remainder in a savings account to fund future goals such as a vacation, roof repairs, or college education.

AFCPE members across the nation, including members of the Fleet and Family Support Center here in GTMO, are dedicated to improving the financial stability and security of all Americans. Members assist consumers with financial decision making through education and one-to-one counseling. You may contact Paul Walker at X4050 or your Command Financial Specialist for more information or assistance.







Photo by Navy Chief Petty Officer James Pi

era, so that people can see it," said Pinsky. "Photographs taken by combat cameramen serve as confirmation to commanders that something has been done in a certain way."

Pinsky mentioned that the images they capture are normally sent to the Joint Combat Camera Center located at the Pentagon. The Joint Combat Camera Center serves as the central Department of Defense reception and distribution point that provides images to various military and governmental agencies. These entities rely on these images when developing operational and planning requirements during worldwide crises and wartime operations.

Pinsky said that his Sailors have documented missions ranging from ceremonies to detainee operations. He added that the images they capture here become a fundamental tool for decision-makers throughout the Department of Defense who need to understand what is occurring on the ground here in order to better evaluate the lessons learned.

"It's our job to come out to an assignment and not just capture the event itself, but capture the essence of the event so that the viewer will feel as if they were there to witness it,"

Pinsky mentioned that during his deployment to Afghanistan, he was embedded with a Marine combat unit. During the mission, he was able to capture the everyday life of Marines in combat.

Unlike the Army and Marines where being a combat cameraman is a specific job, Pinsky said the Navy treats it like a job billet that an individual can hold for a period of time.

To prepare Navy combat cameramen for the rigors of their job, Pinsky mentioned that the Navy will select veteran photojournalists to attend Survival, Evasion, Resistance and Escape school. During the training, combat cameramen undergo wilderness survival, emergency first aid, land navigation, and various other types of extreme training. Pinsky added that the cameramen also undergo approximately three years of combat skills training that is not typically taught in the Navy.

With such a high level of training, Pinsky mentioned that the combat cameraman becomes a force multiplier during a mission.

"With our training, we will not compromise the mission of the Troopers we are working with," said Pinsky. "We are trained at a level that is necessary to meet the mission. Not only are we photographers, we are also a force multiplier who can fight when called upon by a commander."

Combat Cameraman
The Military Photographer



By Army Spc. Shanita Simmons

JTF-GTMO Public Affairs Office

During World War I, the general public was exposed to brutal photographs of battle taken by military photographers. Today, a class of military photographers – combat cameramen – continues with this purpose: to capture the realities of war for a variety of audiences and purposes.

At Guantanamo Bay, combat cameramen are on call 24 hours a day to photograph and film various types of missions. Navy Chief Petty Officer James G. Pinsky, combat camera noncommissioned officer in charge here at Joint Task Force-Guantanamo, said that a combat cameraman's primary task is to acquire, process and transmit still and electronic images to support any air, sea and ground military operations. He added that what distinguishes a combat cameraman from other military photographers is that they are called upon not only to capture discreet images, but to recreate the situations in which events occurred.

"A combat cameraman is tasked to capture an event with the cam-

#### By Army Spc. Shanita Simmons

JTF-GTMO Public Affairs Office

Troopers here at Guantanamo Bay who have tuned in to a national media outlet lately have had the opportunity to meet our Presidential candidates; however, they may not know that they can stay in touch with national, state and local elections thanks to the Federal Voting Assistance Program (FVAP).

The FVAP a web site that provides Troopers with helpful information on how they can participate in the electoral process at the federal, state and local level.

Travis B. Mostoller, a voting assistance officer for FVAP, said the web site offers Troopers state - specific information on voting deadlines, voter registration and the voting process overall. He added that he is also available to answer any questions regarding the voting process.

"Some people overseas believe they cannot vote, but we are here to assist them with the absentee voting process," said Mostoller. "We are not here to promote a particular candidate, but to protect the voting rights of people."

Although Mostoller can provide Troopers with general information, he always encourages Troopers to visit their state's web site in order to learn more about the electoral process. Troopers planning to participate in an upcoming election can also visit the FVAP web site at <a href="https://www.fvap.gov">www.fvap.gov</a> to learn more about the absentee voting process.

The web site also provides links to state sites where Troopers can check their voter registration status and get a listing of candidates running for office. To be eligible to vote in most states, an individual must be a U.S. citizen who is at least 18 years of age by Election Day. Most states also require

that the individual be a resident of a voting precinct at least 30 days prior to Election Day.

Under the Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA), states and territories are required to allow Troopers the right to register and vote absentee in elections for federal offices. Most states have created their own laws that allow Troopers to register and vote absentee in state and local elections.

The UOCAVA also requires the military to establish a Voting Assistance Program to ensure that Troopers have proper access to voting information. Mostoller mentioned that Troopers can stop by his office and pick up a packet explaining the absentee voting process within their state. He added that he encourages Troopers to act early and submit their requests for absentee ballots quickly. In most states, Troopers planning to vote in November elections should register to vote, and request their ballots, no later than September and return them no later than Oct. 15. Mostoller added that Troopers can also request registration and ballot materials by contacting their state election office or FVAP directly.

When Troopers receive a packet, it should include voting instructions along with an application requesting an absentee ballot. Mostoller added that Troopers should follow the instructions carefully and mail the application back to the address identified in the packet. Although the process may take three to four weeks, Troopers will receive an absentee ballot in the mail. Troopers will not have to pay postage on election-related materials mailed to the states. Before mailing their absentee ballot, Troopers should make sure they have not overlooked any state requirements that would prevent an election office from ac-

cepting the ballot.

Mostoller also mentioned that many of the Troopers he advises are first-time voters. Therefore, he is tasked with explaining the voter registration process to them. When a Trooper has not registered to vote before they deploy, they can do so by completing a Federal Post Card Application (FPCA). The FPCA is a form provided by federal law that Troopers can use to either vote early by mail or to temporarily register to vote. Under federal law, a single FPCA may simultaneously serve all states and territories as both a registration form and application for an absentee ballot. However, many states and territories have created their own laws that dictate how the form should be used. Thus, Troopers are strongly encouraged to visit their state election web site to determine how they must complete the FPCA. An online version of the FPCA is also available on the FVAP web site.

To help ensure that Troopers do receive their ballots, FVAP provides alternative methods to help make certain of timely delivery of election materials. The FVAP provides an Electronic Transmission (Faxing) Service that allows Troopers to fax and email a request for voter registration materials and an absentee ballot when conditions do not warrant a timely receipt and return of these materials. After faxing or e-mailing any election materials, Troopers are encouraged to always mail the original to the appropriate state or local election official in their state or territory.

Mostellor reiterated that the election process can become complicated especially when a Trooper is close to missing an important deadline. Therefore, he encourages Troopers to stop by Bulkeley Hall or contact him at 4901 for any assistance with the electoral process.

# Reunion Issue #8

By Army Chaplain (Lt. Col.) Ron Martin - Minnich

JTF-GTMO Command Chaplain

"Yours, Mine and Ours" is not only a phrase that became the title of a movie, it describes a recommended practice during your post deployment reunion. You can probably add many more items to the list, but for starters making supper, washing the dishes, food shopping, taking the trash out, doing the laundry, taking care of the pets, and cleaning the bathroom are some.

Who is responsible, your spouse, your children, your roommate or yourself? If you are single and live alone, the answer is an easy one for you. If you are married with children, it maybe a good idea to rethink and reassign who does certain tasks after you return home.

You may even have family members tell you the new tasks they have taken over and how they want to continue doing them. If you demand that everything goes back to the way it was before you left, you could meet with strong resistance and even have a major argument about a minor issue. Take time to discuss the changes in responsibility.

It can be difficult at first, but after awhile, you

can find yourself enjoying the change. It's not about control, it's about cooperation. Seek professional and sympathetic support if you are having a difficult time adjusting to your stateside life through your chaplain and family readiness and support programs and staff.

### **SURVIVING** SEPARATION

By Army Chaplain (Lt. Col.) Ron Martin - Minnich

JTF-GTMO Command Chaplain

Action Item #7 - If you are in a relationship, demand some private time with your partner

You may think "no one" needs to tell me about what, when, where, why and how I am going to reconnect with the woman or man that I love. And yet, too many people want too much of us at the same time. It is not being selfish to send the kids away to friends or family or delay a welcome home party with your friends and family. Even if you are just home for leave, demand time to focus on the one you love.

#### WEEKEND WEATHER FORECAST Wealther forecast provided by www.wealther.com

#### Saturday, June 16

Isolated thunderstorms possible. Highs in the low - 90's, and lows in the high-70's.



Isolated T-storms Sunrise: 6:21 a.m. Sunset: 7:41 p.m. Chance of Rain: 30%

#### Sunday, June 17

Isolated thunderstorms possible. Highs in the low - 90's, and lows in the high-70's.



Isolated T-storms Sunrise: 6:21 a.m. Sunset: 7:42 p.m. Chance of Rain: 30%

#### Monday, June 18

Isolated thunderstorms possible. Highs in the high - 80's, and lows in the high-70's.



Isolated T-storms

#### Sunrise: 6:21 a.m. Sunset: 7:42 p.m. Chance of Rain: 30%

#### Tuesday, June 19

Scattered thunderstorms possible. Highs in the high - 80's, and lows in the high-70's.



Sunrise: 6:22 a.m. Sunset: 7:42 p.m. Chance of Rain: 60%

Scattered T-storms

#### Wednesday, June 20

Scattered thunderstorms possible. Highs in the low - 90's, and lows in the high-70's.



Sunrise: 6:22 a.m. Sunset: 7:42 p.m. Chance of Rain: 60%

Scattered T-storms

#### Thursday, June 21

Scattered thunderstorms possible. Highs in the low - 90's, and lows in the high-70's.



Sunrise: 6:22 a.m. Sunset: 7:43 p.m. Chance of Rain: 40%

Scattered T-storms

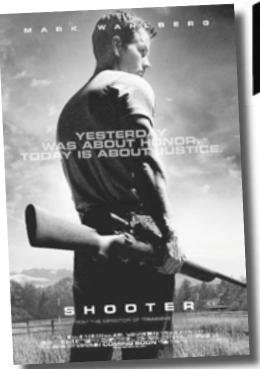
#### Friday, June 22

Partly cloudy. Highs in the low - 90's, and lows in the high-70's.



Sunrise: 6:22 a.m. Sunset: 7:43 p.m. Chance of Rain

Partly cloudy



# MOVIE REVIEW CORNER By Navy Petty Officer Gary Keen

Shooter

Rated: PG-13

Duration: 124 minutes

Rating: ★★★ ★★

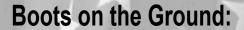
In a time of conspiracy theory movies about government corruption, betrayal, deceit and dirty politics, it is not surprising that 'Shooter' fires 168 grain hollow-point bullets full of paranoia and government distrust into our minds.

The plot did not offend me, but at the same time it did not thrill me either. Still, director Antoine Fuqua did bring together an ensemble of cast members that provide good performances and superb character development that did not slow down any of the extraordinary action scenes.

The action started about 30 minutes into the movie and continued through to the end. There are enough explosions and military fight scenes in this movie to thrill a boy of any age.

The main carector is Bob Lee Swagger (Mark Wahlberg), a tough acting, tough talking former Marine sniper that is left to die in the field by his commanding officers. After completing a dangerous mission that took the life of his partner, he returns home and broods in a remote cabin in the mountains for three years. That is until Col. Isaac Johnson (Danny Glover) shows up at his house and asks Swagger to lend his expertise to stop a planned assassination of the President. Swagger's patriotism supersedes his sense of betrayal, but he soon realizes that he should have stayed at home.

This movie is a modern day version of Rambo, Swagger is an invincible hero facing a steady onslaught of impossible obstacles. If you love shoot-em-ups, explosions and car crashes you will be in heaven watching this movie. For the great action scenes, this movie deserves three out of five stars.



"What would you like to see more of at the NEX?"



"Wider variety of soft drinks."

-Navy Lt. John Price



"Better video games for XBox."

-Army Spc. Timothy Mills



"A better CD selection"

-Army Pvt. Gabrielle Van Dyke



"More childrens' shoes"

-Navy Petty Officer Rachel Thompson

# It's in the Little Things

#### From the JTF-GTMO Command Chaplain's Office

Have you ever stepped up on the scale in your bathroom? Have you tried lying to yourself by shifting weight from one foot to another? Did you hold your breath in case air has weight by the pound? Did you do this with as little clothing on as possible and apply five pounds to the one piece you wore? The scale is still very rude. You can't believe it. You exclaim, "I can't weigh that much!"

The next morning did you try this adventure again but with much more fear because you had an idea of what it would say? To your surprise, had you lost four pounds during the night? It is possible that you tossed and turned more than you thought or some of the fat cells leaked into the mattress? Did you then go and perform a physical training test to see how out of shape you were? Afterward were you weighed and to your shock you had lost another four pounds? "This is great," you must have thought! You can lose up to eight pounds by exercising for about thirty minutes and getting a good night sleep. You probably thought how you could do a video on this and make millions!

What I found one time was a very happy discovery. My bathroom scale was off four to five pounds in my favor. That just made my whole day go better. Just that small thing put me into a better frame of mind and a bounce (four to five pounds lighter) in my step. It's just the little things in life.

There are other little things if I take time to notice. Like:

- Finding a \$5 bill in some old clothes before washing them.
- Rediscovering the beauty of a tree in the fall as it turns brilliant colors.
- Seeing the little boy again in a son who is now the big boy.
- A kiss with your spouse that was like the first time.
- A sense of awe at a sunset as you drive home.
- A child waving and smiling at you for no reason.
- The first bite of a good juicy steak.

You can add all day to the list I've started but it really is in the little things that life is renewed and sensitized. We are so busy in the seemingly big things that miracles are lost in the little things.

Life isn't dished out to be experienced and responded to by only the big things. All of life, including little things, is capable of changing our lives. It's the sum of little things like a math equation that adds up to a big thing. Accept all of life, even a lying bathroom scale giving you back five pounds.

Expect God's miracles in small packages! You will see them daily if you do.

Life isn't dished out to be experienced and responded to by only the big things.

#### CAMP AMERICA WORSHIP SCHEDULE

Sunday	9:00 a.m.	Protestant Service	Troopers' Chapel
	5:45 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Evening Prayer	Troopers' Chapel
Wednesday	7:30 p.m.	Soul Survivor	Camp America
			North Pavilion

#### NAVAL BASE CHAPEL

Sunday	8:00 9:00 9:00	a.m. a.m. a.m.	Pentecostal Gospel Catholic Mass Church of Jesus Christ	Room 13 Main Chapel
			of Latter-day Saints	Sanctuary A
	9:30	a.m.	Protestant Sun. School	Main Chapel
	10:00	a.m.	Protestant Liturgical	Sanctuary B
	11:00	a.m.	Protestant Service	Main Chapel
	1:00	p.m.	Gospel Service	Main Chapel
	5:00	p.m.	Pentecostal Gospel	Room 13
Monday	7:00	p.m.	Prayer Group	
			Fellowship	Fellowship Hall
	7:00	p.m.	Family Home Evening	Room 8
Mon. to Fri.	6:00	p.m.	Daily Mass	Main Chapel
Wednesday	7:00	p.m.	Men's Bible Study	Fellowship Hall
Friday 1	12:30	p.m.	Islamic Prayer	Sanctuary C
Saturday	4:15	p.m.	Confessions	Main Chapel
	5:00	p.m.	Vigil Mass	Main Chapel

Jewish Shabbat Services held every second Friday at 7:30 p.m. in the Naval Base Chapel complex Room 11.

Under water Promotion OF ARMY 1ST LT. NATHALIE CONLEY

#### By Army Pfc. Daniel Welch

JTF-GTMO Public Affairs Office

In the military, promotions and promotion ceremonies are a time honored tradition. The recipient of the promotion is not just given a new rank insignia to attach to his or her uniform, but is honored in front of fellow Troopers in recognition of the hard work and dedication led up to this achievement.

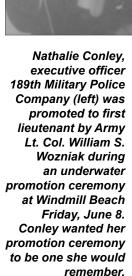
While the promotion itself is a huge accomplishment for the recipient, the ceremony itself is sometimes considered too formal and dry. Newly promoted Army First Lieutenant Nathalie E. Conley, executive officer 189th Military Police Company, changed those perceptions in more ways than one.

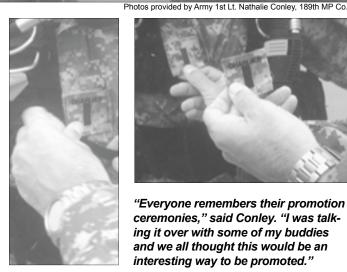
On June 8, 2007, Conley was promoted from the rank of second lieutenant to first lieutenant, while scuba diving at Windmill Beach here at Guantanamo Bay.

Conley, who was promoted by Army Lt. Col. William S. Wozniak, explained that she wanted the ceremony to be a little bit different than what is normally done for promotion ceremonies.

"Everyone remembers their promotion ceremonies," said Conley









"Everyone remembers their promotion ceremonies," said Conley. "I was talking it over with some of my buddies and we all thought this would be an interesting way to be promoted."

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"Unfortunately, I was not able to jump out of an airplane while being promoted, so this seemed like the next best thing."

Like many Troopers who come to Joint Task Force Guantanamo, Conley said that she has become an avid diver while here. Luckily for her, the officer who promoted her, Lt. Col. William S. Wozniak, is also a certified diver.

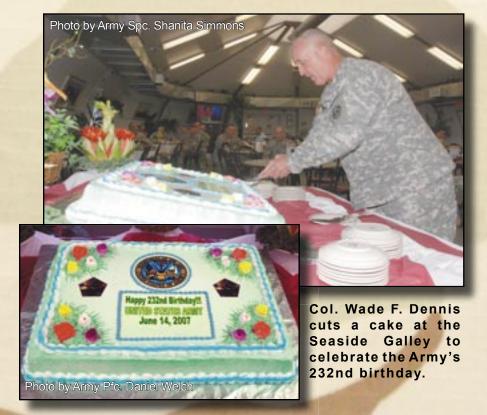
Conley explained further that the initial part of the ceremony (the reading of the orders) was conducted on Windmill Beach, amidst the swaying palm trees and faint waft of barbeques. The actual pinning of the new rank on her uniform was conducted afterwards under the water.

Even with all the obstacles that could arise with doing such an event underwater, Conley explained that not even the choppy Caribbean Sea interfered with the process of being pinned.

Reflecting on the event, Conley said she liked being promoted in the depths of the water as a way to pay homage to the Naval station that the JTF operates within. She explained that this was her way of experiencing the "Army going Navy."



Members of the first Equal Opportunity training class at Joint Task Force Guantanamo, pose for a group photo after receiving their certificates of course completion.





Col. Wade F. Dennis, Rear Adm. Mark H. Buzby and Cmdr. John R. Capra pose for a farewell picture in front of sign at Camp Delta as Cmdr. Capra prepares to depart JTF-GTMO.