Marathon man
BEEF commander’s running motivation

Total Recall
Not worth remembering

GTMO Ink
What does your tattoo say about you?
For many of us, watching the summer Olympics was a nice change from the day to day operations here at Joint Task Force Guantanamo. The Olympics is an athletic event which also serves as a venue to display many aspects of different cultures that all come together for one purpose.

When following the Olympics, one can wonder about the background and experiences of the athletes. The athletes are as diverse as the sports themselves. There are athletes from countries in various stages of development all representing as best as they can. They each have a story. In some cases team members were only recently brought together from within their respective country to perform as a team. The teams have had very little time to get to know each other and train together, as well as develop the intricate team work required to win that gold medal.

Just as the Olympics brought out the very best athletes to compete as teams or individuals, JTF Guantanamo has brought out the very best in our Troopers and civilian employees.

How that team performs our mission every day.

Just as the Olympics brought out the very best athletes to compete as teams or individuals, JTF Guantanamo has brought out the very best in our Troopers and civilian employees. As the Olympics come to a close, look back at the individual and team accomplishments made at the 2012 Olympics. Think about your objectives and how that team performed our mission every day.

Safely

Olympics are a world renowned event. The athletes are privileged to represent their country in such an event. The athletes are committed, dedicated and professional. Use those same skills to achieve your GTMO objectives. Learn and grow during your tour at JTF Guantanamo.

JTTF Guantanamo

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Feds Feed Families

The 2012 Feds Feed Families food drive is on right now! A collection table for cash donations will be located in the NEX Atrium from 11 a.m. to 3 p.m. on Saturdays until Aug. 31. A donation box for nonperishable food items is located inside the NEX. Do your part to help those less fortunate! For more information, call HMI Sarro or NDC Bolan at 4444.

More volunteer work available!

Your country needs you! Your community needs you! The children of Guantanamo need you! How do they need you, you ask? Well, I’ll tell you if you just let me finish! W.T. Sampson Elementary School is requesting volunteers over the next two weeks to help move heavy furniture and set up and rearrange classrooms before school starts. Would you like to know more? Please contact Mr. Carl Davis at 978-5349, or email carl.davis@am.dodea.edu.

Learn Jiujitsu!

Are you a hardcore UFC fan? Do you want to boost your self-confidence? Learn jiujitsu, whether for self-defense or as a combat sport. MWR will offer a six-week jiujitsu class for adults 13 and up, starting Aug. 20. Classes will be held at 8 p.m. on Mondays, Wednesdays, and Fridays at the Marine Hill Fitness Center. Register at Denich Gym by Aug 20 for $95.

Federated Women’s Softball

Federated Women’s Softball is scheduled to have a one-pitch softball tournament at Softball Field 2. The tournament will begin at 7 p.m. Sept. 1 and continue overnight until about 6 a.m. Sept. 2. Registration is limited to 12 teams and teams should register by Aug. 24. A coaches meeting is scheduled for 5 p.m. Sept. 2 at the Child Development Center. For more information, call 773-01.
With the existence of Joint Task Force Guantanamo, leadership, as a whole, takes on a new meaning. As senior enlisted service members, we must carry on the expectation of leadership without compromise but take it to a much higher degree than perhaps ever encountered. Our development was primarily focused and fundamentally built upon the aspect of our specific service; throughout the years we’ve improve those attributes to what they are today. Within this environment we are exposed to a diverse military force that, on so many levels, differs from our own; from the obvious differences in uniforms, to the different ranks, to the sound of the specific motivational acknowledgement – HOOYAH, OO-RAH, HOOAH. The expectations of developing our leadership and mentoring our junior troops remain the same, so how can you be effective in an environment that, for many of us, presents new challenges?

Leadership is leadership no matter the situation. It is a cause for one to step up and continue the integrity that we know is required. The statement of “Honor Bound to Defend Freedom” mirrors my own specific grassroots of “Honor, Courage and Commitment.” We must instill these basic components into our most junior Troopers. I would like to share these three tenets that, for me, are the most efficient and direct ways of doing so and for all troopers to strive and maintain:

Mission. Maintain focus on the primary reason that we have been deployed to JTF Guantanamo: Safe, Humane, Legal, and Transparent treatment of detainees. Plain and simple, this is what we all do, no matter how significant or mundane; if you know how you directly impact the mission and how it contributes to the way others are able to conduct their portion, there is mission sustainment.

Personal. Our ability to cope with the day to day stressors is paramount to our mission and individual success. One important characteristic is the ability to speak with others and not allow for a situation to escalate. We have the ability to often communicate with loved ones back home either by email or phone or perhaps even Skype. Identify a peer or a close friend who is able to listen or perhaps provide advice. Utilize resources such as JSMART, which are often there when we least expect it. I happen to have a few of the stress balls in my office with their convenient contact information written on them; simply sitting in a relaxing massage chair may do the trick. No one is more aware of your specific challenges than you as the Trooper. Maintain your personal well being also by physical fitness. From the individual to the group physical training, this base provides every venue to maintain our peak performance. The terrain alone contributes to higher levels of performance, either by the hills or the scenic visuals along the beach. However, it requires higher attention to the environment with the higher temperature, so hydration is very important. It’s understood that many of us have deployed to other parts of the world significantly hotter in temperature. To that I...
A Sikh-American’s thoughts about the Oak Creek Shooting

By Navy Lt. Jaspreet K. Saini

A s I touched the London Olympic Games over the past two weeks, I felt such pride seeing so many people of different races and backgrounds playing under our national flag. There are very few countries in the world that have the same level of diversity that we do. It makes us unique and shows the world that anyone who shares our values can be an American. Because I strongly believe this to be true, the shooting incident in Oak Creek, Wisconsin last week was all the more tragic and upsetting for me.

On Sunday, Aug. 5, Wade Page drove to a gardarbara (a Sikh house of religious worship) and opened fire on the congregants preparing for the day’s services. He killed six people, including a local police officer. My parents called me to let me know about the shooting because it was our faith community that was being targeted. As a Sikh-American, I was heartbroken and could not understand why they would do this. My friends, family and I were feeling very scared and we were looking toward our community for support in case he was bullied or attacked.

I feared that despite all of the work and educational outreach that many Sikh civil rights organizations had done since 9/11, the Sikh community would become targets once again.

The United States and India both struggled in the 1970s to assimilate. Eventually, we settled in California, and I grew up in the relatively small agricultural towns of Delano and Bakersfield. My father and brothers wear turbans, and though I knew my family was different, I seldom realized that I was unique or special until I realized that I preferred many of my differences, and no one treated me any differently or like an outsider.

After Sept. 11, 2001, my world changed dramatically. People thought it was okay or comical to call my brothers “Bin Laden” or tell me that I was a terrorist. I was not a terrorist; I was a Sikh-American. My differences, and no one treated me any differently or like an outsider.

Reflect on that period and maintain the core values that you were once shown. Always remember to fill its ranks. It is moving to see how many different people are working together, side-by-side, including here at Joint Task Force Guantanamo. We are all striving toward one goal, no matter who we are or where we come from. The military is part of our community because of tradition. Our beliefs are shared, with no exceptions.

Senior enlisted service members must convey and continuously develop these elements of professionalism in order to be a good leader. Your responsibility is to make sure that you are among the most professional Soldier, Marine, Sailor, Airman or Coastie in your unit. You can possibly be one to be emulated and one to be compared to. Do not convey condescending or unprofessional ranks and skills to the core values that you were once shown. 

Command Information the WIre

Getting new wheels without speeding into the financial ditch

Story and photo by Sgt. 1st Class Kaye Weshkan

You have a price and now is the time to talk about your trade-in. Use resources like Kelley Blue Book (www.kbb.com) to determine the vehicle’s value to the dealer or what it might fetch as a private sale. “It is better to try and sell on your own and get the cash to add toward your down payment,” noted Barrett.

But wait: you are not done. When most vehicles are financed you will need collision and comprehensive insurance coverage. Insurance prices are just a mouse click away. Get a few to compare prices; just make sure to input the same coverage limits for each quote.

With the quick depreciation of vehicles leaving a dealer’s lot, the question of Guaranteed Asset Protection (GAP) insurance arises. An example is your new vehicle loan is for $25,000, the value of the vehicle drops three grand in the first year and you are in an accident that leaves the vehicle un-repairable.

Your collision coverage pays the $22,000 value of the vehicle and the $3,000 difference would be covered by GAP insurance. This coverage is a consumer’s option after evaluating the risk. If you are not in the mood to buy, try a vehicle buying service. Pick the vehicle and options; the service comes back with a price and a listing of dealers who will accept the offer. Imagine that, buying a car without the drama. No matter what road you take to a new vehicle, use all the options to help monetize your investment.
Body art has always had a place in society. People get tattoos on their bodies to represent their religion, social status, beliefs, etc. Researchers have even found tattoos on the 5,200-year-old “Otzi the Iceman,” discovered along the Italian-Austrian Border in 1991, according to Smithsonian Magazine.

Petty Officer 2nd Class Kyle Steckler of the Joint Task Force Guantanamo Public Affairs Office may not be as old as the “Iceman,” but his tattoo identifies who he is. Steckler got the concept of having the Green Lantern logo tattooed on his left bicep from his passion for comics.

“The idea that anyone could become a Green Lantern, so long as they were seemingly fearless, amazed me,” Steckler said.

The original idea was for the tattoo to be a sleeve covering a third of his arm. Unfortunately, when he returned from a nine-month deployment at sea, his tattoo artist disappeared off the face of the planet.

“Since then, I’ve decided to go another route with my left arm, but that little piece of my Green Lantern fandom will always be there,” said Steckler.

Body art can become more than it started out to be. Army Sgt. Jessica Summerlin of the 193rd Military Police Co. went with her sister and mother to get matching tattoos. What started as a flower on her left shoulder has grown to represent the love she has for her family.

“I added to the flower with an angel (representing my mom), and three little angels (representing my older brother, my younger sister and myself). I ended up having to add two more little angels, because my mom had just adopted two little boys who we fell in love with when they were in our foster care,” said Summerlin.

Then there are those moments when a piece of body art falls into your lap and you have to get it at that moment. Chief Petty Officer Sean Lennon of the Joint Medical Group went with friends to a tattoo parlor in Okinawa, Japan expecting to watch them getting their tattoos; only to get into the chair himself.

“The tattoo artist designed this tattoo for me. The design has turbulent waves going in each direction; that way, no matter what position my arm is in, you can see the waves,” said Lennon.

It may have been a spur of the moment decision, but to Lennon, the piece has a deeper meaning.

“It represents what I think about life. In life, you always find yourself fighting through turbulent times, no matter which way you go. But it is a part of life and it is what helps make you who you are as a person,” Lennon said.

The next time you see someone with ink decorating their body, ask them about that tattoo’s meaning and how they came to get it. You may be surprised by what a tattoo enthusiast may tell you.

For guidance on body art, please refer to the following regulations.

- Army Regulation 670-1, Paragraph 1-8c
- Navy Administration Message 110/06, Paragraph 3a-d
- Air Force Instruction 36-2003, Chapter 3, Paragraph 4
- Marine Corps Order P1020.34G, Chapter 1, Paragraph 1004c
- Coast Guard Commandant Instruction 1000.1B
People who train for marathons and other road races all have their own stories to tell. Some runners pound the pavement to test their mental and physical endurance and others to raise money for charity. Others do it for the camaraderie of race day.

Air Force Lt. Col. Elmer Norvell, Commander of Joint Task Force Guantanamo’s Base Expeditionary Engineering Force (BEEF) from Alabama, most certainly has a story to tell. “I thought it was a bear coming from behind me, or maybe a freight train!” Norvell said.

Through the darkness however came another marathon runner changing along. Not only were the two men battling their individual aches and pains – they were both about 72 miles into a grueling 100 mile marathon – they also were battling the darkness, concentrating on just getting one foot in front of the other.

Norvell and the man ran together through the rest of the night, fueling each other forward. While they ran they chatted, and Norvell found out that the gentleman who was keeping pace with him through the night was almost 30 years his senior.

As day broke so did the pairing of Norvell and the mystery man, as he beckoned Norvell to go on ahead without him. The memory of that old man running was ingrained within Norvell for a long time, but he wasn’t sure why... Norvell went on to realize that it was because he envied the man so much.

“I didn’t want to BEAT him in that race, I wanted to BE him in that race” he said. “I want to run until I’m old and grey.”

Norvell doesn’t expect running to lead to a longer life, but he does believe that running saved his life.

For a man who was beginning to teeter along the line of physically unacceptable, measuring in at 6’6” and 195 pounds, running was the last thing on his mind.

“I really was starting to lose touch on what mattered to me,” Norvell said, remembering back to the days before running engulfed his life.

With obvious dismay in his eyes for how he once lived you can see that he has no intention of going back. It all started at a bar with some friends.

“Isn’t that how it always starts?” Norvell said jokingly.

He and a few of his buddies were watching the Boston Marathon on television. Boys will be boys and before long a debate broke out about how they could run a marathon easily.

“They were laughing and slurring their words, but for me it was the perfect idea,” said Norvell.

It was very intimidating for Norvell to run a marathon at that time. He looked at the men on television as super heroes, being able to keep the paces they were keeping for so long. He was not sure if he could do it. He set up a 6-week plan to the letter. Of all his buddies that sat around that bar table, Norvell was the only one to actually do it.

Those “superheroes” and Norvell are now one in the same. Since talking about running that day, he has gone on to complete the Boston Marathon twice and plans to run it again in 2013. He has also competed in countless other marathons, including one of the most daunting of all: the 100, a 100 mile marathon, in 28:05 hours. After taking a spill at mile 27, I was forced to continue the event with a bloody knee. For 83 miles, bleeding and in pain, through the night on a single-track trail, my mettle was truly tested,” Norvell said.

Running through the night and seeing the dawn is one of the greatest feelings Norvell has ever had and has a hard time putting it in words. He compares it to some of the greatest things in life. For example, have you ever had a friend tell you about the Grand Canyon, or better yet, have you ever seen a picture of it or seen it in a movie? Well until you stand at the edge of it and scream down into it, you will never truly understand its grandeur. That’s how Norvell feels about running through the night.

“I am a transcendental, para-psychotic utopia,” Norvell said.

Even though Norvell is deployed here at Guantanamo Bay, a base that’s only 45 square miles, he still drives himself to stay in elite marathon shape. He is planning a 65-mile run for Labor Day weekend to honor the Air Force’s 65th anniversary. Along with his own personnel fitness ventures, he has influenced the Airmen that he commands to push for higher fitness goals. Norvell and the BEEF keep track of the miles that they run on GTMO and several members have even pushed past 180 miles in the less than 40 days that they have been on island.

While Norvell is very accomplished in his running endeavors, he remains humble and doesn’t look for fanfare. He enjoys running for how he feels when he’s done and the camaraderie he shares with his running partners. It is also a time for him to relax, away from the world. He can take time to enjoy himself and the trail or the road, which ever will have him.

He wants nothing more than to help his Airmen be successful and do a little bit of running.

When his time in the military is done and he goes back to his log cabin with his wife and pet shi-tzu, his only goal is to be like the older gentleman that he ran into that night so many marathons ago, just old and gray but still running.

**Feature**

**Feature**
Staff Sgt. Pfc. Jaime Ibarra is a dedicated family man. There is a woman and a young man back in Texas grateful for his commitment – his mother and his younger brother. Ibarra is only 19 years old, but he is the man of his family, helping them out in whatever way he can.

“I got to San Antonio when I was 13 years old, and a good year in, my parents got a divorce. It was a little hard growing up, being a kid going through that stuff in middle school,” said Ibarra. “It was just me, my mom and my brothers. My dad wasn’t really around.”

The young man’s devotion wavered some after the divorce, but not for long.

“My friends and I had this crazy idea that we’re all going to graduate and we’re all going to move into an apartment together, all have dead-end jobs together and we’ll all be alright,” said Ibarra. “Things that aren’t meant to be eventually fall apart.”

He credits his mom with helping him make it through that time.

“A lot of it had to do with my mom being patient with me. She never once got frustrated with me and said ‘you know what, leave if you want to,’” said Ibarra. “No, she was always patient and said ‘you always have a home here if you need it.’”

Before joining the military, Ibarra was holding down two fast food jobs while trying to attend college, but he says it just wasn’t cutting it; he wanted more in life. His father has been in the military throughout Ibarra’s entire life, and so father planted within son the idea of joining. Even though the two don’t have the best relationship, with Ibarra describing it as “kind of neutral…he’s not completely out of my life but he’s not really in it as much as I’d like to,” son took father’s advice and they went to the recruiter together.

The military never entered Ibarra’s mind because, as he says, he was a “pudgy kid” at that time.

“I was 235 pounds,” said Ibarra. “I didn’t know what I was going to do. I was like ‘well can I even join the military?’”

The Army recruiter said yes. He confesses that he did do a little shopping around, going to the Air Force first, then the Marines, and finally the Army recruiting station. He was too heavy for the Air Force and the Marines wouldn’t let him pick his job. The Army said they would help him lose weight and let him pick his job so the Army it was!

Basic training was tough for Ibarra, but he seems to have loved the experience in that weird “I love tough love” kind of way; he lost 60 pounds. The Army has not only allowed Ibarra to provide for his family but has also allowed the young man to discover a new passion.

“Eventually I want to get my master’s degree in kinesiology. It’s the study of the body… it’s just knowing all sorts of things like how your body should move and shouldn’t move,” said Ibarra. “I enjoy helping other Soldiers with [physical training] and helping them be fit.”

The pudgy kid has turned into a work out fanatic. He admits that his weight has fluctuated since leaving basic training but Ibarra is a hard worker, and his leaders know it.

“Pfc. Ibarra used to have trouble when it came to physical training and making weight, but he has pushed himself,” said Ibarra’s squad leader, Staff Sgt. Shane Nickols. “He keeps himself in shape by going to the gym and eating right.”

The private first class’ leaders believe in him; if they didn’t, they wouldn’t have sent him to the Joint Task Force Guantanamo’s Trooper of the Quarter board to represent the Army. He won that board and it’s not the first time. He had only a few days to prepare for his very first board – one for Soldier of the month – and he won that as well.

Jaime Ibarra had to grow up sooner than most kids have to, but he has faced the challenges of life with honesty and a smile. Guantanamo is his first duty station and, while most young men would want out of this small town as quickly as possible, Pfc. Ibarra extended for another year. He’s saving money and providing for his family; he couldn’t ask for more.
I o the beginning God created the heavens and the Earth. If you believe this then cool; if not, cool. The one thing that we do know for sure is that if you wanted friends you went out and started chilling their pet dinosaurs, but if you wanted to steal their identities…

The next time you find yourself either at work or in a computer lab, do yourself a favor and take a look around. TRY NOT TO GO ALL CREEPY Mc CREEPERTAIN, but if you wanted enemies you went out and started clubbing their pet dinosaurs, cavemen, if you wanted friends... you probably won’t get to know any of them. It doesn’t help that I’m under 21! So what do I do all day without friends or alcohol? I Facebook creep, that’s what! When there’s nothing on Facebook, I try to old-school creep. Who’s next on my creep list?

I’ve officially been here for six weeks and fortunately, or unfortunately - depend ing on how you look at it - I’ve had the chance to meet and get to know quite a few people down here. While meeting these unique people, I’ve been invited on some pretty interesting excursions, and usually after these… joyf u l… adventures, I friend them on Facebook. Speaking of Facebook, when I logged in today, I noticed that one of my friends posted a video of himself on a sailboat. Now when I say friend, I really mean Facebook friend. Last weekend I went sailing with three Soldiers from the public affairs office. One of those Soldiers is the one who posted the lovely Facebook video. I’m getting myself of f, let me explain the contents of this expertly shot and edited piece of digital media. In the video the Soldier says hello to all of his friends and family and calmly, key word, CALMLY, explains what he is currently doing sailing.

What he fails to show the audience is how just a few minutes earlier, when the seas were rougher and winds were stronger, the sailboat was rocking, and he was on the deck rolling around, nervously thinking the boat was going to capsizes. When I saw this video all I could think about was the Soldier “spazzing” out, crawling around on his hands and knees. If only his Facebook friends knew.

Well, that’s all in the World According to Wilhide, ME! Come back next week to read about my next mind-blowing (NOT!) adventure. And remember, I’m out and about until at least January, so you might find yourself in the next Wilhide’s world. Be on your best and honest behavior!! Bye!

H ey y’ll, I’m Seaman Hannah Wilhide. I was born in a really Mexican part of California, moved to the Amish part of Pennsylvania, and I speak with a southern accent, but I’ve never lived anywhere near the south. I’ve been at Guantanamo Bay since July, and ever since my very first week I knew that these people are just too weird for me and I probably won’t get to know any of them. It doesn’t help that I’m under 21! So what do I do all day without friends or alcohol? I Facebook creep, that’s what! When there’s nothing on Facebook, I try to old-school creep. Who’s next on my creep list?

I’ve officially been here for six weeks and fortunately, or unfortunately - depend ing on how you look at it - I’ve had the chance to meet and get to know quite a few people down here. While meeting these unique people, I’ve been invited on some pretty interesting excursions, and usually after these… joyf u l… adventures, I friend them on Facebook. Speaking of Facebook, when I logged in today, I noticed that one of my friends posted a video of himself on a sailboat.

I can apply for copies of his high school and college transcripts he was nice enough to tell everyone where he went and what graduate class he was in). On said paperwork I can find his Social Security number and the hospital where he was born. From there I can apply for a brand new birth certificate and then I can obtain a “legal” I.D. with my photo but his information.

I can copy and paste a photo into Photoshop, crop it down so that it looks like a head shot, make a fake I.D., and alter it were face to face? All you have to do is type in a name. I’ll do it right now while you wait.

So the name I entered isn’t anyone I know, and I actually had a co-worker make it up for me. I typed it in and within minutes - remember Guantanamo Bay Internet access is slow - there were some 20 people with this name on my screen.

Chances are at least one out of ten people don’t have their pages set to block a perfectly good stranger from viewing their page. I know can look all through this person’s stuff (my coworker gave me a man’s name). Tell me this isn’t creepy. I’m looking at all of his pictures, things he “posts” and I also know how big his family is and what their names are. I even know where he ate dinner last Friday; his girlfriend was nice enough to tag them at the Gus’s Fried Chicken right outside Memphis, Tenn. There are a lot of things that I can now do with this information.

The World According To

Know How To Call Home From Your Phone

Know How To Call Home From Your Phone

For SCSI phone cards use 2980

For all other phone cards use 2935

To connect to a morale line use 2800 and enter your PIN

To use your home base Morale System dial 96 and then your base’s morale line

PSEC

Alert

Commissions

Commissions are a time of increased focus on both NAVSTA and JTF-GTMO. It is important to remember that we will have an increase in media and other visitors to the base in support of this very important operation. Here are some PSEC reminders: Always use the “need to know” principle. Do not talk about work related material outside of your work environment. Practice 100% shred with paper materials. Remember to stay clear of commission.
Meet the JTF Chaplain:
A life of service to others

By Army Sgt. Brett Perkins
Photo illustration by Army Staff Sgt. Lewis Hilburn

S ome join the service to serve their country; others to find their way in life. Navy Chaplain Capt. Daniel L. Gard found his motivation was helping others in their journey through life. I wondered what would drive a person in this endeavor and when questioned about this career choice he replied, “How do you serve God who owns and controls everything, and all I am is this little speck of nothing? What do I have to offer?”

After a brief pause he expands further, “Serving his creation and the crown of his creation is the human being, whether that person shares your faith or not [and] wherever that person may be in his or her life.”

As a chaplain for the Navy Reserve, helping people seems part of the job description, but his decision to help others doesn’t end there. His other job? What other job could there be for someone who has devoted his life to the service of people? Teaching, of course.

Growing up as the son of an Air Force chaplain, Gard said that the motivation behind becoming a chaplain didn’t start with his father’s urging. “He never really encouraged me to do so. In fact, he tried to talk me out of it,” said Gard. “When it was over and I finally became a pastor and I became a chaplain, when I asked him why he had tried to discourage me, he replied that he wanted to make sure it was what I wanted to do, and not something I was doing because he’d done it.”

In fact, as he was attending seminary school he had wanted nothing more than to become a country pastor. “The plan was to have a small country church and take care of a small group of people and read books,” said Gard.

How did this original plan lead to 24 years of service in the Navy Reserve? How did a man who wanted nothing more than a small country church end up with three mobilizations?

“I’d always had a deep love for the military but did not see myself joining as a chaplain,” he said. Gard had realized that by joining the National Guard he would be subject to bad jokes relating to his name and instead chose to join the Naval Reserve. Soon after, he became a professor at Concordia Theological Seminary in Fort Wayne, Ind. and has continued working there in various roles for 23 years. Balancing these jobs could not have been easy, and so to that he offers a slight smile before replying, “I planned on staying in for four to six years and ended up staying in for ten,” said Gard. “I realized I’d forgotten to get out and I was still having so much fun that I decided, ’I’m going to keep on doing this.’ Next thing I knew, I was a careerist.” He followed it with a slight laugh.

Gard is a family man as well; he is married and the father of three children. With all this on his plate, and never having mentioned plans to slow down, I asked him if he has any other hobbies; his response was exactly what one would expect from someone who has devoted his life to others.

“Between being a full-time professor, and what amounts to almost a full-time reservist even when I’m not mobilized, I don’t have much time for other hobbies as much as I would like,” said Gard. “The day will come when I retire from the Navy, and I’ll suddenly have lots of extra time, I think.” Hopefully when that day does finally come Gard is able to find some time to enjoy helping himself.

**Picture this: a unit is scrambling to prepare their shop for the inspector general, the tension is high, stress levels are elevated; people’s moods and demeanor start to decline. As an individual Trooper, you do exactly what is asked of you and more. Despite your best efforts, your chain of command starts yelling at you and making you feel that what you are doing is wrong and/or not enough to support the current mission. Is it up to you to let that negative feedback affect you and your work ethic, even though you know that you are doing the right thing and are going above and beyond what was asked of you? Or do you think that you have no control over said situation and you can’t help but feel down, aggravated, depressed and even enraged, nor have any control on taking what was said or done to you to heart?”

Psychologist Carl Rogers stated, “Each client has within himself or herself the vast resources for self-understanding, for altering his or her self-concepts, attitudes and self-directed behaviors – and that these resources can be tapped by providing a defensible climate of facilitative attitudes.”

So, how does one go about accomplishing that? How can we tap into ourselves to change the way we take in negative feedback?

For one, we must all accept the fact that there are certain things that we cannot change no matter what. Turn those negative situations upside down, and make them work in your favor. Easier said than done? Not really. Remember, if you ever feel off slightly by losing your temper, you can actually set yourself way off the path that you have worked so hard to get on. You may actually prevent yourself from accomplishing your goals. Just remember what health care professionals always say: take a deep breath and collect your thoughts, your comments and yourself. Take a step back, and try to look at the whole picture. Sometimes when we are so angry or so involved in a situation, we become narrow-minded and only see what’s in front of us. We may get tunnel vision when there are a lot of things going on at once. It may be helpful to put yourself in someone else’s shoes. What are they going through? Maybe your chain of command is under extreme pressure preparing for the IG inspection. How many higher ranking people are over their shoulders telling them what to do, and at the same time, how many of them are giving them negative feedback?

We are all responsible for our own actions. Sometimes we cannot help but feel aggravated, or even annoyed, due to situations that we cannot change. But, we do have it in ourselves to change the way we see things and the way we allow them to affect us. Some days are harder than others. That’s when you ask yourself, “Who’s getting the best of me?” If something seems to be getting to be too much for you, you should communicate with your chain of command, and see if they can help you. If that is completely out of the question for you, there are many resources that are available to you. There is the chaplain’s office, and you also have your friendly Joint Stress Mitigation and Restoration Team staff, we are more than willing to listen and to help you as best we can. But remember, it all starts with you.

JSMART helps service members assigned to Joint Task Force Guantanamo. We are open Monday through Friday from 6 a.m. to 5 p.m. and closed on weekends and federally recognized holidays. We are available at the clinic outside of normal working hours by request only. Our services are provided voluntarily and on a walk-in basis. You can contact us at 3232 during our working hours. For emergencies, a staff member is on call 24 hours a day at 3516.

**ONLY AT GTMO**

**By Mass Communication Specialist 1st Class Brett Custer**
The wire. They may not be real, but if you believe—

new trainee at work tells him that Rekall can implant artificial memories. A 

Fall when he sees a billboard for Rekall, a 

building.

he and a strange woman are running away

doing alright for himself, but he finds him

with his police officer wife, Lori (Kate

Quaid (Colin Farrell, “Fright Night”) lives 

cheap labor and is generally mistreated by the

“have-nots” and the UFB are the haves. The 

apocalyptic world there are still “haves” and 

the center of the Earth. Even in a post-

Fall; “in simple terms, an elevator through 

the two areas is accomplished through “The 

tures known as “The Colony.” Travel between 

Australia, now a melting pot of different cul-

as the “United Federation of Britain,” and 

except for part of Great Britain, now known 

most of the earth’s surface uninhabitable,

Wholesale.”

both adaptations of the Philip K. Dick 

would be just as accurate to say that they’re 

the 1990 film of the same name, although it 

movies to choose from for my review this 


A SWAT team bursts into the Rekall 

operands who has been moni-

toring him for the past six weeks. Quaid flees

rooms and leads her on a merry chase through 

The Colony’s crowded urban streets.

The rest of the movie finds Quaid on the 

run, alternating between shootouts and 

chase scenes. He can never be sure who to 

trust, until he runs into the woman from his 

dreams, Melina (Jessica Biel, “The A-Team”). 

Together, the two must unravel the threads 

of a conspiracy and fight the injustice of the 

UFB!

I think both “Total Recall” are mixed 

gags. Colin Farrell is a better actor than 

Arnold Schwarzenegger, but the material he 

brought up to be sure, but it takes a back seat 

to the many, many chase scenes and shoot-

outs we see instead.

Fortunately, the action scenes are done 

very well, moving with a fast and furious 

pace in exciting environments. This is how to 

make an action scene!

I think I prefer this movie’s settings to the 

1990 film’s setting on Mars. This movie stays 

in our own world, but with different futures.

The Colony is a crowded, dirty place 

that looks like a cross between Rio de Janeiro 

and “Blade Runner’s” vision of Los Angeles. 

(“Blade Runner,” you may totally recall, was 

based on the Philip K. Dick short story 

“Do Androids Dream of Electric Sheep?”)

The UFB is a high-tech world of hovercars, 

glamming skyscrapers, and robotic cops. The 

hovercars bring to mind “Minority Report,” 

which was based on a short story of the same 

name by, naturally, Philip K. Dick, while the 

robots resemble those from “I, Robot.”

Besides the mind game of Quaid not 

knowing who to trust, both “Total Recall” 

movies bring the very situations into ques-

tion. Is this real life? Is this just fantasy? 

Is the fact that I just quoted Queen lyrics 

while staying on-topic in my review awesom-

e, or totally awesome? Joking aside, all of 

the excitement happens when Quaid is 

about to be given false memories. Was the 

procedure truly altered, or was that simply 

the test fake memory he was given?

Neither movie answers the question for 

you, deliberately leaving it ambiguous. Again 

though, the 1990 film addressed it to a greater 

extent. In this movie, they only have one 

scene that even brings up the question, and 

it’s never mentioned again.

movies in all, the 1990 film was both more 

cerebral and more ridiculous. This movie

Call the movie hotline at 4880 or visit the MWR Facebook page for more information.
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