

THE WIRE

The Official Magazine of Joint Task Force Guantanamo



Celebrating Hispanic heritage

GTMO celebrates national observance

Energy conservation

Doing your part to use energy resources wisely

Happy Birthday Navy

AROUND THE BAY

AND IN OUR PAGES



8 Life in Boots

GTMO environmental team keeps us energized with alternative energy



12 Saying hello and goodbye

MP battalion assumes authority while 193rd cases up guidon



14 Heritage celebrations

GTMO Celebrates Hispanic Heritage Month



Cover Story

Cover photo by Sgt. Darron Salzer

GTMO participates in the annual U.S. Navy Birthday Ball. PAGE 10

Other Stories

4 Command Corner

5 Trooper to Trooper

6 Reviews of the latest movies on base

17 GTMO residents compete in triathlon

19 Meals with Monroe

BAY WIRE REPORT

Marine Corps Birthday Ball tickets on sale



The Marine Corps Security Force Company will host the 238th Marine Corps Birthday Ball Nov. 9.

Tickets are on-sale weekdays at the Marine Hill and NEX Atrium from 11:30 a.m. - 1 p.m., and Saturdays 10 a.m. - 2 p.m.


Formal attire required, no duty uniforms authorized.

Underwater Pumpkin Carving

Join the Reef Raiders Dive Club Oct. 27, from 9 a.m. - 12 p.m., at Windmill Beach for the Fourth Annual Pumpkin Carving Contest under the waves. Bring your own equipment and pumpkin or buy one for \$5. Register at the Dive Shop or email underwaterpumpkin@gmail.com by 6 p.m., Oct. 23.

Trunk-or-Treat!

Head over to the Downtown Lyceum parking lot Oct. 26, 5 p.m., for a fun time hosted by the 525th MP BN, BSBC and MWR. Lots of prizes for best individual, family and vehicle costumes.



**Come meet
baseball legend**

Randy Johnson

**Oct. 20, 6:30 p.m.
Cooper Field**

CORRECTIONS Please report all corrections to thewire@jftgmo.southcom.mil
The following information was printed incorrectly in the Oct. 4 online issue of the Wire

Page 11: Chief Petty Officer Patrice Fant's name was spelled incorrectly.



THE WIRE

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Religious Services

NAVSTA Chapel

Catholic Mass
Mon.-Thur. 5:30 p.m.
Saturday 5 p.m.
Sunday 9 a.m.

Protestant Services

General Protestant
Sunday 11 a.m.
Gospel Worship
Sunday 1 p.m.

Chapel Annexes

Pentecostal Gospel
Sunday 8 a.m. & 5 p.m.,
Room D

LDS Service

Sunday 10 a.m., Room 19

Islamic Service

Friday, 1:15 p.m., Room 2

Seventh Day Adventist

Friday, 7 p.m., Room 1
Sabbath School: Saturday 9:30 a.m.,
Room 1
Sabbath Service: Saturday 11:00 a.m.,
Room 1

JTF Trooper Chapel

Protestant Worship
Sunday 6:40 a.m.
Sunday 9 a.m.
Sunday 7 p.m.

Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40
Gazebo - :01, :21, :41
Camp America NEX - :02, :22, :42
Camp Delta - :04, :24, :44
Camp 6 - :07, :27, :47
TK 4 - :13, :33, :53
JAS - :14, :34, :54
TK 3 - :15, :35, :55
TK 2 - :16, :36, :56
TK 1 - :17, :37, :57
CC - :19, :39, :59

Windjammer/Gym - :22, :42, :02

Gold Hill Galley - :24, :44, :04

NEX - :26, :46, :06

NEX Laundry - :27, :47, :07

C Pool - :30, :50, :10

Downtown Lyceum - :31, :51, :11

NEX - :33, :53, :13

Gold Hill Galley - :35, :55, :15

Windjammer/Gym - :37, :57, :17

CC - :40, :00, :20

TK 1 - :41, :01, :21

TK 2 - :42, :02, :22

TK 3 - :43, :03, :23

TK 4 - :44, :04, :24

Camp 6 - :50, :10, :30

Camp Delta - :53, :13, :33

HQ Building - :55, :15, :35

Camp America NEX - :57, :17, :37

Gazebo - :58, :18, :38

Camp America - :00, :20, :40

Beach Bus

Sat. and Sun. only - Location #1-4

Windward Loop
0900, 1200, 1500, 1800

East Caravella

SBOQ/Marina 0905, 1205, 1505

NEX

0908, 1208, 1508, 1808

Phillips Park

0914, 1214, 1514

Cable Beach

0917, 1217, 1517

Windward Loop

0930, 1230, 1530

NEX

0925, 1225, 1525, 1825

SBOQ/MARINA

0935, 1235, 1535

Return to Office

0940, 1240, 1540

NEX Express Bus

0955-1955

Every hour at the stated times

Camp America - :55, :48

TK 1 - :05, :36

Denich Gym/Windjammer - :11, :31

Gold Hill Galley - :14, :29

NEX - :16, :27

Downtown Lyceum - :17, :25

JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



Take Charge!

Leadership; noun lē-dər-, ship a position as a leader of a group, organization, etc.; the time when a person holds the position of leader; the power or ability to lead other people. - "Merriam Webster"

By Sgt. Maj. Juan Hidalgo Jr.

Joint Task Force Guantanamo Sergeant Major

Today, I would like to discuss leadership traits and how these proven leadership tools – “traits” – can make us accomplished leaders.

Leadership does not begin at some magical rank or point and time in one’s military career. At a minimum, leadership starts day one of our service.

In the most rudimentary way, allow me to illustrate. If there are two people doing something, ONE is going to be in charge. Either you are leading, or you are being led.

That is, if you want to lead! If, on the other hand, you want to be led, that is fine; sit back and wait until your mentor or leader feels you’re ready.

Just as I thought, most of you reading this are saying to yourselves: “NO, I want to lead right now!” Of course you do! That is what Warriors who want to win do – they take charge, look for ways to change, take on responsibility for their decision making as an end state for the privilege of leading today’s Warrior.

Winners, as I know most of you are, do not wait until someone tells them to take charge; no, they take charge! As I tour the area of the JTF and discuss leadership, accountability, and the ethos of our service to our nation, I am heartened to see so many potential young leaders who I know want to take charge. And, when given, or seize their first opportunities, they TAKE CHARGE.

If one implements these leadership traits into their professional and personal lives, they will become an effective leader.

Furthermore, for the already successful, veteran leader – not insecure about reviewing time honored lessons from centuries of selfless leadership by their predecessors – they will notice an enhanced quality in their decision making, and thus, the performance of their subordinates.

Leading is not something we can do once in a while. No, a leader is a leader 24/7-365; there are no days off.

Of course, this does not mean we cannot have personal time, but it does mean we never take a day off from setting the example of maintaining those high standards of the 14 leadership traits I’ve offered for today’s discussion.

As leaders, we are always being inspected and should welcome that, not only from our seniors, but our subordinates as well. We must constantly demonstrate that time honored example of taking charge in all of our assessments of the situation and final decision making.

Does this mean a leader must be perfect? Of course not. But it does mean when a leader makes a mistake, he admits it, learns from it and

moves on to the next objective. They do not blame others for their mistakes, make excuses or verbalize “reasons.”

LEADERS take responsibility and continue to lead! These time honored leadership traits have been proven in both garrison and combat. They become the way a good leader simply lives his life.

Various leadership trait models have been used by all military branches and civilian agencies with great success. We are a joint command, so we should strive to learn from each other and embrace the joint world we are a part of. I can honestly say I have learned a tremendous amount from each Service branch and know I will learn more daily. I have used the leadership traits taught to me 30 years ago as my starting point. My challenge to you is to put them into practice in your daily life here at GTMO. It is indeed a privilege to lead Warriors in the finest military establishment the world has ever known. TAKE CHARGE!

1. Justice - Giving reward and punishment according to merits of the case in question. The ability to administer a system of rewards and punishments impartially and consistently. Can you be fair and impartial to all? Not just the people you like?

2. Judgment - The ability to weigh facts and possible solutions on which to base

sound decisions. Do I go to the NEX wearing PT gear? Or, do I change?

3. Dependability - The certainty of proper performance of duty. Do seniors and juniors know that you can be counted on to accomplish any mission?

4. Integrity - Uprightness of character and soundness of moral principles; includes the qualities of truthfulness and honesty. Will you do the right thing when nobody is watching?

5. Decisiveness - Ability to make decisions promptly and to announce them in a clear, forceful manner. Do you continue to hone your professional skill? Study and practice your leadership so you can quickly make a definitive decision and stand by it?

6. Tact - The ability to deal with others without creating offense. Can you tell someone they are wrong without offending them?

7. Initiative - Taking action in the absence of orders. In the absence of orders, will you do all within your power to understand the mission; the “in order to” of the commander’s intent? Will you take charge and do what needs to be done to accomplish the mission?

8. Endurance - The mental and physical stamina measured by the ability to withstand pain, fatigue, stress and hardship. After you have been on duty all day and night, feel that you can’t go on much longer, do you know how to dig deeper within your inner self to find the endurance to complete the mission?

9. Bearing - Creating a favorable impression in your appearance, personal conduct and how you carry yourself at all times. Are you mature and professional enough to accept when your seniors – and at times, juniors – bring to your attention mistakes and advise corrective actions without showing physical disdain towards them?

10. Unselfishness - Avoidance of providing for one’s own comfort and personal advancement at the expense of others. Are you putting your Warriors before yourself in the spirit of servant leadership – placing all others above yourself?

11. Courage - The mental quality that recognizes fear of danger or criticism,



Sgt. Maj. Juan Hidalgo Jr.

By Master Sgt. Dennis E. Nordin

Operations Superintendent, Base Emergency Engineer Force



Master Sgt. Dennis E. Nordin

Mentorship is a word that is used on many organizational levels, across all Services in today's military. In my 18 1/2 years of military service, I have seen many examples of mentorship; leaders to their subordinates, peers to coworkers and up the chain-of-command from workers to their leaders. I have been fortunate enough in my career to be a part of each of these levels and have used these as life lessons that shaped me as a leader, and in developing my subordinates.

As a young Airman many years ago, I saw firsthand how mentorship impacted my career. My first supervisor sat me down and we talked at length about attitude.

Attitude is not just a word to describe an individual's mental well being – attitude is a behavior. That behavior, good or bad, can systematically make or break a unit's ability to accomplish the mission and be detrimental to the unit's cohesiveness.

As professional leaders, we all share this responsibility to provide our subordinates a safe haven to conduct our daily operations. This will give our Troopers and civilian counterparts the best opportunity to succeed whether they are deployed or at home station.

Goal setting is another invaluable tool we use as leaders to measure our subordinates success, as well as our own. Setting goals gives our Troopers something to strive for; gives them a sense of accomplishment or satisfaction. Goals can be personal, such as improving your overall physical fitness, or they can be work-related, earning the next promotion. As leaders we are responsible for the professional development of our Troopers. We

should be first in line to give our junior members every opportunity to succeed by supporting them.

At Guantanamo Bay it is no different. We are fortunate to be part of a Joint Task Force encompassing all military Service branches in one location; working together to ensure the mission is carried out. In my short time here, I have realized that each day is a learning experience or mentoring session with Troopers from each branch.

It is interesting to see how each unique function supports the Joint Task Force mission.

This is why it is imperative for us as leaders to get out from behind our desks, talk to our Troopers, get to know them, see how other units conduct business and what they bring to the fight. It is extremely important to learn from one another. This total force team effort will ensure that we leave GTMO better than we found it!

■ Leadership traits for you to take charge, Continued from page 4

but enables a man to proceed in the face of it with calmness and firmness. If Pfc. Jones is being hazed, do you have the guts to stand up for him? The courage to report those in violation of our services anti-hazing regulations?

12. Knowledge - Understanding of a science or an art. The range of one's information, including professional knowledge and an understanding of your seniors and juniors alike. Are you a life long learner? Do you constantly seek improvement? Do you share your knowledge and experiences with others? Do you

strive for perfection in all that you do?

13. Loyalty - The quality of faithfulness to country, the unit, to one's seniors, subordinates and peers. "If by my life or death I can protect you, I will," -J.R.R. Tolkien, "The Fellowship of the Ring."

14. Enthusiasm - The display of sincere interest and exuberance in the performance of duty. Do you take upon yourself every mission as if it was your idea?

Morale Calls!

The command staff is happy to report that the Camp America Morale Call Center has received more than 1,000 customers with no damage to equipment or facilities AND compliance with the 20-minute call-times. Here is a reminder of these DSN do's and don'ts:

DOs

- ✓ Govt-issued cell phones are for official use only
- ✓ To place a Morale Call, dial ext. 2800 and enter your personal Morale Call PIN number when prompted (to get a personal Morale Call PIN, contact J6 Telecom at ext. 8168)
- ✓ Limit your Morale Calls to 20 minutes
- ✓ When dialing toll-free numbers, dial 96 then the toll free prefix (i.e., 800, 866, 877, 888 etc.) then the number – i.e., 96-800-123-4567

DON'Ts

- ✗ Do not dial the "1" normally associated with toll-free calls. Adding the one creates additional charges for the government.

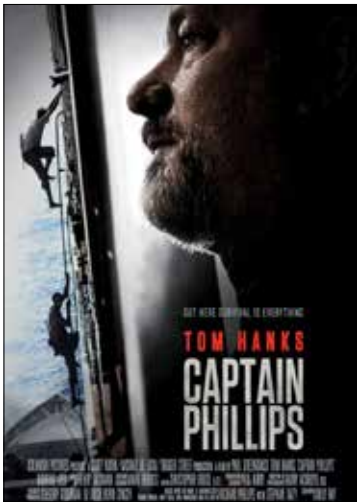


Captain Phillips, I salute you!

Review by Staff Sgt. Richard C. Garcia
812th MP Co., thewire@jftgmo.southcom.mil

So many times this year, I've sat through promising movie trailers only to be let down in the end. Let's be honest, Captain Phillips has Tom Hanks and real pirates. How could you go wrong? Well, the answer is, you can't.

Just like "United 93," director Paul Greenglass displays his touch with his extremely realistic attention to detail. During the Somali scenes, you will taste the sand and feel the pirates' desperation. While they pursue their target, the U.S.-flagged Maersk Alabama, you'll think you're sitting right next to the pirates.



Courtesy Sony Pictures

Portraying Captain Richard Phillips, Hanks delivers in Oscar-winning fashion. It's his finest performance in years. He displays an amazing range of emotions culminating in the final scenes. Muse (Barkhad Abdi) and Bilal (Barkhad Abdirahman), the Somali pirates, are channeled with eerie perfection.

"Captain Phillips" is Oscar-bound and this Jersey guy gives it five fist-pumping banana rats. 🍌



"The Family" delivers on all levels, don't be a wise guy, go see it

Review by Sgt. David Bolton
Copy Editor, thewire@jftgmo.southcom.mil

Robert De Niro is at it again as he puts on his smooth-talking, slick-suited, wise-cracking persona of Giovanni Manzoni in "The Family."

The film finds Giovanni and his family in a small town in France under the watchful eyes of the witness protection program led by Robert Stansfield (Tommy Lee Jones).

Try as they might, Giovanni and his family don't quite seem to fit in with the European lifestyle. As a prior boss for the New York mob who snitched, Giovanni often finds himself in situations where he has to "take care of some business," usually in the form of extreme, over-the-top brutality.

Throughout the movie we see these individuals cope with having to live in a strange new place, which is as foreign to them as they are to it. There is constant tension between Giovanni and Robert as Giovanni begins to write his memoirs about his life as a mob boss. The story escalates to a breaking point when a hit squad is sent from the states to "take care" of Giovanni's family.

Pulling together and using their individual talents, the characters combat the hit squad in a climactic standoff. For making me an offer I couldn't refuse, I have to give "The Family" four banana rats. 🍌



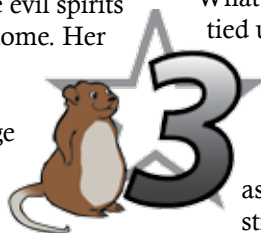
Courtesy Relativity Media



Insidious Chapter 2: This ties it all together

Review by Sgt. Cassandra Monroe
Staff Writer, thewire@jftgmo.southcom.mil

This movie lived up to its name, it really is just another chapter in hauntings of the Lambert family. This time, Renai Lambert (Rose Byrne) is convinced that the evil spirits have followed them to their new home. Her husband Josh (Patrick Wilson,) has a creepy way of showing his concerns, which sets Renai on edge for herself and her family. It's not until Lorraine Lambert (Barbara Hershey), who is Josh's mother, decides to intervene and look into the history of the spirit haunting them.



In the end, the mystery is solved temporarily but it appears as if the hauntings continue to affect a different family in the last scene, leaving room to introduce a third Insidious chapter.

What I liked about this movie is that it really tied up unsolved bits and pieces from the first movie. Viewers will get to see the chilling background story behind the lady in black who haunts Josh. Although I feel that this movie wasn't as scary or creepy as the first movie, I still fell victim to the jump-out-of-my-seat moments that the series is known for. Overall, I give this movie three banana rats. 🍌



Courtesy FilmDistrict

Growing muscle...

By Master Sgt. Gregg Ramsdell
Command Element SEL, physical trainer

In the past few months we have discussed many ways to stimulate muscle growth using high reps, low reps and everything in between.

Here is a great program called 6x6 Exercises method, or six sets of six reps, with minimal rest between sets.

I found this program serves as a great change of pace. Also referred to as hypertrophy, this will force your muscles to grow fast. The objective is about cumulative fatigue and not how much you can lift.

You may not seem to be getting stronger but you are; remembering this type of training is a marathon not a sprint. If you are going for size and power, use 70 percent of your max on the power movements such as squat, dead lift and bench.

Correct weight is paramount when using the 6x6 method. The objective is to increase the weight from one workout to the next. Ensure rest intervals remain the same during the entire exercise. Select a specific rest interval before you start (30 seconds, 45 seconds, etc.), that way you can monitor your progress.

If you are training your whole body three times per week, your workout should include the 6x6 Exercises.

You should have a one day break after two days and start again. Select various exercises every week to shock your system. This workout is intense so use it for only four to five weeks, and then change routines. If you have any questions please feel free to contact me at gregg.l.ramsdell@jtfgtmo.southcom.mil.

6x6 Exercises

- Bench press
- Dumbbell bench press
- Military press
- Upright rows
- Squats
- Dumbbell lunges
- Dead lift
- One-arm dumbbell rows

Graphics by Sgt. 1st Class Aaron Hiller/The Wire

Now Showing!

at the Downtown and Camp Bulkeley Lyceums

Call the Movie Hotline at 4880 or visit the MWR Facebook page for more information

18	FRIDAY	19	SATURDAY	20	SUNDAY	21	MONDAY	22	TUESDAY	23	WEDNESDAY	24	THURSDAY
<p>FREE ADMISSION DOWNTOWN CAMP BULKELEY</p>	Hotel Transylvania – Return (New) PG, 8 p.m. Prisoners (New) R, 10:30 p.m.	Cloudy with a Chance of Meatballs 2 PG, 8 p.m. Rush (New) R, 10 p.m.	Captain Phillips PG, 8 p.m.	The Family R, 8 p.m.	Insidious: Chapter 2 PG13, 8 p.m.	One Direction: This Is Us (LS) PG, 8 p.m.	Getaway (LS) PG13, 8 p.m.						
	Rush (New) R, 8 p.m. Prisoners R, 10 p.m.	Captain Phillips PG13, 8 p.m. The Family R, 10 p.m.	Getaway (LS) PG13, 8 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	Hotel Transylvania – Return (New) PG, 8 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	Insidious: Chapter 2 PG13, 8 p.m.						

Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

(LS) = Last Showing



Channeling our energy

NAVSTA Environmental office celebrates conservation awareness

Story and photos Staff Sgt. Lorne Neff

Staff Writer, thewire@jtfgtmo.southcom.mil

October is energy awareness month and while conserving energy is of high importance for the strategic future of the U.S., it's also of importance here at U.S. Naval Station Guantanamo Bay.

One thing that GTMO can be proud of is it has produced 100 percent of its own energy since the early 1960's. So, it's up to Troopers and base residents to help conserve that organic energy.

"Everyone can do their part," said Tim Wagoner, NAVSTA installation energy manager.

Wagoner has managed Guantanamo's energy strategy since 2010, the same year the base hit its peak in energy usage. But because of efforts led by Wagoner and the GTMO community, it has gone down every year since then.

LED street lights, he said, are part of the effort that saves GTMO energy which also saves GTMO dollars.

"If you had come here two to three years ago, you would not have seen any LED lights," he said. "Now you see them over half the installation.

"LED lights use about 73 watts-per-bulb, so we went from 300 to 73 watts, which is a huge savings," said Wagoner, adding that there is a project to complete the other half of the installation in the works.

Wagoner says the base replaced all the perimeter lights in 2010.

"They were a thousand watts," he said "We went solar, which doesn't use any (externally generated), power."

Wagoner also said that over the past decade, the base switched to more efficient

electrical generators.

"The base uses 25-to-35,000 pounds of diesel fuel just to produce power," said Wagoner. "We spend about \$32 million a year just to produce power and water for the base."

Wagoner says that is why it is important to conserve energy, not only to reduce energy demand but the cost to produce that energy. He also pointed out that energy consumption has more than doubled since the year 2000 on base.

Some of the energy growth comes from the Joint Task

“ Every individual effort, no matter how small you think it is, counts ...

— **Tim Wagoner**
Installation Energy Manager, NAVSTA

Solar panels placed around Guantanamo Bay help to light Cooper Field, the high school gym and other areas. GTMO produces 100 percent of its own energy.



Force Guantanamo Mission, which did not exist before the year 2000. Wagoner said that JTF, along with the Expeditionary Legal Complex, now consume up to 26 percent of the base's energy.

Along with the rest of the base, the JTF is working to help conserve energy.

“We plan to have the NAVSTA energy manager train our facility maintenance representatives on things to look for in energy savings, said Cdr. Michael Hipp, JTF-GTMO engineer director. “Whether it's lights, or thermostat settings, those sorts of things.”

Hipp said JTF has several energy saving projects underway and is awaiting congressional approval for other projects like solar hot water

facilities.

One solar facility is already in place on NAVSTA, a 325 kilowatt solar array behind the high school that feeds the gym expansion. Wagoner says there are other projects the Naval Station has in the works:

— All new housing units will have solar hot water

— A 700 kilowatt solar array to directly power the exchange

“Everyone wants to become what they call islanding, to be able to off the grid and be able to function like we've done here,” said Wagoner.

“Now we just need to be able to expand our efficiencies in that island.

“Every individual effort, no matter how small you think it is, counts up to a whole lot,” he said. 🏠



Use task lighting when you need lighting in one small area and then reduce background or ambient light levels.



Don't set your thermostat at a colder setting than normal when you turn on your air conditioner.



To operate your air conditioner unit more efficiently, turn on your ceiling fans. These fans create more air movement across the skin, lowering skin temperature through evaporation.



Repair leaky faucets promptly. One faucet leaking one drop per second can waste 2,400 gallons of water per year.



Fill the basin when you shave instead of keeping the water running. You'll use only 1 gallon of water instead of up to 15 gallons.



Don't leave the water running when you brush your teeth. You could save as much as 9 gallons each time you brush.



Fill a basin when you wash the dishes by hand instead of letting the water run. You could save up to 25 gallons of water each time you wash dishes.

Fruits of their labor

Navy Ball made possible by donations from GTMO community

Story and photos by Sgt. Darron Salzer

Photo Editor, thewire@jtfgtmo.southcom.mil

For U.S. Naval Station Guantanamo Bay's Sailors, the 238th Birthday celebration wouldn't have been possible without the support from the local GTMO community.

"It was great to have so much support," said Navy Petty Officer 2nd Class Adrienne King, logistics specialist, NAVSTA Air Operations. "It's good when a whole community can come together and make something like tonight's event happen."

Without donut sales, car washes and other fundraising efforts, the Oct. 12, ball wouldn't have been possible.

"Every weekend we did a fundraiser, whether it was a bake sale or a car wash we were always out there," said Navy Petty Officer 3rd Class Margaret Lampe, electronics technician, NAVSTA Air Operations.

"It shows how much the community cares," Lampe said.

She said donations from the community were so overwhelming that Sailors were able to raise money for next year too.

"We exceeded our goals by approximately \$8,000 and that extra money will go towards next year's ball," she said.

Thanks to the fundraising, the evening was about celebrating the history of the U.S. Navy – originally the Continental Navy – which began Oct. 13, 1775. This year, the ball focused on that history here at GTMO. On June 10, 1898, the first U.S. troops to set foot on Cuban soil – a battalion of U.S. Marines – set up camp at Guantanamo Bay during the Spanish-American War.



Navy Rear Adm. Richard Butler, commander, Joint Task Force-Guantanamo, and Army Brig. Gen. Marion Garcia, deputy commander, JTF-GTMO, watch a video highlighting the Navy's history at Guantanamo Bay during the annual Navy Birthday Ball at the Windjammer Ballroom Oct. 12. The ball celebrated the rich history of GTMO, from the first U.S. Marine battalion to set up camp in 1898 to the detention operations supported by all branches of the military that occur today.



These center pieces were purchased online and embellished with local coral and sea shells by Sheri McPherson of Shari's Seashells for the 2013 Navy Ball. Sailors on the birthday ball committee organized fundraising events around the community, and the donations they collected paid for 100 percent of the event.

"It's important to remember the history of the Navy and reflect upon its accomplishments," Lampe said.

Other events of the night included a guest speaker, retired Navy Capt. Allen Weseleskey, a naval aviator who served in the Vietnam War, an opera performance by Gloria George, a raffle, dinner and a cake cutting ceremony.

This is a perfect opportunity "to remember why we are all here and to honor the men and women that we serve with, not just in the Navy," said Navy Cmdr. Colin Caswell, Naval Station executive officer.

"Our job is an important one as we continue to serve the nation," Caswell said. "To all of the Sailors out there, happy birthday." 🌟

Navy Seaman Robert Jackson, hospital corpsman, U.S. Naval Hospital, and Seaman Derek Alexander, also a hospital corpsman, perform the retiring ceremony at opening of events for the annual Navy Birthday Ball at the Windjammer Ballroom, Oct. 12. The Navy officially celebrated 238 years of continued service to the nation Oct. 13, and Sailors honored that with a night of celebration steeped



al, and Navy
of the colors
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Guardians case up colors, inactivate after 8 years

Story by Sgt. Cassandra Monroe

Staff Writer, thewire@jftgmo.southcom.mil

After eight consecutive years, the Army's 193rd Military Police Company, which supported the 525th Military Police Battalion, cased its colors Oct. 15, in a ceremony at Bulkeley Field.

Known as the Guardians, the 193rd MP Co., was called to serve in 2005. Since then, the unit has supported the detention operations including guard force inside the facilities, and support to commissions and detainee movement operations.

During the ceremony, Lt. Col. Darcy Overbey, commander 525th MP Bn., said the 193rd distinguished itself with professional and successful support of the 525th's mission.

"During my time in command, the 193rd has definitely earned and maintained a reputation for excellence," she said. "Looking through the battalion archives, I noticed a common theme. The Soldiers of the 193rd Military Police Company have represented the 525th."

For Capt. Tobias Clark, the casing and inactivation of his unit proved to be an emotional time, but he said he feels that his Soldiers provided essential support to the mission through untiring efforts, and couldn't be more proud.

"The Soldiers represent the best of the best, they are the best the Army has to offer," he said. "The Guardians have set the standards both in and outside of the facilities. I have had the honor of calling myself Guardian 6 for nearly a year and a half. As this chapter closes for the 193rd, it is only through the efforts of the Soldiers who stand in front of us that I can proudly say our mission is complete."

As for the unit inactivation, the strategic decision was made two years ago by the senior leaders of the Military Police Corps. This allows the military to reinvest the personnel from this company in different directions, to include Drug Suppression Teams across the Army. The Soldiers of the 193rd will move on. Many will join the GTMO-based 189th Military Police Company, while others will report to Headquarters and Headquarters Company, 525th MP Bn., and work as members of the Quick Reaction Force or as detainee escorts. For the rest of the Soldiers, they'll depart for home or next duty stations.

First Sgt. David Taylor, company first sergeant,

said he will rejoin his family at Fort Leavenworth and continue on in his military career. He said that casing the guidon was difficult because it signified having to walk away from his GTMO military family.

"I'm a passionate leader and treat my Soldiers as if they're my own kids," he said.

"As noncommissioned officers, that's our job, to take care of our Soldiers and that's what I love doing. The commander and I said we wanted to make this company the best company in the Army and I think we did that. These Soldiers believe that." 🇺🇸



Photo by Sgt. Cassandra Monroe/The Wire

Army Capt. Tobias Clark, commander, 193rd Military Police Company, and 1st Sgt. David Taylor, first sergeant, 193rd MP Co., retire the company's guidon during a casing ceremony at Bulkeley Field, Oct. 15. After eight years of service to Joint Task Force Guantanamo, the company was inactivated by the U.S. Army.



Photo by Sgt. Cassandra Monroe/The Wire

Army Lt. Col. Richard Ball, commander, 93rd Military Police Battalion, and Command Sgt. Maj. Timothy Lamb, command sergeant major, 93rd MP Bn., raise the battalion colors during an assumption of authority ceremony at Bulkeley Field Oct. 16.

War Eagles assume authority for TFP

Story and Photos by Sgt. Cassandra Monroe

Staff Writer, thewire@jtfgtmo.southcom.mil

After a few weeks of being on ground, the 93rd Military Police Battalion assumed authority Oct. 16, at Bulkeley Field. The ceremony officially brought the unit into the ranks of Task Force Platinum, an organization that provides essential support through detainee and detention facility operations for Joint Task Force Guantanamo.

Col. John Bogdan, commander of the Joint Detention Group, welcomed the unit in, then said that an assumption of authority ceremony is a way of recognizing a culmination of a lot of hard work on both the prior units here and the incoming 93rd MP Bn.

"I know you're ready for the mission and we're excited to have you here," said Bogdan. "What has been built is a wealth of tremendous experience that

you now have the task of leading out and carrying to the next level."

Lt. Col. Richard Ball, commander, 93rd MP Bn., said that the battalion has gone through many "stop and go" points in its pre-deployment process which began last April. However, he said that didn't stop their motivation to begin this mission.

"Many units would have thrown up their hands in frustration at the delay and allowed their skills to atrophy," he said. "But not these disciplined Soldiers. They continued to train and maintain their readiness."

The 93rd is rich with military history. It was activated June 8, 1945, as a Headquarters and Headquarters Detachment. Since then, it has been present through many conflicts and stationed at many

foreign posts including: the Republic of Korea, Vietnam, Germany and throughout the U.S.

As for their mission here at GTMO, Ball gave his Soldiers this advice:

"We will have new challenges together, but as a team, as a Task Force, we can accomplish every requirement given to us," said Ball.

"Execute your tasks with dignity and humane, transparent care for all you come in contact with. Uphold the Army Values at all times. Serve with and protect those on your left and right. If you do these things, then when your deployment is over, you will return with your honor enhanced, a deep satisfaction for a mission accomplished and the heartfelt thanks of a grateful nation." 🇺🇸

Domestic violence has no place in U.S. military

By Tim Pearce

DoD Office of Warrior Care Policy

Sometimes the hardest wounds to treat are those you cannot see. When these wounds are left untreated or undiagnosed, they can wreak havoc on a Service member's life and the lives of those around them.

Any combination of invisible wounds, injuries incurred in the line of duty, and transition back to civilian life can amplify the stress on Service members and their families, increasing the chance for unhealthy or abusive relationships to develop.

Victims of domestic abuse are often afraid to get help. They may fear that reporting the abuse will only make things worse, or they may feel ashamed for tolerating the abuse for so long. Victims may fear losing the financial support provided by their abuser, including housing or medical benefits. Some victims may feel trapped because they fear ruining their spouse's military career or feel pressure to keep the relationship intact for the sake of the children.

The Department of Defense is committed to addressing and ending domestic abuse and offers victims two different reporting options for seeking help. With either option, victims have access to victim advocacy services, counseling, and medical care. Victims of domestic abuse may want to talk to a victim advocate from the Family Advocacy Program about their options and other sources of support before making a decision.

Victims who prefer confidential assistance that does not include notification of law enforcement or military command may contact a FAP supervisor/clinician, victim advocate or a healthcare provider to request a restricted report. A restricted report allows victims to evaluate their relationship choices while maintaining control over what and how much information to share with others. Because victim safety is a priority, victims at imminent risk of serious harm cannot use the restricted report option. A restricted report is also not available in cases where child abuse has occurred.

A victim of domestic abuse who makes a restricted report may receive victim advocacy services without law enforcement notification or command involvement. Victim advocacy services include help developing a safety plan to prevent further abuse, referral to counseling, medical care, information about Military Protective Orders and information about military and local civilian community resources.

Victims may contact the FAP, military police, or chain of command to make an unrestricted report if they want an investigation of an abuse incident and command involvement. The command can offer the victim added support and protection. An unrestricted report also gives the command the discretion to take administrative action against the offender.

For victims who choose to make an unrestricted report, a FAP advocate will also assist victims in making a report to law enforcement, provide information on legal rights and offer assistance in applying for Transitional Compensation, if applicable.

The choices in an abusive relationship are never easy. But, knowing that there are options for seeking help is the first step in ending abuse and having a safer and happier life. If you are a victim of domestic abuse, contact your installation's FAP or contact the National Domestic Abuse Hotline (800-799-SAFE [7233]).

Log on to www.militaryonesource.mil/abuse or call 1-800-342-9647 for more information and tools for building a healthy relationship. ♡

Eid ul-Adha

Muslim feast explained, celebrated at GTMO

By Capt. Brian Pennington

Command Information OIC, thewire@jtfgtmo.southcom.mil

Holiday seasons are quickly approaching and Troopers have food, family and joyful times ahead. Muslim Troopers got an early jump on the holiday season with the start of Eid ul Adha, which began at sundown Oct. 14, marking the end of Hajj.

"The Hajj, or pilgrimage to Mecca, is a critical task of all Muslim men and women who are mentally, physically and financially fit to make the journey at least once in their lifetime," said Zak, strategic cultural consultant for Joint Task Force Guantanamo.

"The Hajj commemorates the divine rituals observed by the Prophet Abraham and his son Ishmael, who were the first pilgrims to the house of Allah on Earth," he said.

Muslims from all walks of life and every corner of the globe assemble there to commemorate the divine rituals observed by the Abraham and Ishmael.

Peace is the dominant theme of the pilgrimage. All who attend are reminded that they will all be equal before Allah, on judgment day.

Several million people travel to Mecca each year during this holiday season, marking the largest annual religious gathering in the world.

Muslim Troopers here at Guantanamo Bay celebrated with Eid prayer at 7 a.m., Oct. 15.

The festivities will run through Oct. 18. ♡

MES DE LA HERENCIA HISPANA

A look back at GTMO's Hispanic Heritage Month celebration

Story and photo by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

The U.S. military is a melting pot, bringing Service members from all walks of life together to support one common theme – defense of freedom. For many Troopers assigned to Joint Task Force Guantanamo, their own family legacy comes to mind when thinking of this very idea of freedom, equality and justice.

It's a patchwork of people, of positions, of branches that make this JTF, and our military, operate properly. In recognition of that, we celebrate. For the month of Sept. 15 – Oct. 15, JTF-GTMO honored Hispanic Heritage Month by celebrating the contributions of our Hispanic Troopers, and those of Hispanic descent.

Marine Sgt. Maj. Juan Hidalgo Jr., senior enlisted leader, JTF-GTMO said the readiness of JTF has been enhanced by having a group of Service members who are from a multitude of ethnic backgrounds.

“It brings diversity and perspective to the table,” said Hidalgo. “Everybody brings something and we can learn from each other to see things differently. This makes the team that much better.”

As part of Hispanic Heritage Month, GTMO's Multicultural Observance Committee and the 189th Military Police Company hosted a special luncheon Sept. 26, to highlight the cultural aspects of GTMO's Hispanic community. Coordinating the event was President of the MOC, Navy Petty Officer 1st Class Shequita Sexton, a culinary specialist with Naval Station Guantanamo Bay.

“We collaborate with other commands on base to come up with one big event for whatever that month is,” said Sexton. “There is usually a greater turn out of individuals for whoever's month it is, but the diversity has been outstanding. There's been lots of participation from different branches and civilians alike.”

As part of the festivities, some Troopers entered their best salsa in a taste-test competition, with bragging rights going to the best. Events like these are not the only way that the Hispanic community here celebrates its heritage.



Service members try some homemade salsa prepared by fellow Troopers at the Multicultural Observance Committee's Hispanic Heritage Month celebration Sept. 26. The luncheon, hosted by the MOC and 189th Military Police Company, focused on the contributions the Hispanic community has made to the U.S. military.

Some find that common bond in the interactions with fellow Hispanic Service members.

“We're all playing for the same team even though people wear different uniforms. It brings a lot of minds together and we learn from each other that way,” said Air Force Staff Sgt. Andre Cervantes, Base Engineer Emergency Force.

“I try to maintain traditions and make sure that I'm active in my community,” said Cervantes. “It's hard to do that on a deployment, you have to find people with those traditions and events like this make it easier.” 🍌



MOTIVATOR

OF THE WEEK

HM2 Ryan Boyd
Joint Medical Group

ME1 Ralph Dilisio
301st Port Security Unit, MARSECDET



Daily 9:55 a.m.-7:55 p.m.

Beginning immediately a new shuttle bus service will run between Camp America and the main Navy Exchange. The schedule of stops for the NEX Express is listed in each issue of The Wire.



MAIL CALL

IMPORTANT NOTICE

CAMP AMERICA

The Camp America Post Office will be closed most Saturdays, except for the Saturdays before a unit's rotation off island. Normal M-F business hours still apply. The NAVSTA Post Office is also closed on Saturdays. The Saturday schedule is listed below. POC is LS1 Ponce, Brenda, at x2331 or brenda.l.ponce@jftgmo.southcom.mil

Oct. 19	9 a.m. to 12 p.m.	Nov. 30	9 a.m. to 12 p.m.
Oct. 26	CLOSED	Dec. 7	9 a.m. to 12 p.m.
Nov. 2	9 a.m. to 12 p.m.	Dec. 14	CLOSED
Nov. 9	CLOSED	Dec. 21	CLOSED
Nov. 16	CLOSED	Dec. 28	CLOSED
Nov. 23	CLOSED		

Join The Wire's Team

Writers & Photographers Wanted!

thewire@jftgmo.southcom.mil



FOOTBALL MADNESS

at O'Kelley's Pub
Catch the entire lineup starting at Noon each day

SATURDAY COLLEGE
SUNDAY NFL



Shred it or regret it

Are you aware that GTMO has a 100 percent shred policy?

Recent walkthroughs of housing areas by JTF-GTMO leadership uncovered some PII - mailing addresses on envelopes and packages in garbage cans outside of common areas. OOPS! Someone forgot to shred the customs label or envelope with return addresses!

All paper materials to include: handwritten notes, computer printouts, sticky notes, photo-copies of official or unofficial business, trooper notebooks, leave paperwork, bank statements bills or ANYTHING with PII should be shredded.

Use OPSEC! Don't throw your info in the trash!

Stay Secure



Imagine your body is a computer. Your nerves form the operating system, your brain is the hard drive. Your hearing and speech are together the network interface card. Your immune system is the anti-virus.

You may have secret, sensitive or personal data stored in your brain hard drive that you want to keep secure. What measures are you taking to keep that information from falling into the wrong hands?

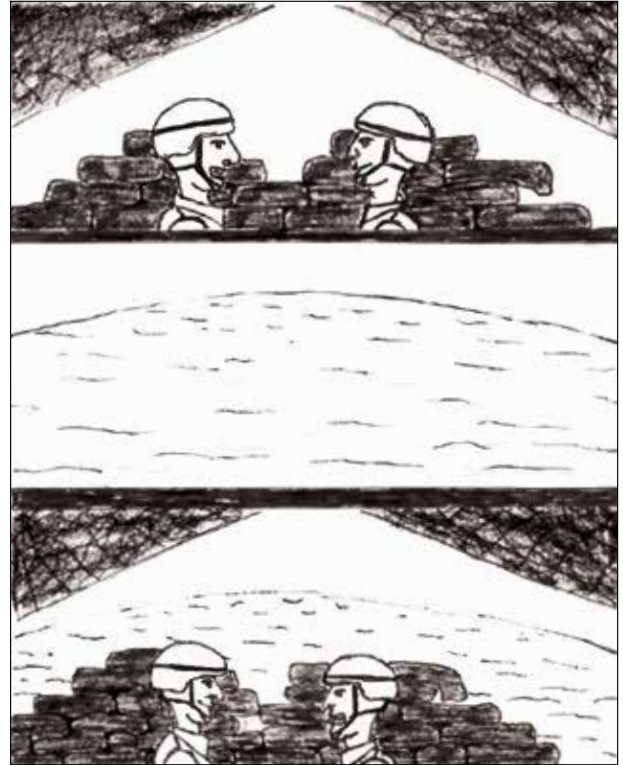
"Football"

Football is a team sport. Everyone on the team must function at their best if they wish to reach the goal line and score. Everyone's effort counts. They succeed or fail together. The same is true for us at GTMO. Everyone's effort counts and we all succeed or fail together. Are you giving your best effort?

Graphic by Sgt. 1st Class Aaron Hiller/The Wire

THE DOWNSIDE UP

by Sgt. Darron Salzer



"Anything happen today?"

"I saw an albatross!"



Facebook
/jointtaskforceguantanamo



Reef Raiders Dive Club presents 4rd annual
Underwater Pumpkin Carving Contest
October 27, 2013 0900-1200 @ Windmill Beach
to be followed by the cookout

All Divers and Snorkelers are welcome.

Please arrive between 0900 and 0930 with your own equipment.

Judging will take place at 1100

Great prizes awarded in several categories

Pumpkins are available at beach for \$5 or bring your own

Register at the Dive Shop or email underwaterpumpkin@gmail.com
Sign up by 1800, Wednesday, October 23rd.

BINGO

11	35	4	48	15
8	23	65	5	13
45	12	7	28	27
7	39	19	43	33
5	3	17	41	

B I N G O

AT THE WINDJAMMER!

Every **Tuesday** and **Sunday** evening
6:30-9:00 p.m.

2 Packs of Regular Bingo for \$10

Athletes test endurance

Story and photos by Staff Sgt. Lorne Neff

Staff Writer, thewire@jftgtmo.southcom.mil

More than 20 individuals and 15 teams swam, biked and ran their way into an elite group Oct. 12, during the Guantanamo Bay Olympic Triathlon. Known as tri-athletes, GTMO's best showed their endurance and strength.

"I never bike and I'm not a strong swimmer, but I knew I would make up for it on the run, that's my strength," said Navy Petty Officer 3rd Class Darring White, master at arms, U.S. Naval Station Guantanamo Bay.

"It was a little discouraging,

seeing everyone ahead of you, but then in the salt water, you start feeling things, and that makes you want to swim a little faster," he said.

But the real challenge was the bike.

"My bike is taller than I am and I had to figure out the gears," said White. "Then my chain fell off and I had to stop and put it back together, but eventually I got it done."

The race started at Ferry Landing with a 1.5km swim, followed by a 25km bike ride and a 10km run. White

finished the three-stage race as an individual competitor in just under two hours with a time of 1:59:15, which earned him first place in the individual male division.

According to Morale, Welfare and Recreation Fitness Coordinator Dennis Anthony, the race was the official Olympic distance and the fourth race out-of-five for 2013. He said he was pleased with the turnout.

"There's a lot of people involved with this event," he said. "It's kind of unique, we have about 66 volunteers and we have just about the same number of participants."

According to Anthony, this race was the official Olympic distance and the fourth race out of five this year. Anthony said he is satisfied by the Troopers reaching

Triathlon Winners

Individual Male Competition:

1st Place: Darring White (1:59:15)

Individual Female Competition:

1st Place: Erin Driver (2:08:57)

Team Competition:

Co-Ed Team: Elena Granina, Casey Gore and Mark Gettel (1:48:06)

Female Team: Jozy Smarth, Jenny Frasco, Janis White (2:19:17)

Male Team: Team 413 - Adam Leighty, Rory Sweeney and Daniel Salce (1:55:41)

to obtain their goals and push themselves to their physical best.

"I have people who come up to me and say, 'you know, I've never done a triathlon before,' and I say, 'well today you won't be able to say that anymore,' it's a life changing event," he said.

And for Army Maj. Erin Driver, officer in charge at the Joint Troop Clinic, pushing herself really paid off.

"I feel awesome, I love these things and I have the runner's high," she said after winning the individual female category with a time of 2:08:57.

The next MWR-sponsored triathlon – a trail competition – will be held in November. Check the MWR-GTMO Fitness & Sports Facebook page. 🌟



After a 1.5km swim in Guantanamo Bay, Jeff Seawell tags Court Scham to start the 25km bike trek at Ferry Landing Oct. 12, as part of the Olympic Triathlon. Their team, Team 409, placed fourth in men's team competition.

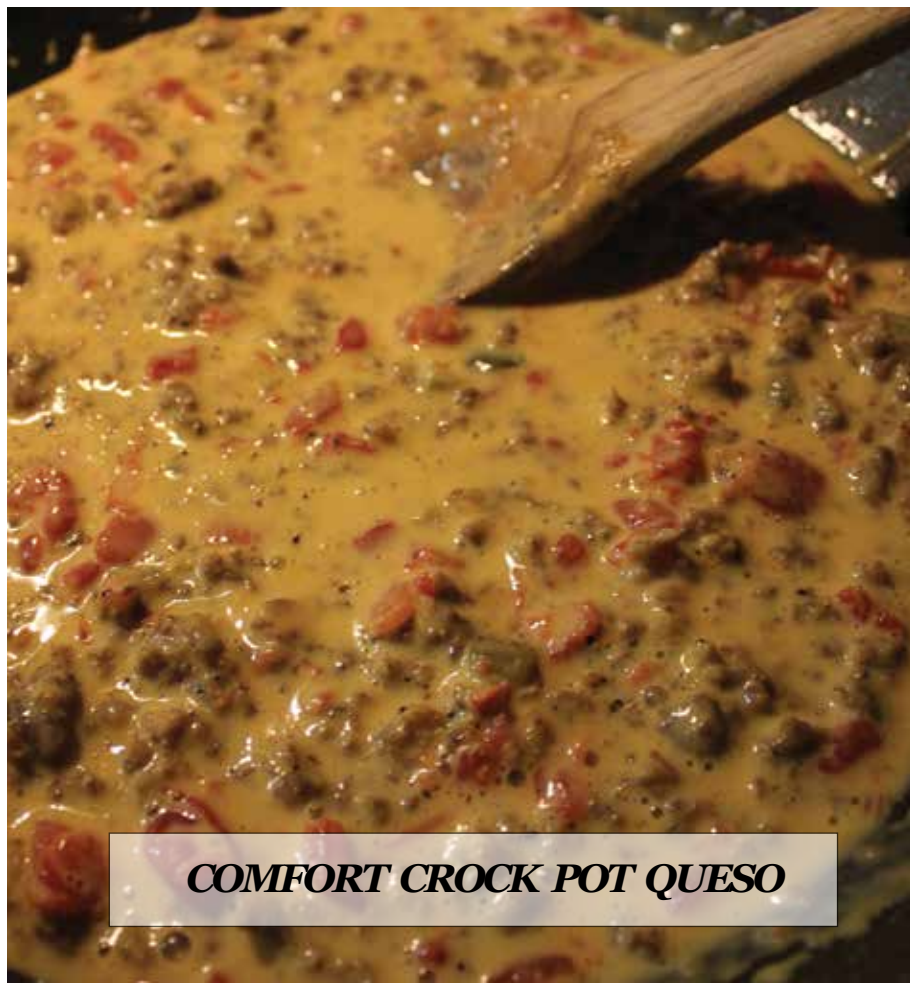


Winning tri-athletes pose for a group photo after the Morale, Welfare and Recreation Fitness & Sports department's Olympic Triathlon Oct. 12. More than 20 individuals and 15 teams competed in the triathlon, the fourth this year at U.S. Naval Station Guantanamo Bay.

Meals with MONROE

I always make this dip whenever it's time to get together with a large group of friends for barbecues, get-togethers for football games, potlucks for work, or just something to snack on during a movie night. What I love about this recipe is that it is SO easy to make, and it's always a crowd pleaser. Everyone loves this dip, and it will be gone within the half hour, I promise.

When I said this recipe was easy, it's no joke! You'll see! It's best if you have a crock pot for this dip, that way you can keep it warm throughout the day or during your party. I usually double this recipe, so you'll need to cube two **16-ounce packages of Velveeta Cheddar Cheese**. In a crock pot, toss in the cubes and set it on high. Add two 10-ounce cans of **Ro*Tel Original Diced Tomatoes & Green Chilies** undrained. Cover the pot with its lid to warm up the cheese. Next, grab a couple of thawed packages of **Jimmy Dean sausage** (located in the frozen aisle near the dairy section at the Navy Exchange) and brown the sausage in a medium or large pan. Drain, then pour into the crockpot with the cheese and tomatoes. When all ingredients are warmed, stir them up and serve to your guests with chips, crackers or bread!



COMFORT CROCK POT QUESO

A great thing about this recipe is that you can switch up the ingredients as much as you'd like. Instead of using cheddar cheese, go with the Queso Blanco (white cheese). Instead of using sausage, try hamburger meat, ground turkey or shredded chicken. To make it spicier, try using spicy Jimmy Dean sausage (it goes fast at the NEX but if you go back stateside, make sure you try it!) or add jalapeno peppers. Really, just be creative, there are a lot of options for this recipe.

***DON'T HAVE A STOVE TOP or crock pot?** That's okay! You can make this recipe in the microwave -just without the sausage.

Combine undrained tomatoes and Velveeta in a 1-1/2-quart microwave-safe dish and cover it. Microwave on high for 5 minutes, stirring after 3 minutes. Remove from microwave and stir until mixture is blended. Be careful, the dish will be hot. For a double recipe, microwave on high for 8 minutes or until Velveeta melts, stirring after 5 minutes.

p.s.
(one last thing)

I want to hear from you! Did you try my recipe and loved it? Did you try my recipe and hated it? Well... that's too bad but email me anyways! If you have a recipe you'd like for me to try, **contact me!** cassandra.l.monroe@jftgmo.southcom.mil



Silence Hides Violence

If you see someone being abused:

- Call 911

If someone you care about is a victim of domestic violence:

- Let them know you are concerned for their safety
- Refer them to the Family Advocacy Program

Ext. 4243,4141 or 84438

We all have a role in reporting violence



New to GTMO Orientation
October 16, 8:15 - 11:15 a.m.

Transition Assistance Program (TAP)
October 28-November 1

Mandatory for any Trooper who will be leaving the military or returning home from deployment. Attend seminars in job search skills, resume development, personal finance, and veterans benefits.



Daily 9:55 a.m.-7:55 p.m.

Beginning immediately a new shuttle bus service will run between Camp America and the main Navy Exchange. The schedule of stops for the NEX Express is listed in each issue of The Wire.



The Center
Fleet & Family Support

For more information call ext. 4141



Dawn's rosey fingers caress the morning sky as the sun rises of Officer's Landing in this wonderfu photo by a GTMO Trooper.

PHOTO OF THE WEEK