

# THE WIRE

The Official Publication of Joint Task Force Guantanamo



## **Combating Sexual Assault**

Standing tall to defend your fellow Troopers

## **Riding the Waves**

The Wire climbs aboard a Coast Guard fast boat

# **Powerwalking the Past**

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AND IN OUR PAGES



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## Cover Story

Cover photo by Staff Sgt. Lorne Neff

Weekly history walk takes GTMO personnel through the Battle of Guantanamo Bay. PAGE 10

## BAY WIRE REPORT

### Call Ahead

Due to the high volume of participants in the Liberty Ceramics classes, please call ahead to the Arts and Crafts Center to ensure a seat! Ext. 74795

### Flagging down females for football

The GTMO sports community is looking for females who are interested in playing on the Flag Football team. To sign up, register at Denich Gym. Teams must have at least seven players. The league will start in the upcoming weeks and run through July.

### Play for Free!

The Liberty Program offers FREE events throughout the week. Wednesdays is bowling at the Marblehead Lanes from 6 p.m. - 9 p.m.; Call Ext. 2010 to sign up for free Kayak trips every Thursday - or - meet at the Ferry Landing June 9, 30, and July 7 for a FREE History Hike.

**NEW HOURS**

**Denich Gym**

Effectively immediately, Denich Gym will have new hours:

**0400<sup>to</sup> 0900**

and

**1100<sup>to</sup> 2100**

For more information, please call x2113.  
Camp Buckeley Gym remains open 24/7.

Graphic by Staff Sgt. Aaron Hiler/The Wire





# THE WIRE

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## Look for us on your favorite Social Media:



## Religious Services

### NAVSTA Chapel

#### Catholic Mass

Tues.-Fri. 5:30 p.m.

Saturday 5 p.m.

Sunday 9 a.m.

Spanish-language Mass

Sunday 4:35 p.m.

#### General Protestant

Sunday 11 a.m.

Gospel Service

Sunday 1 p.m.

Christian Fellowship

Sunday 6 p.m.

### JTF Trooper Chapel

#### Protestant Worship

Sunday 9 a.m.

#### Bible Study

Wednesday 6 p.m.

### Chapel Annexes

#### Protestant Communion

Sunday 9:30 a.m., Room B

#### Pentecostal Gospel

Sunday 8 a.m. & 5 p.m.,

Room D

#### LDS Service

Sunday 10 a.m., Room A

#### Islamic Service

Friday 1 p.m., Room 2

## Transportation Schedules

### Bus #1, 2, 3:

Camp America - :00, :20, :40

Gazebo - :02, :22, :42

NEX trailer - :03, :23, :43

Camp Delta - :02; :06; :26, :46

KB 373 - :10, :30, :50

TK 4 - :12, :32, :52

JAS - :13, :33, :53

TK 3 - :14, :34, :54

TK 2 - :15, :35, :55

TK 1 - :16, :36, :56

West Iguana - :18, :38, :58

Windjammer/Gym - :21, :41, :01

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

96 Man Camp - :31, :51, :11

NEX - :33, :53, :13

Gold Hill Galley - :37, :57, :17

Windjammer/Gym - :36, :56, :16

West Iguana - :39, :59, :19

TK 1 - :40, :00, :20

TK 2 - :43, :03, :23

TK 3 - :45, :05, :25

TK 4 - :47, :07, :27

KB 373 - :50, :10, :30

Camp Delta 1 - :52, :12, :32

IOF - :54, :14, :34

NEX Trailer - :57, :17, :37

### Beach Bus

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

Winward 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

### Winward Loop

0930, 1230, 1530

### NEX

0925, 1225, 1525, 1825

### SBOQ/MARINA

0935, 1235, 1535

### Return to Office

0940, 1240, 1540

# JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



# Volunteering is more than your service

By **Cdr. Terry Eddinger**  
Chaplain



Cmdr. Terry Eddinger

On May 20, 2013 an EF5 tornado, with sustained winds of 210 mph ripped through Moore, Okla., leaving a 17-mile swath of destruction.

I'm sure you saw video images of the twister and the damage on television or the Internet. Our hearts go out to the ones who lost loved ones and their homes.

I heard an inspiring story of a man who showed up without being asked and began helping out someone he did not know. When asked why he did this, he replied, "These are my neighbors. My house was spared, theirs wasn't. I would want someone to do this for me if I was in their shoes."

No one paid the man. He received no tangible reward that he could hold in his hand. Why did he do it? Because he could. He thought it was the right thing to do to assist his fellow human beings.

Many more stories that are similar to this one made the news from this one tragic event. It is about people helping people.

Volunteerism is the act of helping others or the broader community for the sole purpose of a greater good. A true volunteer expects nothing in return for their efforts. There is no promise of money or an owed favor when the task is complete. It is a selfless gift. Yet, the rewards for the volunteer may be greater than you think.

Volunteering has intangible benefits, such as a sense of pride, satisfaction, accomplishment and purpose. Furthermore, research has shown that volunteering is good for your health too.

The Corporation for National & Community Service found that people who volunteer have lower mortality rates and

lower rates of depression than those who do not volunteer. Volunteering solves problems, improves the lives of those assisted, strengthens communities, provides a way to connect with others and even transforms our own lives. It gives us a good feeling that we have made a difference for good.

The presence of a disaster is not necessary for someone to become a volunteer. There is a great need for volunteers right here in Guantanamo Bay. MWR, the PWD Nursery, the grade schools, chaplains office, just to name a few – they all can use volunteers. Besides, if you complete enough hours, you can earn the Military Outstanding Volunteer Service medal for it.

If you have a chance to volunteer, I encourage you to do so. You can make a difference and do something you will be proud of for the rest of your life. More importantly, the person that receives the greatest benefit, the greatest blessing for your efforts, may be you! 🌟

## TROOPER TO TROOPER

### Quitting is **NOT** an option

By **Sgt. 1st Class Irish White**  
525th Military Police

I have been on Guantanamo now for about seven months, assigned to JTF, 525th MP BN. I am the senior personnel noncommissioned officer for the battalion.

I actually volunteered to come out here...well, not really, it was either Korea or GTMO. I remembered the extremely cold weather there in Korea and thought I could use some warm weather, so here I am.

I came here from a joint assignment in Washington, D.C. First, the traffic here is awesome. Secondly, it has been a few years since I served in a pluralistic Army unit, leading Soldiers. With that being said, there is no greater appreciation for a senior NCO than to be able to mentor, train and lead Soldiers. Being in D.C., I had forgotten what it felt like to be toe-to-toe with Soldiers.

Now, that I have been here, back in the trenches with the Soldiers, I notice that many don't have the motivation to get

out there and make things happen for themselves. It seems that they give up so easily, and that concerned me.

If I could give any advice that would benefit the up-and-coming Soldier from my 20 years of experience in the Army, it's this:

There are three things that helped me along the way in my career: diligence, attitude and a commitment to excellence.

What is diligence? Foremost, it means that it's not going to happen right now, and it will take hard work. There are no quick successes; input equals output. The key to diligence is summed up in the three "P's:" patience, persistence and perseverance. These three will help you to build an inner resolve to complete whatever task it is that you are attempting to complete.

The U.S. Army South NCO of the Year, SSG DiPietro, recently amazed me with his recent Wire interview.

"It was a rough week for me and him (Hunsaker). To come out on top just

proves if you put forth the effort, you can get the results you're looking for. You just got to try," he said.

The old adage, "Attitude is everything," is true. Your attitude definitely does determine your altitude. Who would be willing to help someone with a negative, pessimistic attitude? You change your attitude, your mindset changes, which in turns changes your perspective. It all works together.

Finally, commitment to excellence... Excellence is not so much about what you do but more about who you are. Seeking excellence keeps you from settling for mediocrity and stagnation. A pursuit of excellence forces you to pay attention to detail, which in turn gives birth to exceptional performance.

A pastor, who was a former Navy Seal, once spoke about not giving up. He recalled a recruit who stood at the "quit bell," for about an hour, with the rope in his hand. But he didn't ring the bell, he ran back to his training class. The pastor believed the recruit thought: "I came too far to quit now" or "quitting is not an option".

These are truly words to live by. 🌟



Sgt. 1st Class Irish White

# Keeping tabs on your records

By Spc. Lerone Simmons

Staff Writer, [thewire@jftgtmo.southcom.mil](mailto:thewire@jftgtmo.southcom.mil)

**H**ave you ever been in a situation where you needed an important document and could not remember where the ‘goblins’ hid it?

What if there was a fool-proof way to keep up with your important documents while easing or eliminating the stress of tearing apart your file cabinet?

Not to worry, the organization gods have come up with the “I Love Me Book.”

Think of it like the PT reflector belt of the admin brigade. This serves as your sole backup, utility belt, stash, main reference point, reserve, sidekick, or cache when it comes to digging up important documents.

“In today’s world, having proof of what you’ve done and who you are is an essential and valuable asset,” said Master Sgt. Gregg L. Ramsdell, Senior Enlisted Advisor, Joint Task Force Guantanamo (JTF-GTMO).

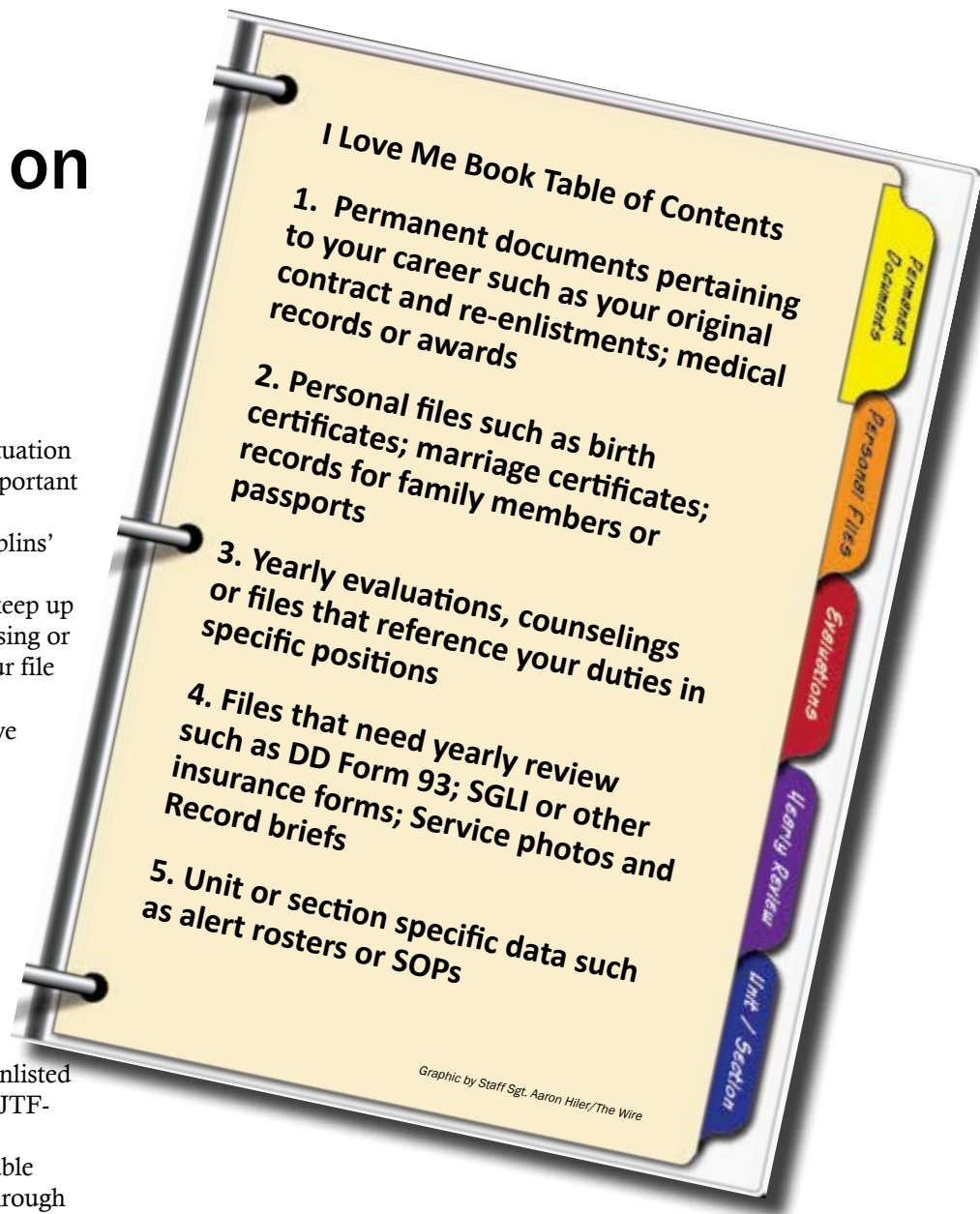
Keeping up with your records is a valuable technique that is guaranteed to get you through your military career.

From birth certificates, Department of Defense Form 214 (Certificate of Release), promotion orders, passports, military orders, civilian/military education transcripts, Enlisted or Officer Record Brief, Servicemembers’ Group Life Insurance (SGLI) forms, marriage certificates, military clothing records and your resume, etc., the list can go on.

“You never know when you’re going to need them,” said Ramsdell.

The military relies heavily on technology to log and spread information. However, it can sometimes take a while for those documents to post to the Service members online record.

“Until documents hit the system, having a hard copy will be the proof that can help,” said Chief Petty Officer Jackie D. Walker, Flag



writer/Assistant to Rear Adm. John W. Smith, Jr., JTF-GTMO Commander.

We’ve all heard the infamous words, “they lost my paper work,” but having an “I Love Me Book” is the absolute way to always have a paper trail with your documents.

“If the military gives it to you, they’re going to expect you to hold on to it,” said Spc. Michael Corletta, Military Police, 812<sup>th</sup> Military Police Company from Orangeburg, N.Y.

And with an “I Love Me Book,” you’ll always be prepared. It will ensure you’re not the Service member who misses out on that promotion because there was no record of a required training certificate.

“No one is going to care about your career as much as you are,” said Walker. 🍀





Artwork courtesy Summit Entertainment

# A magical letdown

By Staff Sgt. Aaron Hiler

Graphics Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

The promotions for "Now You See Me," really pumped up the movie to be fast-paced as the "Ocean's" thrillers.

But even with the action and how-did-they-do-that plot, it all fell flat.

The grand exploits of the Four Horsemen, played by Jesse Eisenberg, Woody Harrelson, Isla Fisher and Dave Franco, were not believable to begin with, so much so that I didn't really want to know how it was done.

Teleportation? Come on, even David Blaine would shudder.

Movies are an exercise in visual slight of hand, but "Now You See Me" went so overboard, that i couldn't suspend my disbelief.

About 30 minutes into the film, I settled in and just tried to see what would happen next in this game of cat and mouse.

On the plus side, I did enjoy the cinematography. Visually, "Now You See Me" felt like a highly-produced Vegas show. Lots of fast action, quickly-cutting shots and sequences and even a heart-pounding car chase scene.

While it was visually exciting to the eye, it wasn't matched with a believable, grippng story line.

When the end credits rolled, "Now You See Me" left me wanting. the best parts were in the trailers and promotions.

For that, it gets three out of five Banana Rats. 🍌

# "Mud": a wash out

By Sgt. 1st Class Gina Vaile-Nelson

Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Two 14-year-old boys, coming of age on a river. Cursing and learning about love, theft and the cruelties of life.

In this modern-day Huckleberry Finn-esque drama, Ellis (Tye Sheridan) and his best bud Neckbone (Jacob Lofland) set out on their own Hardy Boy adventure to commandiere an abanodoned boat left in a tree after a hurricane.



Photo by James Bridge/Roadside Attractions (2013)

Enter Mud (Matthew McConaughey),

a fugitive on the run with a love so wild for Jupiter (Reese Witherspoon), that he beats or kills any other man who has wronged her.

For Ellis, it's a personal pilgrimage to becoming a man — fighting for love when nobody else will.

The movie is slow like McConaughey's draw, and full of out-of-place subjects, like the Texas Mafia who has come to find Mud for killing one of their own.

The junior actors stole the screen, but the big-names seemed lazy in their roles

Witherspoon's five or six lines were as much of a train-wreck as her latest run in with the law.

If you're in to watching a movie and picking up on the foreshadowing and symbolism of a helpless teenager looking for love to sustain and win the world, then this movie is for you.

What it does have is great cinematography thanks to director, Jeff Nichols. But due to it's predictability and unrealistic twists in the plot, it won't win any Oscars this year.

I give it two Banana Rats -- one because of McConaughey and the second because it's nice to see a male's perspective of coming into adulthood. 🍌



	7 FRI	8 SAT	9 SUN	10 MON	11 TUE	12 WED	13 THU
Downtown Lyceum	Tyler Perry's Peeples (NEW) (PG-13) 8 p.m. Mud (PG-13) 10 p.m.	Now You See Me (PG-13) 8 p.m. Fast & Furious 6 (PG13) 10:15 p.m.	The Hangover Part III (R) 8 p.m.	Star Trek: Into Darkness (PG13) 8 p.m.	Iron Man 3 (PG-13) 8 p.m.	Oblivion (Last Showing) (PG13) 8 p.m.	Scary Movie 5 (Last showing) (PG-13) 8 p.m.
Camp Bulkeley	Now You See Me (PG-13) 8 p.m. Pain & Gain (R) 10:15 p.m.	Tyler Perry's Peeples (NEW) (PG-13) 8 p.m. The Big Wedding (R) 10 p.m.	Mud (PG13) 8 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	The Hangover Part III (R) 8 p.m.

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

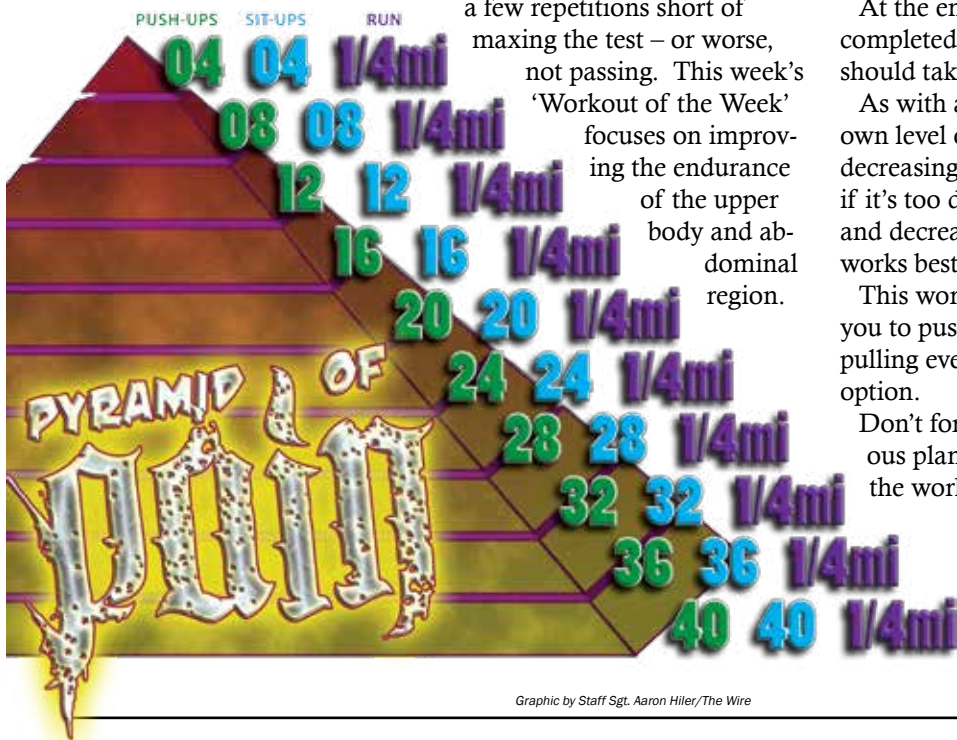
# Pushing yourself to exceed standards

By 1st Lt. Brian Pennington

Command Information OIC, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

It might sound intense, but the Pyramid of Pain is nothing a Trooper can't handle. You train for months, agonizing through tough workouts in the early morning or in the heat of the day in preparation for your physical fitness training test.

Troopers preparing for a PT test too often get stuck just a few repetitions short of maxing the test – or worse, not passing. This week's 'Workout of the Week' focuses on improving the endurance of the upper body and abdominal region.



Graphic by Staff Sgt. Aaron Hiller/The Wire

This pyramid can be done once a week or several times per week depending on your current level of fitness. Environment is no excuse, this workout can be done on a track, road or treadmill depending on what is most convenient. The key is to not stop! Your resting period is the jog, which should be completed at a light pace.

At the end of this intense sculpting exercise, you'll have completed 220 push-ups, 220 sit-ups and 2 ½ miles. It should take no longer than 35 minutes.

As with any workout, it's up to you to determine your own level of comfort and intensity. If it is too easy, try decreasing the reps by two-per-set. On the other hand, if it's too difficult simply lower the starting point to 30 and decrease by five. The bottom line is discovering what works best for you and gives you a solid workout.

This workout also builds mental fortitude by forcing you to push yourself and continue jogging, pushing and pulling even when walking or quitting seems like the best option.

Don't forget to hydrate, and if you're not used to a rigorous plan, talk with a medical professional to make sure the workout is safe for you. 🌟

## Resilient read

*"Unbroken" challenges the spirit, provides insight to horrors in Pacific POW camps*

By Sgt. 1st Class Gina Vaile-Nelson

Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Even if military books aren't your thing, "Unbroken" is one biography that should be on every Trooper's "must read" list.

As the World War II generation continues to fade into history, it is important for Troopers to learn from and appreciate what is known as the "greatest generation."

Written by Laura Hillenbrand, the author of "Seabiscuit: An American Legend," "Unbroken" is the story of Olympian-turned war-hero Louie Zamperini.

Zamperini was on track to break the world-record for the four-minute mile in the 1940 Olympics after competing in Hitler's 1936 Olympics in Berlin. But with the onset of the War, he was drafted into the Army Air Force as a bombardier, and assigned to a B-24 in the Pacific theater.

Growing popularity about the Pacific fueled the sales of this

book after it was published in 2010, but Zamperini's story of survival sells itself.

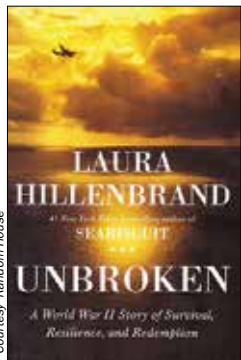
If you're able to get through the first three chapters, the rest of the book becomes a page-turner filled with resiliency, strategy and survival.

After his plane went down in the Pacific, adrift for nearly seven weeks, Zamperini survived starvation and sharks only to be captured by the Japanese and held captive for another two years.

"Unbroken," tells the story of the other side of World War II — the horrors of the Japanese Prisoner of War camps. Statistics show that one in 100 Americans captured in Europe died in POW camps. But nearly one in every three captured Service members perished under Japanese control.

Zamperini was a survivor. The book details the torture he endured on Japanese soil, then dives into the aftershock of life after war before Post Traumatic Stress Disorder was a common phrase with Veterans.

"Unbroken" will make you value your own service and question your own ability to work under stress. It will leave you with a greater appreciation for those who fought before us. 🌟



Courtesy: Random House



# Guarding the Bay

Coast Guardsmen provide security assets to  
Joint Task Force Guantanamo Bay



Coast Guard Petty Officer 2nd Class Jason McElrath, a security boat crewman with Maritime Security Detachment, Port Security Unit 311, scans his sector in the coastal waters near Naval Station Guantanamo Bay, Cuba, June 4. Elrath is part of a security team that provides security support to Joint Task Force Guantanamo Bay.

## Story and Photos by Sgt. Cassandra Monroe

Staff Writer, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

**E**lectronics, check. Radio power, check. Radar, check.

“Weather?” asked Coast Guard Petty Officer 2nd Class Jason McElrath, a security boat crewman with Maritime Security Detachment, Port Security Unit 311.

It’s good. It’s sunny, said Coast Guard Petty Officer 1st Class Jesse Sandler, a boat-swain mate also with the 311th, a smile on his face as the engine starts.

To most, this may be a simple pre-mission maintenance check, but to the Coast Guard security boat crewmen stationed here, it symbolizes the start of their day.

The teams, which are usually made up of four crew members, leave the green, murky waters under the boathouse behind as they embark toward the open bays.

Once past the shallow waters, the 25-foot Port Security Boat lurches forward as McElrath switches gears, sending the team into the blue horizon to start their

patrol. The waves are choppy, but the boat shows no signs of slowing as he maintains control of the steering.

The team passes old remnants of naval boat posts from Guantanamo Bay’s past, then the men turn the boat around after reaching a red and white sign, one warning ocean-goers that they’re leaving U.S. territorial zones. Though the Coast Guardsmen’s patrols cover a large area, they maintain operational security and continue scanning their sectors as they make their way toward the rest of the coastal lines.

The members of the 311th, who have been here since November 2012, play a role in supporting Joint Task Force Guantanamo Bay’s (JTF-GTMO) security force by patrolling the coast surrounding the base for foreign, private and commercial boaters and other security breaches.

If, and when, trespassing boaters cross into U.S. territory, it’s the Coast Guardsmen’s duty to intercept the vessels and lead them in the other direction.

“We maintain anti-terrorism force protection measures for JTF-GTMO,” said Sandler. “Because of our





expertise with small boats, we bring a lot to the table as far as experience and knowledge in order to help support the mission.”

If the crewmen happen to run into downtime out in the waters, they sharpen their skills by performing their Performance Qualifications Standards. These skills include anchoring, towing, fire-fighting practice, first aid, man-overboard drills and search and rescue patterns for people stranded in water.

“We take our positions on the small boats very seriously,” said Sandler. “We usually do training to sharpen the skills we already have or learn new ones for our next position.”

Although these crewmen are all work, they do make time for light-hearted conversation, discussing different ocean life they’ve seen and joking about the sugar levels in popular energy drinks. McElrath stops mid-sentence.

“Did you see that flying fish?” he said, pointing off to his left. “Once I saw one fly 50-feet into the air.”

The team closes in on the end of their shift, giving the impression of a great day spent out in the blue open, without any interaction of misled boaters, at least for today.

For both McElrath and Sandler, joining the Coast Guard was a no-brainer, given their love of boats and the ocean.

“Everybody likes to be on a boat, I did, and that’s why I joined the Coast Guard,” said McElrath. “I love the ocean and surfing, so it seemed like an easy decision. I’ll be in three years this month.”

Sandler said the best thing about the Coast Guard was driving boats and shooting guns. “It’s great to do something you really enjoy.” 🐟



# Conch season begins

*Hunt for shells and celebrate World Oceans Day, June 8*

**By Sgt. David Bolton**

*Copy Editor, thewire@jftgmo.southcom.mil*

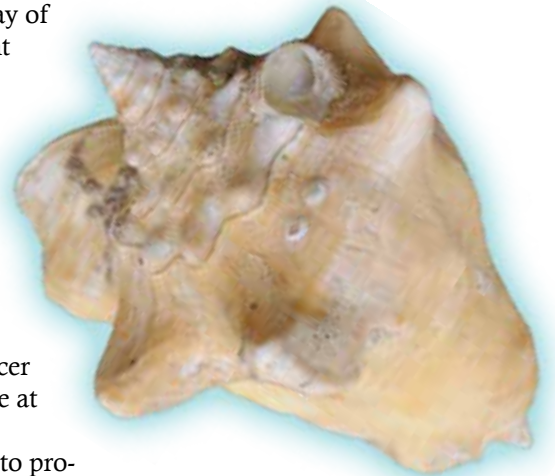
June 8th marks World Oceans Day. You can celebrate by taking a dip into the water at your favorite beach, or enjoying the half-price boat rentals at the Marina.

Lucky for you, it’s also the seventh day of the Conch season, so now you can hunt for a treasure to take home. But before you dive in, there are some things every would-be concher should know before pursuing the prize.

“Look for the silhouette of the conch shell or a deposit of empty conch shells around a hole, that’ll let you know there’s an octopus hole nearby where conchs are present,” said Tim Proctor, explosives safety officer working for the Department of Defense at Guantanamo Bay.

“You need a good pair of gloves too, to protect your hands while you’re searching through the sand.”

Typically, conchs’ habitat includes sea grass beds that offer shelter and food. But the conch also shares this territory with hermit crabs and poisonous sea urchins. For this reason it is important to come ready with the right gear.



Sunny Proctor, Tim’s wife and a recent arrival to Guantanamo Bay said, “You can get things like goggles, flippers, snorkels and sea shoes from the dive shop.”

As with most things going on at Guantanamo Bay, there are some safety considerations and regulations that need to be considered before diving head-first into the waters.

“Be sure to go with a buddy and not be out by yourself, it’s not worth the risk,” said Tim. “Also, you don’t want to disturb the wildlife down there and take more than allowed.”

Guantanamo regulations state that the daily limit is one conch per day per diver, the conch must be at least 9 inches long or have a one-eighth of an inch lip. Conch season is closed March 1 through May 31.

Glass Beach, Ferry Landing and Girl Scout Beach offer great opportunities to find conchs the Proctors said.

“Be sure to look for something that is unique and stands out,” said Sunny. 🐟



*Photo by Sgt. David Bolton/The Wire*

Tim Proctor, explosives safety officer for the Department of Defense, and his wife, Sunny Proctor, inspect their deep sea findings during opening day of Conch season June 1, at Girl Scout Beach. Regulations for Conch collection are set at nine inches long and are limited to one per diver per day.

# HIKING through HISTORY

## *Tours show glimpse of the four-day Battle of Guantanamo Bay*

**By Staff Sgt. Lorne Neff**

Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

**J**une marks the 115th anniversary of the Battle of Guantanamo Bay, won by U.S. Forces during the Spanish American War. While the four-day battle may not be among the most well-known in military history, it is part of the living history of the Bay. And for those who live and work on the Bay, there is an opportunity to walk in the footsteps of those who fought the battle.

“Not many people get to walk this battlefield,” said Alan Adler, a docent at the National Museum of the Marine Core in Triangle, Va.

“We’re all military professionals and you shouldn’t miss the chance to see the only battlefield we have here,” he said.

Adler, a Department of Defense civilian and retired Marine gunnery sergeant, will host free walking tours every Sunday morning this month. Retracing the steps, he says, is a reminder of the battle that helped establish the modern role of the U.S. Marine Corps.

### **Guantanamo changes Marines**

Before the Battle of Guantanamo Bay, the U.S. Marine Corps was at a crossroads, and was perceived as unnecessary by the Navy. The U.S. Army declined Rear Admiral William Sampson’s request to support the U.S. Navy at Guantanamo Bay, so the Marine Corps was tasked with the mission. This signified a new era of close coordination and cooperation with the Navy to seize and defend advance naval bases.

The battles that ensued were full of firsts for the U.S. Marines and the area. The first U.S. flag was planted on Cuban soil at McCall Hill, a short walk from Ferry Landing, where the newly formed Marine 1st Battalion – which was the first battalion deployed aboard a ship – landed June 10, 1898.

Also significant was the use of the 1895 Navy Lee rifle, which was lighter than previous models and was the first use of repeating-action rifles in combat by U.S. Marines. The Marines also relied on the Model 1895 Colt-Browning machine gun, the first time machine guns were used by U.S. forces to support an assault.



Photo by Staff Sgt. Lorne Neff/The Wire

Hikers walk up the slopes from Cable Beach to Cuzco Wells during a tour June 2, at Guantanamo Bay, Cuba. The tour retraces the steps of Marines during the Battle of Guantanamo Bay in 1898. Tours are available Sunday mornings in June and July through the Morale, Welfare and Recreation office.



## A walk to remember

Over the course of four hours, Adler takes participants through the same path many of the Marines followed with their Cuban rebel-allies.

“It’s important for me to give back to those who made it possible for me to be where I am today,” said Army Master Sgt. Anthony O’Neil, assistant inspector general for Joint Task Force Guantanamo.

Just like the National Mall in Washington, D.C., Guantanamo Bay also has a place for Troopers and supporters to pay homage to the Veterans who came before them. And the tour provides participants that chance.

The memorial, known as the Crossroads, is where two Marines were killed while operating a forward observation point. At the spot is an urn where people can place mementos, such as their rank, to pay respect.

“Those were the instructions of the tour, if interested, bring your rank and lay it at the memorial, and I thought it important for me to do that as a senior non-commissioned officer,” he said.

Another memorial pays tribute to two Marine Medal of Honor recipients – Sgt. Jonathan Quick and Pvt. John Fitzgerald – who exposed themselves to the enemy when they signaled to the U.S.S. Dolphin to shift fire toward the enemy.

According to Adler, at the final battle of Cuzco Wells, 160 Marines and 50 Cuban rebels routed a force of nearly 800 Spanish troops and 200 Cuban loyalists.

“The Spanish lost more than 60 men and retreated back to Guantanamo City where they told their superiors they were beaten by a force of 20,000,” he said.



Photo courtesy of USMC Museum

A diorama at the USMC Museum depicts Sgt. Jonathan Quick signaling for a Navy ship to shift fire in the battle of Cuzco Wells. You can view more at a virtual exhibit by visiting [www.usmcmuseum.org](http://www.usmcmuseum.org).



Photo by Staff Sgt. Lorne Neff/The Wire

Michigan Army National Guard Master Sgt. Anthony O’Neal leaves a rank insignia of the Army E-8, master sergeant at the Crossroads Memorial June 2, during a walking tour.

## Establishing a purpose

“It’s interesting, I wanted to see the history of Cuba and I wanted to see how we established this place,” said Spc. Daniel Salce, communications specialist, 525th Military Police Battalion.

According to Adler, when the Marines took Guantanamo Bay, it had a lasting effect on the U.S. strategic defense.

During the Spanish American War, Guantanamo was vital to the U.S. Navy.

“The Navy needed a port to support its operations at Santiago De Cuba,” Adler said. “At that time, the nearest available port was 1,000 miles steaming-distance from Santiago.”

Because of the Marine’s meticulous

field sanitation skills, disease wasn’t an issue after the battles, which allowed the Base to thrive.

“There is such a rich history here,” said 1st Lt. Darnisha Kemp, Joint Task Force property officer, 177th Military Police Battalion.

The history, Adler said, is what paved the way for success in the Spanish American War and beyond.

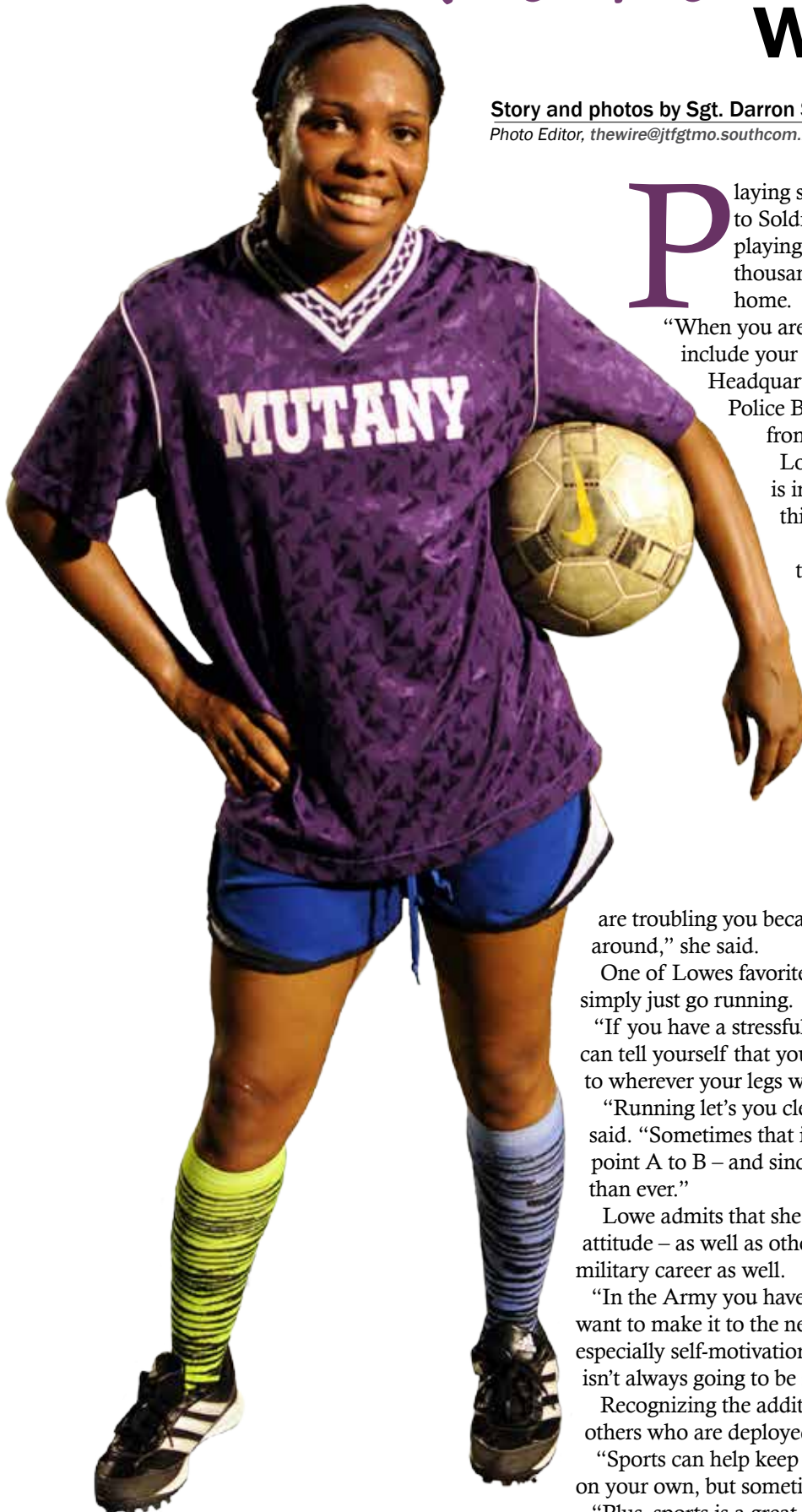
“The battle is part of our military history,” said Alder at the end of the tour. “The people here are military professionals and you learn a lot from history that there is very little that is new. So if you have this information background, hopefully we won’t make the same mistakes again and ultimately save lives.”

For more information on the Sunday tours, contact Alan Adler at ext. 8100. 🌟

# Kickin' it with Lowe

Story and photos by Sgt. Darron Salzer

Photo Editor, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)



Playing sports is a great way to stay active according to Soldiers like Army Sgt. Tameka Lowe, but for her, playing sports means much more when she finds herself thousands of miles away from friends and family back home.

“When you are deployed, you are away from everything to include your family,” said the administrative clerk from Headquarters and Headquarters Company, 525th Military Police Battalion. “For me as a single parent, I am away from my daughter.”

Lowe said that family, especially her daughter, is important to her and it helps her distress when thinking about family while playing sports.

“When you are running, or playing any sport to help clear your mind, it distracts you from whatever issues you might have going on in your life,” Lowe said.

“Often times when I am running, I focus on my daughter. I envision my daughter in front of me and it helps me to de-clutter my mind.”

Lowe urged other service members to get out of their rooms and get active when they have trouble in life because, “if you just sit in your room and watch movies all of the time, your mind can start playing tricks on you and you can get upset further,” she said.

“Playing sports helps deal with whatever issues are troubling you because it gives you something to do other than sitting around,” she said.

One of Lowes favorite physical activities to help clear her mind is to simply just go running.

“If you have a stressful day, rather than sitting in your room alone, you can tell yourself that you’re going to go run – just grab your music and go to wherever your legs will take you,” she said.

“Running let’s you clear your mind and it gives you time to think,” she said. “Sometimes that is all you have to focus on – getting yourself from point A to B – and since I’ve been here at Gitmo I have ran more often than ever.”

Lowe admits that she has been very competitive all her life, and this attitude – as well as others learned in sports – has carried over into her military career as well.

“In the Army you have to be driven and you have to be focused if you want to make it to the next level of your career,” she said. “Motivation, especially self-motivation, is really important in the military because there isn’t always going to be someone there next to you to help out.”

Recognizing the additional benefits of playing sports, Lowe urges others who are deployed overseas to get out there and do something.

“Sports can help keep you in shape,” she said. “I mean, you can do PT on your own, but sometimes you can fall short [in your goals] there.”

“Plus, sports is a great way to meet new people and to make new friends in an environment thousands of miles from home,” she said. 🍀





- ◀ Army Sgt. Tameka Lowe, administrative clerk, Headquarters and Headquarters Company, 525th Military Police Battalion, looks for an open teammate to throw-in during a soccer match at Cooper Field June 4. Lowe uses soccer and other physical activity to decompress after a stressful day at work.
- ▼ Army Sgt. Tameka Lowe talks strategy with a teammate during a soccer game at Cooper Field June 4.



# GTMO's **Assault** on sexual harassment

By Sgt. David Bolton

Copy Editor, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

**Death by PowerPoint** (adj.) *A common expression used by U.S. Service members to describe boring, repetitious or obvious information presented in the form of projected slides on a flat surface, usually a screen or wall.*

One of the primary tools of instruction for the military has been – and is still, the power point presentation. However, with recent events in the news surrounding Service members and sexual harassment, Joint Task Force Guantanamo, Bay (JTF-GTMO) Sexual Harassment/Assault Response and Prevention program (SHARP) took a new approach to this most important topic.

“It’s good to hear what people are thinking,” said Amber Kelly, Coordinator of Special Projects with Catharsis Productions and discussion leader.

Instead of a 67-page slide show, the mandatory briefing took the approach of an open-ended conversation amongst the attendees.

“The interaction gives validity to what we are talking about,” Kelly said.

The topics discussed included: how sexual assault happens, reporting options for victims of sexual assault, consequences of assigning negative labels to individuals and the psychological impact of sexual assault on the victim

and predator. At times, the content of the seminar became graphic and examples given were of a mature nature.

“The goal is to address the issue of sexual assault; where it comes from, what we can do and how can we solve the problem,” Kelly said.

The alternative, interactive, audience-driven style of communication

was implemented because, in addition to educating people, it allows for a more open discussion of touchy social issues.

In light of this unconventional instruction strategy, Kelly said attendees were very open and forthcoming with their own opinions and experiences in dealing with sexual harassment issues. Ethical concerns of the relationship between victim and predator were keynote topics.

“Addressing change at the moral level can lead to a change in action,” said Navy Petty Officer 2nd Class Naomi Creppel, information system technician with the Command Liaison Office at JTF-GTMO.

When the call to arms is raised, all Service members are required to take action and make a stand. The battle against sexual assault has become the latest call to arms in which Troops must also take a stand to live by a higher moral code in order to make a difference.

“When you make that change to do the right thing, people notice it,” Kelly said. 🌟



Photo by Sgt. David Bolton/The Wire

Amber Kelly, Coordinator of Special Projects with Catharsis Productions, talks with Troopers about the consequences of assigning negative labels to individuals, May 29. The training was part of a defense-wide attack on the issue of sexual assault and harassment.

## **PREVENT SEXUAL ASSAULT!**

Remember the ARS acronym to help prevent sexual assaults. Your fellow Troopers are depending on you!

**A**CT!

If you suspect a sexual assault, **INTERVENE!** Do what you know is right!

**R**EPORT!

Report sexual assaults to your chain of command or other authority

**S**TAND!

Stand up for your fellow Troopers. Defend them and give them your support.

Graphic by Staff Sgt. Aaron Hiller/The Wire





**Live 1-on-1 Help**    **Confidential**    **Worldwide 24/7**

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**Call** 877-995-5247

**Text\*** 55-247 (INSIDE THE U.S.)

202-470-5546 (OUTSIDE THE U.S.)

\*Text your location for the nearest support resources

Local 24/7 Sexual Assault  
Prevention and Response  
Program Contact #:

**84578**

Your Installation Sexual  
Assault Response  
Coordinator's Contact #:

**84577**

Want to go mobile? To download the free  
DoD Safe Helpline app, visit the App Store or Google Play.

# Tell us what you think

Did you notice that *The Wire* is undergoing a redesign? That's because the new Public Affairs Team has rotated in and we are thrilled to be here and be able to get your news to you. But we want to know what you want to see. Take a second to fill out this form, and you can drop it off at the staff desk of the IOF at Camp America, outside H11 at the Cuzcos Barracks or via e-mail at [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil). We look forward to hearing from you!

## How often do you read *The Wire*?

Weekly, cover-to-cover.

Only when my friends are in it.

What magazine?

## What can we do better to serve you?

Give me more news.

Give me more photos.

Cover my unit:

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## What is your favorite part of *The Wire*?

GTMO Joe, where is it?

Trooper Focus.

Movie Reviews.

Other:

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## What can we do to better serve you?

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Got stories? Now's your chance to pitch them to us. Give us your name, contact information and the possible story and we will do our best to get you in our pages!

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*The Wire*

# CLASSIC FILES

## Dumpster Diving 101

*It's not the only diving on this island ...*

Dumpster diving is performed randomly at the JTF to see what information people might have let slip through and thrown away.

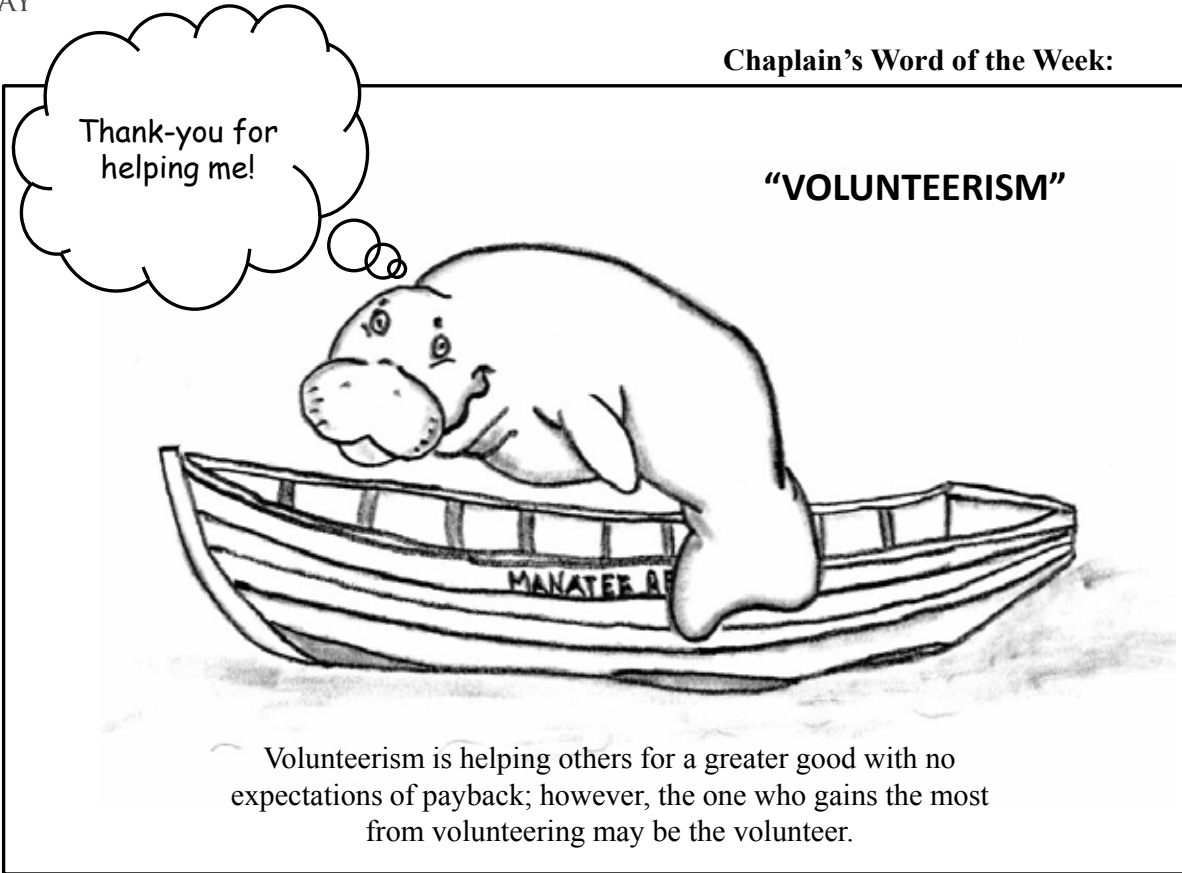
Personal information is most commonly tossed out in the form of unwanted mail or envelopes with addresses, along with tidbits of work info. Schedules, calendar events and phone numbers jotted down on sticky-notes are also easy to forget.

We have a 100% shred policy that needs to be followed for everyone's protection. If your name or information is found in the trash you could be subject to UCMJ punishment. Don't let a simple thing like trash get you in hot water, use OPSEC and shred all paper!

Graphic by Staff Sgt. Aaron Hiler/The Wire



Chaplain's Word of the Week:



**THE DOWNSIDE UP** by Sgt. Darron Salzer



JOINT MEDICAL GROUP & JSMART PRESENTS

# STRESSED OUT?

SEVERAL TOOLS AND INTERVENTIONS ARE AVAILABLE TO HELP YOU THROUGH YOUR SITUATION.

- WORK ISSUES?
- STRESS?
- ANGER MANAGEMENT?
- PROBLEMS BACK HOME?



**LOCATION:** ON THE JTF SIDE BEHIND THE MAIL ROOM AND CHAPEL

**PHONE:** 2321

**PHONE (AFTER WORK HOURS):** 3566

**HOURS OF OPERATION:** MON - FRI (0600 - 1700)

BE **SMART** ABOUT YOUR WELL BEING... **JSMART**



# Meals with Monroe

## A recipe guide to easy eats and tasty treats

Hi! You may have noticed that this page has changed. Whi's BBQ Pit is transitioning into Meals with Monroe; so welcome! In this week's edition, I'll share some recipes that are perfect for a warm night, (which is every night for us here at Guantanamo Bay!)



### Pair it with... *Lemon Surprise*

#### Ingredients:

- ▶ One large drink container
- ▶ One can of frozen lemonade
- ▶ One cucumber, sliced
- ▶ Sugar (to taste)

#### Directions:

▶ In the large container, prepare frozen lemonade mix as stated in the can's instructions. Next, add sliced cucumbers and ice. Add sugar (to taste, if needed) and mix thoroughly.

#### Just a Tip...

- ▶ Add fresh mint or grated ginger for a tangy taste.

### The Main Course... *Crockpot Chicken Tacos*

This recipe is from BethPie at the [www.thetastykitchen.com](http://www.thetastykitchen.com). I love this recipe because it is really quick and easy, and is a good way to use leftover chicken from last night's dinner. These tacos are great to bring to work the next day if you need a break from your daily lunch routine. Also try using the chicken with enchiladas, quesadillas, tostadas or nachos.

#### Ingredients:

- ▶ One envelope of Taco Seasoning (I used McCormick Taco seasoning, but you can make your own seasoning too)
- ▶ Six pieces of boneless, skinless chicken breast
- ▶ One 16-ounce jar of chunky salsa
- ▶ A few dashes of red chili pepper powder, salt and pepper to taste
- ▶ One package of tortillas (for this recipe, I used both corn and flour tortillas)
- ▶ *Don't forget the toppings:* Sour cream, tomatoes, lettuce, shredded cheese, pico de gallo

#### Directions:

▶ Put the chicken, salsa and taco and other seasoning ingredients into a crock pot and give it a little stir to blend the seasoning with the salsa. You do not need to add any water to the taco seasoning. Cook on high for 4 to 6 hours or on low for 6 to 8 hours. When done, the chicken should shred easily when stirred with a fork. I found that there was a lot of liquid salsa mixed in so I drained half of it from the mixture. Serve and Enjoy! (This recipe serves about 12.)

#### Just a Tip...

- ▶ Microwave the tortillas for 20 seconds to make them softer; this will allow them to stretch more for burrito making.

## Smart snacking choices (that don't taste gross!)

If you're anything like me, you love having snacks at work. If you're getting tired of your Red Bull-Easy Mac combination and want to eat healthier, try these snack ideas:  
▶ *Nuts* (I love almonds, pistachios, cashews and walnuts mixed with dark chocolate chips)

▶ *Fruits* (both the commissary and the galley have great options—depending on the barge dates)  
▶ *Hummus and Pita Chips* (I love the roasted red pepper flavor)  
▶ *Peanut Butter* (spread some on crackers, celery sticks or apples)  
▶ *Popcorn* (light, low-calorie

options are best – try to avoid setting off the fire alarm at Cuzco barracks during day hours. *You're welcome, day-sleepers*)  
▶ *Anything with Nutella* (okay, so this isn't really *that* healthy but Nutella is delicious. Always add Nutella.)

## 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](mailto:cassandra.l.monroe@jftgmo.southcom.mil)**

Looking for something to do this weekend or early next week? Check out these events brought to you by the Morale, Welfare and Recreation office:

**Saturday, June 8, 2013**  
**1/2 Price Rentals ALL DAY!**  
 6 am-8 pm

**WELCOME To The WATER**  
 Discover BOATING

**NATIONAL MARINA DAY**  
 at the MWR Marina

**Includes all types of Boats, Kayaks, Paddleboards, Sailboats & Rental Gear**

Some Restrictions Apply | Fmi, call 2345



**2013 GARAGE SALE**  
 Sealed Bid Auction on a Mastercraft Ski Boat!  
 SATURDAY, JUNE 8 8 AM-NOON (OR UNTIL GONE) MWR

ALL SALE ITEMS WILL BE LOCATED IN THE MIDDLE K-SPAN (ACROSS THE STREET FROM AUTO SKILLS, NEXT TO THE TENNIS COURTS)

**SALE ITEMS INCLUDE:**

- SPORTS EQUIPMENT: BATS, BALLS, GLOVES, RAQUET BALL RAQUETS, ROLLERBLADES, HOCKEY EQUIPMENT, ETC...
- AUDIO EQUIPMENT: STAGE SPEAKERS, MIXBOARDS, AMPS, ETC...
- ELECTRONICS: COMPUTER MONITORS, COMPUTERS, TV'S, VIDEO GAMES, ETC...
- RECREATION EQUIPMENT: MOUNTAIN BIKES, FISHING EQUIPMENT, ETC...

**ITEMS SOLD AS IS! CASH ONLY! ALL SALES ARE FINAL!**



FMI, CALL 74129

**NEW**

**Aerob-i-thon!**

Marine Hill Gym will host an "Aerob-i-thon" to showcase available aerobics programs. Don't know what you will like? **Come and try them all!**

**Wednesday June 12th**  
 1730-1930

For more information, please call **x2416**.

*NOTE: Zumba classes will not be available during the month of June.*

**Have you seen me?**  
 The photo of the week has gone missing!



Are you an aspiring photographer who's got what it takes to capture the photo of the week? Send your image to [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil) and see if you make next week's PHOTO OF THE WEEK!



Look for MWR GTMO on Facebook for updates!