



THE WIRE

The Official Publication of Joint Task Force Guantanamo

Transfer of Authority

2228th MP Company makes way for the 747th

Speed, Agility, Quickness

Exciting fitness for GTMO residents has arrived

The USS Halyburton visits GTMO

Residents tour historic vessel

AROUND THE BAY

MOTIVATOR OF THE WEEK

BM1 Tyler Dunn
Port Security Unit 312

SGT Joseph Caissie
747th Military Police Company



Are you new to GTMO?

A welcome to Guantanamo orientation could help you feel right at home. This orientation held at the Fleet and Family Support Center next Wednesday, April 30 from 8:15 - 11:15 a.m., includes a free bus tour of the base. Call 4141 or 4153 to register.

National Day of Prayer

The National Day of Prayer is an annual observance designated by the U.S. Congress to encourage people of faith to pray together for national unity. Please join your fellow Troopers in a brief moment of prayer for our nation and leaders next Wednesday, April 30 at 7:00 p.m. and Thursday, May 1 at 7:00 a.m. at the new Troopers' Chapel.



Photo by Staff Sgt. Carmen Steinbach/The Wire

The colors fly over the parade field at Joint Task Force Guantanamo's Bulkeley Field during the 2228th and 747th Military Police Companies' transfer of authority ceremony, Friday, April 18.

FEATURES

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Guantanamo residents and JTF Troopers tour the USS Halyburton, the Navy's second oldest frigate still in operation.

8 • 2228th, 747th TOA

As two Military Police National Guard units change hands, it is clear that their unique histories plays a role in the successes of their mission while assigned to the JTF.

10 • Speed Agility Quickness

An intense cardio and strength training workout session is now available to JTF Troopers and GTMO residents.

CORRECTIONS *Please report all corrections to thewire@jftgmo.southcom.mil*



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Religious Services

NAVSTA Chapel

Catholic Mass

Mon.-Thur. 1730

Saturday 1700

Sunday 0900

Protestant Services

General Protestant

Sunday 1100

Gospel Worship

Sunday 1300

Chapel Annexes

Pentecostal Gospel

Sunday 0800 & 1700

Room D

LDS Service

Sunday 1000 Room 19

Islamic Service

Friday 1315 Room 2

Seventh Day Adventist

Friday 1900 Room 1

Sabbath School: Saturday 0930

Room 1

Sabbath Service: Saturday 1100

Room 1

New Troopers' Chapel

Protestant Worship

Sunday 0640

Sunday 0900

Sunday 1900

Bible Studies

Monday 1900

Cuzco block E

Wednesday and

Friday 1900

New Troopers' Chapel

Transportation Schedules

BUS Schedule

Camp America - :00/:20/:40

Gazebo - :01/:18/:21/:38/:41/:58

Camp America NEX -

:02/:17/:22/:37/:42/:57

Camp Delta - :04/:13/:24/:33/:44/:53

Camp 6 - :07/:10/:27/:30/:47/:50

HQ Building - :55/:15/:35

TK 1 - :01/:17/:21/:37/:41/:57

TK 2 - :02/:16/:22/:36/:42/:56

TK 3 - :03/:15/:23/:35/:43/:55

TK 4 - :04/:13/:24/:33/:44/:53

CC - :00/:19/:20/:39/:40/:59

JAS - :14/:34/: 54

Windjammer/Gym -

:02/:17/:22/:37/:42/:57

Gold Hill Galley -

:04/:15/:24/:35/:44/:55

NEX - :06/:13/:26/:33/:46/:53

NEX Laundry - :07/:27/:47

C Pool - :10/:30/:50

Downtown Lyceum - :11/:31/:51

NEX Express Bus

09:55 - 19:55 hourly

Camp America - :48/:55

TK 1 - :05/:36

Windjammer/Gym - :11/:31

Gold Hill Galley - :14/:29

NEX - :16/:27

Downtown Lyceum - :17/:25

BEACH BUS

Saturday & Sunday ONLY

Windward Loop/East Caravella

0900/0930/1200/1230/1500/1530/1800/1830

SBOQ/Marina

0905/0935/1205/1235/1505/1535/1805/1835

NEX

0908/0925/1208/1225/1508/1525/1808/1825

Phillips Park

0914/ 1214/1514/1814

Cable Beach / Turn Around

0917/1217/1517/1817

Return to Office

0940/1240/1540/1840

FERRY Schedule

Monday thru Saturday

FERRY

Windward 0630/0730/0930/1030/1130/1230/1330/1530/1630

Leeward 0700/0800/1000/1100/1200/1300/1400/1600/1700

UTILITY BOAT

Windward 1730/1830/1930/2030/2130/2230

Leeward 1800/1900/2000/2100/2200/2300

Sunday & Holidays

FERRY

Windward 0730/0930/1130/1330

Leeward 0800/1000/1200/1400

UTILITY BOAT

Windward 1530/1730/1830/2000/2230

Leeward 1600/1800/1900/2030/2300



SAFE



HUMANE



LEGAL



TRANSPARENT



JSMART's number one priority is you

By Navy Rear Adm. Richard Butler
Commander, Joint Task Force Guantanamo



Rear Adm. Richard Butler

I want to thank each of you for the continued great work you are doing; I fully appreciate the hard work and dedication it takes to perform at a high level every day. With that hard work comes stress. With that in mind, I want to spotlight the mission of the Joint Stress Mitigation and Restoration Team, otherwise known as JSMART. The JSMART team offers the highest quality operational stress management by promoting individual and unit readiness.

JSMART's number one priority is to provide JTF personnel with a constant support system. The JSMART staff includes two clinical psychologists and several psychiatric technicians who are experienced in stress management, positive coping skills, assertiveness training, conflict resolution and relationship building. To keep YOU in the fight, JSMART coaches mental fitness and resilience to improve mental health and decrease operational stress reactions.

Whether it is deployment related stress, family concerns

back home, daily operations in and outside of the wire, most of us experience some level of anxiety or depression while deployed. If you seek counseling or just someone with whom to talk, JSMART is your outlet. The on-the-spot outreach and approach of the JSMART team is at our disposal and I urge you to use their resources.

JSMART is located behind the JTF Post Office and chaplain's office in Camp America. You don't need an appointment; you can just walk in and use one of the massage chairs, or participate in their offered therapy classes, to include pet therapy.

The JSMART office hours are 6:00 a.m. - 5:00 p.m. Monday through Friday, and they are standing by to assist. They can be reached by dialing 2321 or via cell phone number 3566, 24 hours a day.

Additionally, the supportive relationship and partnership of the JTF Chaplain Corps and services provided by the base's Fleet and Family Support Center are fundamental pieces to our psychological health and are also available to help.

Each of you is a vital member of the JTF, and I want you at your best. I'm proud to be serving with you all.

Honor bound!

TROOPER TO TROOPER

By Army 1st Sgt. Robert Oaks
First Sergeant, 66th Military Police Company

At some point, each of our lives will be affected by a single or series of significant events that will change us forever. The significant activity or activities can come from anywhere; from patrolling the streets of Baghdad, to camps here at GTMO, or even our homes in Anywhere, USA where someone we love or care about was involved in a traffic accident. Our individual lives are forever changed by the memories of what happened at that particular moment.

Most Troopers fear there are stigmas associated with seeking behavioral health guidance. They believe it can adversely affect their career, their position and their potential for promotion. Some feel that just talking to someone about their problems, whether it's a friend, co-worker, chaplain or JSMART counselor is seen as a sign of weakness.

When I entered the Army more than 20 years ago, you were ridiculed and criticized for even mentioning the notion of talking to someone about your problems. However, this has changed for the better. Today's military generation is very fortunate to have the programs and resources for every imaginable problem in a Trooper's life. From the Chaplain Corps, to the behavioral health professionals and the Military Family Life Consultants (MFLAC), the list goes on and on. There is a support system for everyone's comfort level.

When I redeployed from Iraq the first time in 2004, I felt I was good to go. Being this was my fifth deployment, of course I was OK. Right!? Iraq was different from the rest. This

Reach out, someone's there

was my first taste of true combat. My unit and I had a rough year. What I saw, what I heard, what I did. My pride and ego couldn't get through the front door of any place that had the potential to make me look weak minded or in need of help.

Knowing that I needed to talk to someone at this point, but afraid that I would be judged, and even worse, my career put in jeopardy, I said nothing. During my first few months as a drill sergeant, I started talking to my peers about their experiences, and some would tell me that they sought help. I realized that they weren't personally or professionally hindered by getting the help they needed. They were still performing their duties. They didn't have signs around their necks stating they were weak and needed help or to have their voices heard.



1st Sgt. Robert Oaks

So I finally put my pride aside, checked my ego at the door, and talked to a counselor. I was greeted with open arms, listened to and to my amazement felt good about the decision I had made. That one afternoon changed my outlook on the wrong stigmas associated with reaching out for help. I learned that when you reach out, there is someone there. The first and hardest step is finding your voice. Once you speak up that you need and want help and decide to reach out, there is someone there.

'Transcendence': Johnny Depp hard-wired

Review by Sgt. Spencer Rhodes

Copy Editor, thewire@jftgmo.southcom.mil

I love seeing a good movie that makes a good point. However, a problem with many productions and their endeavor to provide me with such a movie is that they forget one crucial rule: regardless of message, the moviegoer must still leave the theater feeling entertained.

"Transcendence" is an unfortunate debut for director Wally Pfister. Previously working as director of photography for major films like "Inception," "Dark Knight Rises" and "The Italian Job," Pfister falls short of expectations and creates an aesthetically pleasing but convoluted production.

Dr. Will Caster (Johnny Depp) is a prominent researcher of artificial intelligence fueled by a desire to understand the mechanics of human consciousness. Sadly not everyone shares his passion, and an extremist anti-A.I. group called R.I.F.T. (Revolutionary Independence from Technology) carries out an assassination attempt on Caster's life via radiation poisoning from a bullet created specifically for him. Caster's wife Evelyn (Rebecca Hall) convinces him and his partner Max (Paul Bettany) to make one last ditch effort to save his life. In guarded secrecy they successfully upload his mind to a super computer, where Caster begins to communicate with Max and Evelyn through the monitor in their lab.

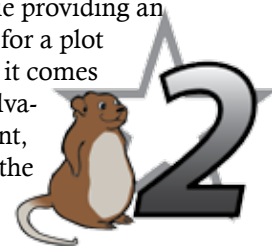
This moment marks the separation in schools of thought for what is morally right or wrong. Capable of thinking exponentially faster and more acutely than ever before, his intelligence begins an instantaneous expansion through knowledge. He soon asks for internet access, knowing that the cornucopia of human information found on the internet would give him limitless potential. Max, who stares unbelievably at what they have created, realizes that this cannot possibly be their beloved Will and insists they do not grant Caster's request. Blinded

by desperation and love, Evelyn demands that Max leave and proceeds to connect him to the internet.

Within days they have moved to a middle of nowhere town where Evelyn and her now super computer husband create a solar-powered research facility in the desert. R.I.F.T. never stops watching Evelyn and the Dr. as events unfold and years pass by with scientific discoveries only thought to be science-fiction take place in plain sight. Men and women are being cured of impossible ailments, injuries of debilitating severity healed and improved upon to super-human levels while being mentally connected to Caster the super computer.

The movie's slow path to a climactic conclusion results in Evelyn realizing that, while not sinister or evil in behavior, her husband has little humanity left to offer. She teams up with her old colleague Max to stop Caster's efforts to spread his influence globally. Armed with some random special forces-like commandos and the militia group R.I.F.T, they confront Caster and in a surprising ending, stop the spread of artificial intelligence.

It's a movie that takes only two opinions to technology's involvement in our everyday lives. It's a positive and essential future or a blindly immoral pursuit. It's a black and white take on an issue that is anything but black and white and, while credited with proven actors, the story gets so caught up in its own social commentary that it becomes slow and boring. It feels like half the movie is just watching a woman who is increasingly lonely and fearful of someone who doesn't really exist. The quality of Depp's performance becomes irrelevant when playing an analytical and detached personality. Even with the very last moments of the movie providing an endearing surprise and an unusual end for a plot that seemed to head towards "Skynet," it comes far too late for any sort of cinematic salvation. Failing to make a thought-out point, and a total disregard to entertainment, the film gets two banana rats.



		NOW SHOWING								
		FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
CAMPBULKLEY DOWNTOWN	Muppets Most Wanted PG, 8 p.m. Single Mom's Club PG13, 10:15 p.m. (LS)	Sabotage (New) R, 8 p.m. Transcendence PG13, 10:15 p.m.	The Book Thief In honor of Holocaust Remembrance Day PG13, 8 p.m.	300: Rise of an Empire* R, 8 p.m. (LS) (Children under the age of 17 must have an adult)	LYCEUM CLOSED	Imagination Movers in concert "Real guitars, read drums, real fun!"	Need for Speed PG13, 8 p.m.	CAMPBULKLEY DOWNTOWN		
	LYCEUM CLOSED	Transcendence PG13, 8 p.m. Captain America: The Winter Soldier PG13, 10:15 p.m.	Sabotage (New) R, 8 p.m.	LYCEUM CLOSED	300: Rise of an Empire* R, 8 p.m. (LS) (Children under the age of 17 must have an adult)	LYCEUM CLOSED	Draft Day PG13, 8 p.m.			

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

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

Troopers tour USS Halyburton



Commissioned in 1984, the USS Halyburton is the second oldest frigate in the Navy that is still in service. The ship has served all over the globe, including anti-piracy missions off the Somali coast. Currently conducting drug-interdiction operations in the Caribbean, it will be the Halyburton's last deployment before being decommissioned.

Story and photos by Sgt. Spencer Rhodes

Copy Editor, thewire@jftgmo.southcom.mil

Despite being far from home and the passing of time not always traveling at the rate we all wish it would, being deployed or stationed at Naval Station Guantanamo Bay does have its perks. Finding new activities and sights is a great distraction, and those who are proactive will always find something to occupy their day; an endeavor many pursued April 8 and 10 when the USS Halyburton announced they would be giving tours during their week long stay.

The USS Halyburton, an Oliver Hazard Perry-class Guided Missile Frigate currently deployed to the U.S. 4th Fleet area of responsibility, is actively supporting the United States Southern Command by performing drug trafficking interdiction operations.

According to Navy Cmdr. David E. Fowler, the ship's commanding officer, this will be the Halyburton's last deployment as it is one of the oldest ships in the Navy and is the second oldest frigate still in service.

Among the many groups to tour the historic ship was the Joint Task Force Guantanamo Staff Judge Advocate office who made the trip together. Sgt. 1st Class Nathan Noel, an SJA NCO said

the tour was a great opportunity to see a military environment completely foreign to what Soldiers in the Army typically experience.

"I was really impressed with how well



they were able to function with just over 200 people for the whole ship," said Noel. "They were very intense, I'm not saying that others are not, but they were all particularly committed about their operation, and I thought that was really cool."

For those who have never been on a

naval vessel, it's an environment that contains unusually close quarters and is engineered with the intent of total and constant efficiency. In walking through the different levels, items are kept in the unlikeliest of places, and it quickly becomes apparent that nothing is designed or placed without a specific purpose. Even the treadmills are placed neatly to the side in various halls to conserve space and make more room for weights in what is already an incredibly cramped fitness area. As with all other sea-going missions, Sailors on board the Halyburton have adjusted to life aboard the cramped ship adeptly and with a strong sense of camaraderie.

Spc. Alyssa Rouse, also a team member of JTF's SJA office, had never been on a ship prior to seeing the Halyburton. Rouse said she was impressed with the condition of the ship, considering its age, and the labyrinth like interior's extreme organization.

"I enjoyed the fact that they let us go from floor to floor on the ladders, just like in the movies. I liked to see all aspects of Navy life including their work and living and recreation areas," said Rouse. "I was surprised that the USS



Army Staff Sgt Christopher Cluts, a Soldier with Joint Task Force Guantanamo, receives a coin from USS Halyburton's commanding officer, Navy Cmdr. David E. Fowler after re-enlisting aboard the historic vessel, April 10. The USS Halyburton offered tours through the first week in April while in Port at Naval Station Guantanamo Bay.

Halyburton was still conducting daily operations while allowing us to tour. It was interesting to see the crew in their respective elements performing their duties.”

Aside from the scheduled tours, the Halyburton command also accommo-

dated an NCO who wished to re-enlist on the deck of the historic ship. Army Staff Sgt. Christopher Cluts, who works under the Joint Detention Group, said that when asked where he wanted to do his re-enlistment ceremony, the first thought that came to mind was to ask if

there were any ships in port. Luckily for Cluts, the crew of the USS Halyburton was more than willing to accommodate his choice to continue serving, with Fowler even coining him in honor of the event.



Army Spc. Alyson Rouse, a Soldier with Joint Task Force Guantanamo's Staff Judge Advocate office, stands in front of a training dummy used by the crew of the USS Halyburton, April 10.



A Chief Petty Officer with the USS Halyburton listens to inquiries from a tour group, aboard the USS Halyburton, April 10. The historic vessel, now on its last deployment before being decommissioned, spent a week on port at Naval Station Guantanamo Bay.



Members of the 2228th and 747th Military Police Companies gather on the Camp Bulkeley Parade Field at Joint Task Force Guantanamo during a transfer of authority ceremony Friday, April 18. Members of the Louisiana National Guard's 2228th will return home soon after their nine-month deployment.

2228th and 747th Military Police Companies transfer authority

Story and photos by Staff Sgt. Carmen Steinbach

Editor, thewire@jftgtno.southcom.mil

Joint Task Force Guantanamo Soldiers and their leaders gathered on the Camp Bulkeley Parade Field Friday, April 18 at JTF GTMO to bid farewell to Louisiana's 2228th Military Police Company and welcome the 747th MP Company from Boston. During the ceremony, the 747th received their assignment and the 2228th looked forward to their return home knowing they did a job well done.

"We are grateful to the officers, NCOs and Soldiers of the 2228th MP Company who have faithfully executed their mission with great success," said Army chaplain, Capt. Roger Osborn during the ceremony's invocation. "As for the members of the 747th, may they begin with the end in mind, driven by integrity and honor bound [to defend freedom]."

The 2228th was organized April 1, 1916 in the Louisiana Army National Guard. They were deployed in federal service and returned to state control multiple times in their 98-year long history, as well as provided support for state disaster response countless times, most recently with Hurricane Isaac, the

Deep Water Horizon Oil Spill and Operation River Guardian, and aiding humanitarian relief efforts in Haiti. They also served in Operation Iraqi Freedom in 2009, where they received the Naval Unit Commendation citation.

True to their motto of actions, not words, the 2228th has accepted and completed each mission placed in front of them, including their assignment of the last nine months to JTF GTMO.

"They have witnessed many changes to the organizations they supported and the environment that they operated in," said the ceremony's host, Army Lt. Col. Richard Ball. "Their successes, service and dedication to their classified operation are commendable."

Ball continued that it is a fitting time for the Boston Soldiers to take over at GTMO. For on this date 239 years ago, Paul Revere started his ride that raised the first militia in Massachusetts to begin the defense of freedom for America, and this week marks one year since the terror attacks in Boston.

"If anyone can understand the vital mission you now assume, it will

be these Soldiers in this unit. You are charged to secure and safeguard through humane and transparent care, those who want to harm our way of life and those we love," said Ball. "As you assume this mantle of service, passed down through history by those first Massachusetts militiamen, I know you are ready and prepared for the burdens we are about to ask you to bear."

While the 747th was formed on April 1, 1995, in Southbridge, Mass., more than a century after their predecessors, they have also been called to active duty numerous times in defense of their state and nation. They served in Operation Enduring Freedom in 2003 and Operation Iraqi Freedom in Iraq 2009, where they were awarded Meritorious Unit Citation. Like the 2228th, their state has called on them for support as well, such as providing security at airports following the September 11 terrorist attacks, relief for Hurricane Katrina, Operation Tornado Relief, Hurricane Sandy and the Boston Marathon bombing.

During the ceremony, the 747th unfurled their guidon, signifying their arrival to JTF GTMO, and their willingness to carry out the detainee mission after the departure of the 2228th. As they prepare to carry out the mission with success, their commander reminded them that they must remain true to their creed.

"Remember our company motto of 'Keep Guard' as we strive to complete this mission," said Army Capt. Tyler Field, commander, 747th. "Keep guard of the detainees you are assigned to protect in our efforts to ensure their treatment is safe, humane, legal and transparent. Just as importantly, keep guard of each other."



Army Capt. Tyler Field, 747th Military Police Company commander, unfurls his unit's guidon during a transfer of authority ceremony, Friday, April 18, here at Camp Bulkeley Field.

JTF-PAO Media Relations:

*Balancing telling the story and
operational security*

Story by Maj. Jon Quinlan
Deputy Director, Public Affairs

The mission of Joint Task Force Guantanamo has always been controversial in the civilian press and around the world. Guantanamo is a news worthy location given our history and role of providing detainee care and custody in support of the Global War on Terrorism. Media visit JTF GTMO nearly every week, touring the camps, covering the military commissions and telling the story of Guantanamo.

To facilitate visiting journalists on GTMO, the public affairs media relations team provides an all-encompassing support process during their stay. The current media relations team is mostly made up of Guardsman from the Florida Army National Guard's 107th Mobile Public Affairs Detachment.

"The media relations team is made up of silent professionals that take their role very seriously," said Army Maj. Reinal-



Photo by Maj. Jon Quinlan/The Wire

A public affairs media relations escort gives reporters from an international media outlet a tour of the abandoned Camp X-Ray. Camp X-Ray was only used for three months to house detainees in 2002.



Photo by Spc. Nancy Mizzell/The Wire

Army 1st Lt. Christopher Middleton, Media Relations officer in charge, briefs the media on operational security here during a recent visit to Guantanamo Bay.

do Montero, 107th MPAD commander.

According to Montero, the public affairs team had 83 reporters from 52 different media outlets visit us so far this fiscal year. Since the detention facility opened in 2002, the JTF supported nearly 2,400 media organizations.

"Our team works around the clock to facilitate the media, and I'm proud of the job they've done and continue to do," said Montero. "The public has a right to know the professional manner in which its military carries out their responsibilities."

One important role of the MEDREL team is the protection of sensitive and classified information. Escorting media in the camps and providing security at the source is a crucial aspect of their mission.

"We must take all appropriate operational security measures while still ensuring the media gets the information they need," said Army 1st Lt. Christopher Middleton, media relations officer in charge. "That can be challenging sometimes. But it's important to tell the story of the Soldiers that are doing a great job under stressful circumstances in the camps. We do our best to ensure the civilian media see that side of JTF Guantanamo."

The lieutenant and his media relations team are the logistical backbone of the operation as they do everything from

escorting, setting up rooms, transporting reporters, to facilitating interviews.

The MEDREL job is not always easy but the team is passionate about our mission according to their NCOIC.

"I feel our guard force and the medical personnel are doing an outstanding job providing safe, humane, legal care and custody to the detainees," said Army Staff Sgt. Karen Kozub, NCOIC of media relations. "These men and woman work very hard every day, and they should be proud of what they have done and what they will do while serving here at Guantanamo Bay."

To help tell the story, the MEDREL office offers media engagement training to all JTF personnel so that more of our Troopers can tell their personalized story about their role.

"I want all JTF Troopers to know that telling the full story about our mission here is vital to our success," said Middleton. "The media wants to talk to you: the Army specialist working in the camps. They want to talk to the NCO leading a team of guards. They want to hear what it's like working in the detention facility. We offer media training for anyone that is interested in telling this story. It's not always easy to talk about, but it's important we tell the story to the media and the world."

Call 5345 or 75019 if you're interested in the media engagement training.

GTMO *speed, agility, quickness*



Participants of speed, agility, quickness (SAQ), a fitness class conducted at Naval Station Guantanamo Bay's Cooper Field, pose for a photograph after their workout Tuesday, April 15. The class is currently held twice a week, Tuesdays and Thursdays, at 7:00 p.m.

Story and photos by Sgt. Kenneth Tucceri

Webmaster, thewire@jtfgtmo.southcom.mil

Music with an energetic beat played as time closed in on 7:00 p.m. As a crowd started to accumulate, they talked and stretched. While they did, Everton Hylton, Morale, Welfare and Recreation's fitness trainer, ran around strategically placing ropes and cones and other sorts of things to push, pull, jump over and, most importantly, fill up muscles with lactic acid (that's where



Everton Hylton, MWR's fitness trainer, leads attendees in a stretch prior to the workout session he calls speed, agility, quickness (SAQ) at Naval Station Guantanamo Bay's Cooper Field Tuesday, April 15.

the burn comes from).

As soon as the hour hit, Hylton blew his whistle. "Center field, guys, center field," he shouted enthusiastically, jogging and waving his arms. Sweat already started to show on his face and head. Everyone fell into a big circle around him as they began to stretch and prepare for the hour-long workout session.

Troopers gathered on the softball field at Naval Station Guantanamo Bay's Coopers Field Tuesday, April 15 to partake in an intense workout session called speed, agility and quickness (SAQ), coordinated by Hylton.

The class is an excitable and interesting take on fitness training. Hylton began the class only a month ago, and it is already gaining a gathering. The first class had eight attendees. Tuesday's had 31. With the added interest, the sky is the limit for the potential of the class.

"We are in the process now of ordering more gear that will make this class even more successful," said Hylton.

The class incorporated different stations. There were things to leap over, cones to run sprints on, bands to strengthen leg muscles, parachutes to run with, and a particularly arduous event utilizing a sled with weights that people push, engaging the full gamut of muscle groups.

"The sled - it's a dynamic movement that's trying to assimilate more power into your run," said Hylton. "As you can

see right now, we do not have professional athletes here, but we are trying to bring out the athleticism in people that are here on base. And that's the idea - explosiveness - that's what we need."

Two of Tuesday's participants, Army Pfc. Francisco Martinez and Spc. JC Meeker, both with the 420th Military Police Company, are brand new to GTMO. They were both impressed by the class.

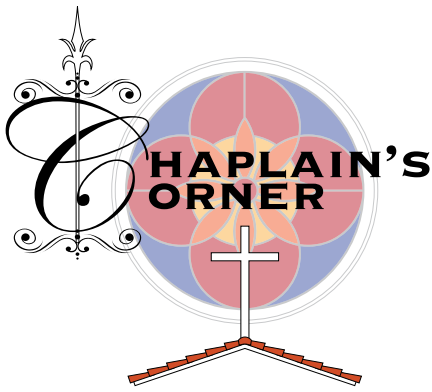
"I didn't expect for them to have stuff like this out here," said Martinez. "I thought it would be up to us to go out and do our own stuff. It's cool that they have the classes where everyone can come no matter what you do here. You just come, no charge, and get a good workout."

Meeker noted that on top of other benefits, the class was a great stress reliever.

"The instructor was very motivating," said Meeker. "Everyone else was motivating. I think the class was awesome."

SAQ is held every Tuesday and Thursday at 7:00 p.m. at Cooper Field. It is a great way to avoid monotony in a fitness routine. You may even discover some soreness in muscles you didn't even realize you had.

"If you have not tried it yet, we are hoping for you all to come out and try it," said Hylton.



Complete Restoration

By Army 1st Lt. Raymond Lowdermilk
JDG Chaplain

An apology is defined as a regretful acknowledgment of an offense or failure. When there has been an offense, apologizing is often an incomplete process to restoring a fractured personal or professional relationship. When the word "sorry" is over used and generalized it loses its meaning. After personal

conflicts, if there is any apology, it is sometimes expressed in this way: "I am sorry you are hurt by what I said or did to you."

Responding in this way is not really an apology. Rather it turns "sorry" into an insult. Rather than accepting personal responsibility for the offense, this is an attempt to hold the offended party responsible for feeling wronged. When we have unjustly caused someone else pain by unprofessional or immature conduct, a proper process of reconciliation must occur or the relationship will suffer.

What is reconciliation? It is the restoration of a relationship after division has occurred. How does it take place? First there must be personal awareness and conviction that our unjust or wrong behavior has offended someone. This awareness may come through confron-

tation with the person offended or from others sharing their observations or concerns. Next, a humble confession of wrong-doing to the offended party is needed. This is a transaction that requires two parties. It is now up to the offended person to respond with forgiveness. If they cannot immediately forgive, then they ought to progress toward a willingness to forgive.

This process does not eliminate consequences, but it provides a path toward restoration of relationships. Both parties have the ability to move forward toward doing good things for each other. It's not only about stopping the hurtful actions, but about starting positive behaviors. This process brings reconciliation, whereas just saying "sorry" falls short of true restoration.




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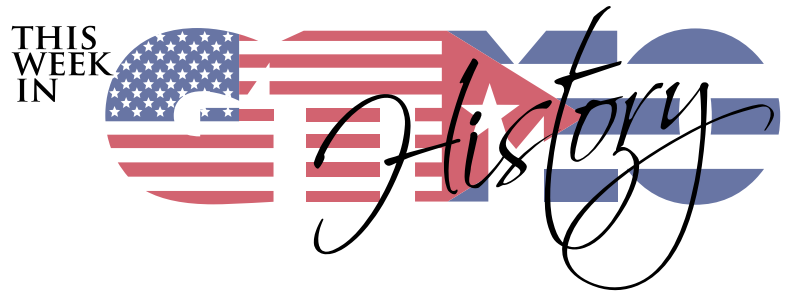


GTMO sports standings



Softball

1. Chaos	4-0
2. Fight'n 66	3-0
3. Team 907	2-0
4. BEEF Sticks	3-1
5. Mercenaries	3-1
6. GTMO Latinos	2-1
7. Sunbursts	2-1
8. Inglorious Batters	2-2
9. J2 Ghosts	2-2
10. Hellhounds	1-2
11. Outcasts	1-2
12. Dream Killers	1-2
13. Gorillas	1-3
14. Ghost Writers	0-3
15. JMG Feeders	0-4
16. MisFits	0-3



One-hundred and sixteen years ago, on April 24, 1898, Spain declared war on the United States, which days earlier had passed a resolution supporting Cuba's independence.

The Spanish-American War claimed the lives of 3,000 Americans, but only a small fraction of these soldiers died in combat. Yellow fever and typhoid decimated entire units, swiftly spreading through camps in the Caribbean and the southeastern United States.

After the war, the U.S. Army set up a commission to investigate the yellow fever problem, which continued to plague thousands of men still stationed in Cuba.

Overseen by Army Maj. Walter Reed, M.D., scientists conducted experiments outside Havana that proved for the first time that mosquitoes spread the potentially fatal sickness.

Source: History in the Headlines



T U X R J B T O R S L Y J F G
 H K C I U X A N J S Y W O S U
 G B A D X O R Q M Y Z D I A
 I S B G B U A G Q L D R N A N
 L C L E F V N N S L E A T K T
 F N E L E L A I I E T W T K A
 R M B I V I N V N K A D A N N
 O T E N D G A I W O I N S W A
 T R A E R H B D L V N I K G M
 A Z C T A T L A W P E W F Y O
 T R H U W H P B K C E E O R B
 O G Y Y E O N U N B F E R R A
 R A N Z E U W C E P O B C E Y
 O X O N L S J S P B B B E F X
 Z Q R K G E S U O H K R E J L



JOINT TASK FORCE	LEEWARD	SCUBA DIVING
BANANA RAT	WINDWARD	RIDGELINE
BOA	FERRY	JERK HOUSE
DETAINEE	ROTATOR FLIGHT	OKELLYS
LIGHTHOUSE	GUANTANAMO BAY	CABLE BEACH

A 1956 Chevrolet Bel-Air and a 1964 Chevrolet Corvair rest in peace by a cactus across from Camp X-Ray. To Petty Officer 2nd Class Jesus Sierra-Moran, the photographer, this captures real beauty – the forgotten history of GTMO.



PHOTO OF THE WEEK

Send your best photos to thewire@jftgmo.southcom.mil