

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

August 21, 2015



TROOPERS' ACCOUNTABILITY PAYS OFF

ALCOHOL RELATED
INCIDENTS AT ALL-TIME LOW
DUE TO MANY FACTORS

OF ALL THE PLACES TO BE STATIONED

TROOPERS REUNITE AFTER MORE
THAN 6 YEARS, MANY MILES FROM
WHERE THEY TRAINED TOGETHER

SPORT NUTRITION TIPS

MAXIMIZE YOUR
PERFORMANCE BY
HEALTHY EATING

JTF TROOPERS TOUR USNS SPEARHEAD

SERVICE MEMBERS BREAK
FROM NORMAL DAILY
ACTIVITIES FOR TOUR OF SHIP

DUNGEONS AND DRAGONS LEAGUE OF GTMO

CREATIVE EXPERIENCES,
FRIENDSHIP BONDS THROUGH
ADVENTURE GAME

PHOTO STORY



ARMY CAPT. CHARLES J. SANDERS
JTF GTMO, J3

Who do you think are some of the most influential leaders of the 21st century? Osama Bin Laden, Khalid Shaikh Mohammad, and Abu Bakr al-Baghdadi are most likely not your top three, but the evidence is undeniable that they are indeed some of the most influential leaders of the 21st century.

The next question that must follow is what type of leader are we talking about? There are countless books written about leadership and

TRUE VIRTUES OF LEADERSHIP

for those of us in uniform the word leader is tossed around so often, it has become perfect material for a stand-up comedian. In our careers, we have all experienced both strong and weak leaders, but the most toxic leader is the often-unidentified misleader. Al Gini and Ronald M. Green in the book “10 Virtues of Outstanding Leaders,” point to the many examples in history of misleaders who have led thousands on a quest to fulfill their selfish world views.

To identify misleaders is to examine the path upon which they set their followers. In other words, what are the consequences in following the likes of Bin Laden, Mohammad and al-Baghdadi? In the case of the first two, a suicide mission ensued; a mission, which resulted in the death of countless innocent civilians as well as the hostile perpetrators. Currently those taking up arms for al-Baghdadi may find themselves lighting a match to burn a man alive trapped in a cage or shoot an endless row of humans looking over a ditch that will soon become their grave, reminding many of us of scenes from the past.

For those who desire another path, there are indeed virtuous attributes that can help us as we try to honorably guide our Troopers. Gini and Green list the following ten virtues

of outstanding leaders. These include deep honesty, moral courage, moral vision, compassion and care, fairness, intellectual excellence, creative thinking, aesthetic sensitivity, good timing and deep selflessness. I would like to add one more to that list, love.

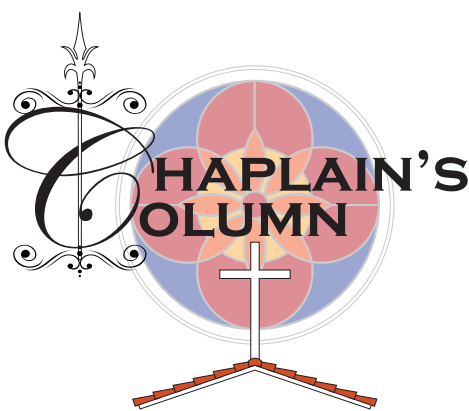
The type of love I am referring to is derived from the Greek word Philia. This type of love is depicted in the willingness to lay one’s life on the line for another. The aforementioned misleader’s have proven an eager willingness to send others to lay their lives on the line for the fulfillment of their misleading ends. To exemplify Philia, love is never for leaders to needlessly risk the lives of those they lead, nor guide them down a path for selfish fulfillment.

With these aspirations in mind, the virtuous leader always asks, which path am I sending my Troopers down and will their lives be better or worse under that leadership?

To put it bluntly, are we asking for those we lead to take a bullet for us when we are not willing to take one for them?

Article by

ARMY CAPT. CHARLES J. SANDERS
JTF GTMO, J3



More than a few people at Guantanamo Bay have compared duty with the great 1993 Bill Murray movie “Groundhog Day”; it has a 96 percent rating on Rotten Tomatoes. If you haven’t seen this movie, I truly wonder what you have done with your life. That being said, the premise of the movie is, Bill Murray is stuck repeating the same day, “Groundhog Day”, over and over again. No one else is aware of his predicament as he goes through

GET IT RIGHT, ENCOURAGE HAPPINESS

this weird time loop. Murray gets confused, depressed, does really bad things, since there are no long-term consequences, and then does really good things. You’ll have to watch the movie to see how it ends though!

What does that mean for you? I know life and duty here can get to be a weird time loop, which repeats itself again and again. You could respond with confusion, depression, confidence or happiness. You can choose to do positive and good things to improve yourself or you can choose to do negative things to cope.

Let me recommend taking this time of repetition to - get it right. Every day you have the same chance to encourage others. You have the same chance to be kind and compassionate. You know what people are going through because you are going through many of the same dynamics, such as being away from home and loved ones, dealing

with deployment stress, and the like.

However, think of the good and great things you share. You are serving your country and working on an important mission. Life isn’t always full of second chances, but at GTMO, we have many chances to - get it right.

What changes the weird time loop of each day repeating itself at GTMO? You and your choices!

In the scriptures, we read in Psalm 118:24, “This is the day that the Lord has made; let us rejoice and be glad in it.”

My prayer for you is that on the good days, on the bad days, and on those in-between days, you know you always have more chances to - get it right!

Article by

LT. CMDR. MARK MORENO
JTF Deputy Chaplain



COMMAND & CHAPLAIN

Leadership talks about the moral virtues of leadership, warns against misleaders. The chaplain warns against letting repetition bring you unhappiness and encourages positive coping.



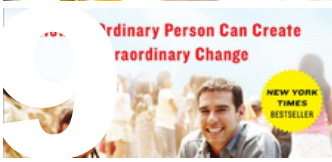
GTMO NEWS

From basic training to GTMO, MPs reunite. There's more to Dungeons and Dragons than you think. Troopers led the call of safety with no alcohol related incidents reaching 50 plus.



PHOTO STORY / COVER PHOTO

Learn about the USNS Spearhead as part of an important fleet watching the U.S. and international waters. The ship is deployed in support of Southern Partnership Station JHSV.



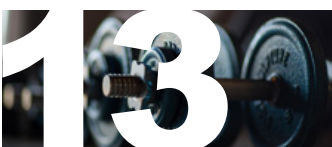
ENTERTAINMENT

A book review describes a promise to improve the lives of those in need through one man's journey. This nonfiction composition highlights an organization and its achievements.



SPORTS

Nutrition tips to improve competitiveness in athletes at GTMO. Basketball playoffs bring out the best in two teams, as the Tropics beat team Air Force.



LIFE & HISTORY

In this week's military history, Marines kick off the first major battle in the Vietnam War. JSMART explains why introverts make good leaders.

MOTIVATOR OF THE WEEK

**ARMY SPC.
CHRIS TORRES**
224TH MP CO

**NAVY PETTY OFFICER 3RD
CLASS KEVIN INGALLS**
JMG

COUNTERMEASURE = PROTECTION

Countermeasures provide protection. When we drive we wear seatbelts as a countermeasure to protect us in a crash. We wear helmets as a countermeasure to prevent head injuries. Countermeasures don't stop accidents or prevent bad things from happening, but they help to lessen the impact. Without countermeasures we assume more risk of injury or loss. We protect information with countermeasures as well. We use passwords on our computers. We don't discuss sensitive information over the phone. We don't post personal information online or throw sensitive data in the trash. None of these are guarantees to keep our information safe, but they reduce risk. Wear your information seatbelt, use countermeasures. Use OPSEC!

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COMMAND STAFF

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Deputy Commander / **AIR FORCE BRIG. GEN. RON PAUL**
Command Sgt. Maj. / **COMMAND SGT. MAJ. DAVID CARR**
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PUB. STAFF

Senior Editor / **SGT. 1ST CLASS MARIE SCHULT-SLOSSER**
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Photojournalist / **SPC. JUSTIN L. MALONE**
Photojournalist / **SPC. NICOLE NICOLAS**
Contributing writer / **SPC. IAN WITHROW**

COVER PHOTO

SGT. JAMES D. SIMS



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HQ Building, Camp America
Guantanamo Bay, Cuba
Commercial: 011-5399-3651
DSN: 660-3651

email: thewire@jtfgtmo.southcom.mil
www.jtfgtmo.southcom.mil/wire/wire.html

OF ALL THE PLACES TO BE STATIONED



Military Police Companies and Battalions who have served at Joint Task Force Guantanamo leave their mark by creating wooden, steel and stone representations of their unit insignia. Dozens of these representations are left by MP companies to commemorate the completion of each JTF mission.

It's early on a cold February morning in 2009 at Ft. Leonard Wood, Missouri, and a handful of screaming drill sergeants are striking fear into the hearts of the brand new recruits of Company B, 795th Military Police Battalion. They circle like sharks, biting with scathing words as trainees execute seemingly countless push-ups and settle into their new role as future MP's.

"Many of us went into it not knowing what would be coming our way," said Spc. Harold Brahman with Joint Task Force Guantanamo, Joint Detention Group. "But the drill sergeants motivated and molded us to become the best we could be."

Over the next several months, the Soldiers of Company B, the "bulldogs," forged bonds, overcame obstacles, and eventually graduated in June of that year. Approximately 100 trainees were scattered throughout the active duty Army and reserve components.

In a combined force of close to one million Soldiers, these bulldogs would account for only one in 10,000. Many of them might never see one another again, or so you would think.

Fast forward to the present where several bulldog graduates have found themselves serving together at the U.S. Naval Station Guantanamo Bay, Cuba, as members of the JTF JDG.

"At one point I was told 'the MP Corps is a tight-knit family,'" said Brahman. "Well, those wise words from MP One Station Unit Training are coming to life."

Brahman is one of a half-dozen former bulldogs currently serving at GTMO. The Troopers serve in different units and perform different functions, but they all support the same mission.

"I think it's awesome the Soldiers are here from the 795th MP Bn.," said Spc. Victor Oldman, with the JTF JDG. "This is a great deployment and I am glad they are here. In the past six years since Bravo 795th [in] 2009, I have been on two deployments. What I enjoy most about the military is the camaraderie and how close Soldiers become."

The experience of deploying is different for everyone and GTMO has a unique mission in many ways, providing the MP's stationed here with interesting personal and professional opportunities. In

particular, with such a high-profile mission, there are many high-ranking officers working with the JTF.

"I enjoy being able to work with Soldiers who are many ranks above me," said Brahman. "Being able to absorb the wealth of knowledge they possess makes me feel as if I will be a great leader."

"I am able to experience places and things that your average civilian will never get to see or do," said Sgt. Lauren Bernardo with the JTF's JDG. "The work and life experience you gain is invaluable."

Many people maintain social media connections with family, friends and old classmates; members of the military are no different. Some of the members of Company B have kept in touch through the years, which is how several Troopers were able to determine they were at GTMO at the same time.

"Most of us stay in touch through a Facebook group that was created for our cycle," said Bernardo. "Others, I have been fortunate enough to deploy with before."

With GTMO being home to so many MP's, maybe it's no surprise so many bulldogs have been stationed here, some of them more than once.

"I expected to go to a combat zone at some point," said Bernardo. "The Army decided to send me to GTMO three times in a row instead."

The service member's paths began together and serendipitously converged again at GTMO. Perhaps the lesson learned is that the closeness of the military family lends itself to the rekindling of old friendships and maintaining the kinds of bonds forged between Soldiers. Then again, perhaps it is simply the realization of the bulldog motto, "Send me."

Editor's Note: The names of the Soldiers operating in the Joint Detention Group have been changed due to operational security.

Article and photo by
SPC. IAN WITHROW

DUNGEONS AND DRAGONS LEAGUE OF GTMO



Yesterday, I asked a reasonably sane Soldier to tell me a little bit about himself. With a straight face he said, "I am a level 14, lawful-good half-orc with 25 strength. I have six levels of fighter and eight levels of Kensei, and I carry my adopted father's great sword which has keen, fire, electricity and acid enchantments."

Got that? Yeah, me neither.

I grew up far from the realms of Dungeons and Dragons. I never knew how important charisma is to a sorcerer. It did not occur to me that Gnome was a race option. In fact, my curiosity to join the "U.S. Naval Station Guantanamo Bay, Dungeons and Dragons adventurer's league" was based firmly in my complete lack of experience points.

Petty Officer 1st Class Sean McCormick, a Navy counselor, was eager to sit with me and tell me about his league. He explained his goal in starting the league is to provide a platform for service members from different branches to come together, share a creative experience and build friendships.

He described D&D as a co-operative role-playing adventure game where, literally, anything can happen.

McCormick gave a brief history of the game and how it works. As the Dungeon Master, McCormick sets the stage for the adventure by creating a story and basic plot points. While most of the events of the story will be decided by rolling the dice, statistics and chance, the DM can adjust actions to move the story along and make it more entertaining for those playing.

With references and guidebooks, McCormick helped me through the first step of playing D&D. We chose from a list

of different races such as: Elf, Dwarf and Orc. Then we chose a class such as, wizard, fighter and monk, to create the character I would play for the upcoming event.

When I arrived Saturday, it was clear I did not get the uniform policy memo, as I was not wearing a t-shirt with a superhero, Harry Potter or Star Wars reference.

I observed the D&D adventurer's league setting up the game. Paper, pens, laptops, maps and bags full of many-sided dice covered the desks, while the participants talked about leveling-up, weapon preferences and travel speed. There is real excitement in the room and it is difficult not to be drawn into it.

"D&D is not as weird as people think," said 1st Lt. Rocco LiBrandi, Joint Task Force, J6 communications directorate. "We don't expect you to wear wizard robes and use wands. If you want to, that's cool. It is just a bunch of people telling a story and having fun."

It was very clear this game brought people together. Some of the participants had more than 20 years of experience, while three of them had played less than a handful of times.

One of the junior members of the group agreed with LiBrandi.

"D&D is better than role playing video games because it has an extra socializing aspect that gets you off of the couch mindlessly moving a joystick," said 1st Lt. Scott Johnson, JTF Trooper. "You are amongst friends and having fun playing through a story."

His enthusiasm was catching.

We started with the DM explaining our surroundings and motivating us to start a mission. McCormick had quite a day planned for us.

The decisions of each character directed the

story and there were no limits to what could be done. One character, a rogue, was quite skilled at stealing things. When he pocketed some fruit that was protected by the beings of the forest, the very trees surrounding began to attack us.

Characters hacked at the trees, magic users cast spells and caught the shrubs on fire, and healers tended to our party's injured.

As the day went on, each character found his or her place within the group. The weaknesses of some characters were compensated with the strengths of others. Our roaming bunch of fighters, clerics, warlocks and druids ended up using some pretty solid military tactics to destroy our enemies.

I can see how D&D can be very captivating. After the game was finished, we had destroyed the attacking trees, decimated a roaming patrol of lizard men and even defended ourselves from a poison-breathing, green dragon. All in all, it was a good day.

The NAVSTA GTMO D&D adventurer's league is open to all branches of the service, as well as civilians on base. McCormick has watched the number of participants grow each weekend. "The essence of D&D is community," McCormick said with pride.

If you are interested in adventures and quests that will raise the experience points of your inner druid, please contact Sean McCormick at sean.mccorm77@gmail.com or call him at x78590.

Article by

CAPT. GREGORY MCELWAIN

Photo illustration by

SPC. IAN WITHROW



The Alcohol Related Incident Counter indicates the number of days the Joint Task Force Troopers have gone without any incidents. (Photo by Sgt. Charlie Helmholt)

TROOPERS' ACCOUNTABILITY PAID OFF

Everyone agrees Joint Task Force Guantanamo hit a milestone, recently, when it went more than 50 days without an alcohol related incident. Although the winning streak came to an abrupt end, there is still much to look forward to and celebrate.

"While I am very disappointed, I am also very proud of the JTF team being able to go 50 plus days without an alcohol related incident," said Command Sgt. Maj. David W. Carr, the senior enlisted leader for the JTF. According to Carr and other senior enlisted leaders of the JTF, the count rarely reaches double digits.

While no one can verify with certainty that this is the record, anecdotally, senior leaders believe this may be the JTF record. Regardless, achievement is making an impression on some folks.

"I'm not surprised that we have had success but I still think we have a long way to go," said Carr.

Getting to this point did not happen overnight, and it did not happen by accident. The recent achievement was the direct result of a focus on safe alcohol consumption by senior JTF leaders, such as Carr; Trooper care programs such as Safe Ride; and a serious zero tolerance campaign by the U.S. Naval Station Guantanamo Bay's Naval Security Forces, Masters-at-Arms.

Safe Ride is a JTF program managed by

the Joint Medical Group geared at providing transportation to the barracks for JTF Troopers, ensuring they do not drive drunk. The program expanded in recent months, according to Medical Senior Chief Petty Officer Isabelle Roper with the JMG. The JMG traded their eight-passenger minivan for a 15-passenger van.

"Now we're able to take more people home and there are less people waiting around and less chance that they will get in trouble or do things that they are not supposed to be doing," said Roper.

Additionally, according to Roper, the dispatch process has been consolidated. Now all dispatching goes through the JMG instead of three separate command elements, as it was a few months ago, making Safe Ride easier to use and more responsive.

"If you need assistance, you need a ride home, Safe Ride will come, meet you, pick you up, no questions asked, and they will take you home," said Roper. Safe Ride also has support from those charged with keeping the peace here.

"I think it's a great thing and when it's used, it's 100 percent effective in preventing DUI's," said Master at Arms Chief Petty Officer Kenton J. Thomas, operations chief for the NAVSTA MA security officers, in reference to Safe Ride.

"We have worked very hard to make (Safe Ride) a very professional and successful program

and I think it has had an impact," said Carr. "Having spent multiple weekends between zero-one and zero-twoish outside the Windjammer, I've seen some of our service members exit the establishment, obviously under the influence of alcohol, and as they are waiting for the bus home or that ride home, I've seen our Safe Ride folks go into action and take several of them to their quarters."

Carr added that increased leader involvement was another contributing factor to the high number of days without an alcohol related incident.

Carr increased the senior leader presence patrols late at night near locations where Troopers gather to consume alcohol, such as the recent Ultimate Fighting Championship 190 featuring Ronda Rousey that was broadcast live at the Windjammer on Aug. 1.

"We are not necessarily there as enforcers of standards and discipline but basically to have a presence there as an easy reminder, 'hey my leadership is here, so I should do the right thing in front of them,'" said Carr.

Senior leaders are taking a keen interest in this number as more than just a feather in their cap, according to Carr. This is about the safety of JTF Troopers and maintenance of the professionalism of the JTF and its mission.

"There is huge scrutiny from the rest of



Master-at-Arms Seaman Apprentice Morgan Garnan with the U.S. Naval Station Guantanamo Bay Security Forces, explains the proper use of the "AlcoBlow" device used to determine if a person has any alcohol on their breath. The MA administers a sobriety test during a checkpoint Aug 15, at NAVSTA GTMO. (Photo by Sgt. 1st Class Marie Schult-Slosser)



Garnan with the NAVSTA GTMO Security Forces administers an alcohol detection test using the "AlcoBlow" device. Naval Security Force MA's are very careful when trying to determine if someone has been consuming alcohol before driving. This has led to a reduction in ARI's here at JTF GTMO. (Photo by Sgt. 1st Class Marie Schult-Slosser)

the world, politicians and the military, on what we do here," he said. "We have a very important mission: the safe, legal, transparent care of detainees, and we should do everything in our power to make sure that mission gets accomplished."

Other than effective implementation of Safe Ride, involvement of senior JTF leaders, and the assistance of the ever watchful MA's, Carr feels that ultimately, the responsibility and achievement lies with individual service members.

"I say when all the service members of the Task Force see this as their challenge and they take pride in what we do, we've got buy-in," said Carr. "We have achieved success and that can be in the form of a few days without an alcohol related incident or several months."

An alcohol related incident is one where any kind of indiscipline, accident or injury occurs with a JTF Trooper and alcohol played a role both on and off the island. If a Trooper is on leave and is caught driving under the influence, that incident counts as a JTF incident.

According to Thomas, the MA's on NAVSTA conduct preliminary testing for alcohol based on the facts and circumstances of any and every incident. These facts are provided to the member's Command who then makes the final

determination on how they will proceed. Naval Security Forces are tasked with enforcing good order and discipline, and providing a security blanket for the community.

Not surprisingly, the most common types of alcohol related incidents are DUI's, fights and verbal altercations, according to Thomas, who has nearly 15 years of experience as an MA and cites two common groups as regular offenders.

"You have inexperienced youth who think they are OK and don't realize how intoxicated they are and don't understand the consequences and think, 'oh that won't happen to me,'" said Thomas. "Then you have the older category of people who are already more experienced with alcohol than they should be, those people just tend to disregard the rules and do what they want anyway."

While Thomas has the perspective of years of dealing with drunken drivers as a profession, Carr speaks from the heart about the more personal effects of the dangers of drunk driving.

"I've had some very professional peers, first sergeants, who have been forced to retire because they had a moment of weakness and got behind the wheel and gotten a DUI," said Carr.

He believes service members need to be careful with alcohol primarily for safety reasons but also because service members with an alcohol

related incident on their record may find it more difficult to have a successful military career than in years past.

Roper believes Safe Ride can help protect Troopers, but leadership also plays a role in preventing Troopers from making career or life-ending mistakes.

"Continue to stay engaged, be involved in what your service members are doing, know what they are doing on the weekends and after hours, get to know them," said Roper.

Thomas agreed with Roper but also added service members need to use the buddy system, watch out for one another and employ bystander intervention when they see something is awry.

Even though the JTF counter board has been knocked down a few notches, Carr is optimistic and serious about the commitment of the Troopers.

"Service members will decide if and when we get into the triple digits of no alcohol related incidents," he said.

The Safe Ride number is 84913 and 84781 and is available seven days a week.

Article by

SGT. 1ST CLASS MARIE SCHULT-SLOSSER

Life preservers are placed around the USNS Spearhead's outer railing. The ship is 338 feet long and 94 feet wide, and has a draft of 12.6 feet, this is the depth of water the ship needs to safely navigate. The ship can accommodate one helicopter and has space for a crew of up to 41 but normally sails with 22-24 crew members under normal conditions.





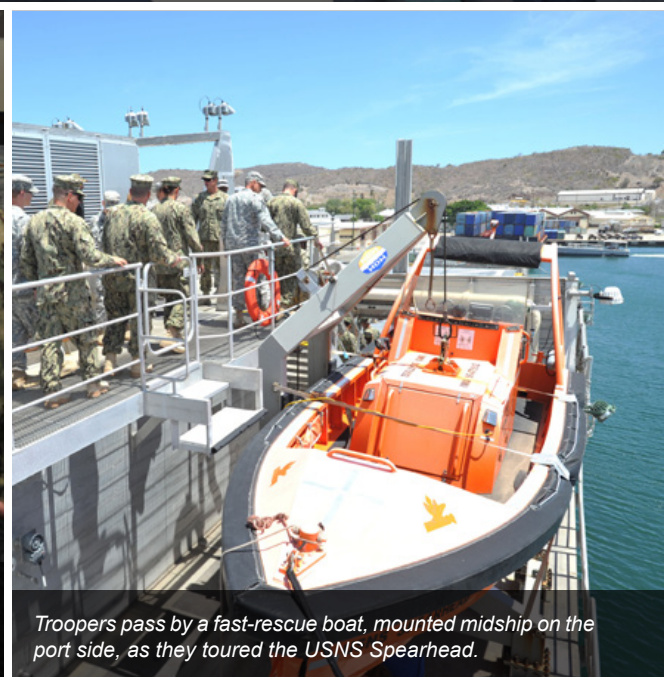
JTF Troopers assemble on the helicopter pad atop the U.S. Naval Ship Spearhead, a joint high speed vessel operated by the Military Sealift Command, Aug. 13.



The view of Guantanamo Bay from aboard the USNS Spearhead. The ship spent a week docked at GTMO to refuel and replenish before continuing their mission, which has reached its halfway point.



JTF Troopers pause during a tour of the USNS Spearhead to view a scaled model of the ship they were standing on. The tour provided a break from their daily routine and the opportunity to see one of the Navy's newest editions planned for troop and equipment transportation.



Troopers pass by a fast-rescue boat, mounted midship on the port side, as they toured the USNS Spearhead.



Sgt. Patrick Kelly with JTF GTMO's joint visitors bureau, saddles up to the controls of the USNS Spearhead, during a recent tour of the joint high speed vessel.



JTF Troopers from the Joint Stress Mitigation and Relaxation Team, part of the Joint Medical Group pause on the upper deck of the USNS Spearhead during the tour.

JTF TROOPERS TOUR THE *USNS SPEARHEAD*

Troopers from Joint Task Force Guantanamo toured the U.S. Naval Ship *Spearhead*, a joint high-speed vessel, operated by the Military Sealift Command, Aug. 13. The *USNS Spearhead* will spend a week docked at GTMO to refuel and replenish before continuing their mission.

“Guantanamo Bay marks the midpoint of the deployment,” said Lt. Cmdr. Josh Perry part of the Naval Construction Group TWO (NCG 2), based in Gulfport, Mississippi, the chief staff officer aboard the *USNS Spearhead*. “The center of gravity of the mission is the adaptive force packages ashore, they are on the ground conducting training classes, executing construction projects and building goodwill with our partner nation’s military and local communities.”

USNS Spearhead is deployed in support of Southern Partnership Station-Joint High Speed Vessel 2015, a U.S. Southern Command-sponsored deployment focusing on enhancing cooperative partnerships with regional maritime services and improving operational readiness for all participating services. In addition, SPS-JHSV 15 provides the opportunity for U.S. and partner nation forces to operate in the multinational environment, refine coordination, improve interoperability and demonstrate flexibility.

“As a reservist from the Midwest, I don’t have many opportunities to get out and see ships of this magnitude and tour them, it’s very impressive,” said Navy Lt. Jason Burgess, a JTF Trooper.

Many service members have never seen a Navy ship, this was an opportune time for them.

“The tour was great. It gave my junior Sailors and Soldiers the opportunity to see what life would be like on board a ship,” said Chief Petty Officer Joseph Iarussi with JTF Joint Medical Group.

It was definitely different than what he expected, Iarussi said. With it being a relatively new ship, it was very clean and had all the bells and whistles. Another interesting aspect, Iarussi added, was that civilians ran the ship and there were very few Navy personnel on board.

During the tour of the vessel, Perry conveyed to the Troopers the capabilities of the *USNS Spearhead*, which was built to a modular design allows for its rapid refitting with various equipment within a 20,000 square-foot bay, depending on the mission at hand.

The *USNS Spearhead* is 338 feet long and 94 feet wide, and has a draft of 12.6 feet, this being the depth of water the ship needs to safely navigate. The ship has space for 41 crew members, though under normal conditions will sail with 22, as well as sleeping accommodations for up to 150 people and an additional 312 seats for troop transport. The four diesel engines allows for a maximum speed of 43 knots and a service speed of 35 knots. The ship also has a helicopter pad, which can carry one helicopter.

“This ship’s crew is made up of 24 civil service sailors, they are consummate professionals at the top of their game,” said Perry. “I can’t say enough good things about them.”

The MSC currently has five operational *Spearhead*-class joint high-speed vessels in their inventory with three more under construction and two on order.

“The versatility of this ship and the different trials that the crew takes her under has made my first time, after 22 years in the Navy, being afloat a very memorable experience and a great way to start my sea pay,” said Perry.

Article and photos by
SGT. JAMES D. SIMS





IN THEATERS THIS WEEK

The Downtown Lyceum showtimes are shown in the top row and the Camp Bulkeley Lyceum showtimes are displayed in the bottom row.

Southpaw (NEW) <i>R, 8 p.m.</i> Paper Towns (NEW) <i>PG13, 10:15 p.m.</i>	Ant-Man <i>PG13, 8 p.m.</i> Fantastic Four <i>PG13, 10 p.m.</i>	Vacation <i>R, 8 p.m.</i>	Self/Less <i>PG13, 8 p.m.</i>	Magic Mike XXL <i>(LS) R, 8 p.m.</i>	Trainwreck <i>R, 8 p.m.</i>	Mission Impossible: Rogue Nation <i>PG13, 8 p.m.</i>
8/21 FRIDAY	8/22 SATURDAY	8/23 SUNDAY	8/24 MONDAY	8/25 TUESDAY	8/26 WEDNESDAY	8/27 THURSDAY
Ant-Man <i>PG13, 8 p.m.</i> Fantastic Four <i>PG13, 10 p.m.</i>	Southpaw (NEW) <i>R, 8 p.m.</i> Paper Towns (NEW) <i>PG13, 10:15 p.m.</i>	Trainwreck <i>R, 8 p.m.</i>	LYCEUM CLOSED	Mission Impossible: Rogue Nation <i>PG13, 8 p.m.</i>	LYCEUM CLOSED	Magic Mike XXL <i>(LS) R, 8 p.m.</i>

Call the Movie Hotline @ 4880 or visit the MWR Facebook for more info. *Concessions at Bulkeley are closed until further notice Stay classy, GTMO! No alcohol or tobacco at the Lyceums.

BOOK REVIEW / THE PROMISE OF A PENCIL: HOW AN ORDINARY PERSON CAN CREATE EXTRAORDINARY CHANGE



The nonfiction book, “The Promise of a Pencil: How an Ordinary Person Can Create Extraordinary Change,” by Adam Braun with Carlye Adler, was a delightful, motivating, memoir of how a boy can grow up and change the world. The 30 chapters are titled for the lessons he learned along the path of developing a very successful nonprofit foundation and how he conquered them.

“Because Braun’s are different,” is what Adam Braun’s father would tell his family growing up. This phrase was a way to justify their different approach to parenting. He would use this phrase every time the kids needed to be taught a meaningful lesson or celebrated when they

chose to take a path less traveled. Braun’s father wanted to show his family it was ok to be different. His parents taught him unique family values.

In 2008, Braun, 24 years old, deposited \$25 into his local bank to start a nonprofit business, Pencils of Promise. The organization built schools for local communities’ in-need throughout Asia, Latin America and Africa. PoP helped train teachers, offered scholarships and supplied educational materials. PoP partnered with local communities to acquire resources and labor to build schools. Through the gift of education, PoP changed many lives.

It was not always an easy road for Braun, who thought

he had it all figured out. Braun went through a phase where he began to question himself. He was confused and began looking for answers.

Braun grew up in Greenwich, Connecticut, to a well-educated family who gave him the opportunity to work hard and be successful in life. His family also embraced nonconformity and charity.

While studying at Brown University, Braun watched a movie called “Baraka,” which changed his life forever. The film, a series of scenes shot throughout 24 countries, showed eye-catching geographic wonders. The film captured the customs and ceremonies of indigenous cultures. He had to discover the world around him. He would later enroll in a program called Semester at Sea, which led to a near-death experience while on a ship.

While traveling the world, he began struggling to figure out what he wanted to do with his life. He wrestled with how the poverty-stricken children looked in each town he visited. While on his travels, he began to ask one child from each community a question; if the child could have anything in the world what would it be? He was surprised with the answers he received. The children gave him answers from pencils and books to schools.

When Braun was done traveling, he went back to school to finish his degrees. After graduation, Braun landed a very lucrative job with the prestigious consulting firm, Bain & Company.

While working, Braun continued to doubt himself. He eventually asked himself if he wanted more; to keep the job he worked his whole life or travel the world and find ways to help those in need? If you had a choice, which would you choose?

The book kept me engaged and drawn in as I was seeking the same answers. The only thing about the book I disagree with is the title. The title states he is just another ordinary person, but Braun is far from normal. His passion and drive alone put him far ahead of others.

As of February 2015, the date of the paperback publication, the organization built more than 250 schools and has given more than 25 million educational hours. They have impacted the lives of students, teachers, volunteers, community members, and donors around the world. All proceeds from the book are donated to the foundation.

If you like good memoirs, you will love this inspiring book. I give it five stars.

Book review by
SGT. RYAN L. TWIST



Book cover photo of “The Promise of a Pencil: How an Ordinary Person Can Create Extraordinary Change,” by Adam Braun with Carlye Adler.

MWR SOCCER

		MALE
No.	Team Name	Standings
01	NEX United	(9-1-3)
02	West Coast United FC	(9-2-2)
03	Young Strikers	(8-2-2)
04	Manchester City	(7-2-3)
05	St Thomas All-Stars	(5-6-2)
06	Spartans	(3-7-1)
07	Sloppy Joes	(1-10-1)

		FEMALE
No.	Team Name	Standings
01	Soccer Bombers	(5-1-0)
02	5280 Ladies	(5-1-0)
03	One Love	(1-4-1)
04	I'd Hit It	(0-5-1)

MWR BADMINTON

No.	Team Name	Standings	
		Win	Loss
01	Dragonfire	7	2
02	BEEF 1	7	4
03	Angry Birds	6	2
04	Dynasty	6	4
05	BEEF 2	5	5
06	The Rothinators	4	4

MWR VOLLEYBALL

No.	Team Name	Standings
01	Team	(9-0)
02	Deep Sets	(8-1)
03	Emperors groove	(7-2)
04	BCO Super Stars	(6-2)
05	Gunslingers	(5-3)
06	Sets on the Beach	(5-3)
07	Sparta-licious	(4-4)
08	EAD	(5-5)
09	Island Shenanigans	(3-5)
10	Honey Badgers	(3-6)
11	Spartans	(3-6)
12	328th	(3-6)
13	Bumpin' Ugliers	(2-6)
14	Yurrr	(2-7)
15	Serves of Steel	(2-8)

EAT SMART TRAIN SMART

The Navy Exchange provides many healthy options for Troopers. Fruits and vegetables are an excellent source of protein.

When creating a sports performance-training plan, one plan does not fit every athletic Trooper, said Navy Lt. Nelson Guadalupe, the Joint Task Force Guantanamo dietitian and the nutrition management department head for the U.S. Naval Hospital Guantanamo Bay. However, each plan should emphasize sports nutrition and a strict workout plan.

Physical fitness may not be the most important task you complete in a day, but it is important to work out every day, said JTF Senior Enlisted Leader, Command Sgt. Maj. David W. Carr.

"It's the only thing you can do every day that is guaranteed to impact your ability to accomplish the mission," Carr said.

Although each individual's sports performance training plan is different, athletic Troopers should consider five factors, Guadalupe said. Those five factors include setting goals, caloric intake, eating times, protein, fat and carbohydrate intake, and training recommendations for how to achieve your goals.

The first key to developing a plan is setting short-term and long-term fitness goals.

Carr recommended examining your goals at least once a month to track your progress.

Establishing a daily calorie intake aids athletes in achieving their goals, Guadalupe said. The amount of calories a person can eat each day is based on weight, height, age and activity level.

The caloric intake for a person whose goal is to strengthen versus a person who aims to increase endurance, is vastly different, Guadalupe said. A person seeking to increase muscle size should consume slightly less carbohydrates, more protein and good fats, than those aiming to increase endurance. You can find good fats in salmon, tuna and mackerel, which contain omega-3-fatty acids as well as lean chicken breasts and pork.

Endurance trainers should concentrate on eating plenty of simple and complex carbohydrates, Guadalupe said. Examples of simple carbohydrates include pastas, enriched flour found in refined breads and sugary food. Complex carbohydrates, such as whole-grain breads, starchy vegetables and beans provide a vast amount of vitamins and minerals.

"I think nutrition plays a huge part in keeping us healthy, physically fit and able to accomplish our missions," Carr said.

Additionally, water consumption is different for strength and endurance trainers, Guadalupe said. When training to increase endurance, people should weigh themselves before and after their workout to calculate how much water is needed to replenish their system.

Athletic Troopers preparing for a physical fitness test or race should eat at the same time for breakfast, lunch and dinner, Guadalupe said.

Creating a rigorous workout plan for each day and on the day of a physical fitness test or race, is essential in achieving your goals, Guadalupe said.

The type of exercises athletic Troopers perform, depends on the sport they play, said Roxy Bumpus, a certified personal trainer at the G.J. Denich Gym.

"Certain athletes, such as power lifters, football and rugby players, need strength and bulk to perform their sports," Bumpus said. "Athletes, such as tennis players, basketball players and martial artists, are best served by focusing on both endurance and strength training. They need power in short spurts to return a shot or sprint down a court, but they do not want to build huge muscles that impede their agility."

NAVSTA GTMO provides various fitness recreational opportunities, including intramural sports leagues, fitness classes and a gym equipped for endurance and strength trainers.

Article and photo by
SPC. NICOLE NICOLAS

BEGINNING OF THE END



Spc. Tyler Austin, a member of the Tropics, drives through the lane for a lay-up while getting swarmed by team Air Force's defense, Aug. 14, during a Morale, Welfare & Recreation basketball league playoff game at the G.J. Denich Gym. The teams play desperately to avoid elimination.

The Morale, Welfare & Recreation basketball season is coming to a close, which means it is time for the playoffs. During the playoffs, games intensify as the remaining teams compete to win it all. With single-game elimination style playoffs, it is literally win or go home.

The Tropics met team Air Force on the court, Aug. 14, at the G.J. Denich Gym here. The Tropics won 49-40. The score remained close the entire game.

Typical playoff tension was in the air. During playoff games, play becomes much more physical as was evident during the game. The teams battled back and forth throughout the first half. As the players attacked the rim, they too were attacked. The fouls racked up quickly and many points were earned from the free-throw line.

Team Air Force's post players seemed to have the upper hand in the paint and on the glass, which kept them in the game. The Tropics relied on their quick guard play and scoring in transition.

"We are like a 'run and gun' team, so we saw that they couldn't really keep up with us, so we kept up the tempo," said Spc. Angel Santiago, a Joint Task Force Guantanamo Trooper and the starting point guard with the Tropics. "We saw that they were tired and we took advantage of it."

The teams were neck and neck, at least until the second half. Normally, playoff games are close and in each of these games, at least one player needs to have a breakout performance in order to send their team to the next round. Spc. Tyler Austin, a JTF service member, power forward with the Tropics, provided that breakout performance.

Austin said his coach constantly encouraged

him to score and he accepted that challenge.

"I came off from halftime and I told myself we were going to hit the open shots and get some buckets," Austin said.

Hit the open shots he did. As team Air Force's defense crashed the paint to stop easy layups, Austin was wide open on the three-point line, not once, not twice, but more than four easy three-pointers fell. Austin's shooting proved to be too much for team Air Force's defense and the Tropics pulled away with the win.

"We played hard but they out-played us and we didn't come away with the win," said Senior Airman Matthew Lane, a guard with team Air Force. "We kind of fell apart there at the end and we let them hit too many shots and they just ran away."

The Tropics celebrated their victory, but they know they will have their work cut out for them if they want to win the championship.

"We fought a tough one and got the W [win]," said Sgt. Stephen Healey, a non-commissioned officer with the JTF, shooting guard for the Tropics. "We started hitting shots. We started moving the ball around more and setting screens for people and stopped being selfish."

The Tropics are set to face maybe their toughest opponent yet, the Migrants.

"We lost the last two [games] to the Migrants but we are hoping the third time is the charm," Healey said.

The playoffs, hosted by the MWR, will continue through the rest of August.

Article and photo by
SPC. JUSTIN MALONE

MWR 2015 SPORTS SCHEDULE

Starting dates are subject to change. All leagues last 2-3 months, including playoffs.

MONTH / DAY ACTIVITY

September 5	Wood-bat Tournament
September 11	Memorial Run
September 14	Co-Ed Softball League
September 26	Trail Triathlon
September 28	Flag Football League
October 5	Basketball League
October 10	Glow Run
October 24	Paddle, Pedal, Paintball
October 24	Fitness & Figure
October 31	Zombie 5K
November 14	Duathlon
November 21	Power lifting Competition
November 26	T-Day Half Marathon
December 11	Army / Navy Game
December 19	Holiday Basketball
December 24	Jingle Bell Fun Run

NON-MWR EVENTS 2015 SPORTS SCHEDULE

MONTH / DAY ACTIVITY

September 5	Fence Line Run
September 5	Law Enforcement Torch Run



MILITARY HISTORY

OPERATION STARLITE KICKS OFF FIRST MAJOR BATTLE IN VIETNAM

Marines kicked off the first major ground battle in the Vietnam War in a pre-emptive strike named Operation Starlite on Aug. 18, 1965. After a deserter from the First Vietcong Regiment revealed an attack was imminent against the U.S. base at Chu Lai, Marines launched the operation in the Van Tuong peninsula in the Quang Ngai Province.

The Marines passed their first big test in Vietnam. Additionally, they tested the combined helicopter and amphibious doctrine they had studied for more than a decade on the battlefield. It was the first time both helicopters and

amphibious assault vehicles were used in a battle, one that would mark the unique modern fighting style Marines use today.

There were many heroes that day. Two Marines were awarded the Medal of Honor. Six others earned Navy Crosses and 14 Silver Stars were among the honors awarded to the leathernecks of Operation Starlite.

The Vietnam War was a long, costly-armed conflict, which pitted the communist regime of North Vietnam and its southern allies, known as the Viet Cong, against South Vietnam and its principal ally,

the U.S., according the History Channel website. The divisive war, increasingly unpopular at home, ended with the withdrawal of U.S. forces in 1973 and the unification of Vietnam under communist control two years later. More than three million people, including 58,000 Americans, lost their lives in the conflict.

What began as a colonial conflict between France and the Viet Minh of North Vietnam, escalated to an auxiliary war between the Soviet Union and the U.S. The Soviet Union was interested in spreading communism across the globe, while the U.S. adopted the

“domino theory,” or held that a communist victory in one nation would quickly lead to a chain reaction of communist takeovers in neighboring states. Many felt it was in the best interest of the U.S. to stop Soviet aggression. Military advisors cautioned armed aggression anywhere had to be resisted immediately, both as a matter of right and because of a failure to resist aggression would inevitably lead to more aggression, according to the History Channel website.

Article by
SGT. CHRISTOPHER A. GARIBAY



JSMART SPOT

▲ JSMART HELPER: HARLEY

INTROVERTS MAKE GOOD LEADERS, INSPIRE OTHERS

Being the loudest person in a room doesn't necessarily make someone a good leader. For some of us, being bold and boisterous doesn't feel natural. When our responsibilities increase, it's important that we recognize that sometimes, our weaknesses can actually be our strengths.

While extroverts display many leadership qualities because of their social nature, introverts still have much to offer. As opposed to doing most of the talking, introverts can be very good at listening to what other people have to say and can be very good at discussing the issue. This

promotes trust, as workers are quick to notice when their leaders value their opinions. Introverts, by nature, are deep thinkers.

Because introverts focus much of their energy inward, they tend to be very organized. If a project or presentation is approaching, an introvert may prepare meticulously to ensure they do well. This is a great quality in a leader, as it sets a good example, which tends to rub off on others. Introverts can also be highly aware of what their weaknesses are; this creates the opportunity to challenge themselves. If you've ever seen someone volunteer for

something outside his comfort zone in order get better, you may have noticed it can be highly motivating and inspire others to do something similar.

While there's no perfect formula for leadership, understanding our strengths and weakness is a great start. If we find we have some introverted traits, we can use them to our advantage while always striving to better ourselves.

Article by
PETTY OFFICER 3RD CLASS RANDALL KELLEY
Joint Medical Group



RELAX WITH CIGARS

Holy Smokes takes place every Friday at 6 p.m. at the Plant Nursery, U.S. Naval Station Guantanamo Bay, Cuba. Every rank and all services members are welcome to attend. Come relax, socialize and have a cigar in uniform or civilian attire. The cigars are provided, no need to bring your own. This event is a social gathering, which focuses on relaxation and good conversation. Nonsmokers are welcomed too! Stop by to see what we are about.

Courtesy article by
LT. CMDR. MARK MORENO
JTF Deputy Chaplain

RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA chapel)

Saturday* 1700
 Sunday* 0900 (Side Chapel)
 Mon-Thurs* 1730&0900

PROTESTANT SERV. (JTF Troopers' chapel)

Sunday* 0900&1900
Friday night movie Friday 1900

PROTESTANT SERV. (NAVSTA chapel)

*Traditional** Sunday 0930 Annex Room 1 (Liturgical Service)
*Contemporary** Sunday 1100 Main Chapel
Gospel Sunday 1300 Main Chapel

OTHER SERV. (NAVSTA chapel)

Islamic Prayers Friday 1315 Annex Room 2
7th Day Adventist Saturday 0900 Annex Room 1 (Sabbath School)
 Saturday 1100 Annex Room 1 (Sabbath Service)
Latter Day Saints Sunday 0900 Annex Room 19
Pentecostal Sunday 0800 Annex Room D
 Sunday 1700 Annex Room D
*Christian Fellowship** Sunday 1800 Main Chapel (Non-denominational)

BIBLE STUDIES (JTF Trooper's chapel)

Monday 1900 JTF Trooper's Chapel
 Wednesday 1900 JTF Trooper's Chapel
Game Night Saturday 1900 JTF Trooper's Chapel

LUTHERAN SERV. (JTF Trooper's chapel)

Sunday 1030 JTF Trooper's Chapel

DAVE RAMSEY'S FINANCIAL PEACE / MILITARY EDITION (JTF Troopers' Chapel)

Tuesday 1900 Taught by Chaplain Mark Moreno

*These services are conducted by Army or Navy chaplains / For more information call ext. 2218

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

BUS SCHEDULE 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 / E. 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: 0917/1217/1517/1817
 Return to Office: 0940/1240/1540/1840

FERRY SCHEDULE

Monday - Saturday

FERRY

Windward:

0630/ 0730/ 0930/ 1030/ 1130

Leeward:

0700/ 0800/ 1000/ 1100/ 1200

UTILITY BOAT

Windward:

1330/ 1530/ 1630/ 1630/ 1730/ 1830/ 2030/ 2230/ 2330

Leeward:

1400/ 1600/ 1700/ 1800/ 1900/ 2100/ 2300/ 0000

Sunday & Holidays

FERRY

Windward:

0730 / 1330

Leeward:

0800 / 1400

UTILITY BOAT

Windward:

1030 / 1530 / 1730 / 1830 / 2030 / 2230

Leeward:

1100 / 1600 / 1800 / 1900 / 2100 / 2300

Photo by Michael C. Woods

PARTING SHOT



'CABLE BEACH MILKY WAY ROCKS' PHOTO BY MICHAEL C. WOODS. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE **WIRE**

