

# THE WIRE

June 3, 2016



**MEMORIAL DAY  
CEREMONY**

**BASIC LEADER  
COURSE GRADUATION**

**LATER GATOR:  
MAINTENANCE AND SAFETY**

**NAVIGATING FEDERAL  
EMPLOYMENT**

**CHAPLAIN'S CORNER:  
THE SUN ALWAYS SHINES  
ON GTMO**

PHOTO STORY



## LEADERSHIP / CHAPLAIN

U.S. Army Lt. Col. David Eaton speaks on being metaphorical bricks in the wall. Chaplain (Capt.) Lofton ensures the sun will always shine through, even during tough times in life.

## GTMO NEWS

Service members gathered at Cuzco Wells Cemetery in remembrance of Memorial Day. During the Transitions Retreat, Troopers speak with chaplains about transitions they are facing.

## FEATURE

The Joint Task Force Guantanamo J4 transportation office talks about preventative maintenance checks, services and safety procedures of gators and mules here.

## PHOTO STORY

Forty-Eight Army Troopers from units across Joint Task Force Guantanamo graduated from the third and final class in the first iteration of the Basic Leader Course.

## HISTORY / JSMART

Joint Stress Mitigation and Restoration Team explains how our thoughts, feelings, and behaviors are linked together. Read part two about the Fortification of Guantanamo Bay.

## SPORTS

The Morale, Welfare & Recreation softball and flag football games played May 25 & 27 as *Cross Level* tramples *Iguanamo* 11-1 and *World Police* lost to *MWR Censored Us* 19-6.

# MOTIVATORS OF THE WEEK

**ARMY STAFF SGT.  
TINA MOBLEY**

**NAVY PETTY OFFICER 2ND CLASS  
PEDRO MORALES**


## COVER PHOTO CAPTION

U.S. Army Command Sgt. Maj. Michael Zaiser, command senior enlisted leader for the U.S. Southern Command, presents the Army Basic Leadership Course's Leadership Award to Sg. Yiang Li on May 28 for her outstanding leadership abilities during the course.

## SHRED IT OR REGRET IT!

Are you aware that Joint Task Force Guantanamo Bay has a 100 percent shred policy? This means that all paper materials including computer printouts, sticky notes, handwritten notes, photo-copies, trooper notebooks, unwanted mail, mailing labels and customs forms from boxes or packages, leave papers, bank statements, bills and anything work related or that has personal information should be shredded! Don't throw information in the trash, use operation security.

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## ALL AND ALL, YOU'RE JUST ANOTHER BRICK IN THE WALL



I joined the U.S. Army Dec. 27, 1987, as an active-duty private, and have served in the Army in some capacity ever since. June 12th of this year will mark 20 years on active duty as an officer. I have always considered myself a soldier first and everything else second.

My first take away is that military service is a privilege. It's not a right and certainly not just for your resume. Regardless of why you came on board as active, guard or reserve, my advice is never forget that you serve your country and the people of the United States, not just yourself. Furthermore, the two best outfits in the military are always the one to

which you're currently assigned and the one you're going to next. We are 100 percent responsible for our attitude 24/7/365.

My second take away, avoid hypocrisy. Nothing says "you suck" more than saying one thing and doing another. The same "you suck" applies if your personal behavior changes dramatically based on your audience. Don't be a Dr. Jekyll and Mr. Hyde.

My third take away, when you make a mistake, admit it publically to the unit – and then fix it. The logic here is not a hard lesson in humility or an exercise in self-deprecation, it is about accountability. Don't push your mistake onto others or into the oblivion of the system. Admit it, fix it and move on.

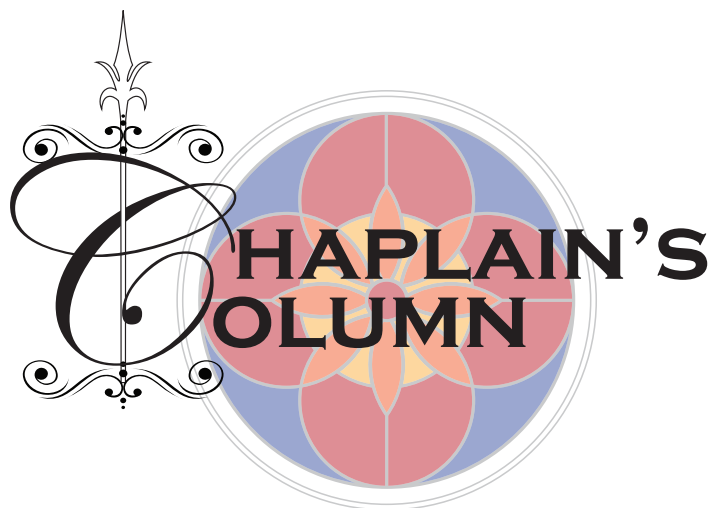
Last take away; own your military experience. You are part of the 1 percent of Americans who serve in the military. That statistic by itself should resonate. Additionally, you are serving during a time of persistent conflict and stationed at one of the most talked about places in American history. If you have never

watched the movie, *A Few Good Men*, you should. The lines I'd like for you to remember are, "We live in a world that has walls and those walls have to be guarded by men with guns," and "Deep down in places you don't talk about at parties, you want me on that wall, you need me on that wall."

The title of this article speaks to being metaphorical bricks in a wall. These are lyrics from a Pink Floyd song circa 1979. I'd like for you to remember the positive connotations of that metaphor rather than the mundane. Regardless of where you came from, you are here now, and you are an important brick in a very necessary wall. The military rank we wear every day isn't what makes us leaders or followers. It's what we do every day as individuals and as shipmates that allows us to earn either title. You are part of a mission and military community that is very special. Remember that, earn it every day, and take care of each other.

*Article by*  
**ARMY LT. COL. DAVID EATON**  
*JTF - J2 Deputy Commander*

## THE SUN DOTH SHINE THROUGH AGAIN



The sun always shines above Guantanamo Bay. Most of the time we are aware of this truth. We can feel the hot sun bearing down upon our skin. Temperatures cause the sweat to roll down our backs. The sun is there, and we know it.

Occasionally on GTMO, a cloud rolls in. If we are lucky, we get rain. On those days, it's not so obvious the sun is still shining. Last year, Hurricane Joaquin set off our shores. The sea churned, clouds rolled and rain fell. The days were gray, but even in the

midst of that storm the sun was shining above it.

What a great metaphor for life. There are times in our life when it is obvious the sun is shining. Life is good; our jobs are good; family dynamics are great; we can pay the bills and buy new toys. Life is like sitting on the beach, margarita in hand, enjoying a gentle breeze, the sounds of the sea and the beauty of the sun. Ah...life is good.

Then there are those days life doesn't seem so good. Frustrations at the office, relationship conflicts or money is tight. Seems like nothing you do works. At times, life can be like swimming in peanut butter.

In reality, just as in nature, the sun is still shining in life; it's just hard to see at that moment. If you will endure and persevere, in

time the sun will become visible again. It is true inclement weather makes for some rainy and nasty days. Sometimes bad weather can be destructive, but life is still recoverable. You can thrive and grow once again. Dark clouds are only for a season. Bright rays and beautiful days follow.

Perhaps you are going through a difficult time right now. Perhaps not. If you haven't, I suspect one day you will. When that time comes or if it has already arrived for you, remember, the sun is shining. It always has and always will. Hang on because the clouds will clear in time.

*Article by*  
**ARMY CAPT. TOBY LOFTON**  
*JTF GTMO Chaplain*



# MEMORIAL DAY: REMEMBERING THE FALLEN



Sailors from U.S. Naval Station Guantanamo Bay, Cuba, participate as part of the color guard in the Memorial Day service held here.

It was a warm, yet a somber morning Monday, May 30, on U.S. Naval Station Guantanamo Bay, Cuba, as service members from all five branches gathered at the Cuzco Wells Cemetery on Memorial Day to remember those servicemen and women who gave their lives defending our freedoms.

Cuzco Wells Cemetery is the final resting place for fallen service members, as well as civilians, who died at Guantanamo Bay. The souls resting here are not only Americans, but also Cubans, Jamaicans, Haitians and many more nationalities.

The ceremony started with a special prayer from Cmdr. Keith Shuley, the U.S. Naval Station Guantanamo Bay Command Chaplain. Following the prayer, U.S. Navy Cmdr. Alonza J. Ross, executive officer, U.S. Naval Station Guantanamo Bay, placed a wreath at the base of the flag pole to honor of all those who lost their lives and then Sailors lowered the flag to half-staff.

Once the flag was at half-staff, President Barack Obama's presidential proclamation, Prayer for Peace, was read to all in attendance.

The proclamation stated, in part, "With courage and a love of country that knows no limits, America's men and women in uniform

exemplify patriotism at its core -- stepping into harm's way to protect our people and to safeguard the ideals that have long sustained our democracy. Those who serve under the stars and stripes embody the highest form of citizenship, and on Memorial Day, we pay solemn tribute to those brave Americans, who laid down their lives to defend our freedom.

In conclusion of the ceremony, a Marine color guard performed a 21-gun salute as a sailor played "Taps" on a bugle. The crowd was dismissed, yet many stayed to pay their respects to the graves there at the site, as well as fellowship with other military brothers and sisters.

Article and photos by  
**ARMY SGT.  
MATT YOUNG**



Sailors from U.S. Naval Station Guantanamo Bay, Cuba, take part in the Memorial Day service held here by lowering the flag to half-staff.



# CHAPLAINS AID IN CREATIVE TRANSITION RETREAT

Tubes of colorful play dough, markers, magazines and glue lay on the tables of the Morale, Welfare & Recreation Windjammer classroom for Joint Task Force Troopers as they walked into the room, May 28, for a Transition Retreat on U.S. Naval Station Guantanamo Bay, Cuba.

Bobby Hinton, the Chaplain Religious Enrichment Development Operation facilitator for JTF GTMO and NSGB, said the Transition Retreat came about because Troopers stationed here are in some form of a transition – whether that transition is leaving something behind, overcoming something or getting ready to take on something new; they are all experiencing one of three transition zones.

“Chaplain Sean Cox and I didn’t want to treat it like a resiliency class because that is what most of the time people want to call it,” Hinton said. “We said, ‘let’s not label it that, but let’s look at the transitions that people are actually going through so that they can relate to and not just put it out in some nebulous place out in the middle of nowhere.’”

Transition is an emotional type of place and marked with three distinctive phases, said Hinton. First of all there is an ending, which is the ending to something. Next is the neutral zone, where Troopers try to discover their next steps, and then you have a beginning, where Troopers start anew.

Troopers attending the workshop reflected on how to navigate through significant personal and professional transitions.

“We drew on material from a book called Transitions,” Cox said, the JTF Chaplain. “We had animated discussions; we engaged in some craft projects to include a collage, drew a life map that memorialized life events and reflected on how we’ve negotiated through phases of transition before.”

“In a transition, you are ending something, whether a bad relationship, deployment or whatever, there is going to be some kind of emotional response to that,” Hinton said. “After you make that ending, then you come to the neutral zone. It is where you’re trying to find out what your new purpose is. You know you can’t go back to that old ending and you don’t

know what that new beginning is, but once you get through, you get to the beginning. The new beginning is that hope where you can say, ‘Now I can find something else and I’m feeling good about where I am.’”

Transitions are not always planned, Cox said, but the Transition Retreat workshop is a way for Troopers to discuss and learn to navigate through the transitions they are experiencing.

“Deployments are inherently transitional,” said Cox. “Often when people deploy, they are going through a significant personal or professional transition before they come here or they find out they are going to go through one that they didn’t plan on going through. So it is designed to equip Troopers to navigate transitions.”

Though the next retreat has not yet been scheduled, Troopers can always reach out to the chaplain’s office for more assistance at x2218.

Article and photos by  
**ARMY SGT. SHANNON BALL**



Joint Task Force Guantanamo Troopers cut out clippings from magazines to create a collage of what they hope their new beginning will look like at a Transition Retreat, May 28 at the Morale, Welfare & Recreation Windjammer classroom.



U.S. Navy Cmdr. Sean Cox, the Joint Task Force Guantanamo command chaplain, used play dough to visually show Troopers the ending phase during the Transition Retreat, May 28, at the Morale, Welfare & Recreation Windjammer classroom. The retreat lead Troopers through three transitional phases they may face in life: an end, neutrality and a beginning.



# GATOR DON'T PLAY:

## SAFETY PROCEDURES FOR GATORS AND MULES

**W**hile driving on U.S. Naval Station Guantanamo Bay, Cuba, it is common to see a John Deere Gator or a Kawasaki Mule pass by or pull over to the side of the road. Leadership from each unit assigns vehicles to Joint Task Force Guantanamo Troopers so they can accomplish their missions, and JTF GTMO Troopers are responsible for understanding and adhering to the policies and procedures attached to these vehicles.

About half of the JTF vehicles are either gators or mules, said Chief Warrant Officer 3 Jeff Swem, the officer-in-charge of the J4 transportation office on JTF GTMO.

All vehicles require a certain level of responsibility, and operators are expected to follow safety precautions, but with gators and mules, Troopers must take extra precautions, said Swem.

"First of all, you're operating an open vehicle, so you shouldn't have sandals on," Swem said. "You've got to operate it just like you would a car; you've got to treat it like a vehicle because that's what it is."

JTF GTMO policy requires Troopers driving a gator or mule in the 25 mph zone to pull over in a safe area if there are three or more cars coming from behind. The policy also requires Troopers to pull over if even one car comes from behind in a 35 mph zone, said Swem.

"A lot of times a car will come up to the back of a mule, and the operator sometimes feels like, 'Oh I've got to hurry up and get off the road,'" Swem said. "They're actually causing more damage than if they were to find a safe location and pull over to the side. It operates like a normal vehicle. You can still kill yourself, get injured or injure somebody else."

Conducting preventative maintenance checks and services, or PMCS, is essential to keeping all vehicles operable, so the JTF mission is accomplished, said Master Sgt. Carl Kuhlman, the noncommissioned officer-in-charge of J4 on JTF GTMO. Troopers should conduct PMCS on all vehicles weekly, but before driving, doing a quick walk around the vehicle is also a great habit to develop.

"Instead of just getting right into your vehicle, walk around," Kuhlman said. "Just



A Trooper assigned to Joint Task Force Guantanamo Bay drives a Gator down Kittery Beach Rd. May 23.

take a quick look to see if there are any problems. If you see something, let us know. The sooner you let us know, the quicker and easier it will be to fix."

When a gator does develop an issue, taking

it to J4 as soon as possible is the fastest way to get the problem fixed, said Swem.

"Just because there's something wrong with your vehicle, doesn't mean that J4 transportation is going to keep your vehicle," Swem said. "Once something happens, you bring it in and we can get to it. The longer you prolong that damage, the longer it's going to be down."

These vehicles are government property and are essential to accomplishing the JTF GTMO mission, so take care of them, said Swem.

"You should treat these vehicles as if they were your own, whether it's a mule, gator or car," Swem said. "We don't own these vehicles. The government owns these vehicles. We have to turn these vehicles back in the way we got them. They are a great asset to have here, but they are not our vehicles. We have to turn these back in, in the best condition we can."

Article and photos by  
**ARMY PFC. LAUREN OGBURN**



A Trooper assigned to Joint Task Force Guantanamo conducts preventative maintenance checks and services to keep his Kawasaki Mule in tip-top shape May 30.



# COME IN STRESSED, LEAVE REVITALIZED

The Joint Stress Mitigation and Restoration Team's Self-Care Day continues for Joint Task Force Guantanamo Troopers at U.S. Naval Station Guantanamo Bay, Cuba, to remind Troopers to take time to care for themselves.

The event was such a success that even new to island, U.S. Navy Petty Officer 1st Class Sean Craig, a JTF Trooper, attended the event with his sponsor and took the time to relax after a long and exhausting trip to get here.

"It is always nice to relax," said Craig. "I had a lot of travel within the last week or so, a lot of time sitting on airplanes and in airports. It was really nice to just get in and get a massage (from the JSMART massage chair) and loosen the muscles up to feel refreshed."

"Our self care day happens every second Saturday of the month and it's just an opportunity for Troopers to come out, take advantage of our massage chairs, we have light refreshments here and also to visit with our therapy dogs," said U.S. Navy Lt. Katherine Kline, a staff psychologist here.

To those Troopers in attendance, taking time to care for themselves and relax remains the mission for the JSMART team working the self-care day.

"We have seen a really great turnout," said Kline. "The first self-care day we ever had, we had about 40 Troopers in here. We are really trying to push the message out about self-care day. People don't really understand self-care and what it is. Troopers are really busy here taking care of other people, and they often put themselves second place. It's

so important -- if you can't take care of yourself, you can't take care of anyone else."

JTF Trooper U.S. Navy Petty Officer 3rd Class Jonni Gillispie, a behavioral health technician, said JSMART is here to help Troopers who are deployed. JSMART personnel go around to different sections on morale rounds, where they give out JSMART 'swag,' candy and books. Periodically, the team visits places that allow them to bring the dogs to help boost the morale of Troopers.

JSMART also teaches three therapy skills to Troopers: relaxation, cognitive behavioral therapy, and anger and stress management.

"We have cognitive behavioral therapy for insomnia," said Gillispie, "and we have anger management (and) stress management. A lot of times when people get overly stressed, they start feeling more frustrated and angry, rather than knowing that is stemming from another emotion, which is most likely from stress."

JSMART's June 11 Self-Care Day starts at 8 a.m. and encompasses an outdoor yoga instruction on their outdoor pavilion, said Kline.

*Article and photos by*  
**ARMY SGT. SHANNON BALL**



Joint Task Force Guantanamo Trooper U.S. Navy Petty Officer 3rd Class Jonni Gillispie, a behavioral health technician with the Joint Stress Mitigation and Restoration Team, holds a bottle to show Troopers how Igor, a JSMART morale dog, likes to drink his water.



A Joint Task Force Guantanamo Trooper meets a Joint Stress Mitigation and Restoration Team morale dog for the first time at the JSMART Self-Care Day, May 14.



Joint Task Force Guantanamo Troopers take time for themselves and relax in the massage chairs at the Joint Stress Mitigation and Restoration Team's Self-Care Day, May 14. JSMART currently has four massage chairs and lots of furry friends to help Troopers relax after stressful work days.



# BLC GRADUATION

## FORTY-EIGHT TROOPERS FROM JOINT TASK FORCE GUANTANAMO GRADUATED FROM THE THIRD BASIC LEADER COURSE

Article and photos by  
ARMY STAFF SGT. MATHIEU PERRY



*Joint Task Force Guantanamo's Basic Leader Course Class 712-16 applauds the five BLC instructors from the Fort Bliss Noncommissioned Officer Academy May 28, for completing three courses at U.S. Naval Station Guantanamo Bay, Cuba.*

command senior enlisted leader for the U.S. Southern Command. "They come down here on a nine month rotation and to be able to attend a Noncommissioned Officer Education System

**F**orty-Eight Army Troopers from units across Joint Task Force Guantanamo graduated from the third and final class in the first iteration of the Basic Leader Course held on U.S. Naval Station Guantanamo Bay, Saturday, May 28.

While attending the course, Army Troopers learned the fundamentals of leadership, training management, land navigation, drill and ceremony, warfighting and several other tasks. Troopers who attended this course went back to their units with the knowledge to lead and take care of their Soldiers.

"The importance of BLC is it's a foundation," said U.S. Army Staff Sgt. John Dagleish, an instructor assigned to the Ft. Bliss Noncommissioned Officer Academy. "Everybody wants to go and do the fun stuff,

but you have to develop a foundation. This is the first formal course Soldiers come to and learn how to be leaders. They have basic training, Advanced Individual Training and then they go to their respective units. Whether they have good leaders or bad leaders, they are still learning their unit's way, but there is an Army way that a lot of us, even instructors, can tend to forget. So, this is just showing students that there is an Army standard to follow for them to hopefully carry on and create a base for their future career."

The addition of a solid foundation to lead Soldiers and the qualifier to be promoted from attending BLC at JTF GTMO and in return improves morale.

"It's a huge morale boost for the Soldiers that are down here," said BLC graduation speaker Command Sgt. Maj. William Zaiser,

School while they are here is great."

The success of this model at JTF GTMO has been so great that key SOUTHCOM leaders are now looking at sending Mobile Training Teams to run BLC courses in other SOUTHCOM areas.

"It's the first one that we've ever run in the SOUTHCOM area of responsibility," said Zaiser. "And I think by running it here in Guantanamo, we have certainly broken the ice. So it's something we want to carry to our other large footprint, Joint Task Force Bravo in Honduras. We are exploring that possibility right now."

For BLC here, Zaiser approached the lengthy wait time for Soldiers to attend by suggesting the solution lies in tipping the current model of schools on its side. During the Senior Enlisted Council, the discussion





*Spc. Paul Mrabet, a Trooper assigned to Joint Task Force Guantanamo, waits in line to have his name called at the Army Basic Leadership Course graduation on May 28 at the W.T. Sampson Ampitheatre on U.S. Naval Station Guantanamo Bay, Cuba.*



*Command Sgt. Maj. William Zaiser, command senior enlisted leader for the U.S. Southern Command, speaks with Joint Task Force Guantanamo Basic Leader Course graduates prior to the graduation at W.T. Sampson Elementary School, May 28, on U.S. Naval Station Guantanamo Bay, Cuba.*

## **“IT’S A HUGE MORALE BOOST FOR THE SOLDIERS THAT ARE DOWN HERE”**

- Command Sgt. Maj. William Zaiser

took place with Sgt. Maj. Of the Army to raise \$50,000 in funding and bring a Mobile Training Team to JTF GTMO.

“This is unique in that they (JTF GTMO) don’t really have any of the facilities to conduct a BLC course,” said Dagleish. “So they had to outsource from the Navy, Coastguard, Air Force and the civilian contractors throughout Guantanamo Bay.”

Dagleish said that the team experienced new logistical challenges in coordinating the different elements. Examples included events such as physical training requiring the reservation of the athletics field run by the Morale, Welfare & Recreation, the use of classroom space at the elementary school maintained by the Navy and authorization between military departments to conduct the land navigation course on terrain managed by multiple commands.

Despite a few logistical challenges, 141 of 144 total students graduated this iteration stated Dagleish. He believes these classes not only produce leaders but also better well-rounded Soldiers.

“We’ve run the three classes back-to-back, and the success of these classes should certainly be something we want to sustain in the future,” said Zaiser. “It’s very difficult for our National Guard and Reserve Soldiers to be able to get the Basic Leader Course back at their home station and with the backlog the way it is in the Army, I think we’ve gone a long way to help them out and reduce that backlog.”

Aside from easing the waiting time for Soldiers in queue to attend BLC, the classes here at JTF GTMO provided a critical first step in teaching leaders to lead.



*Joint Task Force Guantanamo Trooper U.S. Army Sgt. Yiyang Li earned the Distinguished Honor Graduate Award and the Leadership Award for Basic Leader Course Class 712-16, May 28, at U.S. Naval Station Guantanamo Bay, Cuba.*



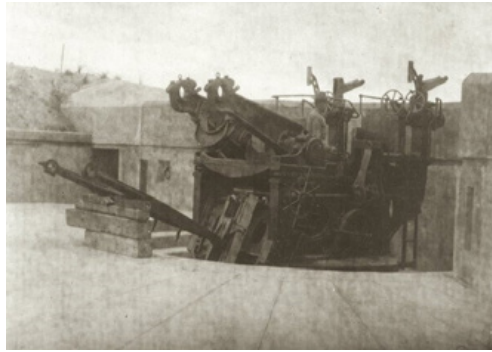
*Command Sgt. Maj. William Zaiser, command senior enlisted leader for the U.S. Southern Command, speaks with Joint Task Force Guantanamo Basic Leader Course graduates and those attending the ceremony at W.T. Sampson Elementary School, May 28, on U.S. Naval Station Guantanamo Bay, Cuba.*



# HISTORY FORTIFYING GUANTANAMO BAY

U.S. Army Capt. Edward Schulz, Corps of Engineers, began planning the primary coastal defense batteries for U.S. Naval Station Guantanamo Bay, Cuba, on Conde Beach, above a geographic feature known as Conde Bluff. His name is attributed to the original plans for the fortification, dated Aug. 22, 1905. However, according to the 2014 Historical Survey; "In spring 1907, Schulz returned stateside and the Army tasked the construction of Fort Conde to Lt. Warren Thomas Hannum. Like Schulz, Hannum attended the U.S. Military Academy and was commissioned as a 2nd Lt. in the Corps of Engineers."

Fort Conde was a technological achievement of the age and is an excellent example of improvements in coastal defense in the early 20th century. The batteries featured "disappearing carriage" mounts for 6-inch Model 1905 heavy coastal defense guns, as well as an advanced plotting and fire control system. The M1905 Disappearing Carriage for 6-inch guns was approximately 10 feet in diameter, with a maximum and minimum elevation of plus 15 and minus 5 degrees, could rotate 360 degrees, had a gun weight of 10.2 tons and a total weight of 56 tons.



*One of Fort Conde's disappearing carriages installed, minus the "6-inch gun tube"*

Construction of Fort Conde continued from May 17, 1907 until May 19, 1908. By the end of 1907, the survey disclosed; "The engineers had completed only one-quarter of the earth parapet [on the bluff in front of the actual fort]." The engineers also completed a "power house" building behind the fortification, but still needed to install wiring and mount the carriages and guns. The survey concluded; "The Army laid 7,500 feet of narrow-gauge railroad track to aid in the movement of supplies and equipment to the site and installed a 30-inch searchlight at Conde Bluff."

The U.S. Marine Corps assumed control

of both Forts McCalla and Conde in 1910. According to the survey, "In April 1913, the Chief of Engineers requested \$2,155,000 for the construction of four 14-inch low level batteries, two 4-gun mortar batteries, two 6-inch batteries of two guns each, and one 3-inch battery of two guns... to supplement existing fortifications. However, the U.S. Congress did not approve the request."

"In the 1920s the Navy aviation units used Hicacal Beach as a base for operating with the fleet and the aviators, and crews used the casemates [magazines and fire control buildings] at Fort Conde as barracks."

The Marines installed 3-inch and 6-inch coastal defense and anti-aircraft guns on Fort Conde and other locations around the base during World War II. Since then, Fort Conde has been abandoned.

Sign up for Fort Conde excursions at the Morale, Welfare & Recreation Marina. Excursions run every Sunday from 9:00 am to noon; limited to the first 10 who sign up.

*Article by*

**ARMY 1ST SGT. MICHAEL B. SHIMER**  
JTF-GTMO



## JSMART SPOT

JSMART HELPER: HARLEY

## YOUR FEELINGS ARE LINKED TOGETHER

What if I told you that you could control your feelings by controlling your thoughts? Bringing awareness to your thoughts and feelings can help direct your behaviors into proactive actions that strengthen your resiliency. We are more able to deal with difficult situations when we are in tune with our body and how our brain functions.

Most of the time we are on auto pilot, and we don't think about our thoughts and resulting emotions. Most of the time it seems to work, and we do pretty well. But what happens when we start to get stressed? When stressed, we may fall into "All or Nothing" thinking like "My leadership always yells at me;" "I'm never going to pick up the next

rank;" and "I'm going to be here forever." How do these extreme thoughts affect our mood? Badly.

We've all met that "Negative Nancy" in our lives. They can find the imperfection in a day at the beach and ice cream afterwards: "It's always too hot here; my ice cream is melting and the bugs!" This type of thinking might affect your mood, which then shapes your behaviors.

By taking inventory of your thoughts, you can start to identify any false contributions leading to negative feelings. Talking back to your thoughts can produce a different outcome. For example, saying, "It might feel like I'm going to be here forever, but I really

only have three months left," or "It's not true that things will never get better; I've been through much worse and this too shall pass."

Self-awareness of how our thoughts affect our feelings allows us to see the world in a more balanced way, which leads to more balanced emotions and greater resiliency. Come by the Joint Stress Mitigation and Restoration Team to learn more about strengthening your resiliency through self-awareness, and learn more about all the services we offer.

*Article by*

**NAVY PETTY OFFICER 1ST CLASS**  
**JON GOUDREAU**



# ASIAN - AMERICAN / PACIFIC ISLANDER HERITAGE CELEBRATION



Guest speaker, U.S. Army Spc. Revan Elep, a Trooper with the 525th Military Police Battalion, hugs his peers after giving a humbling speech during the Asian American and Pacific Islander Heritage ceremony held at U.S. Naval Station Guantanamo Bay, Cuba on May 27.



Joint Task Force Guantanamo Troopers and U.S. Naval Station Guantanamo Bay service members gathered at the Trooper Chapel, May 27, to celebrate Asian - American/Pacific Islander Heritage Month on U.S. Naval Station Guantanamo Bay.

The 1992 presidential proclamation designates May as Asian - American/Pacific Islander Heritage Month. This includes more than 50 ethnic groups, from Pacific Islanders, Cambodian-American, Guamanians and Hawaiians.

When asked what this remembrance means to him, Spc. Revan Elep, a JTF GTMO Trooper with the 525th Military Police Battalion. The guest speaker for the event said, "It gives me the knowledge and opportunity to celebrate in my own way and to learn about different cultures and how they show an appreciation for their culture. It shows me a sense of pride and honor of being acknowledged despite the cultural differences surrounding me. It is a privilege to be part of this opportunity."

Sgt. 1st Class Santo Villar, a Trooper with the 525th MP Battalion, who attended the ceremony said, "As a natural born citizen and as a citizen soldier, I felt that my life

story was being told, when he was telling his personal story about coming to America and becoming a citizen and serving in the United States Army. It hit close to home because just like him, I struggled a lot to get to America, and once I got here I realized all the great opportunities and benefits this country has to offer."

The events theme was "Walk Together, Embrace Differences, Build Legacies." It covered just a few of the notable Asian Americans and Pacific Islanders who served in the U.S. military and showcased their accomplishments. There was also a special treat of ethnic Asian and Pacific Islander foods.

Elep, who is of Filipino descent, said he had never celebrated the month until coming to JTF GTMO.

"I learned about the holiday from my 1st Sgt.," said Elep. "He asked if I would like to take part in the celebration and I said yes, which in turn gave me the opportunity to do a speech, which is an honor to help others celebrate this event."

It is important to support all service members and to become aware or informed of all the different cultures that are here, said

Elep. We are all diverse. There are different ways of communication and learning styles throughout all of the service branches.

"Due to our differences it gives us the knowledge and understanding to appreciate others in how we all come from different cultures and environments," said Elep. "I would like service members, regardless of their culture, to take an opportunity to learn and to celebrate. Having this celebration is not only for Pacific Islanders, but also a way to show gratitude to the country and to share my culture with other members regardless of where they are from."

At the end of Elep's speech, the entire room rose to their feet to honor him with a standing ovation. The 525th Military Police Battalion Commander presented Elep with a Certificate of Appreciation for a job well done, stating that this was by far the best Asian/Pacific American ceremony that he has had the privilege and honor to attend.

Article and photos

**ARMY SGT. MATT YOUNG**



# SPORTS

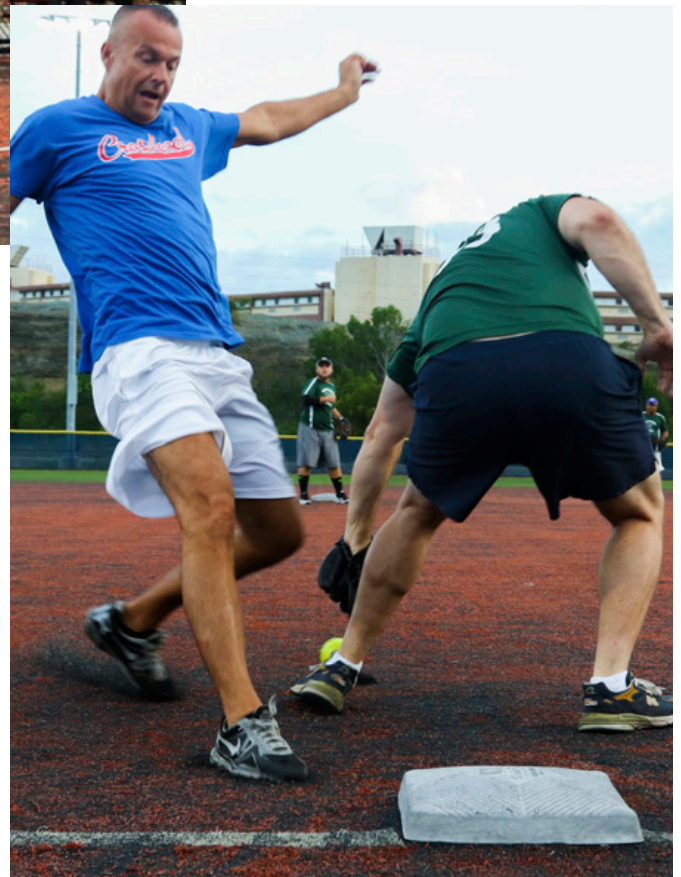


Articles and photos by  
**ARMY SGT. MATTHEW TARPLEY**

*Cross Level* tramples *Iguanamo* in a Morale, Welfare & Recreation softball game on U.S. Naval Station Guantanamo Bay, Cuba, at Softball Field #1, May 25 *Cross Level* played seamlessly as they cruised past *Iguanamo* in a 17 to 1 victory.

Joint Task Force Guantanamo Trooper M. Henderson, a player for *Cross Level*, helps his team out by hitting

the softball hard enough to allow for one of his teammates to tag home plate to score a run. While *Iguanamo* struggled to earn any runs, *Cross Level* show little to no issues earning runs throughout the game. Henderson, like his fellow teammates, continued to step to the plate and slam the softball to the outfield.



Joint Task Force Guantanamo Trooper Jeremiah Keyser, a player for *Cross Level*, cuts it close when sliding into third base after a fellow teammate hit the ball toward the right outfield. The umpire ruled in favor of Keyser being safe. Keyser earned that base by barely avoiding the third baseman from touching him.



Joint Task Force Guantanamo Trooper Collins, a player for *Cross Level*, felt the motivation from her teammates so much she clobbered the softball to the right outfield. Collins took off toward first base and kept running to second. Collins cheered on the next batter and helped earn *Cross Level* another run to add on to their massive lead.





As the Morale, Welfare & Recreation flag football season starts back up from a short break, *World Police* and *MWR Censored Us* take the field May 27 at Cooper Field Complex on U.S. Naval Station Guantanamo Bay, Cuba. Joint Task Force Guantanamo Troopers once more showcase their athleticism, team work and agility as *MWR Censored Us* in a late charge outscored *World Police*, 19 to 6.

Joint Task Force Trooper Alfred Thompson, a player for *MWR Censored Us*, caught an interception and returned it for a touchdown. Thompson is a crucial player for *MWR Censored Us* as he is a safety and earned his team a touchdown.



Joint Task Force Trooper for *World Police*, jumps to try and catch a pass from the quarterback. Due to the football being overthrown, *MWR Censored Us's* quarterback, Christopher Houle, almost intercepted the pass.

# MWR 2016 SPORTS SCHEDULE

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

## MONTH / DAY ACTIVITY

<b>June 4</b>	Max Performance Games
June 11	JPJ 5 Miler
June 18	Youth Summer Splash
June 25	Power Lifting Meet
June 27	Soccer League starts
<b>July 2</b>	Softball Tournament
July 2	Ridgeline Trail Run
July 4	Golf Tournament
July 11	Basketball League starts
July 16	Cable Beach Run
July 23	Adult Swim Sprint 300 Yard
July 25	Badminton League starts
<b>August 6</b>	Duathlon
August 8	Beach Volleyball League
August 13	Paddle, Pedal, Paintball
August 20	Back to School Splash
August 20	Fitness & Figure
August 22	Ultimate Frisbee League
August 27	All-Night Softball Trnmnt.
<b>September 3</b>	Sprint Triathlon
September 5	Golf Tournament
September 6	Co-Ed Softball League
September 11	9/11 Memorial Run
September 13	Flag Football League starts
September 17	Adult 100 Yard Swim Meet
<b>October 22</b>	Glow Run
October 29	Zombie Run
<b>November 5</b>	Olympic Triathlon
November 19	Max Performance Games
November 24	Thanksgiving Half & 5K
November 26	Across the Bay Swim
<b>December 3</b>	Power Lifting Competition
December 9	Army vs. Navy Game
December 23	Jingle Bell Fun Run
December 24	Holiday Basketball Trnmnt.

For questions contact the G.J. Denich Gym at x77262.





# 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.

<b>Teenage Mutant Ninja Turtles: Out of the Shadows (New)</b> PG13, 8 p.m. <b>Elvis and Nixon</b> R, 10 p.m.	<b>Ratchet and Clank (New)</b> PG, 8 p.m. <b>Criminal</b> (LS) R, 10 p.m.	<b>The Angry Birds Movie</b> PG, 8 p.m.	<b>X-Men: Apocalypse</b> PG13, 8 p.m.	<b>The Jungle Book</b> (LS) PG, 8 p.m.	<b>Criminal</b> (LS) R, 8 p.m.	<b>Alice through the Looking Glass</b> PG, 8 p.m.
6/3 FRIDAY	6/4 SATURDAY	6/5 SUNDAY	6/6 MONDAY	6/7 TUESDAY	6/8 WEDNESDAY	6/9 THURSDAY
<b>Ratchet and Clank (New)</b> PG, 8 p.m. <b>Criminal</b> (LS) R, 10 p.m.	<b>Teenage Mutant Ninja Turtles: Out of the Shadows (New)</b> PG13, 8 p.m. <b>The Huntsman: Winter's War</b> PG13, 10 p.m.	<b>The Jungle Book</b> (LS) PG, 8 p.m.	LYCEUM CLOSED	<b>Criminal</b> (LS) R, 8 p.m.	LYCEUM CLOSED	<b>X-Men: Apocalypse</b> PG13, 8 p.m.

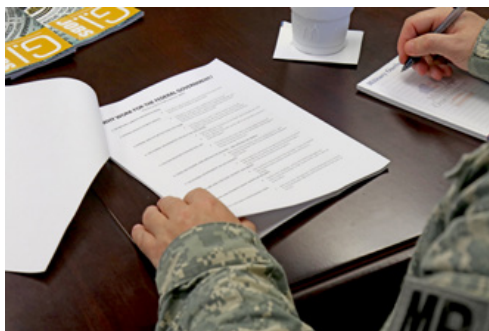
Call the Movie Hotline @ 4880 or visit the MWR Facebook for more info. \*Concessions at Bulkeley are closed until further notice Stay classy, GTMO! No alcohol or tobacco at the Lyceums.

## NAVIGATING FEDERAL EMPLOYMENT

The Fleet and Family Support Center is home to many free educational and informational workshops for Joint Task Force Guantanamo Troopers on U.S. Naval Station Guantanamo Bay, Cuba. Catherine Koop, the FFSC work and family life specialist, instructs numerous classes to help Troopers on several topics.

On May 24, Koop instructed the “Navigating Federal Employment” class to help Reserve and National Guard Troopers apply for federal jobs as well as civilians and active duty Troopers planning to transition out of the military.

“It provides a solid foundation for becoming a federal employee,” said Koop. “The federal system is very veteran friendly; as a matter of fact, it is the only system that provides a clear veteran’s preference to each service member who is active or has been activated for over 180 days of consecutive service during a campaign.”



Fleet and Family Support Center hosted the “Navigating Federal Employment” class for Joint Task Force Guantanamo Troopers, May 24, on U.S. Naval Station Guantanamo Bay, Cuba. The class helps Troopers learn to navigate USAjobs.gov and apply for federal employment.

U.S. Army Sgt. Danny Gordon, a JTF Trooper with the 525th Military Police Battalion, said he learned the proper format, key words and effective phrases to increase the odds of a federal employer choosing his resume.

“This class will definitely impact my future federal job searching and application abilities,” said Gordon. “Catherine

Koop provided great insight and knowledge into federal hiring and the processes involved. Her knowledge is absolutely key and taking this class gives you a better advantage for your job search and resume preparation.”

The design of the curriculum for the workshop allows everyone in the community to understand the workings of the federal hiring system, said Koop. The workshop includes explanations of the general schedule pay scale, information on veteran’s preference, using USAjobs, reading job announcements and beginning a federal resume. It is a great introductory workshop regardless of experience or prior resume knowledge.

“Most of the federal jobs will be in competitive service, meaning that you will be competing with many others,” said Koop. “Any additional information such as a DD-214, Statement of Service from the command, prior



Catherine Koop, Fleet and Family Support Center work and family life specialist, helps Joint Task Force Guantanamo Troopers navigate the USAjobs.gov website to apply during the “Navigating Federal Employment” class, May 24

evaluations, and transcripts must be uploaded into the USAjobs system, ensuring that all of your information for veterans preference available to HR. The federal hiring process takes time!”

Koop recommends that Troopers start applying for jobs at least four months prior to their transition or return date. Advantages to attending the workshop include federal benefits, steady employment and opportunities to move vertically in government positions. The next class on how to get a federal job is at 8 a.m. and is called “10 Steps to a Federal Job.”

Article and photos by  
**ARMY SGT. SHANNON BALL**

**RELIGIOUS SERVICES**

**ROMAN CATHOLIC (NAVSTA Chapel)**

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

**PROTESTANT SERV. (JTF Troopers' Chapel)**

Sunday\* 0900&1900

**PROTESTANT SERV. (NAVSTA Chapel)**

*Traditional\** Sunday 0900&1900 Annex Room 1  
*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)  
*Jewish Study* Friday 1930 Call JTF Chaplain for location\*

**BIBLE STUDIES (JTF Troopers' Chapel)**

Wednesday 1800 JTF Troopers' Chapel  
*Holy Smokes* Friday 1800 Plant Nursery  
*Game Night* Saturday 1900 JTF Troopers' Chapel

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

Tuesday 1900 Taught by Navy Chaplain

**ALCOHOLICS ANONYMOUS MEETINGS**

Mon/Wed/Sat 1830 NAVSTA Chapel Annex, Room 16

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

**BUS SCHEDULE 05:00 - 01:00**

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

**EXPRESS BUS SCHEDULE 09:55 - 19:55**

Camp America :48/:55  
 TK 1 :05/:36  
 Windjammer / Gym :11/:31  
 Gold Hill Galley :14/:29  
 NEX :16/:27  
 Downtown Lyceum :17/:25

**BEACHBUS (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/ 1330/ 1530/  
 1630

**Leeward:**

0700/ 0800/ 1000/ 1100/ 1200/ 1400/ 1600

**UTILITY BOAT**

**Windward:**

1630/ 1730/ 1830/ 2030/ 2230/ 2330

**Leeward:**

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

**CONFIDENTIAL  
 COUNSELING  
 FOR TROOPERS**

The Military & Family Life Counseling Program, known as MFLAC, is an additional mental health counseling for Troopers seeking confidential counseling outside of JSMART or the Chaplain Office. Call x58406 for more information.



*Photo by Jeffery Walling*

# PARTING SHOT



ORANGE CRAB BY JTF TROOPER JEFFERY WALLING. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: [THEWIRE@JTFGTMO.SOUTHCOM.MIL](mailto:THEWIRE@JTFGTMO.SOUTHCOM.MIL)

THE WIRE

