

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

April 22, 2016



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SELF-ASSESSMENTS WILL KEEP A LEADER'S SKILLS GROUNDED



"What makes a good leader?" "Is a person born to be a leader?" These are questions I have been asked by several people over the last few years. Some people believe that a person is born into leadership. I believe that the majority of leadership traits are learned through the course of one's life. We all have leader role models who influence us in our day-to-day lives. We learn from their actions and their reactions in response to difficult situations.

Also, my belief is that leadership is a way of influencing people by providing guidance, motivation and direction. However, my definition of leadership does not end with that sentence. Consequently, conveying a sense of purpose to those who you lead will make your job easier. Everyone wants to make a difference, even if it is a small one. Without this sense of purpose, productivity and morale will suffer, which could result in failed missions. Each person, from the lowest rank to the highest rank should have a feeling that they are part of the team and without their part, the entire team may fail. Furthermore, the leader has to build a sense of trust with all of his or her Troopers. There are a lot of contributors that will aid a leader in building a solid foundation where trust will not falter. Once trust is lost, the leader is no longer effective.

Additionally, leaders need to have a deep sense of honesty and take responsibility for all of their actions whether good or bad. Also, a leader needs to have a sense of compassion and create an environment that is conducive to fairness. A couple of questions that I sometimes ask myself help to solidify myself as a leader. I ask, "Which path am I sending my subordinates down? Will their lives be

better or worse under the direction that I am giving to them?" By asking myself those questions, I am able to better remain focused on their needs. Also, I am able to examine my leadership tactics and refine them when necessary. I always have to remember that without their support, I am lacking as their leader. Completing an honest self-assessment on a routine basis will give you the tweaking necessary to remain solid.

Finally, just being in a leadership position does not represent the ideals of a good leader. A good leader is one who always seeks self-improvement and sets the example and always leads from the front. Moreover, depending on the situation, the leader's skills and attributes need to be continually refined. This will help leaders to be honest during their own assessment, which in turn, builds a foundation of trust and respect. Troopers remember this, leadership is not something that is given, but it is something that a person earns.

Article by **ARMY SGT. 1ST. CLASS JOHN A. WADERKER**
JTF PAO

PRACTICING FAITH TAKES RISK, IMAGINATION, FORTITUDE



Bob Combs began raising pigs near Las Vegas in the early 1960s. Like most pig farmers, he wanted to raise animals and earn a healthy profit. His plan to feed pigs was ahead of his time: recycling. Every day in Las Vegas, casinos throw away more food than some countries consume in a year. Bob purchased delivery trucks with pig pictures on the sides to pick up casino scraps, which are so protein rich that his pigs grew at twice the normal rate. "I'm doing the Lord's work," said Bob in an interview, "I'm feeding pigs

and recycling!" Bob's unique vision turned away many noses, but turned many heads his way. Like many successful entrepreneurs, Bob watched where everyone else was going and went the opposite way.

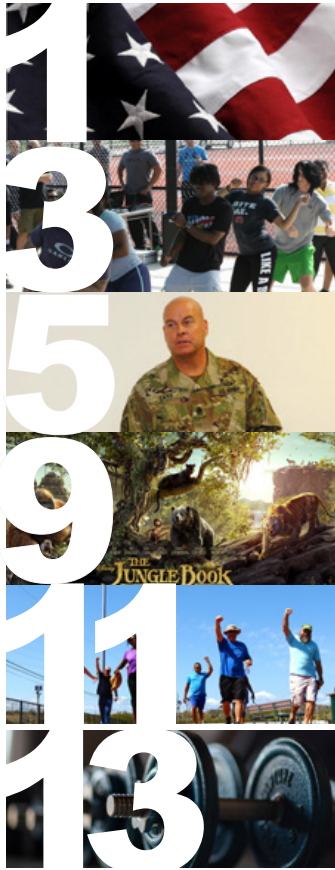
In a culture driven by adherence to a standard operating procedure, is there space for innovative thinking or creative expression? Some JTF Troopers show how "going against the flow" helps the community. During a recent post-lunch/struggle to keep eyes open during a meeting, a young E4 gave a presentation illustrated with photos of squirrels holding umbrellas and lifting weights. The room full of senior enlisted and officers went from catatonic to rapt attention as she connected the photos to the content of her presentation. Everyone engaged in the material as the bright, articulate Trooper mapped out ideas that people understood and enjoyed learning. Almost as an act of faith, she watched where all the other presenters were going and went the other way.

Practicing faith can mean going against

the flow. While some voices in our culture say, "Look out for number one," faith says, "Look out for each other." The common voice of Western culture that says, "Work until you drop" is met with the observance of the Sabbath. Vengeance is met by mercy. Hate is overcome by love. The list goes on for nearly every faith tradition, and the message is consistent: practicing faith takes risk, imagination, and fortitude, as it goes against the mainstream.

Sometimes going in the opposite direction pays. After 50 years of selling well portioned pigs, Bob Combs just sold his farm for over \$30 million. Practicing faith won't necessarily make you rich, but it might take you in another direction that makes your life richer and fuller, and it might even make a few catatonic NCOs and officers sit up and take notice.

Article by **NAVY CMDR. CHAPLAIN SEAN COX**
JTF GTMO Chaplain



LEADERSHIP & CHAPLAIN

JTF NCOIC, describes what leadership means to him. Chaplains discuss how innovative thinking and creative expression can help shape your community.

GTMO NEWS

Maj. Gen. David C. Wood, commander of 38th Infantry Division, visits Troopers here April 18. Feral cats pose a danger to you, and the local wildlife.

PHOTO STORY/ COVER PHOTO

Command Sgt. Maj. Carr, a man on a mission to always better his fighting position, is honored for his leadership and service at JTF-GTMO.

ENTERTAINMENT

The Jungle Book scores four out of five banana rats this week for its live-action portrayal of a Disney classic.

SPORTS

Approximately 300 Troopers and community members participated in the second annual 24-hour Sexual Assault Awareness Walk, April 14-15.

HISTORY & JSMART

JSMART explains tactical empathy and how to recognize body language. Meet your provider, Petty Officer 2nd Class Jessica A. Reed, an JTC independent duty corpsman.

MOTIVATORS OF THE WEEK

**NAVY PETTY OFFICER 3RD CLASS
MARC PEREZ**

**ARMY SPC.
RUSSELL MCGRATH**


COVER PHOTO CAPTION

Army Command Sgt. Maj. David W. Carr was awarded the Defense Superior Service Medal by Navy Rear Adm. Peter J. Clarke, for his exceptional meritorious service as the Joint Task Force Guantanamo's senior enlisted leader, April 20, at McNaughton Hall on U.S. Naval Station Guantanamo Bay, Cuba.

WHAT TO DO WITH OLD UNIFORMS...

Don't throw them away! Sanitize them first! Remove your name tape and rank, warfare insignia and any other patches. Next, look inside, did you write your name or last 4 on the tag so you could claim it from the laundry? If you did, remove the tag or blacken out your info. Finally take a good look at the uniform. Is it still useable? If it is, ask your shipmates or battle buddies if they could use it. Otherwise J4 has a lock box that you can use to dispose of uniforms. Take care of your uniforms, and protect your personal information. USE OPSEC!

The Wire is an authorized publication for members of the Department of Defense. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF GTMO. The contents of The Wire are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army, Air Force, Navy, Marines or Coast Guard. The editorial content of this publication is the responsibility of the Joint Task Force Guantanamo Bay Public Affairs Office. The Wire is printed weekly by the Defense Logistics Agency Document Services with a circulation of 1,025. It is distributed free to all personnel assigned to the Joint Task Force and is published online.

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MAJOR GENERAL WOOD VISITS WITH THE 38TH ID

Maj. Gen. David C. Wood, commander of the 38th Infantry Division, met with Troopers and visited the North East Gate on U.S. Naval Station Guantanamo Bay, Cuba, April 18. The North East Gate is the northern entry point that separates Naval Station Guantanamo Bay from the rest of Cuba.

During his tour, he was able to speak to Joint Task Force Soldiers about their deployment. Soldiers from the Indiana National Guard also got a chance to pose for pictures with Wood, as well as speak to him one-on-one.

a military responsibility and as a means to better their future.

Wood said he was not only pleased with the Soldiers of the 38th ID, but also with the Marine Corps Security Force Company for their outstanding tour of the North East Gate. Marine 1st Sgt. Joshua Wruble, with the MCSFC, received a coin from Wood for orchestrating the tour.

At the end of the tour, Wood told the Soldiers to continue working hard at their mission, and that he would see them once they return home to Indiana.

As the commanding general,

Wood has served in numerous staff positions and commanded at all levels within the 38ID. He deployed to Iraq as commander of the 38th Combat Aviation Brigade in support of Operation Iraqi Freedom from 2009 to 2010, and most recently served as deputy commanding general (operations) for the 38ID. He is responsible for the development of trained and ready units

for worldwide combat deployments and domestic emergencies.

Article and photos by
ARMY SGT. MATT YOUNG



Major General David Wood poses with Troopers of the 38th Infantry Division, Indiana Army National Guard visited the North East Gate of Naval Station Guantanamo Bay on April 18.



Major General David Wood with the 38th Infantry Division, Indiana Army National Guard gives a coin to Company 1st Sgt. Joshua Wruble, Marine Corps Security Force Company, April 18.

"I am very proud of the job you are doing here on Guantanamo Bay; continue your hard work and dedication," Wood told the Soldiers.

He also advised the Soldiers not to lose sight of their mission, and touched on the importance of physical fitness while here as



Major General David Wood with the 38th Infantry Division, Indiana Army National Guard listens to the history of the North East Gate as told by Marine Corps Security Force Company, Company 1st Sgt. Joshua Wruble, April 18.

JSMART: HELPING TROOPERS THROUGH THE MISSION

Beside the chaplain's office on Joint Task Force Guantanamo stands a small trailer known for morale dogs and massage chairs, the Joint Stress Mitigation and Restoration Team offers more than that, said Katherine Kline, a staff psychologist at JSMART here. JSMART is a behavioral health facility whose mission promotes mental health awareness, resiliency and the prevention of other issues.

"Our number one goal here is to prevent mental health difficulties before they onset, so that falls under the resiliency," Kline said. "We get out there and spread the word about how to take care of yourself and not let the stressors pile up; then, of course, to treat them once they do."

Some of the services JSMART offers include smoking cessation classes, sleep hygiene, cognitive behavioral therapy for insomnia, anger management, relaxation therapy and individual therapy.

Furthermore, JSMART's behavioral health technicians make morale rounds to most of the buildings on JTF-GTMO and Naval Station Guantanamo Bay. During the rounds, the technicians bring candy, morale dogs and what they call "JSMART swag," which includes stress balls, coffee mugs, backpacks and other miscellaneous items, to Troopers, said Navy Petty Officer 3rd Class Jonni Gillispie, a behavioral health technician at JSMART here.

"I think my favorite thing is being able to do the morale rounds," Gillispie said. "When we go into the camps and all we have is a bag of candy, the Troopers literally just light up, and they smile and say 'Oh man, I needed this.'"

Additionally, stress management is another service JSMART offers to Troopers. Some of the most common



The JSMART staff spends their days seeing patients and visiting troopers assigned to U.S. Naval Station Guantanamo Bay, Cuba, and Joint Task Force Guantanamo.

stressors here are communication difficulties with loved ones back home and adjustment problems, missing people back home and not having a support network, Kline said.

"I think it's really important for people to get out and meet people, make friends," Kline said. "I tell people, it's wise to come to this island, adjust and then maybe, decide to have a drink of alcohol. If you combine adjustment difficulties with alcohol use, you're going to have some difficulties."

Some of the stress management and relaxation techniques the behavioral health technicians teach are guided imagery, progressive muscle relaxation and diaphragmatic breathing, Gillispie said.

"We provide skills to the Troopers," Gillispie said. "It's as easy as just breathing. You don't have to be anywhere special. You can do it sitting at your desk or you can do it standing in formation if you want. It's there to help you physiologically relax your body."

A common misconception among service members is that people will find out the issues they are having if they seek help from JSMART. However, JSMART follows the guidelines of the Health Insurance Portability and Accountability Act, which is U.S. legislation that provides data privacy and security provisions for safeguarding medical information, Kline said.

"I think people should feel really comfortable coming here and know that it's a safe place," said Kline.

The biggest thing Kline and Gillispie want Troopers to know about JSMART is that there are many programs available to help Troopers and that they are not weak for going.

"Everyone goes through certain things, and this is not the easiest thing to do, being deployed and being away from family and friends," Gillispie said. "It's okay to talk to someone, and get the extra, what I like to call, tools in the tool bag."

Article and photos by
ARMY PFC. LAUREN A. OGBURN



Harley and Georgyi, morale dogs at JSMART on JTF-GTMO, spend their days together, making rounds to visit troopers.

A MAN



ON A MISSION

COMMAND SGT. MAJ. CARR IS A MAN ON A MISSION TO ALWAYS BETTER HIS FIGHTING POSITION.

Article by
ARMY SGT. CHELSEA R. GARCIA

A man on a mission is the way senior enlisted leaders describe the Joint Task Force Guantanamo Command Senior Enlisted Leader here.

Command Sgt. Maj. David W. Carr, senior enlisted leader for JTF-GTMO, enlisted in the U.S. Army in November 1991. As a field artilleryman, he was thrust into the world of military police when he was asked to interview for the senior enlisted leader position here January 2015. Shortly after, Carr began researching any and all information he could JTF-GTMO.

In preparation for his new command position, Carr listened to every bit of advice he could from MPs but the piece of advice that stuck out the most was, "It is nothing like what you could even imagine." Keeping that small piece of advice in mind, Carr arrived on island April 1, 2015.

Since his arrival, Carr has continuously bettered his fighting position by adding new road signs, creating classes and starting the Board of Governors. The board meets once a month and is made up of the senior enlisted leaders of each branch and section on NSGB and JTF. Together, they work to ensure safe and healthy living conditions for service

members in their command.

"I've worked very hard to keep my finger on the pulse of the command climate and things that impact the quality of life," said Carr. "Getting 24-hour operations for the TK Liberty Center, expanded bus routes, we ordered new gym equipment and we built a back deck area for Camp America Liberty Center."

A great accomplishment for which many are applauding Carr is creating an opportunity for up and coming noncommissioned

“ I’M A SOLDIER FIRST, AND I’M A NONCOMMISSIONED OFFICER SECOND ”

officers to go to the Army Basic Leadership Course here. BLC is the first part of the Non-commissioned

Officer Education System. The course is geared toward Soldiers who have been or are getting ready to be promoted to the rank of sergeant.

"I'm a Soldier first and I'm a noncommissioned officer second," said Carr. "I firmly believe we are the greatest military on the earth because of the NCO Corps, the backbone of the Army. I think we have to work really hard to educate the NCO Corps, enabling the NCO Corps and empowering the NCO Corps and this education is a huge part of that."

Carr said he first brought up the idea of



“ I’VE WORKED VERY HARD TO KEEP MY FINGER ON THE PULSE OF THE COMMAND CLIMATE AND THINGS THAT IMPACT QUALITY OF LIFE ”

bringing BLC here while attending a course in Washington D.C., where Command Sgt. Maj. David S. Davenport Sr. was speaking about the Select Train Educate Promote program. The new NCOES model for training was implemented in January 2016.

Carr asked Davenport if he would be willing to bring BLC to JTF-GTMO, and received enthusiastic support for implementation of the program.

“While I greatly believe in the STEP program, it is not being afforded to the men and women at JTF-GTMO because they have to put all their career progression on the shelf,” said Carr. “So my question to him [Davenport] was would he be willing to look into bringing Basic Leaders Course to JTF-GTMO.”

Carr then directed the idea through the United States Army Sergeant Major Academy, which is a component of NCOES, and once approved, he began implementing the course here.

“This is a huge deal, not just for the NCO Corps, but also a huge deal for Army Reserve and National Guard component Soldiers who don’t get the same advantages and opportunities to attend NCOES courses,” said

Carr. “Noncommissioned officers are always expected to put their career requirements on the back burner while the mission takes priority. I was very, very happy to make it all happen. Now my huge job is to convince the Army and my replacement that this is an enduring mission and not just a series of three classes.”

The first of three iterations of the BLC course started March 25 and successfully graduated 47 Soldiers April 13. The second started April 16, and the third iteration begins May 7. Carr is hoping that this will continue on as an enduring mission and not just end with the completion of the third course.

“He has had some significant accomplishments while here,” said Command Sgt. Major James Hummel, a Joint Detention Group command sergeant major. “One was the graduation of the Basic Leaders Course. He has been fighting passionately for that for about a year now, and I’m glad to see it happen just before he leaves.”

Carr is known for his care of the service members he leads. He is charged with the welfare of not only Army Soldiers but Sailors, Airmen, Coast Guardsmen, and Marines

in the JTF.

“He is fair and he is equitable,” said Navy Senior Chief Jerry Cantorna, senior enlisted leader for the Joint Medical Group here. “He treats everyone with dignity and respect. He treats everyone the same, whether it’s Soldiers, Sailors, Coast Guardsmen, and Marines.”

Carr’s leadership style will be missed, said Cantorna. Carr is always using forward thinking and advocating for enlisted members through the Motivator of the Week and the Board of Governors. He is always engaged and holds everyone accountable.

As Carr transitions from his position here, the consensus from senior Troopers is that his replacement has big shoes to fill. Carr is moving to Army South and will assume the position of the Division Operations Sergeant Major.

With 24 years in the Army, Carr is making plans for his transition out of the Army. He is working toward the completion of his master’s degree in education.

“When I don’t get excited to put my boots on, then I will start looking for something else to do,” said Carr. “I want to be a teacher when I transition out of the military. I am



working on my master's in education. Which is kind of ironic, as an NCO that's kind of what I do now. I really love what I do."

In environments like these, many people will come and go, but it is all about the legacy that you leave behind.

"Always better your fighting position," said Carr. "What drives me, motivates me is to leave my legacy wherever I have been. So if I can leave the organization better than I found it, then I will say that's a mission complete."

“ ALWAYS BETTER YOUR FIGHTING POSITION ”

FERAL CAT PROBLEMS CLAW INTO GTMO

The Pearl of the Antilles, better known as Cuba, is home to many species found nowhere else, making the frequent sighting of threatened, endangered or rare species not just a highlight, but a common occurrence for Joint Task Force Guantanamo personnel assigned to U.S. Naval Station Guantanamo Bay, Cuba. Not all sightings are natural; cats are more frequently being found where they do not belong. They may look cute and cuddly, but they pose threats to pets, people and wildlife.

Letting your cat roam outside may seem like a humane thing to do; however, according to experts it actually puts your favorite four-legged friend at risk for cat fights, disease, injury and a shortened lifespan.

Indoor cats have a lifespan of 12-15 years compared to outside and feral cats that live five years or less because of exposure to dangers such as vehicles, weather, and disease said Joseph Madison, Wildlife and Natural Resource Manager at U.S. Naval Station Guantanamo Bay Department of Public Works.

It is not a secret that military members may move frequently and this impacts the ability of the pet owner to bring the animal to the new residence.

"It's important that military personnel do not add to the problem, especially since we move so much," said Capt. Erin Stein, veterinary corps officer at Veterinary Treatment Facility here. "Our lives change so rapidly, we don't want to add to a huge



One of several kittens waits to be adopted at the veterinary treatment facility 8 April, 2016. It is important to call animal control at x90441 so the feral cats can form a better human-animal bonding to facilitate successful adoption.

issue that's already ongoing."

According to the Centers for Disease Control and Prevention, there were nearly 250 reported cases of rabies in cats in 2013. The CDC stated that cats remained the most reported rabid domestic animal in more than half of all cases and they have represented the majority of rabid domestic animals since 1992.

"Don't feed the cats, because while they may seem friendly, there is always a chance you may get scratched or bitten and the hidden danger there is that a person might not always recognize the symptoms of rabies," said Petty Officer 3rd Class Douglas Austin, a hospital corpsman assigned to the Preventive Medicine Clinic. "The problem with rabies is once a person starts showing sign or symptoms of the disease, it's 100 percent fatal."

As an introduced species, cats do not fit into the local ecosystem and as predators, they prey on many species, even

those threatened, endangered or rare.

"Feral cats, as well as those let outdoors in the contiguous U.S. are estimated to kill roughly 2.6 billion birds a year, which is an insanely high number," said Madison. "It's even higher for small mammals like squirrels and rabbits at roughly 12 billion mammals per year, so they are a huge threat to wildlife."

Evidence of the cats attempting to dine on local reptiles is clearly visible to local wildlife officials.

"They kill a lot of young iguanas as well as boas, which are both protected species and we are trying to increase their numbers," said Madison. "We find a lot of boas that are missing portions of their tails and that's largely from cats trying to prey on the smaller boas."

Stein said the vet clinic has an active adoption program for kittens and emphasized when you see stray cats, call the animal control officer or preventive medicine because early intervention allows better human-animal bonding, a critical step for adoptable pets.

Please contact preventative medicine at extension x8085 or Animal Control at x90441, if you see cats or other pests in your area.

Article and photos by
ARMY STAFF SGT. MATHIEU A. PERRY



Kittens spend time in quarantine at the veterinary treatment facility to rule out the possibility of rabies after biting and scratching. It is important to call animal control at x90441 so the feral cats can form a better human-animal bonding to facilitate successful adoption.



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.

The Huntsman: Winter's War (New) PG13, 8 p.m. Whiskey Tango Foxtrot (LS) R, 10 p.m.	The Jungle Book PG, 8 p.m. The Perfect Match R, 10 p.m.	Zootopia (LS) PG, 8 p.m.	The Divergent Series: Allegiant PG13, 8 p.m.	Barbershop: The Next Cut PG13, 8 p.m.	London Has Fallen (LS) R, 8 p.m.	My Big Fat Greek Wedding 2 PG13, 8 p.m.
4/22 FRIDAY	4/23 SATURDAY	4/24 SUNDAY	4/25 MONDAY	4/26 TUESDAY	4/27 WEDNESDAY	4/28 THURSDAY
10 Cloverfield Lane PG13, 8 p.m. London Has Fallen R, 10 p.m.	The Huntsman: Winter's War (New) PG13, 8 p.m. Whiskey Tango Foxtrot (LS) R, 10 p.m.	Batman V. Superman: Dawn of Justice PG13, 8 p.m.	LYCEUM CLOSED	Zootopia (LS) PG, 8 p.m.	LYCEUM CLOSED	The Perfect Match R, 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.

*Want to write a movie review for The Wire? Send your movie review to: thewire@jtfgtmo.southcom.mil

MOVIE REVIEW / THE JUNGLE BOOK



In recent years, it has become quite the trend to remake Disney classics into live-action format. These films never cease to amaze me because they bring out everything I imagined them to be as a child. *The Jungle Book* is no different, and may even be one of the best I have seen yet.

Though the movie is live-action, the majority of the film is some of the best computer-generated imagery I have seen in a long time. Though most are only voice-overs, the cast completely captures the essence of each character.

Neel Sethi was spot on in his breakout role as Mowgli. Bill Murray could not have been a more perfect fit for the voice of Baloo, my favorite character. The more serious characters, Bagheera (Ben Kingsley), Shere Khan (Idris Elba), King Louie (Christopher Walken) and Raksho (Lupita Nyong'o), seemed to be much more serious than I remembered them being in the 1967 classic. Shere Khan and King Louie were even quite scary. Scarlett

Johansson had a small but important role as Kaa, the python.

During a long drought in the jungle, Ikki (Garry Shandling), a porcupine, discovers a peace rock and calls a water truce. All the animals in the jungle gather at the peace rock to drink the last of the water without having the fear of being eaten by larger animals. This is where we first encounter Shere Khan, who threatens to kill Mowgli when the drought is over.

When the rain starts, the wolf pack begins to deliberate what they are going to do about Mowgli. Mowgli, however, decides to leave the pack in search of the nearby human village. Mowgli is accompanied by Bagheera. When Shere Khan tries to ambush Mowgli along the way, Bagheera tries fighting Shere Khan off but loses track of Mowgli.

While walking through the jungle, Mowgli comes into contact with Kaa. This is the first time we see where Mowgli actually came from, but it is also when Kaa tries to eat him.

Luckily, Baloo comes and saves Mowgli, thus, the friendship begins.

After Bagheera finds Mowgli, he is kidnapped by monkeys and taken to King Louie. Bagheera and Baloo follow in an attempt to rescue Mowgli, and though they are successful, Mowgli ventures out on his own to find the "red flower," so he can defeat Shere Khan once and for all.

I can't spoil the ending because this movie is far too good. I give *The Jungle Book* four out of five banana rats because of the wonderful, live-action portrayal of a Disney classic, a great cast and true to the original storyline. This film is a must-see for people of all ages.

The Jungle Book is rated PG for some sequences of scary action and peril.

Movie Review by
ARMY PFC. LAUREN A. OGBURN

MWR

2016 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

April 23	Olympic Triathlon
May 7	Color Run
May 9	Indoor Volleyball League
May 14	Adult 500 Yard Swim
May 14-15	GTMO Golf Open
May 20-21	Captain's Cup Events
June 4	Max Performance Games
June 11	JPJ 5 Miler
June 18	Youth Summer Splash
June 25	Power Lifting Meet
June 27	Soccer League starts
July 2	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
August 6	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.
September 3	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
October 22	Glow Run
October 29	Zombie Run
November 5	Olympic Triathlon
November 19	Max Performance Games
November 24	Thanksgiving Half & 5K
November 26	Across the Bay Swim
December 3	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.



MISFITS WIN SOCCER CHAMPIONSHIP



The Morale, Welfare & Recreation Women's Soccer League Championship game between Misfits and One Love on Cooper Field at U.S. Naval Station Guantanamo Bay, Cuba, April 13, drew a crowd to watch two teams battle for the title. Number 1 & 2 hold their trophies in a group photo.

The Morale, Welfare & Recreation Women's Soccer League Championship game between Misfits and One Love on Cooper Field at U.S. Naval Station Guantanamo Bay, Cuba, April 13, was a battle between the two teams to earn bragging rights. *Misfits* shined with a dominating performance earning them a 7-0 victory over *One Love*.

With the regular season over, *Misfits* and *One Love* prepared for the ultimate push - to earn the league trophy. The *Misfits* primary focus was to not only earn another championship, but do so with no losses.

"Our girls are tenacious; they want to win and they play as a team," said Lock Davis, head coach for the *Misfits*. "They play clean, fast, possession football (soccer)."

One Love just came off a big win, eager to show *Misfits* they are a force to be reckoned with. *One Love's* plan was to follow that same strategy and take *Misfits* by surprise.

"We've played them many times," said Lisa Case, a forward for *One Love*. "We've been really close to beating them a couple of times."

Misfits proved their team balance by showing the strength of each section of their team. On top of not losing any games, they won several games without being scored on -- this is something teams strive for.

"That's the key," said Davis. "We are strong all the way from our goalkeeper to our striker."

One Love's defense continuously saw action throughout the entire game. *Misfits'* midfielders moved the ball down the field swiftly and constantly bombarded *One Love's* goalkeeper with shots.

Keilsey Hodson, left midfielder for the *Misfits* said, "We beat them every time, we are undefeated."

One Love held *Misfits* 2-0 by the end of the first half. However, *One Love* would not let the game slip until the second half.

"First half was great, second half we just got tired and stopped communicating and things stopped going our way," said Case.

On this day, it was destiny for the *Misfits*, who earned double the amount of points

in the second half, became more impassioned to leave their mark and not falter with a single loss on their record. Nothing could stop them.

"Undefeated champions," said Michelle Love, center midfielder for *Misfits*. "It has been a great GTMO experience."

Article and photos by
ARMY SGT. MATTHEW J.J. TARPLEY



The Morale, Welfare & Recreation Women's Soccer League Championship game between *Misfits* and *One Love* on Cooper Field at U.S. Naval Station Guantanamo Bay, Cuba, April 13, drew a crowd to watch two teams battle for the title. *Misfits'* striker gets past one defender and has just one more to beat.

WALKING THE WALK AGAINST ASSAULT



Approximately 300 Troopers and community members participated in the 24-hour Sexual Assault Awareness Walk, April 14-15 on U.S. Naval Station Guantanamo Bay, Cuba. Participants volunteered one hour to walk around the track here, carrying the teal flag.

The sun was shining bright at 4 pm April 14 on U.S. Naval Station Guantanamo Bay, Cuba when the first group of volunteers stepped on the track at Cooper Field, holding a teal flag, to raise awareness of sexual assault to the community here.

Approximately 300 Troopers and community members participated in the 24-hour Sexual Assault Awareness Walk this year. The Fleet and Family Support Center hopes to do the event every year as long as they have the communities' support.

"What we had people do is sign up for one hour intervals and carry the teal flag around the track for that period of time," said Veronica Wruble, the sexual assault response coordinator for FFSC here. "Once they finished, they gave it off to someone else and they did it for the next hour for a 24-hour period."

Wruble said she was pleased by the morale of participants during all hours of the walk and the motivation they brought to show their support to fight against sexual assault incidents.

"I was there at 3 o'clock in the morning and people were enjoying it at that time," Wruble said. "There were people that brought music out, people dancing around the track, people that ran the track and people with strollers."

After the 24-hour walk, FFSC and commands sponsored a victim advocate and SHARP representative appreciation barbeque to show the advocates the sacrifices made to help others do not go unnoticed.

"Often times what the victim advocate and SHARPs do is so behind the scenes that they are not readily noticed," said Wruble. "We want to make sure that they understand how grateful we are for their services, time and effort in dedicating what they do for the victims who report sexual assaults."

Navy Rear Adm. Peter J. Clarke, commander of Joint Task Force Guantanamo, was in attendance at the appreciation barbeque to speak with advocates and attendees on the commitment of the command to reduce the number of sexual assaults.

"Unfortunately I wish that we didn't have to be here for this occasion, because that would mean that the 5,982 teal flags in front of the Navy lodge wouldn't be there," said Clarke. "That's 5,982 to many. I think everybody knows that at all levels of leadership, we are committed to reducing that number with the goal being zero."

Clarke thanked the advocates personally for the selfless service they pay forward to assist victims of sexual assault.

"I really just wanted to take a minute to thank everyone who has participated in all the events of this recognition month and specifically to thank all the sexual assault prevention and response representatives that are throughout Guantanamo Bay," said Clarke. "The time you put in is irreplaceable, and what you do is extremely valuable."

Article and photos by
ARMY SGT. SHANNON S. BALL

MWR KICKBALL

No.	Team Name	Standings
01	Flying Monkeys	13-1
02	Kicking Balls	11-3
03	Confusions	11-3
04	Ballsagna	10-4
05	Iguanamo	9-5
06	Cyclone Enforcers	9-6
07	BEEF	9-6
08	Blue Ballers	8-7
09	EWA	7-8
10	GTMO Latinos Plus	4-10
11	Ballz on Fuego	4-11
12	Ball Kickers	4-11
13	Mountain Maniacs	3-12

MWR SOCCER

MALE

No.	Team Name	Standings
01	Fire Department	14-0-0
02	Manchester City	12-1-1
03	XMart	11-4-0
04	Shamuri	8-5-1
05	Young Strikers	6-8-1
06	Manchesthair United	6-9-0

FEMALE

No.	Team Name	Standings
01	MisFits	11-0-0
02	One Love	3-6-0
03	Soccer Bombers	0-8-0

MWR SOFTBALL

No.	Team Name	Standings
01	Empire State	2-0
02	MisFits	2-0
03	Trap Lordz	1-0
04	Gatekeepers	1-1
05	BEEF	0-1
06	Screaming Guerillas	0-2
07	Unified Ballers	0-2
08	Article 112	2-0
09	Cross Level	1-1
10	Warning Track Power	1-1
11	GTMO Bandits	1-1
12	Iguanamo	1-1
13	GTMO SWAT	1-1
14	Blazing Saddles	1-2
15	HHC 525 Spartans	0-1

MWR ULTIMATE FRISBEE

No.	Team Name	Standings
01	Judisc League	7-1
02	Icemen	6-2
03	Disclexia	4-4
04	Netflix & Chill	6-2
05	Ridiscoulsly GL	1-7
06	Catch Em's	0-8



HEALTH

GTMO BAY PUBLIC HEALTH REVIEW

An assessment team, including personnel from the Navy Marine Corps Public Health Center (NMCPHC), Naval Facilities Command Southeast (NAVFAC SE) and contract personnel, has returned to Naval Station Guantanamo Bay this week to continue their ongoing public health review at Camp Justice.

In accordance with U.S. Environmental Protection Agency (EPA) guidelines, the assessment team will conduct additional environmental sampling, including air sampling, needed for their public health review, which was initiated last summer in response to a Department of Defense Hotline (IG) complaint. The team will carry out their work at Camp Justice for 10-15 days.

The preliminary report describes the most recent NMCPHC findings and recommendations. This is another step towards completing the

public health review. Facilities initially surveyed in October included structures used by OMC personnel, such as the OMC Headquarters (AV29), McCalla Hangar (AV32), the old Commission Building (AV34), Security Building (AV 31), Expeditionary Legal Complex, tents and Cuzco trailers.

Continued sampling and analysis of Camp Justice is part of the in-depth and comprehensive process needed to complete the public health review.

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

MEET YOUR PROVIDER - HM2 REED



The Joint Troop Clinic would like to introduce Petty Officer 2nd Class (HM2) Reed, Independent Duty Corpsman, a provider serving JTF Troopers.

IDCs often serve aboard surface ships with the units of the Fleet Marine Force, or at various isolated duty stations ashore where they work independent

of a medical officer. Reed, like all IDCs, performs patient care and associated administrative and logistical duties as well as direct preventive medicine and industrial health surveillance programs.

Reed has been a member of the Navy for almost 13 years. She has been stationed in San Diego, at both the hospital and at the Marine Corps Air Station Miramar; Okinawa, Japan; Dallas, Texas; and is currently assigned to the Great Lakes Recruit Training Command.

To make an appointment at the JTC, call 3395. Working hours are Monday to Wednesday and Friday from 0700 – 1700 and Thursday from 0700 – 1300 with Sick call hours from 0700 – 0830.

Article by
**NAVY PETTY OFFICER 2ND
CLASS CAITLYN C. STRADER**
Joint Medical Group



JSMART SPOT

▲ JSMART HELPER: SOPHIE

How often does someone pass by and you ask, “how’s it going?” and they say “good.”? Do you ever wonder if they really mean it? What makes you even question it? Is it their body language, their demeanor or their mood? These non-verbal cues can tell us a lot about how a person actually feels.

I challenge you to take notice of what people are saying without using words. Are they walking with their head down? Do they look like they’re about to cry? Do they look mad? Notice what’s going on and then try to listen and care about what they are saying. This is called “tactical empathy,” or emotional attunement. It’s kind of like tuning in the radio dial to their emotions.

One of the most important parts of resiliency is having a social support group. So, when you notice someone having an off day, be his or her support person, even if it means going out of your way. Exercise your tactical empathy and actively listen. Take a second to focus and try to help. You can start by asking if he or she wants to go to the galley or spend some time at the beach as a way to invite

A CHALLENGE TO TAKE NOTICE

conversation and show that you care.

Tactical empathy, or active listening does not have to be obvious, but you do want to try to show you are paying attention. It includes subtle gestures such as nodding your head, making eye contact, validating that their situation sounds frustrating or difficult, and then letting them know they’re not alone and you’re there for them. Small acts of kindness can go a long way and we all need support. Be that support.

If the issue seems too much for you to handle on your own you can always bring in someone else in your chain of command or bring them to JSMART for help.

Article by
**NAVY PETTY OFFICER 3RD
CLASS JONNI C. GILLISPIE**
Joint Medical Group

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 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)

Monday 1900 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 Ann Marie Raniowski

PARTING SHOT



HOSPITAL CAY BY ANN MARIE RANIEWSKI FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE

