

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE

April 15, 2016



PHOTO STORY

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FIRST ARMY  
BLC GRADUATION**

525TH MILITARY POLICE HOST  
**THE PIG BOWL**

**AMY D AND THE EXPERIENCE**

**GTMO RUNS 5K TO RAISE  
CHILD ABUSE AWARENESS**

**WHAT LESSONS HAVE YOU  
LEARNED IN YOUR CAREER?**

**TROOPERS DANCE AGAINST  
SEXUAL ASSAULT**



## WHAT LESSONS HAVE YOU LEARNED IN YOUR MILITARY CAREER?



**ARMY LT. COL. SARAH DICKS**  
*JTF Joint Detention Group*  
*Deputy Commander*

I have learned many lessons in my career and below are just a few that have served me well through the years.

Follow your intuition. It is important to trust your instincts. When I joined my first unit and my gut told me something didn't sound right, I didn't speak up at first because I assumed since everyone outranked me they knew what they were doing and had everything covered.

However, after a few training exercises where something was overlooked, I realized that my gut was right, I needed to speak up, and even though I was less experienced, I had the benefit of seeing things from a different perspective. Everyone's voice is important. Time and time again my gut instinct has been right and I am grateful when Soldiers speak up when their intuition tells them something needs to be assessed again.

Trust but verify. Even when receiving information from a reliable, trustworthy source it is still important to verify it is accurate. You aren't questioning a person's integrity or micromanaging when inquiring further. Regulations change and can be interpreted differently so I frequently ask people to "show me in writing" or "explain to me how you got your recommendation." Trusting but verifying allows me in turn to make a well-informed decision or to confidently relay information

to my boss.

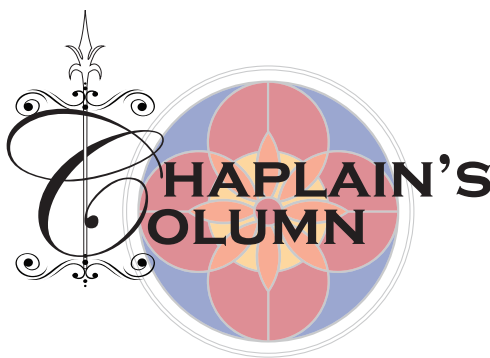
Make doing the right thing easy. My first commander would pick and chose which policies he wanted to follow, which made it difficult for his officers and non-commissioned officers to enforce standards. For example, if a Soldier failed a record army physical fitness test, the test would suddenly turn into a diagnostic so he wouldn't have to report the failure to higher.

In contrast, our next commander was by the book and never cut corners. I distinctly remember how easy it felt to do the right thing under his leadership because that was the expectation he set. It was a valuable lesson for me to learn at the beginning of my career of how one leaders actions influence an organization. Leaders at all levels, team leaders on up, need to make doing the right thing an easy decision.

What lessons have you learned in your military career?

*Article by*  
**ARMY LT. COL. SARAH DICKS**  
*JTF Joint Detention Group*  
*Deputy Commander*

## DON'T SHOOT ARROWS AT TARGETS YOU CANNOT CLEARLY IDENTIFY



If you look up into the early morning sky well before sunrise, you can see the constellation Orion. Orion will appear as the brightest constellation in the sky.

There are many myths about Orion, each telling a different story. Legends aren't always about fact. Most often, they are about the hidden or deeper meaning within the story. One legend about Orion tells of his death. It is a story about love, jealousy, betrayal, and deceit.

In this story, Orion had fallen in love with Artemis, the sister of Apollo. Apollo was angry, some say jealous, about his sister's love for Orion. One day Orion was swimming far out in the ocean. Apollo saw him and waited until all that could be seen of Orion in the water was a dark spot. Apollo then challenged Artemis to shoot the dark spot with her bow, for she was a great archer. Artemis, not knowing the dark spot was her lover, shot her arrow and hit her target perfectly. Unknowingly, she killed her lover.

Every morning when I see Orion in the dark sky, I think about that story. It reminds of three relationship principles:

Before you fire symbolic arrows at your spouse, make sure you know the target. In other words, if you think your spouse has done something wrong or has done something that hurts you, don't just start flinging words of judgment, anger, and hate. Talk to your spouse about the event. There may be reasons you weren't aware of or your spouse may not be aware they hurt you.

When it comes to your relationship with your spouse, don't blindly take third-party comments, even if it comes from family members. "He said-she said" comments usually do not contain the whole truth and are often spoken with contempt. Talk with your spouse directly.

When dating, realize there may be friends and family who are jealous of your relationship. Sometimes they will do and say things to jeopardize it. Again, talk with your partner if you have concerns.

Artemis was devastated once she discovered what she had done. When we act with haste because of words spoken by others, our relationship may be devastated and we may regret what we have done also. Relationships are about spending time together and discussing life together. Talk to your spouse. Talk to the one you are with.

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



## LEADERSHIP & CHAPLAIN

Lt. Col. Sarah Dicks reflects on her military career and shares what she has learned. The chaplains breaks down communicating in your relationship with your spouse.



## GTMO NEWS / COVER PHOTO

The 525th Military Police Battalion conducts semi-annual Pig Bowl. Troopers help raise awareness for Sexual Assault and Child Abuse Prevention Month with a 5K fun run.



## PHOTO STORY

Forty seven Soldiers make island history as the first graduating class of the Army's Basic Leadership Course at U.S. Naval Station Guantanamo Bay, Cuba, April 13.



## ENTERTAINMENT

Amy D and the Experience perform two shows for Troopers at the MWR Tiki Bar. See what the outcome was of *How to Be Single* and how it faired out on the banana rat scale.



## SPORTS

Zumba used to celebrate life, dance and you for Sexual Assault Awareness Month. *Icemen* impressively outscore *Ridiscountously GL* at MWR Ultimate Frisbee game, April 4, 15-3.



## HEALTH & JSMART

Meet the provider of the week, Petty Officer 2nd Class Jessica Reed. JSMART reminds Troopers the importance of taking time to readjust when returning home from deployment.

# MOTIVATORS OF THE WEEK

**NAVY PETTY OFFICER 2ND CLASS  
VANESSA PEREZ**

**ARMY SPC.  
RYAN BARBOSA**

## COVER PHOTO CAPTION

A student from GTMO's first Army Basic Leadership Course prepares to climb one of the many steep inclines on the land navigation course at U.S. Naval Station, Guantanamo Bay, Cuba on April 11. The students had three hours to successfully complete the training exercise.

## DO YOU USE YAHOO?

Do you use Gmail or Hotmail? Is the email account you use one that you got for free just for signing up? If so, remember that things obtained for free may not be all they're cracked up to be. Most "free email" accounts are not encrypted and do not have very strong security. Hackers have been known to target personal email accounts of military people, looking for sensitive data, personal information or information about military operations. Think before you hit the "send" button. Be safe, use OPSEC!

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**ARMY SGT. SARAH E. KIRBY**



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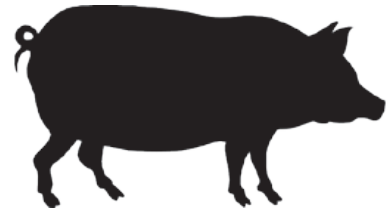
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# 525TH HOST PIG BOWL



**“THIS IS  
BY FAR THE BEST  
EVENT OF THE DAY”**

**I**t is 6 a.m. and still pitch black outside, but thanks to the 525th Military Police Detention Battalion, the party is already jumping at Cooper Field on U.S. Naval Station Guantanamo Bay, Cuba, April 9.

The MP Bn. hosted their quarterly Pig Bowl consisting of seven events: dodge ball, cornhole, softball home run derby, punt-pass-kick, guidon relay, field goal contest and a mystery event. Each company chose Soldiers to compete in each event.

The 525th MP Bn. consists of six companies, which include Headquarters and Headquarters Company, 224th, 308th, 324th, 377th and 442nd Military Police Companies.

The Pig Bowl itself is no stranger to the island; it has been around since 2010. Since its beginning, the teams consisted of Soldiers from each company within the 525th MP Bn.

“We are ready to get this started and take home the trophy,” said a Soldier representing the 442nd MP Company.

In the distance, one could



# PIG BOWL : NOT YOUR AVERAGE ROOT THROUGH THE MUD

hear Soldiers from the 224th MP Company saying that they were going to win the trophy.

While the cornhole game was already under way, teams from each company met head-to-head in a dodgeball tournament at the outdoor roller hockey rink. The events rolled on one after the other as each company racked up points to try to take home the Pig Bowl trophy.

Each team received points depending on their placement in each event. First place received six points, where as sixth place would only receive one point.

Throughout the events, the lead went back and forth between the companies, and chants of the companies' numbers could be heard all across the field.

After all the field goals were complete, the judges tallied the scores, and it was time for the mystery event. Over the loudspeaker, the announcer stated that the command teams from each company would compete in a lip-sync battle. All the participants, volunteers and anyone else that wanted to see a grand show gathered at the bleachers and watched anxiously to see what their team would sing.

"The Pig Bowl is held to bring

the battalion together," said one of the Soldiers who helped in coordinating the event. "It gives everyone a chance to share with each other and get to know each other by forming team cohesion in order to maintain good order and high morale in the organization."

The command teams knocked each of their performances out of the park with songs ranging from "The Safety Dance," by Men Without Hats, to "Ebony and Ivory," by Paul McCartney and Stevie Wonder.

The 525th MP Bn. command teams also choreographed a mash-up of hits that seemed to shock and awe the entire crowd.

"This, by far, was the best event of the day," said one of the Soldiers as she laughed at the performance.

In the end, third place belonged to the 324th MP Company, the 224th MP Company took home the second prize, and the company that won first place and took home the coveted Pig Bowl trophy was, the 442nd MP Company.

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



*Soldiers with the 525th Military Police Detention Battalion attempt fieldgoal kicks during the Semi-annual Pig Bowl at Cooper Field on U.S. Naval Station Guantanamo Bay, Cuba, April 9, to promote unit cohesion and esprit de corps as well as to celebrate the importance of team building.*



*Soldiers with the 442nd Military Police Detention Battalion pose with the first place trophy at the Semi-annual Pig Bowl at Cooper Field on U.S. Naval Station Guantanamo Bay, Cuba, April 9, to promote unit cohesion and esprit de corps as well as to celebrate the importance of team building.*



*A Soldier with the 525th Military Police Detention Battalion takes part in the Semi-annual Pig Bowl at Cooper Field on U.S. Naval Station Guantanamo Bay, Cuba, April 9, to promote unit cohesion and esprit de corps as well as to celebrate the importance of team building.*



# AMY D AND THE EXPERIENCE COMES TO GTMO

Amy D and The Experience traveled from the country music capital of the world, Nashville, Tennessee, to play two shows on U.S. Naval Station Guantanamo, Cuba, April 9-10. The five-member band kicked off Saturday night, April 9, at the Morale, Welfare & Recreation Tiki Bar and followed up Sunday morning, April 10, at the MWR Bayview Club. MWR set up the event after discovering the band through their production company based in Saint Augustine, Florida.

The lead singer, Amy Dalley,

and playing for the troops," Dalley said. "It feels good to be able to bring a little piece of home to everybody."

Dalley and other members of her band often travel to military installations, through USO tours, and have been to Germany, Iraq and Turkey, she said.

Approximately 70 Troopers from Joint Task Force Guantanamo and NSGB attended both the evening and morning shows.

Army Sgt. Wolgan Ramos, a JTF member, said music is a way for him and other Troopers to relax and enjoy something different on the island.

"Sunday morning it was more of an acoustic type of jam, as opposed to all the hype the night prior," Ramos said. "There were families with their kids, and the kids were running around, dancing, so it was nice."

Prior to the show on Saturday night, Command Sgt. Maj. David Carr, JTF-GTMO's senior enlisted leader took the band on a tour of the island, including JTF facilities, Windmill Beach and Camp X-ray.

Hurst, whose father served in the U.S. Army, is currently the drummer for Country Music Association award winner, Tracy Lawrence and has previously toured with American Idol's Bucky Covington. Like the rest of the band members, Hurst is



two guitar players, Jack Sizemore and Buddy Thompson, a bass player, Jeff Coffey, and drummer, Tom Hurst, make up the band.

Dalley has toured with country music artists such as Toby Keith, Trisha Yearwood and Rascal Flatts. Although she has played to large crowds in arenas, Dalley and her fellow band mates say they especially love playing for service members.

"We all have a heart for coming



*AMY D and The Experience, a southern rock and country band performs for Joint Task Force Troopers and Naval Station Guantanamo Bay, Cuba at the Morale, Welfare and Recreation Tiki Bar, April 9-10.*

adamant about supporting Troopers, he said.

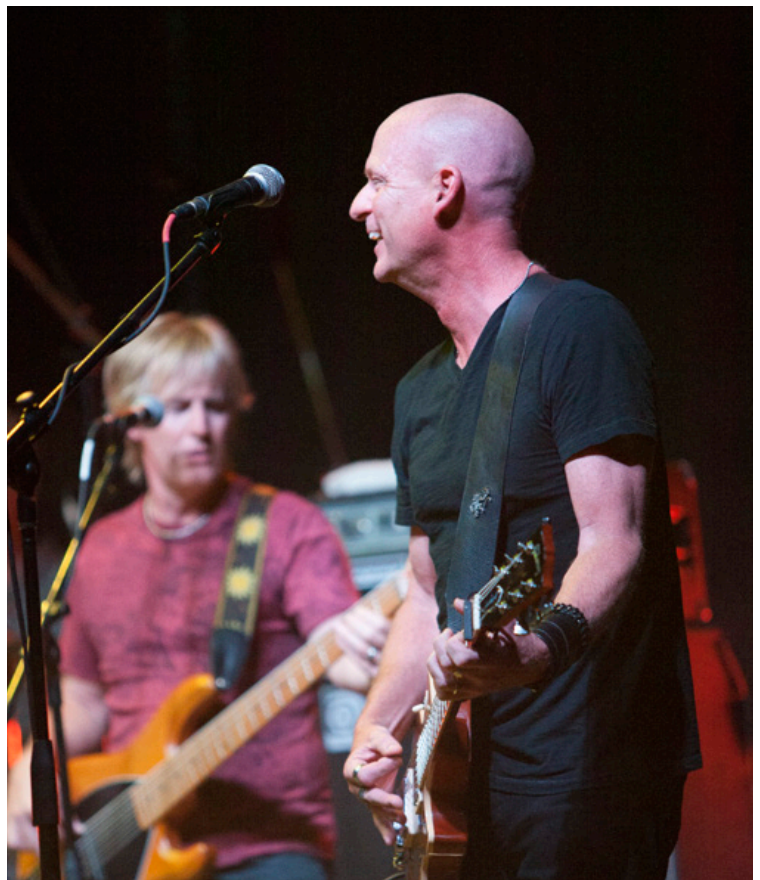
"Go talk to anyone in Nashville -- it doesn't matter what your politics are," Hurst said. "We all have different politics, but when you get down to the service members, everyone's behind y'all."

Article by

**ARMY PFC. LAUREN A. OGBURN**

Photos by

**ARMY STAFF SGT. MATHIEU A. PERRY**



*Petty Officer 1st Class Roberto Aguilar, a masters at arms stationed on U.S. Naval Station Guantanamo Bay, Cuba, rewards Gina, his K-9 partner, for finding a training device hidden for the exercise conducted March 31.*



# ISLAND MAKES HISTORICAL GRADUATION

Article and photos by  
**ARMY SGT. SARAH E. KIRBY**

The first class of the Army's Basic Leadership Course at U.S. Naval Station, Guantanamo Bay, Cuba graduated on April 13. The 47 Soldiers, who successfully completed the course, have not only made the first step in advancing their careers but will now go down in history as the first Soldiers to complete the course in the Non-Commissioned Officer Education System here.

"I'm glad they were able to offer this course here for us," said Army Sgt. Olivia A. Esther, a combat medic assigned to the JTF. "We don't have the opportunity as readily at home to attend these military schools, mainly because of funding and slot availabilities."

Soldiers have previously faced difficulties enrolling into NCOES courses. Offering it in the deployed environment opens up greater opportunities for a high-demand course. Army regulations require Soldiers to complete NCOES for advancement to sergeant ranks. "Currently, there is a backlog of

approximately 10,000 plus individuals Army wide that have not attended their required training prior to promotion," said Army Command Sgt. Maj. David W. Carr, senior enlisted leader of Joint Task Force Guantanamo. "We have a good population of specialists and sergeants here who definitely need this training, and there was simply not a good excuse to keep this course from the island."

In order to graduate, a Soldier must complete training in Warrior Tasks and Battle Drills, the proper way to write a tactical report, how to precisely plot a grid coordinate on a map and orient themselves through various terrains in land navigation.

"For those of us who are Reservists and National Guardsmen, we are not always in a military environment where we can use our basic Soldier skills," said Esther. "I have really enjoyed the skills that I learned originally at basic training."

The NCO Academy based at Fort Bliss, Texas, is a part of the larger United States Army





# CONGRATULATIONS: GTMO'S FIRST BLC GRADUATES

Sergeant Major Academy and has supported GTMO's newly established BLC in many ways; such as supplying the Soldiers with the physical training bibs they wear to distinguish them during their 5 a.m. PT sessions. In addition, the USASMA provided JTF-GTMO with a cadre of five BLC instructors.

"This is one of the most enjoyable jobs I have had in the Army," said Army Staff Sgt. Cathrine A. Bell, a BLC Small Group Instructor. "This is a great opportunity for the student-Soldiers to learn from each other as they all hold different jobs in the military. Each branch is different in how they operate and how their leaders work. Every day is a new day and every day you can learn something from it. Take all the leaders you have had, the good and the bad and learn from them to become the leader that you want to be."

The Association of the United States Army offers an in-depth resource of study guide material for

future Soldiers of NCOES courses looking to better prepare themselves for success.

"Education is huge part of our Army training and it really goes back to our number one priority which is readiness," said Carr. "If we are not focused on making sure we are as sharp as possible and prepared for combat, then we are not doing our job as leaders. The more educated NCOs are the more lethal we will be. We are an educated and talented force and it is important to empower young leaders for a more successful Army in the future."

**"THIS IS ONE OF THE MOST ENJOYABLE JOBS I'VE HAD IN THE ARMY"**



A student from GTMO's first Army Basic Leadership Course plots grid coordinates on his map before beginning a land navigation exercise at U.S. Naval Station, Guantanamo Bay, Cuba, April 11. Land navigation is one of the mandatory requirements a student must pass in order to graduate from BLC.



A group of student from GTMO's first Army Basic Leadership Course review their maps and grid coordinates before beginning the land navigation course at U.S. Naval Station Guantanamo Bay, Cuba, April 11. The training exercise was individually performed with three total hours to complete the course.





Students from the Army's Basic Leadership Course practice applying a tourniquet to one another in a Combat Life Saver exercise, at U.S. Naval Station Guantanamo Bay, Cuba, April 5. This is the first time in history that BLC has been offered on the island.



A student from GTMO's first Army Basic Leadership Course reviews her classroom assignments at U.S. Naval Station, Guantanamo Bay Cuba, April 11. All students are evaluated on their performance as a leader and graded on their performance with basic soldier skills.



A student from GTMO's first Army Basic Leadership Course treks through the dense terrain of cactus on the land navigation course at U.S. Naval Station Guantanamo Bay, Cuba, April 11. Land navigation is one of the mandatory requirements a student must pass in order to graduate from BLC.



A student from GTMO's first Army Basic Leadership Course leads a small group of her peers in a graded drill and ceremony exercise at U.S. Naval Station Guantanamo Bay, Cuba, April 11. All students are evaluated on their performance as a leader and graded on their performance with basic soldier skills.



A student from GTMO's first Army Basic Leadership Course plots his grid coordinates on his map ahead of beginning the land navigation course at U.S. Naval Station Guantanamo Bay, Cuba, April 11. Land navigation is one of the mandatory requirements a student must pass in order to graduate from BLC.



A student from GTMO's first Army Basic Leadership Course leads a small group of her peers in a graded drill and ceremony exercise at U.S. Naval Station Guantanamo Bay, Cuba, April 11. All students are evaluated on their performance as a leader and graded on their performance with basic soldier skills.



# GTMO RUNS TO RAISE CHILD ABUSE AWARENESS



A runner participating in the Sexual Assault and Child Abuse Awareness 5K Fun Run runs past a motivational check point, April 9, U.S. Naval Station Guantanamo Bay, Cuba.

JTF Troopers and other Guantanamo Bay residents gathered bright and early at Cooper Field on April 9, stretching and talking to friends in preparation for a special event: a 5K fun run in honor of Sexual Assault and Child Abuse Prevention and Awareness Month.

"We like to have events saturated in the month of April," said Veronica Wruble, the Naval Station Guantanamo Bay sexual assault response coordinator. "It is the Sexual Assault Awareness and Child Abuse Prevention and Awareness Month, so because of that we want to draw attention and bring awareness to this particular subject."

Although the Department of Defense has offered sexual assault prevention training courses and programs for years, it's important to continually emphasize awareness because of the

often hidden nature of the crime, said Wruble. Events like these are great opportunities to bring awareness to available support programs and encourage reporting, she added.

"Until recently, I did not understand how important these programs are," said Meaghann Russell, a victim advocate. "Being there for the victim in their time of need, whether it's being at the hospital or just talking to them on the phone, is letting them know, 'hey, I am here for you.'"

According to organizers, there were no winners or losers in the 5K; it was simply an event to promote awareness and get information to those in the community who needed it. By that measure, it was a success, said Wruble.

April is also the Month of the Military Child and Child Abuse Awareness and Prevention Month. Following the 5K, volunteers hung a child supervision awareness banner and placed teal pinwheels on the chain link fence at the elementary school here after the 5K.

In 2008, Prevent Child Abuse America, a non-profit organization, introduced the pinwheel as the new symbol of child abuse prevention through an initiative called "Pinwheels for Prevention". According to the organization's internet site, [preventchildabuse.org](http://preventchildabuse.org), people respond to the pinwheel because of its whimsical and childlike nature.

"This is just one of the many things we do to remind the community members that child abuse is unfortunately happening in our

military community," said Amy Congden, the domestic abuse victim advocate and family advocacy program educator for the Fleet and Family Support Center.

There are many resources available for victims of sexual assault and child abuse. Events like these allow people to realize the importance of reporting an incident. For more information about FFSC and the programs and many volunteer opportunities contact them at x 4141.

Article and photos by

**ARMY SGT. CHELSEA R. GARCIA**



Volunteers laugh and joke as they place pin wheels in the chain link fence at Sampson Elementary School on U.S. Naval Station Guantanamo Bay, Cuba, April 9.





# IN THEATERS THIS WEEK

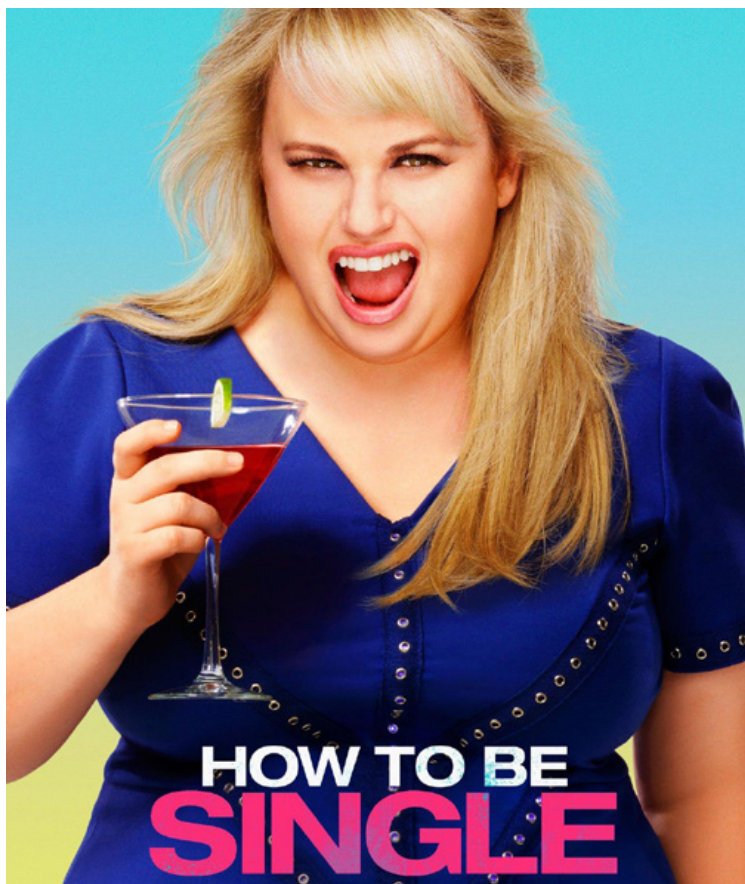
The Downtown Lyceum showtimes are shown in the top row and the Camp Bulkeley Lyceum showtimes are displayed in the bottom row.

<b>The Jungle Book (New)</b> PG, 8 p.m. <b>Mirades From Heaven</b> PG, 10 p.m.	<b>The Barbershop: The Next Cut</b> PG13, 8 p.m. <b>London Has Fallen</b> R, 10:30 p.m.	<b>Zootopia</b> PG, 8 p.m.	<b>Gods of Egypt</b> (LS) PG13, 8 p.m.	<b>Batman V Superman: Dawn of Justice</b> PG13, 8 p.m.	<b>Eddie The Eagle</b> (LS) R, 8 p.m.	<b>Whiskey Tango Foxtrot</b> R, 8 p.m.
<b>4/15 FRIDAY</b>	<b>4/16 SATURDAY</b>	<b>4/17 SUNDAY</b>	<b>4/18 MONDAY</b>	<b>4/19 TUESDAY</b>	<b>4/20 WEDNESDAY</b>	<b>4/21 THURSDAY</b>
<b>The Barbershop: The Next Cut</b> PG13, 8 p.m. <b>London Has Fallen</b> R, 10:30 p.m.	<b>The Jungle Book (New)</b> PG, 8 p.m. <b>Mirades From Heaven</b> PG, 10 p.m.	<b>Eddie The Eagle</b> (LS) R, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>Gods of Egypt</b> (LS) PG13, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>My Big Fat Greek Wedding 2</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.

\*Want to write a movie review for The Wire? Send your movie review to: [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

## MOVIE REVIEW / HOW TO BE SINGLE



I'll be honest; I was a bit biased going into this movie. Any movie with Rebel Wilson is a movie that I will watch and probably love. I was a bit skeptical, however, about Dakota Johnson because of her horrible performance in 50 Shades of Grey, but I must say she stepped her game up for this movie. I expected the movie to just be a raunchy comedy with no real closing message, but again, I was wrong.

The story begins with Alice (Dakota Johnson) dating a guy named Josh (Nicholas Braun) and after four years, she wants to be single to

find herself. She moves to New York to live with her single sister, Meg (Leslie Mann), until she decides to end her "break" with her ex-boyfriend. Meg, a single OB/GYN who refuses to have a baby of her own, eventually changes her mind and decides to have a baby through artificial insemination.

Alice starts working for a law firm as a paralegal where she befriends a co-worker, Robin (Rebel Wilson), who lives to get drunk and have one night stands. Robin shows Alice the art of random hook ups, curing hangovers and being the life of the party. After a bit of a wild streak, Alice decides she is ready to get back together with Josh, but he tells her that he has found someone new. Of course, after that, Alice is a bit of a wreck, but Robin keeps Alice's mind occupied and hooks her up with Tom (Anders Holm).

Tom is a bartender who prides himself on living a bachelor lifestyle, and Alice begins a no-strings-attached, sexual relationship with Tom until she meets David (Damon Wayans Jr.), a single, big-shot contractor. Alice initially meets David at a college alumni networking event, but the two do not immediately begin a relationship. They run into each other a second time after Alice leaves a holiday party to see the Rockefeller Christmas tree. David takes Alice to a private viewing of the tree and their relationship begins. Three months later the relationship ends because David is still grieving over the death of his wife.

After her birthday party takes a dramatic turn, Alice is even more determined to find herself and decides to hike the Grand Canyon to see the sunrise on New Year's Day, something she's always wanted to do.

I give *How to Be Single* four banana rats out of five because of the humor and some-what powerful closing message. This is a "get a good laugh" movie and adds to a collection of one-liners for future reference.

*How to Be Single* is rated R for sexual content and strong language throughout.

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 11	Flag Football League starts
April 16	Youth Swim Meet
April 18	Golf League
April 23	Olympic Triathlon
<b>May 7</b>	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
<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.



## WINDY DAY MAKES FOR DIFFICULT PLAY



Icemen and Ridiscouloously GL meet once more in a Morale, Welfare & Recreation Ultimate Frisbee League game on the Multi-Purpose Field, April 4, to duke it out. Icemen's handler and Ridiscouloously GL's defender collide in a mid-air squirmish.

Icemen, currently ranked second for the Morale, Welfare & Recreation Ultimate Frisbee League, and Ridiscouloously GL, holding fifth place, stepped on the Multi-Purpose Field at U.S. Naval Station Guantanamo Bay, Cuba, April 4, to duke it out for a win. Despite the strong winds dismantling passes between the two teams, Icemen impressively outscored Ridiscouloously GL, 15-3.

As the game began, Ridiscouloously GL was the first to throw the disc off to the opposing team. Icemen quickly reacted and scored in the first four minutes. Although Icemen maneuvered at a high tempo, the wind assisted Ridiscouloously GL in disrupting the fast cadence, but this did not stunt Icemen's goal to avoid another loss.

"I think we will do rather well," said Brandon Palacio, a cutter for Icemen. "We plan to use quick but short passes to break down their defense."

Icemen are just one loss behind Jusdis League, who is currently undefeated in the MWR Ultimate Frisbee League. This win was crucial for Icemen, because the team

is battling for first place. Icemen did plan to move the disc up and down the field and score, regardless of the fierce winds.

"They are struggling with the wind as much as we are," said James Babbitt, a handler for Ridiscouloously GL.

Despite the elements not cooperating, Icemen's driven spirits would not be halted. Ridiscouloously GL stormed down the field in hopes of ending the first half on a high point, but due to soft passes, the disc fell shy of the end zone. The score showed 6-2 in the first half, with Icemen leading.

Babbitt started seeing issues with their midfield. He said midfielders had to play both sides of the field -- defense and offense. Ridiscouloously GL was losing control in the middle of the field and Icemen kept taking control with their soft passes.

"We have to make better passes, catch passes and get back to playing on defense -- can't just play on offense," said Cameron Ashley, a cutter for Ridiscouloously GL.

After the second half began, Icemen found a way to finagle the wind, floating

passes with little effort and ease, Icemen dominated in the second half. They earned an additional nine points, while Ridiscouloously GL received just one more before the end of the game.

"The league is good," said Palacio. "We have lost one game, unfortunately, but other than that, cohesiveness is exemplary."

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



Icemen and Ridiscouloously GL meet once more in a Morale, Welfare & Recreation Ultimate Frisbee League game on the Multi-Purpose Field, April 4, to duke it out. Icemen attempting to catch a pass with Ridiscouloously GL's defender disrupting the pass.



## USING MIGHT TO FIGHT SEXUAL ASSAULT



Team Estoesta pound the ground with community members at the Zumba event, April 7, at Denich Gym to raise awareness for Sexual Assault Prevention Month on U.S. Naval Station Guantanamo Bay, Cuba.

"Zumba is a fun activity that uses dance as a form of self expression," said Veronica Wruble, the sexual assault response coordinator for the Fleet and Family Support Center here. "Anyone can participate, so it was natural to advertise this as an event to raise awareness for the Sexual Assault Prevention and Response Program."

On April 7, approximately 40 members of Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay, Cuba came together to enjoy an evening of music and Zumba in honor of Sexual Assault Awareness and Prevention Month at G.J. Denich Gym.

The choreography and music was arranged by Lt. Cmdr. James Estoesta, the sexual assault prevention and response point of contact for the Naval Hospital here, and Jojo Estoesta, his wife.

The Estoestas' have practiced Zumba are known by many members of the community as Team Estoesta, said Mrs. Estoesta. The team spent two weeks working on the choreography and playlist specifically for the sexual assault event.

"Zumba is the vehicle to bring people together, because music and dancing is a common language to celebrate life," said Mrs. Estoesta. "Dancing moves people, so what we wanted to do is build confidence through that."

As the stereo speakers started pulsating from the basketball court, those working out in the gym started making their way to the court to investigate. The high level of energy motivated some of the bystanders to become

participants during the choreographed dance moves.

"Any event that people like to go to, Zumba being one of those events, is good regardless of your gender," said Army Lt. Col. Peter K. Hu, the JTF manpower and personnel director here. "A high profile event like this is a great way to advertise any type of awareness to make sure everybody is educated on the issues at hand."

Hu stressed the importance of educating the young age group of participants about the warning signs and how to react when faced with a sexual assault situation.

"The event brought a lot of people out, I especially see a lot of kids," said Hu. "I think it is a great event to educate them now with the rights and wrongs and what to look out for, not only for themselves, but for their buddies and being an innocent bystander to make sure that something doesn't happen to one another."

The high tempo and energy of the participants was an excellent approach to meeting new people, getting in a groovy workout and educating participants on how to prevent and respond to sexual assault incidents.

"I think it went exceptionally well," said Wruble. "We received several requests for more events of that sort and were happy to see community members laughing, dancing and participating together."

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 BASKETBALL

No.	Team Name	Standings
01	Arch Angels Basketball	11-0
02	Spartans	9-1
03	Five-O	9-2
04	The Commission	8-2
05	Shottas	8-2
06	Guardians	7-4
07	Splash City	6-5
08	Tohma's Team	6-5
09	Sinag Pilipinas	5-6
10	Cross Level	3-8
11	Carolina Moonshiners	3-9
12	Finesse	3-9
13	Guerillas	2-9
14	The Goon Squad	1-9
15	Cavaliers	0-10

### MWR ULTIMATE FRISBEE

No.	Team Name	Standings
01	Judisc League	5-0
02	Icemen	4-1
03	Disclexia	3-2
04	Netflix & Chill	2-3
05	Ridiscoulsly GL	1-4
06	Catch Em's	0-5





# HISTORY

## 73 YEARS OF RELIGIOUS SERVICE

The wide variety of religious services available here on Naval Station Guantanamo Bay weren't always so readily available. In the years prior to World War II, many services had to be held at various locations around the base, instead of in the beautiful chapel that currently sits atop Chapel Hill.

According to Rear Admiral M.E. Murphy's *The History of Guantanamo Bay*,

1494-1964, prior to 1941 there was only one chaplain assigned to the Naval Station. Religious services were held at the base's school and at the base's movie lyceums. "Divine services were held on Sunday evenings at the movie lyceums. When families were living on the station, Sunday School classes were conducted in the school house.

Admiral Murphy also wrote about how Catholic Mass was conducted by a Cuban priest every other Sunday here on the Naval Station, and at other times base Catholics would have to visit churches off of the base: "For Catholic personnel, a priest from Guantanamo City visited the Station every other Sunday to celebrate Masses, which were held in the school building. On other occasions, Catholics attended Masses in Caimanera or Guantanamo City."

The current chapel was built as part of other base improvements which occurred with the onset of World War II. Many of the base improvements which grew out of the United States' entry into that war are similar to improvements to the base that have occurred since the beginning of the current Global War on Terror. In addition to the building of a new base chapel, many recreation and leisure facilities and programs began here at the beginning of World War II. Congress appropriated funds for the base to be used to improve



the living conditions of the Sailors, Marines, Soldiers, Airmen and family member who were assigned and lived here in the early 1940's.

According to Admiral Murphy, "A tremendous expansion of recreational facilities took place in 1941 and 1942 when half a million dollars was appropriated by Congress for this purpose. Building went on continually during these two years and among the facilities built were twenty tennis courts, six volley ball courts, six basketball courts, three baseball fields, twenty softball fields, a new Officers' Club, a skeet range, a movie lyceum, three swimming pools and a nine-hole golf course. The golf course and the Fleet Canteen were on the site of the old Fleet Rifle Range."

Admiral Murphy also described a Chief's Club which was reorganized into a Chief Petty Officer's Mess in 1944. Movies were shown at the downtown lyceum; there was a daily radio broadcast, as well as liberty outings to Guantanamo City and Santiago de Cuba.

Construction for a base chapel began in September 1941 and was completed in July 1942. The new chapel could seat 500 worshippers. The chapel was dedicated in April 1943, seventy-three years ago this month, "after a long wait for altar essentials and the purchase of furnishings which were paid for by private contributions. The chapel has a revolving altar and is used for Catholic, Protestant, and Hebrew services."

*Article by*

**NAVY PETTY OFFICER 3RD  
CLASS JONNI C. GILLISPIE**

*Joint Medical Group*



## JSMART SPOT

SMART HELPER: SOPHIE

In time everyone will start preparing to return to their home duty stations or civilian jobs, which produces a lot of stress. However, what about when you get home? Jumping in head first and acting as if you weren't separated from your loved ones for months can actually be more harmful to yourself and your loved ones waiting for your return. Consider that you and whomever you may live with, whether a spouse, partner, or even children, have lived very different lives during your season of separation.

It is important to take your time when getting accustomed to living in your home again. During the first few weeks, reintegrating and readjusting your lives together should be the center of focus. What this looks like practically is time spent listening and talking, ensuring you make time for each child, if you have any, as well as your spouse or partner. It is especially important to spend time alone with your spouse or partner. Romantic conversations and

## SPEND TIME WITH YOUR FAMILY

a focus on intimacy, which is not always physical, can make re-establishing loving relations easier.

Make sure to support the good things your family has done, remind your loved ones that they are still needed, develop a budget when it comes to managing money and avoid a busy schedule. Rebuilding your relationships takes time, effort, and patience. Since returning home is as every bit as stressful and confusing as leaving, it is essential that you create opportunities to spend time with your family and loved ones soon after you return from deployment.

*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  
*Movie/Pizza Night* Wednesday 1900 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

**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/ 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

Joint Task Force Guantanamo, Joint Meritorious Unit Award

For those assigned or attached by official orders to JTF-GTMO

Headquarters:

4 January 2002 – 31 October 2002 (JTF 160)

1 March 2002 – 31 October 2002 (JTF 170)

1 November 2002 – 1 November 2003

2 November 2003 – 1 November 2005

15 June 2007 – 15 June 2011

16 June 2011 - 30 June 2013

1 July 2013 – 30 Jun 2015 – JUST APPROVED 16 FEB 2016

Point of Contact is J1 Awards at DSN 660-8309 or 660-9717 or

j1@jftgtnmo.southcom.mil



*Photo by Jeffery Walling*

# PARTING SHOT



ORANGE CRAB BY 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

