

THE WIRE

The Official Publication of Joint Task Force Guantanamo



Cupcake Heaven

Pastry celebrity visits GTMO

Changes in the Alcohol Policy

What are they and how will they affect you?

Pinning on History

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AND IN OUR PAGES



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Cover photo by Staff Sgt. Lorne Neff

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BAY WIRE REPORT

Running to remember



Join your fellow brothers and sisters in arms and commemorate Patriot's Day with the 9/11-mile and 5K run Sept. 11.

Runs begin at 5 p.m., at Cooper Field. For more information call ext. 77262.

Calling all disc golfers

The Morale, Welfare and Recreation office will host a Disc Golf Doubles tournament Monday Sept. 16, at 6 p.m., at the Lateral Hazard's disc golf course off of Sherman Ave. For more information call ext. 2010.

For the love of food

Already a chef? Want to learn new recipes or trade some? Join the GTMO Cooking Club, which meets the second and fourth Thursday of the month from 4-5 p.m. Call MWR at ext. 2010 for more information.



FIRST CLASS PETTY
OFFICER ASSOCIATION
OF JTF GTMO

Help Clean Up

"The Slot" by Cable Beach

Join the FCPOA-JTF in cleaning up "The Slot" by Cable Beach on

Saturday Sept. 7, 9 a.m.

Refreshments will be provided afterward at Cable Beach. For more information, please contact CTN1 Lisa Vita at ext. 79691.

Help Keep Our
Community Clean!



CORRECTIONS Please report all corrections to thewire@jtfgtmo.southcom.mil



THE WIRE

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Religious Services

NAVSTA Chapel

Catholic Mass

Tues.-Fri. 5:30 p.m.

Saturday 5 p.m.

Sunday 9 a.m.

Spanish-language Mass

Sunday 4:35 p.m.

General Protestant

Sunday 11 a.m.

Gospel Service

Sunday 1 p.m.

Chapel Annexes

Pentecostal Gospel

Sunday 8 a.m. & 5 p.m.,

Room D

LDS Service

Sunday 10 a.m., Room A

Islamic Service

Friday 1:15 p.m., Room 2

Seventh Day Adventist

Friday 7 p.m., Room 1

Sabbath School-

Saturday 9:30 a.m., Room 1

Sabbath Service-

Saturday 11:00 a.m., Room 1

JTF Trooper Chapel

Catholic Mass

Sunday 7:30 a.m.

Protestant Worship

Sunday 9 a.m.

Sunday 7 p.m.

Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40

Gazebo - :02, :22, :42

NEX trailer - :03, :23, :43

Camp Delta - :02; :06; :26, :46

KB 373 - :10, :30, :50

TK 4 - :12, :32, :52

JAS - :13, :33, :53

TK 3 - :14, :34, :54

TK 2 - :15, :35, :55

TK 1 - :16, :36, :56

West Iguana - :18, :38, :58

Windjammer/Gym - :21, :41, :01

Gold Hill Galley - :24, :44, :04

96 Man Camp - :31, :51, :11

NEX - :33, :53, :13

Gold Hill Galley - :37, :57, :17

Windjammer/Gym - :36, :56, :16

West Iguana - :39, :59, :19

TK 1 - :40, :00, :20

TK 2 - :43, :03, :23

TK 3 - :45, :05, :25

TK 4 - :47, :07, :27

KB 373 - :50, :10, :30

Camp Delta 1 - :52, :12, :32

IOF - :54, :14, :34

NEX Trailer - :57, :17, :37

Beach Bus

Sat. and Sun. only - Location #1-4
Winward Loop - 0900, 1200, 1500, 1800

East Caravella

SBOQ/Marina 0905, 1205, 1505

NEX

0908, 1208, 1508, 1808

Phillips Park

0914, 1214, 1514

Cable Beach

0917, 1217, 1517

Winward Loop

0930, 1230, 1530

NEX

0925, 1225, 1525, 1825

SBOQ/MARINA

0935, 1235, 1535

Return to Office

0940, 1240, 1540

JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



By Brig. Gen. Marion Garcia

JTF-GTMO Deputy Commander

This is September, the last month of the major league baseball regular season. Starting Oct. 1, we will witness the best in baseball slug it out to see who will be the best TEAM of the year. What defines baseball for me is teamwork. More than any other sport, baseball is about how nine individuals work to win **together**.

I recently ran across an article by Dave Kerpen that really hit home with me. Here's some pieces of it, with commentary:

"It's more about the team than about any one superstar. Even a dominant pitcher only plays once every five days."

Team GTMO runs on the talents of a great diversity of individuals: from doctors to dirt boys, from perimeter security to port security, everybody is a position player and we all need each other for the mission to get accomplished.

"Keep your eye on the ball. Hitting a major league pitch is one of the most difficult tasks in sports. Players must be laser focused on the ball coming at them at 80-100 miles per hour."

Some of our GTMO teammates have other things coming at them at high speeds. Being alert is a must.

"Don't go down looking. It's important as a hitter to be patient and wait for your pitch- but with two strikes against you, you've got to swing the bat."



Brig. Gen. Marion Garcia

Don't take that second part literally! Stay focused, stay calm, and 1) for the guards and medics, don't let them get to you 2) for the maintainers, you can make it work 3) for the security forces, your vigilance makes a difference.

"Be ready for a curve ball – or a change up. Key players can knock a fastball out of the park, but they are also prepared for the unexpected whether it's a curveball or change up, it won't matter."

Commissions, DMOs, CODELs. . . and this morning I heard CSM Borlin remind everyone to be ready for destructive weather. We are a responsive and adaptive organization. We are ready.

"You can't hit a home run unless you swing for the fences. Always start by thinking big."

This is where the staff makes the play. The public affairs team sending the right message, the legal team keeping it real, the logisticians making it happen, the signalers getting everyone connected on a single radio net. Just some examples.

"Talent wins games, but team chemistry wins championships. You can have the best players in the league and the smartest, most strategic manager and coaches – and that might even win a lot of games. But if the players don't get along well – if the team doesn't gel – if the entire group doesn't have great chemistry – they won't win a championship."

Team GTMO, we must continue to believe in each other and in the organization. This, more than anything, is what must define us and it is how we will bring home the pennant.

Remember your common courtesy, greetings of the day

By Sgt. 1st Class Jon Goke

Joint Visitors Bureau, NCOIC

Let me start by saying: "Good morning, and in case I don't see ya, good afternoon, good evening, and good night!"

Ok, so most of you may remember what movie that was from. It came out 15 years ago, so maybe not. The quote comes from Truman Burbank (Jim Carrey) in the movie "The Truman Show."

As I walk to the Galley, through the Cuzco's and the NEX I am passed by many but greeted by few. If I'm not mistaken the greeting of the day is



Sgt. 1st Class Jon Goke

still in order. This goes for junior enlisted to senior enlisted and enlisted to officers.

For detailed information pertaining to the greeting of the day as well as other customs and courtesies review FM 7-21.13; Ch. 4.

As I read through the regulation I take note of a couple things. For example it states in chapter 4-6 of FM 7-21.13, "Military Courtesy is not a one-way street. Enlisted personnel are expected to be courteous to officers and likewise officers are expected to return the courtesy.

Mutual respect is a vital part of military courtesy."

Another example refers to the Hand Salute. In chapter 4-9 of FM 7-21.13 it states, "The salute is an expression that recognizes each other as a member of the profession of arms; that they have made a personal commitment of self-sacrifice to preserve our way of life. The fact that the junior extends the greeting first is merely a point of etiquette-a salute extended or returned makes the same statement."

As a reminder here are a few more courtesies that we tend to forget or are unaware of:

- When talking to an officer of superior rank, stand at attention until ordered otherwise
- When you are dismissed, or when the officer departs, come to attention and salute
- When speaking to or being addressed by a noncommissioned officer of superior rank, stands at parade rest until ordered otherwise
- When outdoors and approached by an NCO (or

officer), you greet the NCO by saying "Good morning, INSERT RANK or TITLE"

Coming from the Reserve forces I too, tend to forget or let slide some of the customs and courtesies. However, when I attend a military school, visit an installation, or start yet another deployment I am reminded of the passion and romance our country has with the longstanding traditions of the military; coming to attention for the raising or lowering of the flag, the sound of taps being played in the distance and the playing of the service songs at a ceremony just to name a few.

Service to my country, respect for the flag and respect for each other displayed through the many customs and courtesies of the armed forces makes me proud to be a Trooper, a veteran, an American.

Drier than the desert

Alcohol policies change, distilled spirits removed from shelves



Oliver Williams, Tierra Kay and Camp America Mini-Mart supervisor, removes bottles of distilled spirits from the shelves of the Camp America Mini-Mart Aug. 27. According to the new alcohol policy, distilled spirits can only be purchased at the main NEX on base.

Story and photos by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

If you've been wandering the aisles of your local Mini-Mart, you've probably noticed that something is missing.

In an effort to deglamorize alcohol and combat cases of sexual assault related to alcohol use, Chief of Naval Operations Adm. Jonathan Greenert ordered the reduction of floor space for alcohol to 10 percent at Navy Exchanges, and the removal of distilled spirits from NEX Mini-Marts world-wide, including the Tierra Kay, Marine Hill and Camp America stores here.

While beer is still available at the Mini-Marts, alcohol sales are banned between 10 p.m. and 6 a.m.

"We are finding that somewhere between six out of 10 and seven out of 10 sexual assaults as reported, involves alcohol," Greenert said during a Pentagon press briefing July 18.

"We are also emphasizing other programs like Keep What You Earn and Coalition of Sailors Against Destructive Decisions to help our people understand the negative impact that alcohol can have on their lives and how they can support and help their shipmates make good decisions," he said.

David Jernigan, Johns Hopkins University's director of the Center on Alcohol Marketing and Youth, told the Navy Times that the underlying theme in the change is to deglamorize the use of alcohol among younger individuals who show an increasing preference for liquor over beer and wine.

"It's not going to fix everything, but it is a real step in the right direction," he said. 🍷

SOUND OFF! *Troopers weigh in on new changes*

Spc. Kemika Allen
Human Resources Specialist
591st MP Co.



"It gives Soldiers less opportunity to be drunk all the time. There have been some alcohol related incidents and I guess they're trying to minimize that."

Spc. Justin Hill
Wheeled Vehicle Mechanic
128th MP Co.



"It doesn't bother me any, if you really need some alcohol, just go to the big NEX."

Petty Officer 3rd Class Dewayne Taylor
Machinery Technician
PSU 301



"I didn't know you could buy alcohol anywhere else but the NEX."

Pvt. 1st Class Mark Zaborniak
Generator Mechanic
189th MP Co.



"In order to promote a healthier lifestyle, and the Army in general, it's a good idea to limit how much you can have in your residence and also what is sold at the Mini-Mart."



“2 Guns” packs a serious punch

By Sgt. 1st Class Aaron Hiler

Graphics Editor, thewire@jtfgtmo.southcom.mil

Starring Denzel Washington and Mark Wahlberg, “2 Guns” blazed onto the Lyceum screens at Guantanamo Bay this Labor Day weekend.

Flying bullets, quick-whitted barbs and jokes kept the action rolling.

Petty criminals and drug runners Bobby Trench (Washington) and Michael “Stig”



Stigman (Wahlberg) hatch a plan to rob a bank in a small Mexican town while they work on brokering a drug buy. When the bank job is done, Bobby

and Stig are both left with several surprises you won’t believe.

I was completely in love with this film from the moment it started. The witty banter between Washington and Wahlberg reminded me of the amazing screen chemistry shared between fellow action stars Mel Gibson and Danny Glover in the “Lethal Weapon” film series.

The humor was well-timed and expertly delivered. Additionally, the cinematography

was gorgeous even though the film was set in a dry and desolate Mexican countryside.

What I didn’t particularly care for were a couple of misrepresentations that are unfortunately frequent in Hollywood. First was the portrayal of corruption within the military (an admiral who turns his back on a shady operation within his command because it’s easier than doing the right thing) and second, the tired and overused portrayal of the CIA as the shadowy, corrupt boogeyman.

Regardless of your opinions of the CIA, it is an organization that is overused as a bad guy in the cinema world. For me, it just showed a lack of creativity on the producers’ part.

All of that said, I still loved “2 Guns,” and I will probably go see it again. I give “2 Guns” four banana rats with guns blazing. 🍌



Photo courtesy of Universal Pictures
Paula Patton brings additional heat to “2 Guns” as Bobby Trench’s love interest, Deb.

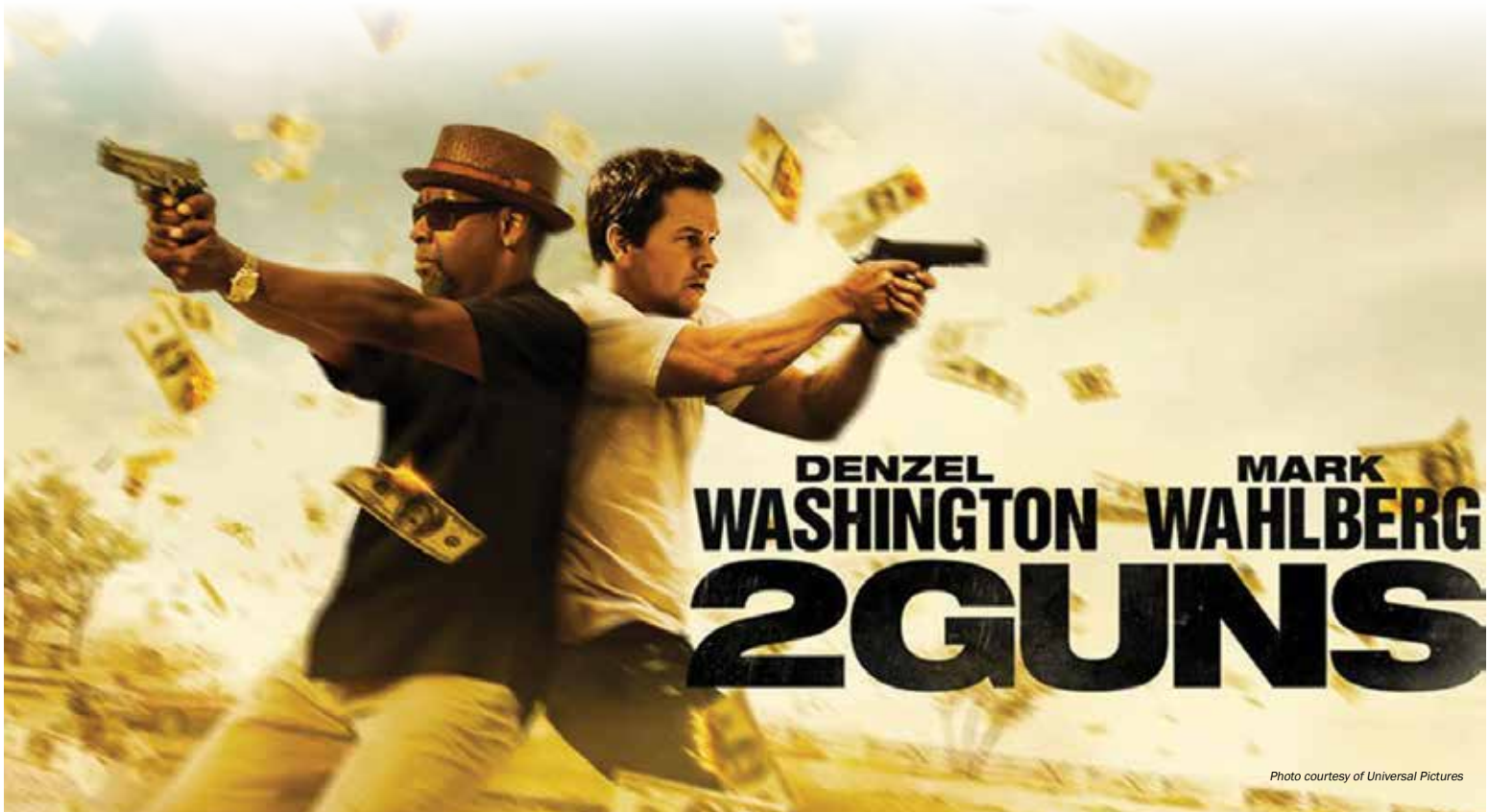


Photo courtesy of Universal Pictures

Four weeks to a better 5K

By Capt. Brian Pennington

Command Information OIC, thewire@jtfgtmo.southcom.mil

As we continue to train there are times when it doesn't matter how hard we workout our fitness objectives never come to fruition.

We run mile upon mile, sweating in the hot sun for hours, for what? In the end, we only improve minimally.

To counteract this we have to change our workout routine and break through to the next level. This week we focus on improving our 5K time.

Now, to understand this workout you must understand the training paces. An easy run is done at a pace that you can converse with someone while running.

It should go without saying, but this is slower than your normal race pace.

On Tuesday of weeks one and three, the workout calls for 400 meter repeats. This is when you run one lap around a track (400 meters) rest for two minutes then repeat.

This should be done at a pace much faster than your race pace. This will help you develop strong lungs to carry you through the later part of the 5K.

The medium pace training sessions should be completed at a pace where conversation is difficult, but not strenuous. You should be working harder than

the easy day, but lighter than your normal race tempo. Thursday of week two is a hard run, meaning you should be training a pace similar to your intended race time.

Rest when it's required. The weekends are designated as such, so take advantage of the break. Go at the pace the workout calls for, because certain "easier" days are preparing you for more difficult workouts.

Don't forget to hydrate, and if you're not used to a rigorous plan, talk with a medical professional to make sure the workout is safe for you. 🍷

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	Easy Run, 3 mi.	Easy Run, 3 mi.	Easy Run, 4 mi.	Easy Run, 3 mi.
TUESDAY	5 x 400m Run	30 min. Med Pace	6 x 400m Run	35 min., Med Pace
WEDNESDAY	Easy Run, 3 mi.	Easy Run, 4 mi.	Easy Run, 3 mi.	Easy Run, 3 mi.
THURSDAY	Easy Run, 3.5 mi.	HARD Run, 3 mi.	Easy Run, 4 mi.	REST
FRIDAY	Easy Run, 5 mi.	Easy Run, 5 mi.	Easy Run, 6 mi.	5K RACE

Now Showing!
at the Downtown and Camp Bulkeley Lyceums

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

06 FRIDAY	07 SATURDAY	08 SUNDAY	09 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY
Percy Jackson: Sea of Monsters (New) PG, 8 p.m. Red 2 PG13, 10 p.m.	We're the Millers (New) R, 8 p.m. 2 Guns R, 10 p.m.	Planes PG, 8 p.m.	R.I.P.D. PG13, 8 p.m.	Turbo (LS) PG, 8 p.m.	The Conjuring (LS) R, 8 p.m.	Smurfs 2 PG, 8 p.m.
We're the Millers (New) R, 8 p.m. 2 Guns R, 10 p.m.	Percy Jackson: Sea of Monsters (New) PG, 8 p.m. The Wolverine PG13, 10 p.m.	R.I.P.D. PG13, 8 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	The Conjuring (LS) R, 8 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	Turbo (LS) PG, 8 p.m.

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

(LS) = Last Showing

Sweet treats

Cupcake queen reports for duty, makes Troopers happy

Story by Sgt. Cassandra Monroe

Staff Writer, thewire@jftgmo.southcom.mil

The daily life of an average Trooper during a deployment may get tedious and can be monotonous at times.

The day-to-day schedules may often become repetitive, but is part of their job supporting Joint Task Force Guantanamo Bay.

Cupcake guru Hollis Wilder recognizes the amount of effort those Troopers put into their work, and wanted to show her appreciation for Service members by sharing her sweet treats. After two customers, who have worked at Naval Station Guantanamo Bay, stopped by her shop in Jacksonville, Fla., the conversation of Wilder visiting the Troops began.

"Here you all are, sacrificing an extraordinary amount to be here so that other people can go after their dreams and live freely and not give a second thought about their safety," said Wilder,

the Sweet! by Holly store owner and three-time champion of Food Network's "Cupcake Wars."

"I was humbled by their service and grateful," she said.

Wilder toured the sprawling hills of Guantanamo Bay, making several stops throughout the base to visit with Troopers including the Coast Guard marina and the galleys. She made an appearance at the Mongolian-cuisine themed night at the Bayview restaurant on base, handing out her sought-after cupcakes to Troopers as well as spouses and children.

Troopers tasted hit flavors such as 'PBJ,' a peanut butter cake base with grape jelly topped with peanut butter frosting; 's 'mores,' a graham cracker-crust chocolate cake based cupcake filled with marshmallow filling and



topped with vanilla frosting; and classic favorites like 'red velvet.'

For some Troopers, having Wilder visit the base served as a morale booster.

"[The guests are] lively spirits, they're not in the day-to-day mix down here and it brightens everyone's

day a little bit to have such a personality to come down," said Coast Guard Petty Officer 3rd Class Matthew Demore, a boatswains mate with the 301st Port Security Unit, Maritime Security Detachment.

Demore, who said he thoroughly enjoyed a PBJ cupcake himself, also said the cupcakes reminded him of home and is a reminder of why he strives to work so hard.

"It's great, it makes me feel like I'm in touch with the same things that my loved ones back at home are seeing," said Demore. "It's a reminder that what we're working for here is all worthwhile. People can enjoy delicious cupcakes because we're doing our job down here."

Wilder finished her tour of Guantanamo Bay with a cupcake decorating contest that was fashioned after the show "Cupcake Wars," complete with a 30-minute time limit. After visiting Guantanamo Bay and putting faces to the Troopers on base, Wilder said she thinks her cupcakes bring a taste of home to them and gives them a rush a memories.

"The cupcake levels the playing field," she said. "The cupcake is a mighty force in small package. It doesn't matter if you're on the front lines, or working in corporate America, or you're a mother, the cupcake levels the playing field because it's a tiny package that makes them feel like they're coming home. My job is to be of service through food, and you get to people's hearts through their stomachs." 🍪



Photo by Sgt. Cassandra Monroe/The Wire

Hollis Wilder, owner of Sweet! by Holly, cupcake stores and three-time champion of the Food Network's "Cupcake Wars," visited Troopers at the Port Security Unit docks Aug. 29, to show her appreciation for Service members deployed to, and stationed at the base. She brought more than 1,000 cupcakes to share with Troopers here during her Morale, Welfare and Recreation Office-sponsored visit.



Coast Guard Petty Officer 3rd Class Nicholas Curci, a boatswain's mate with Port Security Unit 301, Maritime Security Detachment, receives a boxed cupcake from Hollis Wilder, owner of Sweet! by Holly cupcake stores and three-time champion of Food Network's "Cupcake Wars," as Coast Guard Petty Officer 3rd Class Jarred Dwyer, a boatswain's mate also with PSU 301, looks on, Aug. 29.

Photo by Sgt. Cassandra Monroe/The Wire



Sugar sticky sweet stuff

Photos by Sgt. Katherine Forbes

Without the pressure of baking, the heat of ovens and studio lights, members of U.S. Naval Station Guantanamo Bay piped, sprinkled, spread and licked their way through a 30-minute cupcake decorating contest judged by Hollis Wilder, three-time Food Network "Cupcake Wars" champion and owner of Sweet! by Holly. First place went to the GTMO Kids, pictured above.

Garcia makes JTF history,

Long career with numerous experiences

Story by Sgt. 1st Class Gina Vaile-Nelson
 Editor, thewire@jtfgtmo.southcom.mil

When she came back to Joint Task Force Guantanamo, Marion Garcia wanted to make something clear.

She's been here before, she knows how long and hard Troopers assigned here work, and as the JTF-GTMO deputy commander, she was ready to listen to Troopers' needs.

Placing her Soldiers needs before her own has always been her mantra. She lives and works for her Troops, making sure they are taken care of and the mission is a success, oftentimes paying little attention to her own accomplishments.

On Aug. 30, with little pomp and circumstance, just in a down-to-business sort of way, Garcia made JTF-GTMO history when she was pinned the first female brigadier general to support the Task Force.

"It's still a little surreal," she said. "What a responsibility."

But when you ask her about her historical debut as JTF-GTMO's first female brigadier general, Garcia will quickly tell you she's no different than any other Soldier who has worked hard

to get where she is.

"In the MP corps, I don't think of myself as a woman in the Army. I don't think of myself as a Hispanic woman in the Army," she said, "although I am.

"But the opportunities are beyond that. I think that we have such important work to do, that we look at 'how we are going to work together -- how we will get the job done,'" she said.

"I just feel like part of the team," she said.

That attitude, and her experiences in the Military Police Corps has defined her as a person and leader. After graduating from West Point, Garcia commissioned into the Army and as a junior officer, she traveled the world with each new set of orders.

In the early 90s, she experienced back-to-back deployments, first in support of Operations Desert Shield and Desert Storm, then Operation New Hope in Somalia. In 1993, after six years of active duty, two deployments and two overseas assignments, Garcia transferred to the U.S. Army Reserves to concentrate on a new career.

"Leaving the Army was hard, but I

always wanted to be a veterinarian," she said. "I was one of those kids who grew up saying I wanted to be a veterinarian someday."

She transferred to the Reserves and enrolled at Colorado State and set off to fulfill her childhood dream. Today, she works for Adams Land & Cattle, an innovative and progressive cattle feeding operation, as a veterinarian. She said she always wanted to work with animals destined for the food chain.

"I help farmers prevent problems before they happen," she said. "Helping manage their herds or flocks so that they do not have health problems and so they can be managers of productive farming facilities," she said.

Garcia said there are parallels between her civilian employment and her JTF-GTMO mission. Both operations have come under scrutiny in the recent past.

"These Soldiers are awesome, and those farmers are awesome. These Soldiers want to do a good job, and those farmers want to do a good job," she said.

"You become a farmer because

1987

Marion Garcia Graduates U.S. Military Academy at West Point, seven years after the first women walked across Michie Stadium. She Commissioned as a second lieutenant in the Military Police Corps.



1989



Berlin Wall came tumbling down Nov. 9, 1989, during a then 1st Lt. Marion Garcia's time at U.S. Army Garrison Stuttgart.

1988



2nd Lt. Marion Garcia witnesses riots at the gate of U.S. Army Garrison Daegu, South Korea during the Summer Olympics. "A cool thing for a young lieutenant," she recounted.

During her first combat tour, Garcia served as Battle Captain for the 14th MP Brigade in Operations Desert Shield and Storm.

1990-1991



pins rank of brigadier general

groomed newest deputy commander, first female BG to the JTF



you want to raise animals, and I think the American farmer does a great job and is really undersold by the natural food movement," she said.

Her concerns are of negative implications that the farmers her company supports, and the Soldiers who carry out missions here at GTMO, are doing something wrong. Garcia says that couldn't be farther from the truth.

"Same with our Soldiers here. We have orders, we have a mission," she said. "The men and women in the uniform carrying out those orders want to complete their mission, do a good job and get home."

A job that Garcia is very familiar with. As the former Joint Detentions Group Operations Officer and executive officer,

■ **Garcia**. Continued on next page



Photo by Staff Sgt. Lorne Neff/The Wire

As company commander, Capt. Marion Garcia took her MPs to Somalia in support of Operation New Hope.



1992-1993

2006-2007

Lt. Col. Marion Garcia leads the 324th Military Police Battalion in the opening of FOB Cropper, a detention facility opened after the controversial Abu Ghraib was closed.



2003-2004

Now a Reservist, Maj. Marion Garcia oversaw improvements in conditions at Camp Delta and the building of Camp 5 as Joint Detentions Group Operations Officer and Executive Officer, JTF-GTMO.

Aug. 30, 2013



Back at JTF-GTMO, Marion Garcia is promoted to brigadier general, the first female deputy in the JTF history, by Rear Adm. Richard W. Butler.

■ **Garcia recognizes improvements.** from previous page

in 2003-2004, Garcia was here when detainees had recently moved from Camp X-Ray to Camp Delta, and for the construction of Camp 5.

"It's pretty wonderful to see all the great things that have happened in the past 10 years," she said. "I knew there were new facilities for the detainees, but I had no idea how new, and how modern and appropriate they are."

The Trooper's quality of life, Garcia said, was also a welcomed improvement.

"Ten years ago our work schedule was something like six days on, one day off in 12-hour shifts. That one day off really consisted of doing laundry, sleeping and doing more laundry.

"Now," she said, "Soldiers are on a five-two schedule, five days on, two days off. It's still 12-hour shifts for them, but they are able to get out and do things."

In addition to the amenities offered, and better living conditions than in 2003 when Camp America was just sea huts, the protective gear for guards has improved leaps and bounds, she said.

"At Camp Delta, there was just wire mesh between the detainees and the guards, and actually between the detainees and each other," she said, "so they were able to communicate and organize, and they were able to splash our guards and there was not much we could do about it.

"This was all new then," she said. "We didn't know what their techniques were, so we didn't have coveralls, we didn't have splash shields for our Soldiers' faces and we didn't have Plexiglas up.

"It was definitely a learning process," she said.

And it's a learning process that continues today.

"What's great about the military is we are a learning organization," she said. "We do AARs and we ask everyone, whether you are a 19-year-old private or a general, you get input," she said, "and everyone's input is taken seriously, then we learn from it.

"I think that's how we were able to get so far ahead of where we were 10 years ago," she said. "Because we looked at ourselves critically, and we said 'we're going to change that. I'm so proud of what we do.

"Our folks who work in the facilities are facing the enemy every day, up close and personal, face-to-face, and that enemy is still in the fight," she said. "This is my third time doing detention operations and every time, I look at these young Troopers and I think 'wow. Thank you for going into that facility every day.'"

JTF-GTMO Troopers have taken notice of Garcia's leadership and caring nature, only 60-days into her tenure as deputy commander.

"During the All Hands Call last month, General Garcia briefly discussed her previous tour here at Guantanamo," said Staff Sgt. Nina Hamlette-Wells, training noncommissioned officer, 525th MP Battalion.

"I believe her previous tour most definitely puts her in a position to understand how we as Troopers deal with the day-to-day stresses here at JTF.



BRIG. GEN. MARION GARCIA



SERVICE: Army Reserves

BRANCH: Military Police

CIVILIAN OCCUPATION: Veterinarian

FAVORITE ANIMAL: Greyhound

HOBBIES: Running, listening to music and quilting

"Having a leader who can relate to what you are going through is priceless; they haven't forgotten that they were once where you are," she said.

Hamlette-Wells also pointed out that as a female, Garcia is someone that other female Troopers can learn from, and look up to as a role model.

"It's an awesome feeling," she said of Garcia's promotion to brigadier general.

"It just proves to all of us (females) that times have changed and the sky is the limit for women serving in the military," she said.

But for Garcia, while she's humbled to be viewed as a role model, her real job, she said, is to be a Trooper's Trooper - a leader who leaves things better than the way she found it -- even for a second time.

"I look at all of you in uniform, and I owe you a lot," she said. "I owe you a lot, and I'm not going to let you down. As long as you keep talking to me, we'll be alright." 🌟

VIGILANT WARRIOR

Best of the 525th competes in quarterly challenge

Story and photos by Spc. Lerone Simmons

Staff Writer, thewire@jftgtno.southcom.mil

Sixteen fierce competitors of the 525th Military Police Battalion pushed themselves, and each other through the quarterly Vigilant Warrior challenge Aug. 30.

The event allows Soldiers to showcase and maintain battle readiness while gauging their individual fitness levels and recognizing their achievements by earning a gold, silver or bronze award based on their performance in eight events.

“The challenge gives Soldiers and leaders the opportunity to compete,” said Sgt. Ronnie Patrick, Headquarters and Headquarters Company, 525th MP Bn., training noncommissioned officer.

“There is no overall winner, it’s like challenging yourself,” he said.

Soldiers began the challenge with heats of 100-meter sprints followed by pull-ups/flexed-arm hang, bench press, long jump, sit-ups and pushups at the Bulkeley Gym. The gladiators then moved to Denich Gym for a 5k run and ended with Assessing of a Casualty Warrior Task at Cooper field.

“It’s great to have someone to motivate you, and also keep you on your toes,” said Sgt. Freddy Santos, Joint Troop Clinic-floor noncommissioned officer in charge, HHC, 525th MP Bn.

Santos and Patrick trained together for the challenge. Santos went on to win the 5k-run and said the hills and heat were the most challenging aspects of the race.

SFC Fernando Maldonado, the Operations NCOIC, 525th MP Bn., made sure that the event went ahead as scheduled and also ensured the safety of each Soldier by providing water and dispatching vehicles to shadow the runners.

“The challenge is a way for Troopers to keep in shape and stay motivated during their time here,” he said.

“Seeing their leadership supporting them shows that their leadership cares.”

First Sgt. Roland A. Ellis, 591st MP Co., showed up to support his three Soldiers who competed for the first time after being at Guantanamo for only 86 days.

“This is their way to gauge themselves,” he said. “This is a very competitive battalion and I look forward to supporting more of my Troopers next quarter.” 🍀

Staff Sgt. Kenneth Cabell, military police, 189th Military Police Company, leaps during the long jump event of the 525th MP Battalion’s Vigilant Warrior Challenge Aug. 30.



Sgt. Freddy Santos, Joint Trooper Clinic floor noncommissioned officer, Headquarters and Headquarters Company, 525th Military Police Battalion, crosses the finish line and wins the 5K-run during the Vigilant Warrior Challenge Aug. 30.

Beaches at GTMO stay clean thanks to volunteers picking up trash



Photo by Capt. Brian Pennington/The Wire

Troopers spend Labor Day hauling in 22 bags of garbage from Cable

By Capt. Brian Pennington

Command Information OIC, thewire@jtfgtmo.southcom.mil

Keeping the beaches at Guantanamo Bay clean and in immaculate condition doesn't happen by chance. Picking up left-over trash falls to environmentally conscious volunteers who dedicate their spare time to making sure the natural beauty of the beaches is kept up. Without these hard-working, dedicated men and women, the shores that Troopers and civilians enjoy would quickly become cluttered.

"Every month, at least one beach is cleaned," said Latoya Stewart, Liberty recreation assistant.

Sept. 2, as people enjoyed the many Labor Day festivities here, 11 volunteers each gave three hours of their morning to ensure everyone gets to enjoy a trash-free Cable Beach.

"It feels good to see people taking pride in their local beaches," said Stewart.

Cable Beach wasn't as dirty as past trash collections. Some cleanups require dozens of personnel and collect as many as 22 bags of trash, according to Stewart.

"It was good to see so many participants come to clean up Cable Beach on that hot, Labor Day morning," said Army Lt. Col. Eric M. Pless, command inspector general, Joint Task Force Guantanamo. "I was proud to have been able to help leave Cable Beach in better shape than it was when we arrived."

Pless, a certified diver, frequents many of the GTMO coastlines in his free time to enjoy the water.

"Being part of the cleanup initiative was a way for me to do my part in keeping the environment clean and pristine, so future personnel can enjoy it for years to come," said Pless. 🌟



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Join The Wire's Team
Writers & Photographers Wanted!
thewire@jtfgtmo.southcom.mil

Making Memories

MWR Arts & Crafts offers opportunities for Troopers to get creative

Story and photos by Staff Sgt. Lasima Packett

JTF-PAO, thewire@jtfgtmo.southcom.mil

It's time to put on your creative hat and head down to the Arts and Crafts Center to make something special. There are a variety of activities to give you the opportunity to design some unforgettable pieces and bring your creative side out.

For Joint Task Force Guantanamo Troopers, Liberty Sunday is an island secret — where unaccompanied active duty personnel can select a piece worth up to five dollars, and paint it for free.

“Liberty Ceramic Sunday is one of the most popular programs, where 20 to 40 people may show up,” said Michelle Maynard, Arts and Crafts Center manager.

Navy Lt. O. Dionyza, Behavioral Health Unit officer in charge with the Joint Medical Group, said the crafts center is relaxing and therapeutic.

“It is a great way to take care of yourself,” said Dionyza, “the MWR events, we rely on them, it's something we can't do without.”

Other activities include monthly canvas painting class, which is offered the first Friday of the month, and stein night, the craft that sells out quickly, and is offered every other month. The classes must be paid for at the time of registration to secure your seat.

For those Troopers with the talent or desire to be real creative, MWR also offers beginner's and advanced pottery classes. Maynard said to work in the pottery room you are required take the beginner's class to ensure all equipment is used properly; classes are offered monthly.



Blossom Neyra, recreational aid at the shop, has worked for the center for almost 25 years. Affectionately known as ‘Miss Blossom,’ she pours the molds for the ceramics and teaches an airbrushing class.

“It's fun helping the Service member's, especially during Liberty Sunday, because many of them have never done this before.”

Next door to the ceramics and pottery shop is the wood shop. It offers an introductory class, which familiarizes students with the equipment there. Once completed you are free to use the woodwork-

ing machines.

“It let's you get your feet wet,” said Maynard.

Right now it is not a requirement to take the class, but Maynard said that may change in the future.

If you can't get enough of the Arts & Crafts Center, there are always volunteer opportunities. For more information on these opportunities please call or email Maynard at ext. 4882. To check for times and dates of events call ext. 74795. 🌟



Navy Lt. O. Dionyza, Behavioral Health officer in charge, Joint Medical Group, paints a tea set at the Liberty Ceramic Sunday Aug. 4, at the Arts and Crafts Center.



Recreational Aid, Blossom Neyra, shows a ceramic sea horse ready for painting at the Liberty Ceramic Sunday Aug. 4.

Coming up at the

Fleet & Family Support Center

Call ext 4141

Command Financial Specialist (CFS)

Open to any E6 and above and/or spouses
Sept. 23-27, 8 a.m. to 4 p.m.

Transition Assistance Program (TAP)

October 28-November 1



The Wire

OPSEC CORNER

Your family and OPSEC

Have you talked to your family lately about OPSEC? Do they know how important it is to protect THEIR information — YOUR information? Are they even aware what information should be protected?

Tell them to check their online privacy settings first and make sure they know that some information just shouldn't be posted online ... such as troop movement dates, mission information or when Household Six will be visiting with parents.

Make sure they don't inadvertently give away information about themselves, you or your unit that any adversary could use — especially hometown bad guys such as burglars.

Keep your family and friends in the know about OPSEC. Protect yourself, your family and our mission by always using OPSEC.

JTF GTMO COMMAND CLIMATE SURVEY

WHO: ALL JTF Personnel (Military/DoD Civilian/Contractors)

WHEN: Aug. 26 – Sept. 20, 2013

WHERE: Logon from any JTF/MWR/Personal computer @ <http://www.deocs.net/user/login/login.cfm> - or <https://www.deocs.net/usertext/login/login02.cfm>

WHY: Rear Admiral R.W. Butler has directed all JTF personnel to complete this survey which gives everyone in the JTF the opportunity to provide opinions on where he should focus attention to improve the human relations climate of our organization. No attempt will be made to identify you, so please respond openly and frankly.

HOW: Before Aug. 26, each directorate will provide an individual access code and instructions to all of their personnel in order to complete the survey.

SURVEY POC: USSOUTHCOM Equal Opportunity Office Master Sgt. Torry Rice at COMM: 305-437-0261, DSN:567-0261, EMAIL: torry.rice@hq.southcom.mil

*Honor Bound to
Defend Freedom!*

"Flexible"

For a person to be truly physically fit, one needs three elements: strength, endurance, and flexibility. Without flexibility, our bones and muscles cannot do their job properly. Likewise, our attitudes for coping with a deployment have to be strong, enduring, and flexible. We have to be flexible with those we live with and those we work with. Are you flexible? Semper Gumbly!



Photo by Chief Petty Officer Anthony Sganga/DVIDS

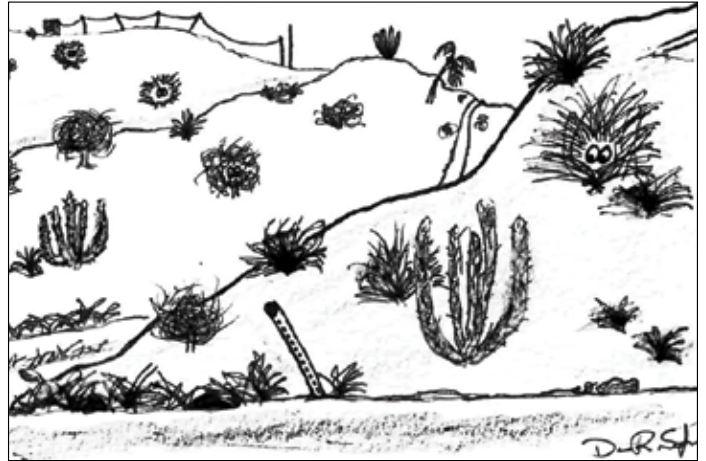


YNI Heather Ramirez
 MARSECDET, U.S. Coast Guard

SPC Orrioca Manuel
 613th MP Co., 525th MP Bn., U.S. Army

THE DOWNSIDE UP

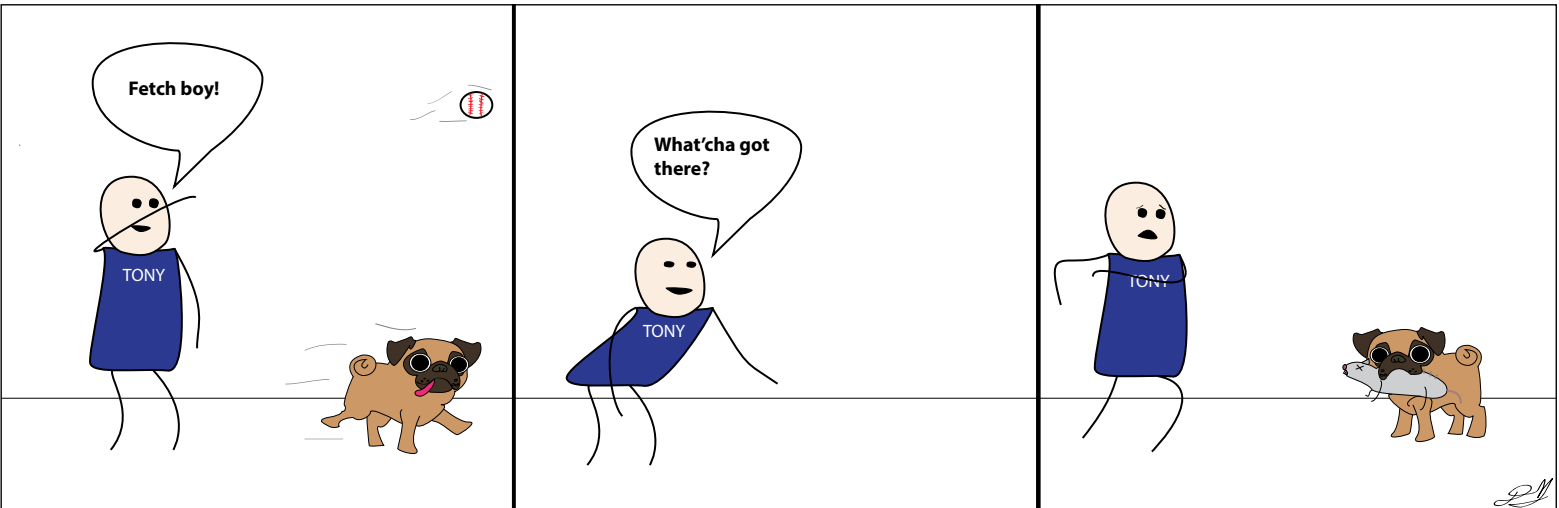
by Sgt. Darron Salzer



"The Hills Have Eyes III: GTMO"

GTMO JOE by Spc. David Marquis

A typical afternoon for GTMO Joe's friend **OPSEC TONY**:



10-Miles Down



Runners take to GTMO streets



Story and photos by Sgt. 1st Class Aaron Hiller
Graphics Editor, thewire@jftgmo.southcom.mil

As dawn broke over the hills surrounding Cooper Field Aug. 31, 87 runners stood at the starting line for the Morale, Welfare and Recreation office's annual 10-mile race.

Runners from each of the U.S. Naval Station Guantanamo's tenant units lined up at 6:30 a.m., to begin this year's race. The course took the racers from Cooper Field out past the U.S. Naval Hospital, then along the Ridge Line Trail to Kittery Beach Road, toward Joint Task Force Guantanamo to the Windmill Beach access road before heading back to Cooper Field once more. Competitors circled Cooper Field twice before crossing the finish line.

"I just happened to be visiting a friend here at the JTF and heard about the race," said Army Capt. Joshua Neves, who finished first in this year's race. Capt. Neves crossed the finish line first in 1 hour, 7 minutes and 3 seconds.

"I hadn't been expecting to run a 10-mile race when I got here," he said, "but I really enjoyed the challenge." 🍌



First Place	Second Place
Age 19 & Under	
Male: Kyle French – 1:29:03	
Age 20-29	
Male: Joshua Neves – 1:07:03	Darring White – 1:17:31
Female: Merissa Alcala – 1:20:58	Janet Hunt – 1:34:13
Age 30-39	
Male: Carlos Riley – 1:16:59	Benjamin Roodmouse – 1:18:31
Female: Christy Montana-Lee – 1:31:48	Erin Driver – 1:42:32
Age 40-49	
Male: Casey Gore – 1:13:53	Manuel Urbina – 1:20:07
Female: Lauren Evans – 2:08:29.68	Patrice Fant – 2:08:29.92
Age 50+	
Male: Jose Bautista – 1:40:03	
Female: Jozy Smarth – 1:51:37	

Graphic by Staff Sgt. Aaron Hiller/The Wire



Army Capt. Joshua Neves, a visitor to the island, crosses the finish line of the Labor Day Morale, Welfare and Recreation 10-Mile Run with an impressive time of 1:07:02 Aug. 31. Neves, assigned to the John F. Kennedy Special Warfare Center and School at Fort Bragg, N.C., decided to enter the race while visiting a colleague assigned to the 525th Military Police Battalion.

Meals with MONROE

Here's another idea for an easy weeknight meal. Try these *sweet corn* and black bean *quesadillas*. I did, and I loved them. I paired mine with some quick, homemade *pico de gallo*. The nice thing about quesadillas though is that you can adjust the ingredients and substitute as much as you want. Enjoy!

For this recipe, you'll need some **tortillas**, 1 can of **black beans**, 1 can of **corn**, a few pinches of diced **onions**, and a pinch of **cilantro**. Spread the ingredients onto one of the tortillas, then top with the other tortilla. Put on a lightly oiled baking sheet and bake at 400 degrees F for about 10-to-15 minutes. (Side note: at the time I made these, I didn't have access to an oven, so I used my griddle and worked just as well. I put it on 350-400 degrees F and just kept an eye the tortillas.) Once finished, enjoy! Top them with some sour cream or plain greek yogurt mixed with Sriracha sauce.

To build the perfect quesadilla, try these other add-ons:

- Breakfast Quesadillas: combine eggs, cheese, your choice of meat (bacon or sausage,) and spinach and grill.
- Add beef, chicken, or steak, peppers, onions, cheese and tomatoes.



SWEET CORN & BEAN QUESADILLAS



p.s.
(one last thing)

I want to hear from you! Did you try my recipe and loved it? Did you try my recipe and hated it? Well... that's too bad but email me anyways! If you have a recipe you'd like for me to try, **contact me!**
cassandra.l.monroe@jftgmo.southcom.mil

Looking for something to do this weekend or early next week? Check out these events brought to you by the Morale, Welfare and Recreation office:

FOOTBALL

Need your
football fix?

Every Saturday at Noon
The ENTIRE College lineup

Every Sunday at Noon
The ENTIRE NFL lineup

at O'Kelly's Irish Pub

**CALL OF DUTY
BLACK OPS II**
VIDEO GAME TOURNAMENT

CAMP AMERICA LIBERTY CENTER

SUNDAY, SEPT. 8 @ 7 p.m.

Call ext. 2010



Army Sgt. Scott Sieck snapped this shot of colorful sea glass washed up on Glass Beach over the Labor Day weekend.

PHOTO OF THE WEEK

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