

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

February 19, 2016

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BE A TRUSTED, INNOVATIVE PARTNER

Editor's Note: Navy Adm. Kurt W. Tidd, commander, U.S. Southern Command, conducted a town hall here, Feb. 9, and discussed his command philosophy to Joint Task Force Guantanamo Troopers.

First, we will remain the premier security partner of choice in this hemisphere. Not because our partners feel compelled to partner with us, but because they view us as the most steadfast, reliable and easy to work with security partner around. Today we face real competition for influence within our region; we cannot take any regional relationships for granted; we must work at them, invest in them.

Second, we will be the most trusted, and relentless, interagency partner. This interagency business has a friction and gravitational pull toward motionlessness that can stunt, mutate and kill meaningful initiatives. In every interaction with our interagency partners, we must seek ways to build trust where it is absent, sustain strength and trust where it exists, and vigilantly guard against careless actions that may destroy this. We must be relentless and absolutely unselfish in our pursuit of interagency success. We will not be discouraged, we will learn from our failures and keep swinging. If we get on base three

out of 10 times, we are in the interagency hall of fame.

Third, we will be THE operational innovation platform for the Department of Defense, for the interagency, and with our regional partners. As an organization, we will innovate to be fast, flat and agile. As a command, we will be easy to work with. Our challenges and our strengths will provide opportunities to innovate with both material and non-material solutions. We will tell everyone, "try it first at SOUTHCOM" and we will become the experimental platform of choice for innovators across the U.S. government.

Finally, we are trans-regional enablers and we are part of the solution. The challenges we face cross-geographical and political boundaries. As one example, three of our global competitors: Russia, China and Iran, are strategically and purposefully operating in the Western Hemisphere. As an enabler of other combatant commanders and the interagency who have the lead against these transnational competitors, we must have an outward, opportunistic mindset, a transregional mindset. I expect you all to be looking for opportunities to support our sister Combatant Command and interagency partners' operations and



initiatives. Do not just look at our areas of responsibilities, look for connections and challenges across AORs, and come to me with ideas about how to better synchronize our own efforts to complement others.

Again, I'm excited to be here. I am honored to join this great team. We are going to be innovative and aggressive as we, together - transform challenges into opportunities.

Remarks by
NAVY ADM. KURT W. TIDD
SOUTHCOM Commander



Deploying overseas marks a season of transition. Some go through significant personal transitions around deployments, such as marriage, divorce, birth, death or job losses. Those who have deployed multiple times say each deployment is unique, but transition is a constant factor.

How do we make sense of personal and professional transitions? William Bridges, author of the book "Transitions", describes three phases of significant life change.

Endings are how most transitions commence. When someone marries, his or her life as a single person ends. A divorce marks the end of a marriage. Deploying overseas is the ending of a phase of personal or professional life. Some endings are planned

MAKING SENSE OF DIFFICULT TRANSITIONS

while others may come as a surprise. If you have ever received a "Dear John or Dear Jane" letter on deployment, you know how this feels. If you are a member of the National Guard or Reserve and were notified of termination of employment shortly before deploying, you know how this feels. Some active duty Troopers received orders to deploy here on short notice, thereby learning part or all of a planned tour of duty would be disrupted. The list could go on.

Neutral zones: when things are not the same, but not what they are to become. William Bridges uses the example of Israelites wandering through the desert. No longer are they slaves in Egypt, yet they are not settlers in the Promised Land. The neutral zone is an uncomfortable place: this is where people live after the ending of a significant relationship and before a new one begins. People want to rush through the neutral zone because it is awkward and painful, but it is important to take your time sorting out values and priorities. This is a phase of re-organizing and re-imagining how life might become.

What will my life be like without the person who sent the "Dear John or Dear Jane" letter? What will I do for a living if I do not have a job waiting for me when I return from deployment?

Beginnings occur in the final phase of transitions. Completing a deployment marks the beginning of a new season of life. Marriage begins a new phase of a relationship. Birth brings new life and a new level of responsibility for families. Returning to school or starting a new job is the beginning of new opportunities. Accepting orders to new duty stations can lead to military career options previously unimagined.

We all go through transitions regularly and sometimes gracefully. Join us for a daylong workshop on transitions at the Leeward Galley on March 12, from 9 a.m. to 4 p.m. Contact myself at sean.a.cox@jftgtmo.southcom.mil or x3203 for details.

Article by
NAVY CHAPLAIN (CMDR.) SEAN A. COX
JTF GTMO Chaplain



LEADERSHIP & CHAPLAIN

The SOUTHCOM Commander outlines his vision. The Chaplain encourages us to make sense of different transitions in life by describing three phases of significant life change.



GTMO NEWS / COVER PHOTO

Read about changes at the nursery and their benefit to the Cuban ecosystem. The JTF adopts a green fleet. Assists the naturalist in assessing the health of the bay.



PHOTO STORY

The Photography Club teaches Troopers and residents how to be better shutterbugs. The Spice and Po Boys band marches into GTMO to share spirit of Mardi Gras.



ENTERTAINMENT

A JTF Trooper took the time to put pen to paper. See what a writing expert and his target audience thinks. "13 Hours" is a surprisingly good Michael Bay thriller, but is it five-hutia worthy?



SPORTS

The game of the week between the *Young Strikers* and *Manchesthair United* proves to be a closely-contested match between the defending champs and those looking to dethrone.



JSMART & HEALTH

Learn about creating a gender-specific workout that will help you meet your fitness goals. JSMART offers constructive ways to have fun.

MOTIVATOR OF THE WEEK

NAVY PETTY OFFICER 2ND CLASS

CAITLYN C. STRADER

JMG

SPC.

SAMANTHA L. MERRYFIELD

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COVER PHOTO CAPTION

Army Capt. Alan R. Redmon, the Joint Task Force Guantanamo director of engineering, searches for an opportunity to take a picture at Camp X-Ray Feb. 7, at U.S. Naval Station Guantanamo Bay, Cuba, during a field trip for photography club members. Every month the club, which is open to everyone, meets in various locations around GTMO.

KEEP WORK AT THE WORKPLACE

Do you have a notebook in your pocket with information about work? Things such as watch rotations, important phone numbers or people to notify in the event of an emergency? How about a copy of the standard operating procedures? This information is important to know and studying it can help you to remember it. This information is sensitive so it is better to read it at work and commit it to memory rather than write it down or carry a copy. The less information you take from the workplace, the less likely it could end up in a trash can, dumpster or be disclosed to people without the need to know. Use OPSEC and keep sensitive work documents at the workplace.

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COVER PHOTO BY

ARMY SGT. RYAN L. TWIST



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GTMO PLANT NURSERY - GREEN HOUSE FOR HEALTHY FUTURE



The plant nursery at U.S. Naval Station Guantanamo Bay, Cuba, provides a volunteer opportunity as well as free plants to residents of GTMO. (Photo by Army Sgt. Ian Withrow)

If you have been at U.S. Naval Station Guantanamo Bay, Cuba, for any length of time, it is likely you have driven past the plant nursery. If you have not noticed, it is tucked behind a tall chain link fence beside the golf course. The nursery lies beneath the shade of some of the tallest trees at GTMO and is a small horticultural wonderland.

In the past, the nursery has been used to grow native and non-native plants for decorating homes around the base, but the future holds another, equally vital role for the nursery.

As of fiscal year 2015, funding has been allocated for the development of a vegetation management plan. When the plan is finalized in 2017, it will allow the Naval Facilities Engineering Command, Public Works Department to aid the local ecosystem, in part by propagating native and other non-harmful plants and helping distribute them.

Parts of the vegetation management plan will be implemented between now and 2017, said Joe Madison, Natural Resources Manager for the NAVSTA PWD, as well as many, many years afterward.

"From a strictly nursery standpoint," said Madison. "The work to be done there including installing irrigation, constructing additional shade structures and putting an electric fence around the outside to reduce hutia damage within the nursery will start next Friday, Feb. 19."

Ideally, the nursery will help spearhead a move away from non-native or eco-unfriendly plants within the greater GTMO community, toward a healthier ecosystem, said Madison.

While the nursery has been here for many years, it began to languish, until volunteers took responsibility for the area and began to care for the nursery. Now, it provides not only educational, volunteer and relaxation opportunities for residents, it also provides a platform to affect positive change for the future, said Madison.

The plant nursery provides a simple and rewarding volunteer opportunity; it also provides free, mostly local plants for adoption

to help residents beautify their living space during their stay here. The only caveat, said Misty Heath, facilities management assistant with NAVSTA PWD, is if you are preparing to leave the island, the nursery asks you to return the plants you adopted so they can be re-homed.

"We've got agave, and our ornamental pineapples are always a favorite," said Heath. "We're open the first and third Saturday of every month for the public to come in, and each person can adopt one plant."

A large part of the nursery's success has been due to the support of the local volunteer community.

"We rely heavily on volunteers, we don't really have a budget so we need all the help we can get," said Heath, who spends much of her free time at the nursery. The nursery relies on volunteers to water plants, build structures, rake and see to the general maintenance and health of the area, said Heath.

Madison said he believes the nursery impacts the residents here in many ways.

"I don't think there is any question that the nursery is an important piece of the Naval Station Guantanamo Bay community for many of the local residents," said Madison. "Whether it is just getting your hands dirty working in a garden or using raking as a stress reliever or just enjoying the company of others who have an interest in plants."

The nursery is open every Saturday for volunteers from 8 a.m. to 11 a.m., volunteers can take home a plant with them each time they volunteer, a feature that both incentivizes volunteering, and ensures wide distribution of the hard-won fruits of the nursery's labor. Otherwise, interested parties can adopt on the first and third Saturdays of each month.

Article by

ARMY SGT. IAN WITHROW



Army Sgt. Joshua P. Douglass, a team leader and military police officer with the 744th Military Police Battalion, and volunteers to pull weeds in preparation for a xeriscaping project, at the U.S. Naval Station Guantanamo Bay, Cuba, plant nursery, on Feb. 13. (Photo by Army Sgt. 1st Class Marie Schult-Slosser)

YOU CAN'T HANDLE THE TRUTH...ABOUT GTMO GREEN VEHICLES

The face of the vehicles will be changing at Joint Task Force Guantanamo over the course of the next several months as the J4 transportation implements the General Services Administration initiative to transform its fleet to a greener, more efficient one.

Some of the changes to expect are smaller vehicles across the board, including the replacement of the larger trucks and cars with more economical ones. Army Chief Warrant Officer 3 Jeffrey Swem, the officer-in-charge of the J4 transportation office, gave us a sneak peak.

"The Malibu's and Avengers will be going to a Ford Focus-type car and full-size trucks will transition to a two-door Ranger-style truck," said Swem.

During the 45th annual Earth Day celebration on April 22 the GSA's Office of Motor Vehicle Management highlighted some of the many ways it has promoted energy efficiency throughout the federal fleet.

For example, during GSA's 2015 annual vehicle replacement cycle, MVM covered the entire incremental cost of acquiring 62 bi-fuel compressed natural gas pickup trucks for five federal agencies: the Army, NASA, Marine Corps, Navy and the Veterans Administration. The goal of the initiative is to support customers in their efforts to acquire an alternative fuel vehicles in the pickup truck category while furthering the GSA's goal of decreasing our dependence on foreign fuel sources.

But, the hope is to not only cut back on fuel usage, but also generate efficiency over the long term.

Swem said, prior to this change, GTMO has seen roughly 25 types of different vehicles here, which can make ordering parts and training personnel much more time consuming and expensive. Whittling the number of different vehicles down should allow a more streamlined process, be it ordering parts or changing the oil.

There have been several issues raised related to vehicle swaps. One of those is whether or not the smaller, more economic vehicles will be able to deliver the horsepower needed to accomplish tasks in some of the tough terrain, specifically the dramatic inclines over the unfinished roads throughout the hills around GTMO.

Swem answered these challenges with two suggestions. The first is for units to swap vehicles to meet the specific tasking. For example, if someone drives a smaller



A fleet of electric plug-in vehicles sits, ready to roll at Los Angeles Air Force Base in El Segundo, California on Oct. 31, 2014. Green vehicles, similar to those pictured above, will soon be replacing the current fleet used by Joint Task Force Guantanamo. (Photo courtesy of DVIDS by Air Force Tech. Sgt. Sarah Corrice)

car, switching out that vehicle for a larger truck may resolve the issue. Swem also stated heavier vehicles will still be available in the form of Humvees.

The second is a more common-sense

**“IT WILL
CREATE
CLEANER AIR
AND CLEANER
WATER”**

approach. For example, if the grip on dusty roads and hills is an issue, Swem suggests letting out a bit of air from the tires before your trip up, allowing the tire to settle and grip better and refilling them when finished with that route.

"We are more concerned with the mission, this is a reality and long term I think it will

be a good thing. Being more eco-friendly is just a side effect of that," said Swem.

Joe Madison, the natural and cultural resource manager with the Naval Facilities Engineering Command Public Works Department, described the impact this change could have on the environment.

"It will create cleaner air and cleaner water (locally) there is no question about it," said Madison.

The geography of a place is a determining factor in the environment, especially when it comes to air. Mexico City, for example, sits in a valley effectively trapping the air and unfortunately the pollution. GTMO similarly sits in a valley surrounded by hills, and while the pollution produced here is not on the scale of a major city, there is a footprint nonetheless.

"So, it will definitely benefit wildlife and plants here from the perspective of cleaner water and cleaner air," said Madison.

With every dollar saved in gas, the eco footprint of the world is reduced. Globally, less fuel used results in less mining and drilling.

Going green is becoming a reality for GTMO and the rest of the military. Embracing and working through this mission can ultimately have an impact on a large scale.

Article by
ARMY SGT. CHARLIE HELMHOLT

NATURALISTS CONDUCT CREEL SURVEYS OF LOCAL FISHERS



Being surrounded by water, U.S. Naval Station Guantanamo Bay, Cuba, offers many scenic views and unique opportunities, as well as a handful of avenues for aquatic entertainment. For many NAVSTA residents and Joint Task Force Guantanamo Troopers, fishing is one way for individuals to kick back and relax. With that being said, maintaining a healthy population of fish is imperative, for several reasons.

To get an understanding of the local marine wildlife, Joe Madison, the natural and cultural resource manager with the Naval Facilities Engineering Command Public Works Department, and his team conduct creel surveys.

With the amount of fishermen here, it is possible for different fish species to become over-fished, thereby diminishing the population and affecting the experience fishermen may have, said Briana Hall, a natural resources specialist intern with the NAVFAC PWD. It is imperative to make sure the marine life is thriving. The only way to accomplish this goal is to research the fishing habits thoroughly.

"We are trying to understand what's being caught and what size fish people are catching and the level of effort it's taking to catch those fish," said Madison. "The

main reason to do these surveys is to get a sense of what is out there both from a fishery management standpoint and from a fishing experience standpoint."

Air Force Master Sgt. Keith W. Vershay, the senior enlisted leader to the Office of the Staff Judge Advocate, said he feels these surveys will make the experience for fishermen better



A squirrel fish swimming along the reef of Windmill Beach at U.S. Naval Station Guantanamo Bay, Cuba. The Department of Natural Resources is conducting creel surveys in order to assess the health of the fish population in the bay by surveying scuba divers and fishermen about the fish they see and catch. (Photo by Army Sgt. 1st Class Marie Schult-Slosser)

in the long run.

Vershay is among the avid fishermen here on island and although he has not caught any big fish, he said he enjoys his time spent fishing, seeing a variety of interesting fish.

Anything to enhance the

fishing here would be huge, said Vershay. It is a popular hobby for people during their downtime and it is important to help improve fishing here and a good way to do so is through education.

"There's a lack of large fish here, specifically since we are in Caribbean waters and it's not necessarily because they have

been over fished," said Madison. "It's more than likely the result of a lot of factors. It could be ecological factors, storm surges or nutrient load. There's a whole myriad of things it could be."

These surveys are designed to help determine the health of

the bay, said Garrett A. White, a natural resource specialist intern with the NAVFAC PWD. The research also helps determine how much of an impact the residents of GTMO are having on the bay.

While conducting the surveys, Madison and his team often go out to different popular fishing locations around base and ask fishermen a series of questions to gather data.

"We go out to 12 or so different locations around base to find and count fishermen, boats and divers," said Hall. "If there are fishermen on shore, we survey them directly."

According to Hall, upon finding fishermen, the researchers ask if he or she has caught anything. If so, the researchers then measure the fish, photograph the fish, and jot down the information for the anonymous surveys.

The members of the NAVFAC PWD would like Troopers and NAVSTA residents to know the goal is not to restrict fishing, and participation in the surveys is a natural resources endeavor only, and the research gathered from the surveys helps fish and fishermen.

For example, if people are only catching smaller fish and they are not seeing fish that are reaching sexual maturity, then over time that fish species is not going to be here any longer, said White. If this is the case, the size limits can be adjusted to allow the species to get old enough to reach sexual maturity so you can maintain the fishery and enhance the local fishing experience.

The team of researchers would like to encourage JTF Troopers and NAVSTA residents who may be out fishing, to participate in the creel surveys if approached. The researchers would also like to remind fishermen the surveys are anonymous.

Article and photo illustration by
SPC. JUSTIN LE MALONE

PHOTOGRAPHY CLUB: AIM. FOCUS. CAPTURE THE MOMENT

After adjusting the aperture and shutter speed settings on their cameras, they gradually bring their cameras to their faces and look through the viewfinder. The artists aim their cameras toward the object at the other end of the lens. They focus on the scene in front of them and push the button, capturing an unforgettable image and challenging themselves in the process.

Every month, amateur photographers meet in various locations throughout U.S. Naval Station Guantanamo Bay, Cuba for the photography club, which is open to all Joint Task Force Guantanamo Troopers and NAVSTA residents.

"It's a way for people to learn about photography," said Theresa A. Weber, club member with experience and time within the group. "Whether you're an amateur or an expert, it's open to every type of skill level."

The last Sunday of every month, the club's members meet outside the Ocean View picnic area in a group, unless they need an object they cannot bring to the location, said Weber. New members are briefed on the base regulations regarding photography. Then a new photography skill is introduced to all members and everyone practices it, helping those who have questions. Every month the club leaders rotate on who teaches the group.

Staff members who have a better knowledge of a scheduled activity to teach the group.

This month's meeting focused on teaching new members about shutter speed techniques with their single lens reflex cameras. One of the tasks was to use a fast enough shutter speed to capture moving fan blades as if they were still; to stop the motion.

"I've been shooting for two years now and learned a few things that I didn't know before," said Marissa Nimetz, a GTMO resident. "(I have learned) how to use the shutter priority."

Nimetz enjoyed the activities held during the photography club, which taught her many new skills. There are always new and different ways to use the camera and she looks forward to the challenges and field trips that are planned throughout the month, she said.



Navy Cmdr. Mike Gregonis (left), director for resource management at the U.S. Naval Hospital Guantanamo Bay, Cuba, and Miriam Padron, a NAVSTA resident, attempts to use a fast shutter speed to capture moving blades as if they were motionless at the Windjammer Pavilion during a photography club meeting, Jan. 31.



Marissa Nimetz, a U.S. Naval Station Guantanamo Bay, Cuba, resident, takes a picture at Camp X-Ray, Feb. 7, during a field trip for photography club members. Every month the club, which is open to all Joint Task Force Guantanamo Troopers and NAVSTA residents, meets in various locations to work on photography skills.

According to Weber, the group selects challenges, which are random activities to keep members sharp during the month. The focused on shutter speed, aperture and manual settings, as well as lighting, and the rule-of-thirds and exchange photos with members every two weeks. She said they also work on how to make objects more artistic and find unique things around the island to photograph. Upon completing a challenge, members upload their images for other group members to review.

"We want the club to remain active," said Weber. "It's not very time consuming and you learn something new every time you do it."

Navy Cmdr. Mike J. Gregonis, director for resource management at the U.S. Naval Hospital Guantanamo Bay, believes he has improved his photography skills during the four months he has attended the meetings.

"When I first started doing this, most of my pictures were blurry," said Gregonis. "Just listening to the group and taking some of their advice, I'm getting some pretty cool shots down here even though we are limited to where we can go."

Field trips are scheduled for those interested in exploring and taking pictures of various objects or scenery throughout GTMO.

Army Master Sgt. Richard O. Crichton, an assistant engineer assigned to the JTF engineers, said his first time to the club was during a field trip to Camp X-Ray. Having never heard of the photography club at GTMO, his director invited him to tag along.

"The field trip was both interesting and enlightening," said Crichton. "From what I have seen and experienced at the field trip, there are a wide range of skills in the photography club, from beginners to professionals. As such, I hope to learn and improve as well as share my own knowledge with the members. It's nice to be around and communicate with others that share the same passion for the photography bug."

Sports are a popular activity held throughout GTMO, but for those who are not interested in watching people throw or kick a ball around, photography club is an opportunity for Troopers and GTMO residents to learn the art of capturing and preserving an image. If you have any questions or are interested in attending an event send them an email at photographyclub.gtmo@gmail.com.

Article and photos by
ARMY SGT. RYAN L. TWIST

SPICE AND THE PO BOYS COME MARCHIN' IN

Mardi Gras festivities were extended an extra weekend at U.S. Naval Station Guantanamo Bay, Cuba from Feb. 13-14, with a performance by Spice and the Po Boys at the Tiki Bar and Bayview Restaurant. The Jacksonville, Florida, based band brought a New Orleans flavor to Troopers and residents of NAVSTA as they played top 50, classic blues and R&B.

This was the first time the band has visited GTMO, as well as the first time some of the members of the band were afforded the opportunity to play for troops.

"It's been a pleasure being (here)," said Brittany 'Spice' Wescott, an American Idol contestant in 2008 and lead singer, Spice and the Po Boys. "To do something for the guys who fight for us and to entertain them, it's been amazing."

The band is the brainchild of Michael Bernos. He said bringing all the elements of the band together and incorporating a New Orleans feel.

"About three years ago I started the band," said Bernos. "I heard Brittany singing at a recording studio and I said 'wow.' You'll be hearing original music, cover music and Mardi Gras music which is the reason why we're here."

The smoky stage, dark backdrop, and vivid color displays brought residents a sense of a New Orleans blues club and with Spice singing

original music, the concept came together.

Spice started the shows first set with a cover of Adele's "Rolling in the Deep," to a receptive, but small audience. Meanwhile, other activities across the base, including the Girl Scout's Sock Hop event and a new movie screening, competed for participation. But as the night wore on, the Tiki Bar filled up with approximately 200 revelers.

"We had two events today

**IT'S NICE TO
GET PEOPLE
TOGETHER TO
EXPERIENCE
SOMETHING
NEW**

with the Sock Hop and the nurse event, but now I'm here at the Mardi Gras event," said Army Staff Sgt. Maria D. Delgado, medic with the Joint Trooper Clinic. "The band is great. Events like this allow you to let your hair down and have some fun."

Delgado thanked the Morale, Welfare & Recreation program for bringing bands like Spice and the Po Boys and other upcoming events.

For some Troopers, this was their first experience with

Mardi Gras.

"I think it's great that even though you're far away from home, it's nice to get people together to experience something new," said Viktoriia Nevmyvakova, information technology officer with Joint Medical Clinic. "Having events like this keep you from getting bored. The band is really cool."

Festive partygoers wore Mardi Gras hats, beads and masks as the Tiki Bar crowd began to grow and flow nearer to the stage. During the second set of the show, Spice and her background singers began to throw beads into the crowd. At one point, members of the crowd were brought onto stage to do their best impression of Tina Turner. In all, the event meant a lot to the members of the band.

"This a once-in-a-lifetime opportunity," said Robbie Knopf, drummer with the band. "I'm grateful for being here. It's not something most people get to do; to give back to troops."

Once both sets were complete, the band mingled with fans after the show. On Sunday, Feb. 14, Spice and the Po Boys played an additional set for residents during brunch at the Bayview. The clear day and sunny skies closed out a very eventful Mardi Gras and Valentine's Day weekend.

Article and photos by
**ARMY SGT. CHRISTOPHER
A. GARIBAY**



Troopers and residents of U.S. Naval Station Guantanamo Bay, Cuba, and Joint Task Force Guantanamo, decorate themselves with bead necklaces, hats and masks to celebrate the Mardi Gras performance by Spice and the Po Boys, Feb. 13.



Party hats, masks and beads sit atop a table at the Tiki Bar at U.S. Naval Station Guantanamo Bay, Cuba, Feb. 13. Troopers and residents enjoyed a performance by Spice and the Po Boys as they played original blues, R&B, and Pop.



Spice and the Po Boys plays to a crowd of approximately 200 revelers, during the Mardi Gras celebration held at the Tiki Bar, Feb. 13. The band played cover music, classic New Orleans blues, and R&B during their two-set performance.



Brittany "Spice" Wescott sings an original song written by Michael Bernos. Spice and the Po Boys performed for Troopers and residents at NAVSTA, Feb. 13. One of her last songs consisted of New Orleans favorite "Saints Come Marchin' In."



Jerian Walker, saxophone player for the Spice and the Po Boys, plays during an original song created by the band's founder, Bernos.

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.

2/19 FRIDAY	2/20 SATURDAY	2/21 SUNDAY	2/22 MONDAY	2/23 TUESDAY	2/24 WEDNESDAY	2/25 THURSDAY
Race (New) PG13, 7 p.m. Dirty Grandpa (New) R, 9:30 p.m.	The 5th Wave (New) PG13, 7 p.m. The Revenant R, 9 p.m.	Joy PG13, 6:30 p.m. Concussion (LS) PG13, 9 p.m.	13 Hours: The Secret Soldiers of Benghazi R, 7 p.m.	Kung Fu Panda 3 PG, 7 p.m.	The Big Short (LS) R, 7 p.m.	Norm of the North PG, 7 p.m.
21 and Over R, 8 p.m.	Tammy R, 8 p.m.	People Like Us PG13, 8 p.m.	LYCEUM CLOSED	Elysium R, 8 p.m.	LYCEUM CLOSED	Forrest Gump 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

MOVIE REVIEW / 13 HOURS: THE SECRET SOLDIERS OF BENGHAZI



I have to say, "13 Hours: The Secret Soldiers of Benghazi", is a pretty legit film. Normally, I do not walk away from Michael Bay movies with a sense of satisfaction but every dog has its day.

"13 Hours: The Secret Soldiers of Benghazi", takes place in Benghazi, Libya following the 2011 civil war, after the execution of Colonel Muammar Gaddafi, the Libyan dictator. Benghazi became one of the most violent places in the world, forcing the State Department to pull most of its staff out of the country, leaving the U.S. Embassy minimally manned, and the CIA Annex, a few blocks away with just one team of Global Response contractors.

The team of contractors consisted of Jack Silva (John Krasinski), Tyrone "Rone" Woods (James Badge Dale), Kris "Tanto" Paronto



(Pablo Schreiber), Dave "Boon" Benton (David Denman), John "Tig" Tiegen (Dominic Fumusa) and Mark "Oz" Geist (Max Martini) were in place as a last resort for protection if all else failed.

As U.S. Ambassador to Libya, Christopher Stevens (Matt Letscher), flies in, the six contractors meet Stevens at the special mission compound he was staying at to take a look at the security measures and security detail, they found it lacking, enter foreshadowing.

On the morning of September 11, 2012, Stevens notices a group of suspicious men photographing the compound, which needless to say, raises some alarms. That night, a large group of militants bombard the compound with gunfire and mortar rounds in an attempt to assassinate Stevens. With American lives at stake, the group of courageous contractors decides they must go and support the embassy compound security despite being ordered not to do so. The six men face overwhelming odds as they must accomplish the impossible and take on the 60-plus insurgents by themselves without additional support.

Not to sound like a critic but this is truly a must-see movie and I'm sure many of you will agree. Pulling up to the Downtown Lyceum, I saw more cars than I have for any other movie. "13 Hours" grabs your attention right away with intense scenarios and gun wielding action. I didn't even mind sitting through the typical Michael Bay'isms. You know, the dramatic slow motion shots while something is blowing up, or the scenic sunset shots as someone is dancing in the rays of light right before something bad happens and many more.

The action is intense, the acting is great and the movie touched many issues all service members can relate to. I can't give this movie enough credit. I will say that it was a little long. I found it funny that many of the audience members ran to the bathroom during parts were the movie lulled before the action flared up again.

I would give "13 Hours: The Secret Soldiers of Benghazi" four hutias but I love freedom so much, I'll throw in an extra one.

"13 Hours: The Secret Soldiers of Benghazi" is rated R for strong combat violence throughout, bloody images, and language.

Movie review by
SPC. JUSTIN LE MALONE

BOOK REVIEW / **THE TRAGEDY OF POWER**

Editors note: Army Capt. Gregory J. McElwain is an English writing expert.

In my civilian career, I am an eighth grade English teacher; I read many books intended for kids, and I love it. Young Adult Literature, or YA, is big business. Successful YA books become successful movies such as, "Twilight", "Harry Potter", and "The Hunger Games" may ring a bell.

Young adult literature is no longer exemplified by "Call of the Wild" or "The Outsiders." Kids do not want safe stories with redeeming themes and polished characters. They do not want to read about a dude riding a dog sled, let alone the events surrounding the life of Ponyboy Curtis. Students between the ages of 13 and 17 want something more edgy. These kids are experts of the head shot on "Call of Duty" and are able to retrieve lost expenses from "ladies of the evening" in "Grand Theft Auto."

Enter "The Tragedy of Power" by Army Sgt. Ian Withrow; you may have read his piece on setting a goal to write a novel in the Feb. 12 edition of "The Wire." Withrow, in attempting to write a YA novel, understands his audience does not want to be patronized, but challenged to deal with difficult issues facing their generation. Inherently, he also splashes the real world issues with elements of fantasy and the metaphysical.

Withrow's main character, Lauren, is born under strange circumstances and is quickly recognized as exceptional. Her ability to heal is seen within hours of her arrival in

the delivery room. News spreads and the family is thrust into the limelight with their miraculous infant at center stage.

In an attempt to bring stability to the family, Lauren's parents move, under the cover of night, to a new town, change their names, and start over. Lauren attempts to hide her ability and finds it difficult to fit in at a new school. She becomes fast friends with another outcast and the story seems to be progressing the way you would expect.

But, when tragedy strikes, it does not relent. Withrow's characters are complex and

THE PLOT IS ENTHRALLING AND MOVES AT A GREAT PACE

captivating, however, as in real life; people are wounded, ripped away and discarded. I promise you, this book will never get picked up by Disney for a trilogy series.

This is the young writer's first attempt at a novel. There is foreshadowing, there is symbolism, there is even Biblical allusion. The Plot is enthralling and moves at a great pace. His skills are immediately evident.

On the other hand, there are sections of the story that seem under developed. Similes

are trite. The intimate relationship between Lauren and her friend seem almost romantic-comedy-level cliché at times.

Fortunately, none of this is irreversible. Withrow has not presented "The Tragedy of Power" to an editor yet, and he understands the process can be painful and time consuming.

True to YA form, the author hints at the possibility of the character being something special, muddies the water with some middle school level conflict, and then sets Lauren out on her adventure. What I love about this book is the fact that Withrow does not have compassion for Lauren.

He seems to be OK with his characters being plunged into despair. Although this not the norm; his plot forces the characters to deal with loss, and I am not talking an oh-no-the-dog-died-at-the-end-of-the-book kind of loss, but an uncompromising lack of true companionship.

This book is not what we used to read when we were in middle school, but it is exactly what this generation will want to read.

After the next step of the arduous editing process, I am confident that this book will receive four out of five banana rats.

Withrow is hoping to send his manuscript to publishers this summer, wish him luck, and look for this sure-to-be-bestseller soon!

Article by

ARMY CAPT. GREGORY J. MCELWAIN

Photo illustration by

ARMY SGT. IAN WITHROW

MWR

2016 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

February 20	GTMO Mudder
February 27	Sprint Triathlon
March 5	Northeast Gate Run
March 12	Max Performance Games
March 14	Ultimate Frisbee League
March 19	Lucky Dog 5K
March 26	Aquatics Easter Egg Hunt
April 2	April Fools' Softball Trnmnt.
April 4	Softball League starts
April 11	Flag Football League starts
April 16	Youth Swim Meet
April 18	Golf League
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.

MOVIE REVIEW / THE REVENANT



Hollywood has been pushing out a lot of darkly-futuristic, sad, dystopian, despair-riddled movies over the last few years, making us think the future could be bleak. Finally, along comes "The Revenant" to remind us that not too long ago death, murder, mayhem and hard living was what frontiersmen struggled with on a daily basis.

Admittedly, I had no idea what this movie was about before viewing it, as the preview simply showed the main character, Hugh Glass (Leonardo DiCaprio), suffering and struggling in a cold wasteland somewhere. As it turns out, there is more to this movie than Glass suffering for the film's 156 minute running time. Glass is the guide for a fur trapping expedition is set in the 1820s along the Missouri River in South Dakota.

They struggle for survival of their bodies and souls, as they encounter every evil known to man. They are attacked by a tribe of brutal and relentless Arikara Indians, endure a vicious bear attack, and of course deal with a harsh frontier winter.

Based on a true story, this gripping and unsettling tale takes viewers deep into the dark heart of man. Glass, is mortally wounded during the bear attack and left for dead by his fellow trappers. He is so driven by revenge he physically pulls himself from his shallow grave and drives on. Simultaneously he runs from the dangerous, unforgiving, blood-thirsty Arikara Indians; death from his still fresh and very deep wounds; and toward his revenge.

Day after day, Glass endures hardship after hardship and tragedy after tragedy. Reportedly, Director Alejandro Inarritu, chose sites in remote Canada and Argentina with temperatures in the -25 degree Fahrenheit range to truly make DiCaprio and the entire crew suffer greatly for the sake of authenticity and art. The results are worth it for the audience, as you really feel for everyone in the film.

Even the excessively flawed character, John Fitzgerald (Tom Hardy), garners a touch of sympathy for the physical hardships he endures. Although at the end of the day, I think most audience members will feel only loathing for Fitzgerald. Hardy does a superb job of portraying Fitzgerald as the darkest of frontiersmen.

Inarritu chose his sites well, as the cinematography is a character all on its own and without it, the movie would be lost, especially because there is not much dialogue in the film. True to the stereotype, these frontiersmen do not have much to say.

For being a gripping, truly painful portrayal of the hardships man can endure, I give this film four banana rats.

"The Revenant" is rated R for strong frontier combat and violence including gory images, a sexual assault, language and brief nudity.

Article by
ARMY SGT. 1ST CLASS MARIE SCHULT-SLOSSER

YOUNG STRIKERS TAKE ON MANCHESTHAIR UNITED

The *Young Strikers* and *Manchesthair United* faced off in an intense game of soccer at the Cooper Field Complex at U.S. Naval Station Guantanamo Bay, Cuba on Feb. 11. The battle on the soccer field persisted until the final seconds of the game as the *Young Strikers*, the defending champions, scored the final point and sealed the victory, winning 3-2.

As the game began, it quickly became obvious, winning would not be easy for either team. Both teams' defense put an end to every offensive attack the opponents threw at each other. From one end of the field to the other, players ran back and forth calling out for the ball as they tried to score. Neither team was successful. Eventually, late in the first half, *Manchesthair United* was able to put the first point on the board.

Just as *Manchesthair United* pulled ahead, the *Young Strikers* answered with a goal of their own before heading into halftime.

"The first half was close," said Omar Hutchinson, the goalie for *Young Strikers*. "We weren't playing our usual game but we got it together in the second half."

As the final half began, *Manchesthair's* forward, Cory Kellum, scored and put his team up once again. The two teams continued to battle up and down the field as the clock ran down. Halfway through the second half, the *Young Strikers* were able to put the ball in the back of the net and tie the score once again. With two minutes left on the clock, a foul was called on one of *Manchesthair United's* team members and the ball was given to the *Young Strikers*.

The ball was placed in the corner for the



Joshua Sabino, center back for *Manchesthair United*, jumps and head butts the ball during the soccer game held at Cooper Field, U.S. Naval Station Guantanamo Bay, Cuba, on Feb. 11.

corner kick. A member of the *Young Strikers* kicked the ball toward the middle of the field where nearly every member of each team was waiting. The ball bounced from one body to the next before eventually landing in front of Martell Brown, a forward with the *Young Strikers*.

Brown got behind the ball and kicked as hard as he could. Luckily the ball hit the back of the net as the clock ran down, sealing another victory for the *Young Strikers*.

"We entered the game with the mindset to win," said Brown. "The first half was an uphill battle but in the second half we were able to regroup and focus and get the job done."

Despite their loss, Josiah Herrick, a midfielder for *Manchesthair United*, said he was still proud of how his team performed.

"We actually had a really good game compared to our previous games," said Herrick. "Unfortunately we lost. It was a real close game all the way to the end."

Kellum also said he is proud of his team and even though they have yet to win a game, he knows that with a bit more practice *Manchesthair United* will be a force to be reckoned with.

For more information on the Morale, Welfare & Recreation's soccer league and other leagues, contact the G.J. Denich Gym at x77262.

Article and photos by
SPC. JUSTIN LE MALONE



Martell Brown, a forward for the *Young Strikers*, dribbles the ball down the field as he tries to score during the MWR soccer game at Cooper Field on Feb. 11.

MWR KICKBALL

No.	Team Name	Standings
01	Flying Monkeys	4-0
02	The Innocent Runs	4-0
03	Kicking Balls	3-0
04	Ballsagna	3-1
05	Wu-Tang Forever	3-1
06	443rd MP Co	2-1
07	Blue Ballers	2-1
08	Cyclone Enforcers	2-1
09	Iguanamo	1-2
10	EWA	1-3
11	BEEF 18	1-3
12	Ball Kickers	1-3
13	GTMO Latinos Plus	1-3
14	Confusions	0-3
15	Mountain Maniacs	0-3
16	Ballz on Fuego	0-3

MWR SOCCER

MALE

No.	Team Name	Standings
01	XMart	5-1-0
02	Manchester City	4-0-0
03	Fire Department	4-0-0
04	Shamuri	3-3-0
05	NEX United	2-2-0
06	Spartans	1-3-0
07	Manchesthair United	1-3-0
08	Young Strikers	1-4-0

FEMALE

No.	Team Name	Standings
01	MisFits	4-0-0
02	One Love	1-2-0
03	Soccer Bombers	0-3-0



JSMART SPOT

▲ JSMART HELPER: DIEGO

KNOW YOUR LIMITS: ACHIEVE GENUINE COURAGE

Alcohol is known by many different nicknames to include “liquid courage.” However, does it really make us brave? For some, a drink may give them that boost of confidence to talk to the pretty girl or the guts to get on the dance floor. Where does this courage come from? In these circumstances, alcohol can minimize or mask the fear of rejection or the fear of humiliation. Fear is an innate feeling, which serves an important purpose. For example, the fear of being burned keeps us from being too close to a flame or a hot stove. Fear can keep us safe.

Alcohol has a number of neurological effects including essentially drowning or numbing one’s frontal lobe, which leads to lowered inhibitions. This impairs our judgment and decreases our level of fear when we really need to experience it. When our inhibitions are lowered, we are more likely to put ourselves in risky situations. We lose our “filter” and

sometimes say whatever comes to mind, including rude, disrespectful or socially unacceptable comments.

Lowered inhibitions can also cause us to do things that have negative consequences, such as drinking and driving, getting into fights, having risky sex, and potentially ruining our reputations and careers. The lack of good judgment some may interpret as bravery or courage while drinking causes many people to do crazy and self-destructive things. Our protective feelings of fear are replaced by an “I don’t care, or I’m invincible” attitude. This can eventually lead to further difficulties.

Know your limits, alternate water in between drinks, and drink responsibly. Practice self-confidence to achieve “genuine courage.” You do not need an extra drink, or any at all to have fun. Be comfortable with yourself and remember: “those that mind, don’t matter, and those that matter, don’t mind.” Those who judge you for your weird dance moves don’t matter and those who love and accept you, will find them endearing. The consequences of drinking too much are not worth it!

Want to learn more about healthy decision making and positive coping strategies? Contact JSMART at x2321.

Article courtesy of

NAVY PETTY OFFICER 3RD CLASS JONNI GILLISPIE

Joint Medical Group



MAN - WOMAN: FITNESS IS NOT GENDER SPECIFIC

A big difference between men and women is what they desire from their workout. Typically, men want to build huge muscles while women want to tone their bodies. To achieve these diverse goals, different approaches are required and different workout plans are made. Another difference between the genders is hormones. Having less testosterone makes it more difficult for women to build muscle at the speed men do.

“... females typically do develop muscle at about half the rate of men,” said Shannon Clark of www.bodybuilding.com.

Women, because of their different hormones, also tend to struggle when trying to lose body fat, which often encourages them to focus on cardio vs. lifting.

Physiology aside, there is not much of a difference. If you are a woman, and you find a workout online targeted for men, you can adjust it to fit you. The most common adaptations include

lower weight or fewer repetitions. Similarly, men can benefit from a more “feminine-type” of workout by applying the same principles in reverse.

While gender does play a role in your workout routine, there are many other contributing factors, said Clark.

For example, a person’s age and overall general fitness level has far more impact on their routine than whether they are a man or a woman.

The same general workout concepts can be applied to any single person. It is important to listen to your body and adjust accordingly. Everyone should strive to find a workout regimen they can enjoy while still making them sweat. Whether you are trying a workout “designed for guys” or one you found on the cover of “Cosmopolitan,” you can make it work for you.

Article by

ARMY SGT. IAN WITHROW



REDUCE THE POPULATION OF INVASIVE LIONFISH

When you are out enjoying the warm waters of U.S. Naval Station Guantanamo Bay, Cuba, you may come across a beautiful fish with white, dark red or brown stripes, and fins and dark spots. The venomous spines on the dorsal fins are a dead giveaway: this is an invasive lionfish.

Despite the lionfish being venomous, there is no need to be worried for your safety since they are not aggressive and will not attack you.

Lionfish have no natural predators and therefore can reach densities up to eight times higher than in their native Indo-Pacific range. They consume more than 130 species of fish, crustaceans such as lobsters, and mollusks and reduce biodiversity in areas they invade.

The best method known for controlling the lionfish population is for humans to remove them. Unlike restrictions on other fish species, there is no catch or size limit.

Some effective methods of

capturing lionfish include pole spears, spear guns or hand-held nets.

Why catch a lionfish you may ask? They are delicious when prepared correctly!

When cleaning the lionfish, with helpful instructions found online, be careful to stay clear of the venomous spines. The venom can lead to extremely painful injuries that could take days to heal.

If stung, soak the affected area in hot, but not scalding water, for 30-90 minutes to render the venom inert. Then, while monitoring for allergic reactions, seek medical attention. Thankfully, there have been no known human fatalities attributed to lionfish stings.

With that comforting knowledge, you can now enjoy some savory lionfish fritters while effectively reducing the population!

Article courtesy of

GARRETT WHITE

Natural Resource Specialist

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
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



Photo by Michael C. Woods

PARTING SHOT



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

THE WIRE