

THE WIRE

A JTF Journal

MPs of the Caribbean

Soldiers enhance JTF and GTMO community

Luck of the Irish

Reflecting on St. Patrick's Day



Leadership 101

Army Master Sgt.
Glen DeCecco

JDG Plans and Operations NCOIC

Leadership can be defined as maintaining the health and welfare of our Troopers and completing the assigned mission. That is easy to state, but can prove challenging. Therefore, before service members can lead they need a basic foundation.

Soldiers will recognize “Be, Know, Do” as the primary principles of leadership. It sounds so simple, yet, when practiced, these three words hold the power to transform an individual, a unit and any mission to which they are applied.

On the other hand, when one leg of this triad is missing or compromised, our individual and collective missions are hindered.

Undoubtedly, we have all felt the frustration of poor leadership. Therefore, if you hold – or aspire to hold – a leadership position in the U.S. military, everyone will benefit from your careful examination of what it takes to lead.

“Be, Know, Do” are great starting points.

This concept can translate to all services.

“Be” an example of positive values and attributes. “Know” your technical, tactical and interpersonal skills. To lead effectively, we must fully understand our specific duties inside and out! “Do” is the last leg, but it is just as vital. Demonstrate your abilities and conviction by influencing, making good decisions and motivating. The most important part of “do” is to demonstrate good leadership traits by performing and displaying a positive example of leadership.

Leadership is an honor, and should be treated as such. More importantly, it is a commitment and responsibility. Our Soldiers, Sailors, Marines, Airmen and Coast Guardsmen turn to us for guidance and mentoring. It is our responsibility, as leaders, to provide the leadership, performing that privilege to the best of our abilities.

Unfortunately, that is not always the case. Setting examples, enforcing standards and portraying a positive role model may prove difficult for some.

We make mistakes and need to learn from those decisions and actions so we do not repeat them. It’s those trial and errors, coupled with our success, that shape us as leaders.

Leadership is in conjunction with rank; however, rank does not make you a good leader. For those who want the rank but not the responsibility, my advice is simple ... get out! This is not the career for you.

I have had the honor and fortune of leading some of the best Soldiers in the armed forces, and I will always be grateful to be given that charge of responsibility. Leadership styles come in different packages and should, as long as they continually meet the “Be, Know, Do” fundamentals. Without these fundamentals leadership falls apart.

My advice for the young leaders that will shape our future military – follow and enforce the standard. Take from those role models, schools and experiences that have positively impacted your career and roll them all together to make the experience your own.

Don’t discard the negative; rather, use it to your advantage as a lesson on what not to do as a leader and learn from your mistakes.

Lastly, remember to be cognizant that you are being watched, evaluated and emulated by your subordinates – “Be, Know, Do.” ☆



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COVER:

Army Spc. Matthew Perez, with the 115th Military Police Company, mounts the turret of a Humvee during security duties at Camp America, March 16. - JTF Guantanamo photo by Marine Corps Lance Cpl. Justin R. Wheeler

BACK COVER:

Flowers bloom outside the entrance of Seaside Galley, March 5. - JTF Guantanamo photo by Army Spc. Cody Black

The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regard to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Document Automation & Production Service with a circulation of 1,000.

Army Pfc. Brian Curboy, with the 115th Military Police Company, Rhode Island Army National Guard, peers out over a swinging gate while guarding an entry access point, March 1. - JTF Guantanamo photo by Navy Mass Communication Specialist 1st Class Marcos T. Hernandez



525th MP Battalion leads the way

■ *Soldiers play vital role in JTF mission success*

Marine Corps Lance Cpl.
Justin R. Wheeler

JTF Guantanamo Public Affairs

For more than 60 years, the 525th Military Police Battalion has survived three deactivations, campaigns in India and Burma, and four campaigns in Korea. These difficult campaigns demonstrated the traits and capabilities of the 525th then and now. They continue to demonstrate those traits in support of Joint Task Force Guantanamo.

The 525th MP Battalion provides support to the JTF Guantanamo mission by providing internal and external security for the detention camps by ensuring the safe, humane, legal and transparent care and custody of detainees.

Soldiers of the 525th are trained as internment/resettlement specialists. This military occupation specialty focuses on day-to-day operations in a military correctional facility or detention facility.

“It is important for us to be here because we provide expertise in detention operations,” said Command Sgt. Maj. Steven Raines, command sergeant major of the 525th MP Battalion. “Our Soldiers here are trained. That’s their job.”

The 525th is composed of three companies, the Headquarters and Headquarters Company, 189th MP Company, 193rd MP Company, and one attached company, the 115th MP Company.

Each company has a day-to-day mission that’s important to the overall JTF mission.

The 115th MP Company provides external security for the JTF by patrolling the camps and occupying the guard towers.

The 193rd and 189th companies provide internal security within the JTF detention centers. The Headquarters and Headquarters Company supports the 525th by providing administration, logistical, medical, legal and financial support, and a chaplain’s office for religious support.

See 525th/12

Upkeep and responsibility



Army Sgt. Tashaia Bedminster tops off a vehicle with transmission fluid, March 1. – JTF Guantanamo photo by Army Sgt. Athneil Thomas

**Air Force Staff Sgt.
Angela Ruiz**

JTF Guantanamo Public Affairs

The J-4 motor pool transportation office at Joint Task Force Guantanamo provides the luxury for JTF Troopers to conduct their work around base on a set of wheels. All they ask is that the operators treat the government vehicles as if their own.

With more than 500 government vehicles circling around the JTF, approximately half of them arrive at the J-4 motor pool below maintenance standards.

“You are responsible for that vehicle once you sign that dispatch” said Army Staff Sgt. Louin Chung, J-4 transportation non-commissioned officer-in-charge.

Similar to taking care of personally owned vehicles, operators are responsible for the upkeep of vehicles assigned to them.

“If you have a vehicle assigned to you, you must perform the weekly preventative maintenance and keep them clean,” said Army Sgt. Tashaia Bedminster with the Virgin Islands Army National Guard, a light and heavy wheeled mechanic attached to JTF Guantanamo. “If you need a vacuum, you can call us or show up and use our vacuum free of charge.”

The JTF vehicles are required to be brought into the motor pool every 60 days for a re-dispatch. In addition, they must go in for routine maintenance every 6 months. In preparation for the routine maintenance, the vehicle operators should conduct weekly inspections.

“When you bring your vehicle in for the scheduled maintenance in a timely manner, the turn around is fairly quick,” Bedminster said. “Don’t wait for the vehicles to start breaking down before taking them into the motor pool for repairs.”

For Troopers with vehicles in need of fluids, the motor pool is stocked with engine oil, transmission fluid, radiator coolant and windshield washer fluid. They also have the capacity to jump start a dead battery and put air in tires.

“At least once a week, they should



Army Sgt. Tashaia Bedminster, deployed to Joint Task Force Guantanamo with the Virgin Islands Army National Guard 786th Combat Sustainment Support Battalion, operates a battery booster to jump start an idle vehicle along the road side, March 12. – JTF Guantanamo photo by Navy Mass Communication Specialist 1st Class Marcos T. Hernandez

check all the fluids in the vehicle, check the [head] lights, turn signals, break lights, if they need windshield wiper blades, light bulbs,” said Carol Hale, a licensing and dispatch agent with the J-4, “We can send them to Bremcor for a quick fix then.”

Although the speed limit at JTF and NAVSTA doesn’t normally exceed 25 miles per hour, accidents do occur. According to Hale, it is the vehicle operator’s responsibility to notify the J-4 motor pool as soon as possible, but not before filing a report with the Military Police.

“[The J-4 motor pool] performs routine damage assessments often, but in the case

of an accident, the operator is required to notify us,” Hale said. “Every case is different. The amount of time that it takes to repair damage depends on whether or not parts are needed and if so, if we have them on island.”

The message the motor pool wants its clients to receive is that they’re there for them.

“If you catch a small discrepancy, we can fix it before it snowballs into a big discrepancy,” Chung said. “Having your equipment ready is part of the mission, so if your vehicle is not ready then you cannot complete the mission.” ✪

Army Spc. Johanna Bravo, a supply clerk with Joint Task Force Guantanamo's Joint Detention Group, directs the dropping off of water at one of JTF's detention camps, March 8. – JTF Guantanamo photo by Navy Mass Communication Specialist 2nd Class Shane Arrington



Hydration, one bottle at a time

**Navy Mass Communication Specialist 2nd Class
Shane Arrington
JTF Guantanamo Public Affairs**

WebMD defines dehydration as “a condition that occurs when the loss of body fluids, mostly water, exceeds the amount that is taken in.”

No matter where a person is in the world, or how little exercise they do, proper hydration is a must. Take into account military personnel who are required to stay in shape. Sometimes they have to stand long watches outside, or are stationed somewhere that stays relatively warm year round. Having that combination makes hydration that much more important.

“Water is life,” said Army Spc. Johanna Bravo, a supply clerk with Joint Task Force Guantanamo’s Joint Detention Group. “You need it to live, and it’s our responsibility to make sure everyone gets it – Troopers and detainees alike.”

Bottled water is the main source of drinking water for JTF Guantanamo Troopers and the detainees. It’s this water that Bravo delivers throughout the JTF, inside the detention camps and to surrounding support offices.

“We deliver a lot of water,” Bravo said. “It sometimes takes us a whole day. We have to go slow to reduce the chance of the water falling from the truck.”

And when Bravo says a lot of water, she’s not lying. Approximately 80,000

bottles of water, weighing almost 62,000 pounds are distributed around the JTF in a year. That’s enough water to almost fill two average in-ground pools and the weight of 16, 2009 Dodge Chargers.

Bravo says special care is taken when loading and unloading the water because of the weight and lack of room to maneuver. She says Guantanamo Bay, being on an island, receives all of its supplies through air and sea transportation. This means that new supplies can possibly be delayed, and makes it imperative that something as important as bottled water isn’t wasted.

Another way Bravo’s shop makes sure water isn’t wasted is by strictly regulating how much water each place gets.

“We keep track of how much water everyone drinks,” Bravo said. “If a shop goes through water fast, we give them more next time. If they still have a lot left over next time we come around, they get less. At this point we know what goes where, so it’s rare we find ourselves having to compensate either way.”

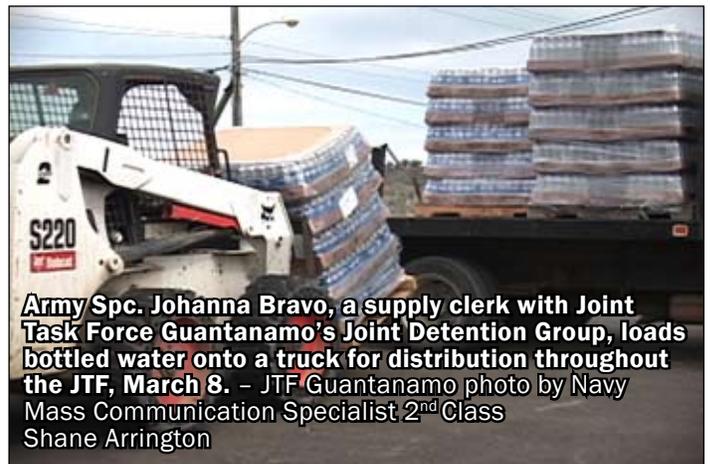
While bottled

water may seem to many a luxury rather than a necessity, it’s important to know that many of the facilities at JTF Guantanamo don’t have running potable water.

Navy Religious Program Specialist 3rd Class Tania Gedeon, who works in one of JTF Guantanamo’s “sea huts,” says she drinks an average of three bottles a day.

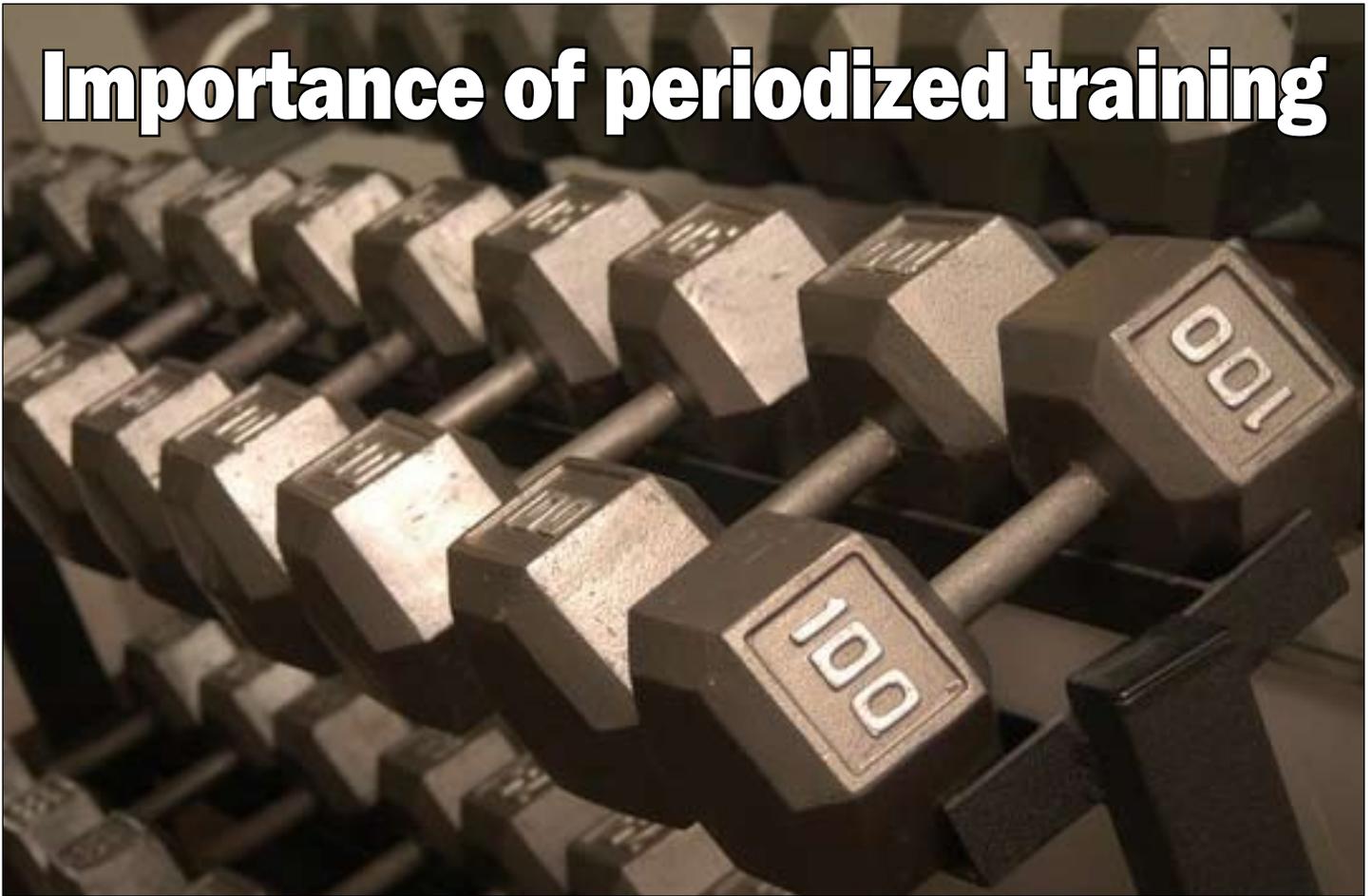
“I like to stay hydrated,” Gedeon said. “And even if I didn’t, it’s so hot here that I find myself thirsty quite often throughout the day.”

Staying hydrated keeps Troopers alert and mission ready. Bravo says she’s proud to be one of the ones who provide something so precious as drinking water to her fellow Troopers. ☆



Army Spc. Johanna Bravo, a supply clerk with Joint Task Force Guantanamo's Joint Detention Group, loads bottled water onto a truck for distribution throughout the JTF, March 8. – JTF Guantanamo photo by Navy Mass Communication Specialist 2nd Class Shane Arrington

Importance of periodized training



■ *Change your workout routine to achieve positive results*

Alec Culpepper
MWR Fitness Specialist

You have the best intentions regarding your workout, but find that your motivation has been shattered.

Lately, no matter how hard or how often you work out, you just can't seem to progress any further. You're stuck on a plateau.

It turns out that the exercise you've been doing has worked so well that your body has adapted to it. You need to "shock" or "surprise" your body a bit. You need to give it a new challenge periodically if you're going to continue to make gains.

Upon arrival to Naval Station Guantanamo Bay, Navy Intelligence Specialist Chief Petty Officer Kenny Anderson started working out. After a certain number of weeks he changed up his routine in order to stimulate continuous progress.

"I change my workout routine about every six to eight weeks," Anderson said. "Changing the program can mean changing the exercises around, switching the number of repetitions or sets you perform or even the type of training methods you use. If you always keep using the same program, eventually your progress will stall."

That goes for both strength and cardiovascular training. "Periodizing" your training is the key. Instead of doing the same routine month after month, you change your training program at regular intervals or "periods" to keep your body working harder, while still giving it adequate rest.

There are additional ways to mix-up a workout besides adjusting the repetitions or sets. For example, you can alter your strength-training program by adjusting the following variables:

- The number of repetitions per set, or the number of sets of each exercise
- The amount of resistance used
- The rest period between sets, exercises or training sessions
- The order of the exercises, or the types of exercises
- The speed at which you complete each exercise

There are many different types of periodized strength-training programs, and many are geared to the strength, power and demands of specific sports. The most commonly used program is one that will move you from low resistance and a high number of repetitions to high resistance and a lower number of repetitions.

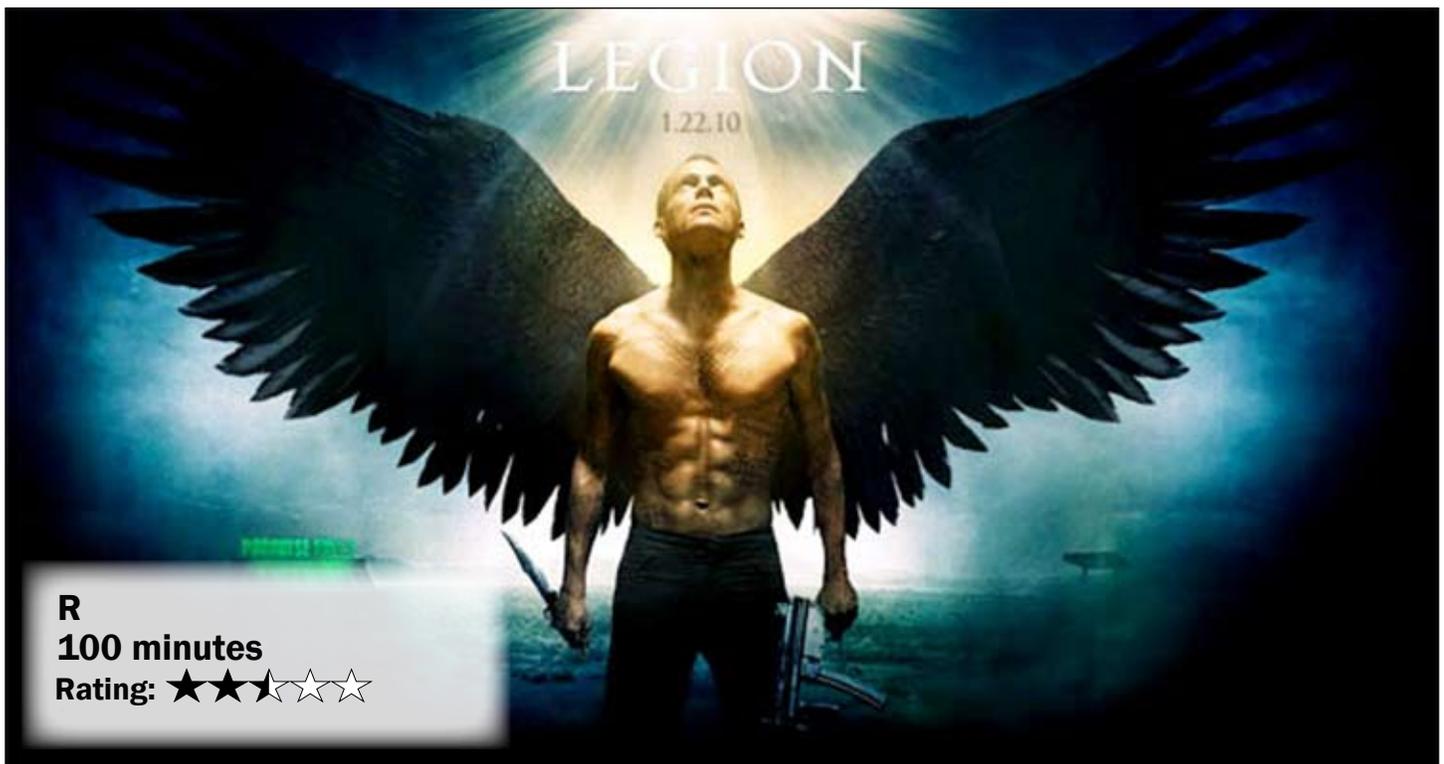
Such a program will allow your muscles to strengthen gradually and is appropriate for anyone interested in general fitness.

According to Ace Fit Facts, from acefitness.org, a frequently cited study conducted at the Human Performance Laboratory at Ball State University has shown that a periodized strength-training program can produce better results than a non-periodized program. The purpose of the study, which was published in the journal *Medicine & Science in Sports & Exercise* in 2001, was to determine the long-term training adaptations associated with low-volume, circuit-type training versus periodized, high-volume resistance training in women (volume = total amount of weight lifted during each session).

The 34 women in the study were divided into those two groups, along with a non-exercising control group. Group 1 performed one set of eight to 12 repetitions to muscle failure three days per week for 12 weeks. Group 2 performed two to four sets of three to 15 repetitions, with periodized volume and intensity, four days per week during the 12-week period.

The periodized group showed more substantial gains in lean muscle, greater reductions in body fat and more substantial strength gains than the non-periodized group after 12 weeks.

To achieve results and keep your body guessing, switch up your exercise routine. You might wake up the next morning feeling muscles you never knew you had! ★



R
100 minutes
Rating: ★★☆☆☆

Is this how the world ends?

Mass Communication Specialist 2nd Class
Zachary Harris
 JTF Guantanamo Public Affairs

What would happen if God suddenly lost faith in humanity? That's the question "Legion" attempts to answer in a vague, unfulfilling way.

At a service station/diner on the edge of the Mojave Desert, a battle to secure the existence of humanity is brewing between a small band of travelers, locals and a rogue angel and the army of heaven. While this sounds like it would make a great movie, this picture fails to deliver.

Paul Bettany stars as the rogue angel, Michael, who is cast out of heaven for disobeying a direct order from God. He was instructed to kill a child who is destined to lead humanity away from darkness as an adult. Instead, Michael decides to protect the child, whose mother works at the service station in Paradise Falls, right outside the Mojave.

Charlie (Adrienne Palicki) is a 21-year-old girl whose child is destined to save humanity. She is a disenchanted young woman with no desire to keep the child and no plans for her future. She merely wants to give birth and put the child up for adoption as soon as possible, so she can continue with her life.

Lucas Black stars as Jeep, the mechanic at the service station, who has an unwavering love for Charlie and her child. Unfortunately for Jeep, Charlie has no interest in him and is exasperated by his constant assurance that everything will be alright. Fortunately for Charlie, Jeep would give his life to save her child.

When an old woman walks into the diner and begins to chastise Charlie for her child, things begin to take an odd turn. The old woman, who is reminiscent of a sweet, stereotypical grandmother, turns into a possessed beast and

tries to kill Charlie's baby. She is stopped by the patrons of the diner with a few well placed bullets.

Michael enters soon after and enlightens the group of what is to come. With the help of Michael, the patrons of the diner are able to preserve their lives a bit longer. When God sees that the army of possessed souls does not work, he sends Gabriel, played by Kevin Durand, to finish the job.

Jeep and Charlie then make a final run to safety that is as cliché as it is predictable.

This movie could have been very entertaining except the story seems to lack direction. It felt like the director had intended to make a sequel to the movie when he directed it. The characters were not very well developed and the dynamics between them are shallow at best. The movie was entertaining during the action sequences, but quite slow for the rest of the film. ☆





Navy Capt. Dwyn Taylor (left), Navy Builder Senior Chief Stephen Ebel and Navy Builder 3rd Class Anthony Martinez slice the cake, March 13.

Navy "Bull" Ensign Angel Aviles and Navy "George" Ensign John Kaiser wheel the cake to the front of the Windjammer Ballroom, March 13.



Seabee Birthday Ball

JTF Guantanamo photos by
Navy Mass Communication
Specialist 3rd Class
Josuha Nistas



Seabees gathered around a table enjoy each others company and food, March 13.



Navy Capt. Dwyn Taylor (left), Army Brig. Gen. Timothy Lake, Navy Capt. Steven Blaisdell and Navy Capt. Monte Bible sit at the head table during the ball, March 13.

Irish eyes smiling at GTMO

**Navy Mass Communication Specialist 1st Class
Edward Flynn**
JTF Guantanamo Public Affairs

We often hear or read about cities such as Chicago, Boston, Pittsburgh, San Francisco and New York that hold parades and activities in honor of the patron saint of Ireland, St. Patrick. Although Naval Station Guantanamo Bay does not host a parade, its vast Irish-American community continues the proud tradition to pause and reflect on the many outstanding contributions made by the Irish and Irish-American communities.

Like other immigrant groups that also made contributions to America and its history, Irish and Irish-American veterans bravely served in harms way from the birth of our country in 1776 to Operation Enduring Freedom at Joint Task Force Guantanamo.

“St. Patrick’s Day is a day that gives Irish-American service members the opportunity to remember their heritage, no matter where in the world they are deployed,” said Marine Corps Maj. James

O’Sullivan, a Joint Task Force Trooper.

One might have mistaken O’Kelly’s Irish Pub at the Windjammer on March 17 as a small pub in Galway, Ireland. Listening to folk stories and singing traditional Irish songs, talking about the uniqueness of being Irish in America and using that quick, Irish wit; patrons enjoyed the festive evening while feeling a sense of home away from home.

“I always enjoy talking to people about the unique Irish culture and heritage,” said Navy Intelligence Specialist 3rd Class Kaylie Gordon, a Joint Task Force Trooper. “As an American of Irish descent, you feel a sense of pride for your heritage. You know that your ancestors worked hard to overcome and adapt when they arrived in America.”

The celebration of St. Patrick’s Day, held annually on March 17, also includes recognizing the many important contributions made by Irish and Irish-Americans in business, the media, sports, culture and the military. For many Irish and Irish-Americans, celebrating St. Patrick’s Day brings back fond memories of home

life, history, family, music and culture.

“So many Irish and Irish-Americans have made significant contributions to our country,” said Army Sgt. Kevin Foley, a member of the 115th Military Police Battalion with Rhode Island Army National Guard. “As an Irish-American, I am proud to serve my country and follow in the footsteps of countless American veterans.”

With the failure and plight of its main food staple, the potato, the devastation and shock of The Great Famine in the 1850’s transformed the country and people, and generated a massive influx of its surviving population to the United States. Arriving and raising families in many American cities, the Irish and Irish-Americans immediately helped build their new country, while still maintaining strong roots to a land they once called home.

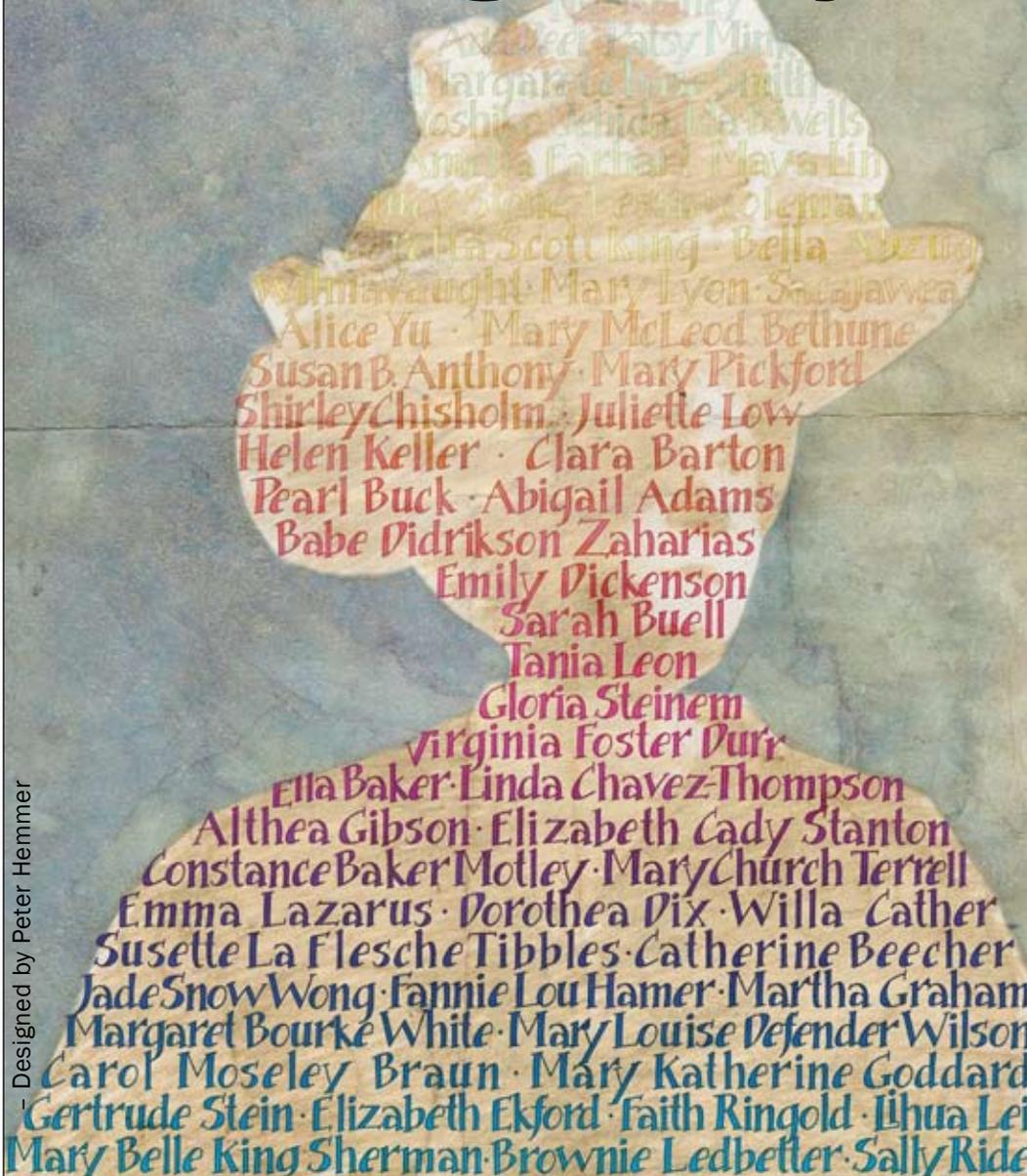
For historical purpose, St. Patrick, the patron saint of Ireland, was a Christian missionary who is credited with spreading Christianity to pagan Ireland. Additionally, for many in Ireland, it is an important day of remembrance, reflection and celebration with family and close friends. ★



A statue of Saint Patrick stands erect at Tara, Ireland. – Photo taken from flickr.com

Writing history

Designed by Peter Hemmer



**Army Staff Sgt.
Shereen Grouby**

JTF Guantanamo Public Affairs

This month, along with the rest of the country, Joint Task Force service members celebrate Women's History Month.

The theme for 2010 is writing women back into history. The year 2010 celebrates the 30th anniversary of Women's History Month and highlights themes from previous years. Each of the past themes recognized a different aspect of women's achievements, from ecology to art, and from sports to politics. These achievements throughout history shaped the United States.

President Barack Obama expressed the importance of Women's History Month in this year's proclamation when he said,

"Countless women have steered the course of our history, and their stories are ones of steadfast determination. From reaching for the ballot box to breaking barriers on athletic fields and battlefields, American women have stood resolute in the face of adversity and overcome obstacles to realize their full measure of success. Women's History Month is an opportunity for us to recognize the contributions women have made to our nation and to honor those who blazed trails for women's empowerment and equality."

"Women should be recognized for their very significant accomplishments and those pioneers who paved the way for us should be acknowledged for their part in history," said Army Capt. Josephine Hector-Murphy, JTF Headquarters and Headquarters Company commander. "From the past nurses, to now

where we work alongside men in many career fields, women should be acknowledged."

This year, women were written into history when the Congressional Gold Medal, the highest civilian honor given by Congress, was awarded to the Women Air Force Service Pilots, commonly known as WASPs. These aviators, all women, received overdue recognition in March at a ceremony on Capitol Hill.

These women represent the pattern or path that military women have traveled in history. They flew planes during the war but were not considered real military pilots. WASPs were long considered civilians, not members of the military, and thus were not entitled to the pay and benefits given to men. That changed in 1977 when they gained veteran status.

WASPs also sacrificed during their service when 38 were killed during World War II. They served the country that they loved, but were denied official recognition of their importance during the war, until now.

As recently as the 1970's, women's history was virtually an unknown topic to the general public. To address this situation, the Education Task Force of the Sonoma County, California Commission on the Status of Women initiated a "Women's History Week" celebration in 1978. The week of March 8th, which is International Women's Day, was chosen as the focal point of the observance. There, local Women's History Week activities were met with an enthusiastic response.

The first steps toward national recognition came in February 1980 when President Carter issued the first presidential proclamation declaring the Week of March 8, 1980 as National Women's History Week. Each year, the dates of National Women's History Week changed and every year a new lobbying effort was needed. A national effort, that included thousands of individuals and hundreds of educational and women's organizations, grew and was spearheaded by the National Women's History Project.

By 1986, 14 states had already declared March as Women's History Month. This momentum and state-by-state action was used as the rationale to lobby Congress, and in 1987 it declared March as National Women's History Month in perpetuity. A special presidential proclamation is issued every year which honors the extraordinary achievements of American women. ★

525th from 3

On an average workday, the camp guards can work up to 12 hours with about two extra hours of initial briefs or debriefs.

“These soldiers perform magnificently every day, in a stressful rigorous environment,” Raines said.

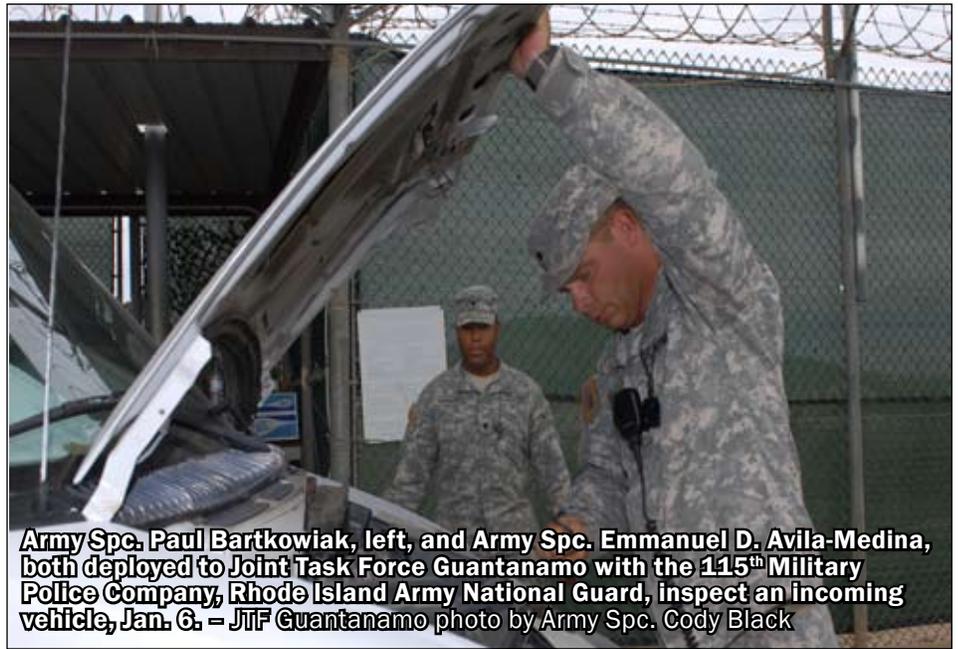
Guards who work the day shift complete weekly physical training requirements after work, while guards on night shift conduct PT prior to their shift. Every quarter the battalion conducts PT as a whole.

“The PT is a good team builder,” said Sgt. Brandy Palazzolo, with HHC, 525th MP Battalion. “The battalion commander and sergeant major come and PT with us on Wednesdays. It builds a lot of camaraderie among the Soldiers.”

Additionally, along with their military obligations, Soldiers from the 525th have heavily volunteered themselves within the Guantanamo community. They are not going unrecognized for these deeds.

“We give out numerous volunteer service medals for what our Soldiers are doing on their off-time,” Raines said.

The Soldiers from the 525th MP Battalion present ideal Troopers to the rest of the



Army Spc. Paul Bartkowiak, left, and Army Spc. Emmanuel D. Avila-Medina, both deployed to Joint Task Force Guantanamo with the 115th Military Police Company, Rhode Island Army National Guard, inspect an incoming vehicle, Jan. 6. - JTF Guantanamo photo by Army Spc. Cody Black

U.S. Army Southern Command and the U.S. Army as a whole. Soldiers from the 525th are three-time consecutive winners at

the Army South non-commissioned officer and Soldier boards of the first, second and third quarter, Raines said. ★

Gambling

Gamble (v.) - to stake or risk money, or anything of value, on the outcome of something involving chance.

Gambling can become addictive, lead to financial hardships and create stress at home.

DoD employees are not allowed to gamble while on federally-owned or leased property or while on duty.

Gambling with a subordinate is a violation of Articles 133 and 134 of the Uniform Code of Military Justice.



Coast Guard Maritime Enforcement Specialist 1st Class Jay Bush, Maritime Safety and Security Team member with Joint Task Force Guantanamo, engages a target during close-range firing drills at Windward Range, March 16. – JTF Guantanamo photo by Marine Corps Lance Cpl. Justin R. Wheeler

Boots on the Ground

by Navy Mass Communication Specialist 3rd Class Kellie Bliss

What is your favorite fairy tale or folklore legend and why?

**Air Force Staff Sgt.
Gary Learmonth**



“Robin Hood, because he takes from the rich and gives to the poor.”

**Coast Guard Machine
Technician 2nd Class
Barton McDonald**



“The Little Mermaid, because it’s my daughter’s favorite character.”

Army Spc. Robyn Vespia



“Cinderella, because it shows good things can happen even at the worst of times.”

**Navy Logistics Specialist
Chief Derrick Branch**



“Jack and the Beanstalk, because he overcame his fears and defeated the giant.”



The hunter with the duck call whistle

**Navy Lt.
Anthony Carr**
NEGB Command Chaplain

How are our perceptions? No, I am not asking how well you did on your latest audio or eye exam.

Many military leaders become very adept at “reading” people. Most of it comes from years of experience leading people, but part of it is just a “gut” feeling we get about a person.

The statement “perception is reality” is said throughout the military branches. Your military bearing, your appearance, and the condition of your uniform all say something about you, but does it say everything about you?

There are a lot of military personnel who

have good paperwork, excellent physical fitness scores and a lot of ribbons on their chest. But they may be just as broken as a service member who is in the sergeant major’s or command master chief’s office every other week for disciplinary action.

One is good at hiding, the other is not so good at hiding.

Sometimes the people everyone ignores and who everyone writes off end up the shining stars. Thus, our perceptions about people can be incorrect. That’s because our experiences from past interactions and events introduce bias and prevent us from taking situations and people on a case-by-case basis.

If it looks like a duck and quacks like a duck, sometimes it is a duck decoy and a hunter with a duck call whistle. You cannot

judge a book by its cover or determine the value of the gift by its wrapping paper. Additionally, you cannot judge a person by what you “hear” or the perceptions you have of them.

Saint Paul states in his first letter to the church in Corinth that “we know in part and we prophesy in part, but when perfection comes, the imperfect disappears.” Jesus said in Luke 6:37, “Do not judge and you will not be judged. Do not condemn, and you will not be condemned.”

We all are responsible for making the best impression possible on our commands and doing our jobs to the best of our ability. We are also responsible for making sure we balance our perceptions with concrete facts and to keep an open mind about situations and people. ☆

GTMO Religious Services

Daily Catholic Mass
Mon. - Fri. 5:30 p.m.
Main Chapel
Mon. - Fri. 12:30 p.m.
Troopers’ Chapel
Vigil Mass
Saturday 5:00 p.m.
Main Chapel
Mass
Sunday 9:00 a.m.
Main Chapel

Protestant Worship
Sunday 9:00 a.m.
Troopers’ Chapel
Islamic Service
Friday 1:15 p.m.
Room C
Jewish Service
FMI call 2628
LORIMI Gospel
Sunday 8:00 a.m.
Room D

Seventh Day Adventist
Saturday 11:00 a.m.
Room B
Iglesia Ni Cristo
Sunday 5:30 a.m.
Room A
Pentecostal Gospel
Sunday 8:00 a.m.
Room D
LDS Service
Sunday 9:00 a.m.
Room A

Liturgical Service
Sunday 10:00 a.m.
Room B
General Protestant
Sunday 11:00 a.m.
Main Chapel
United Jamaican Fellowship
Sunday 11:00 a.m.
Building 1036
Gospel Service
Sunday 1:00 p.m.
Main Chapel

GTMO Bay Christian Fellowship
Sunday 6:00 p.m.
Main Chapel
Bible Study
Wednesday 7:00 p.m.
Troopers’ Chapel
The Truth Project
Bible study
Sunday 6:00 p.m.
Troopers’ Chapel

Helping through art



Navy Religious Programs Specialist 2nd Class Castonia Lee, a chaplain's assistant with Joint Task Force Guantanamo, takes a few moments out of her day to sit by the water and write poetry, March 12. – JTF Guantanamo photo by Army Sgt. Derrol Fulghum

Army Sgt.

Derrol Fulghum

JTF Guantanamo Public Affairs

Navy Religious Programs Specialist 2nd Class Castonia Lee says she wants to be remembered as a compassionate person who helped others. One way she helps others is through her poetry, focusing mainly on writing about troubled youth.

“My mind can flow freely if something touches me,” said Lee, a chaplain’s assistant with Joint Task Force Guantanamo. It is this passion for helping others that has earned Lee her 15 minutes of fame.

Before joining the Navy 12 years ago as a storekeeper, Lee was going to school to be a veterinarian. The military appealed to her because of the benefits.

“The Navy recruiter was the most persistent,” she said. “He really wanted me to be a Sailor.”

Twelve years later, Lee sits in the chaplain’s front office, supervising the section. She is also responsible for handing out religious items to detainees.

“Working as a chaplain’s assistant has been a very good experience,” Lee said, of her six months at JTF Guantanamo. “If I could have my kids here, I could do this

forever.”

Her passion for helping troubled youth stems from her desire to see today’s children grow into strong, well-adjusted men and women. She uses her poetry to do so.

“My inspiration can come from anywhere,” Lee said. “Lately, I get a lot of it from watching the news. So many sad things happen every day, and I feel I have to write about it.”

Lee said some songs move her to write as well.

This passion and fire inside her, for helping others, does not go unnoticed.

“She has a gift for reaching out to people and helping them,” said Rosalind President, the pastor of a church near Lee’s home in Pensacola, Fla. “She seems to know what’s going on in someone’s life without them even talking to her, and she’s there for them.”

Lee has three children, and has spoken in their school classrooms.

“I try to help, no matter where I am,” she said.

The Internet is also a good outlet for Lee’s poems.

“I’ve put some out there ... a couple on [social networking Web sites],” Lee said.

In 1999, Lee changed her job from storekeeper to religious programs specialist.

“I’m a faith-driven person, a person of compassion and I like to help people,” Lee said. “I thought religious programs specialist would be perfect for me.”

Being a religious programs specialist has helped her increase her faith and given her many more opportunities to help others.

“You don’t find people willing to spend their money and time to help others like [Lee] does,” President said.

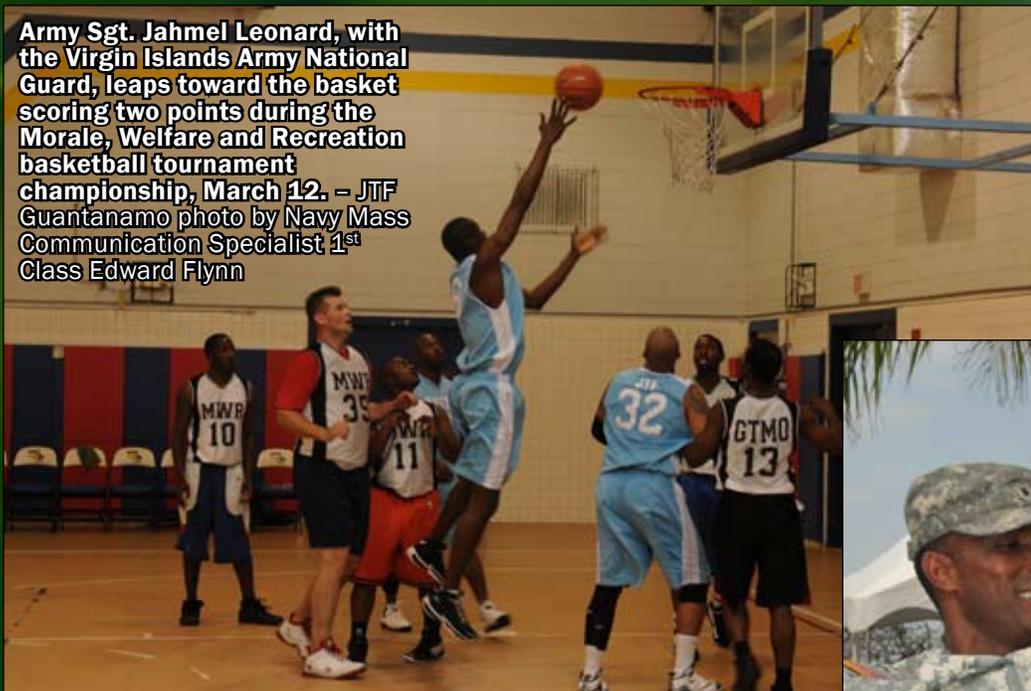
Lee sometimes likes to take a few minutes from her busy schedule to sit by the water and write poems. She has them all categorized, by theme, in binders.

“I share some poems, but many of them I’m not ready to show anybody yet,” said Lee. “A lot of it is private because of my frustration with how today’s kids are treated. Maybe one day I’ll refine them and have them published.”

That doesn’t stop Lee from helping where she can, though, even with the short number of days she has left in Guantanamo Bay as she completes her assigned tour.

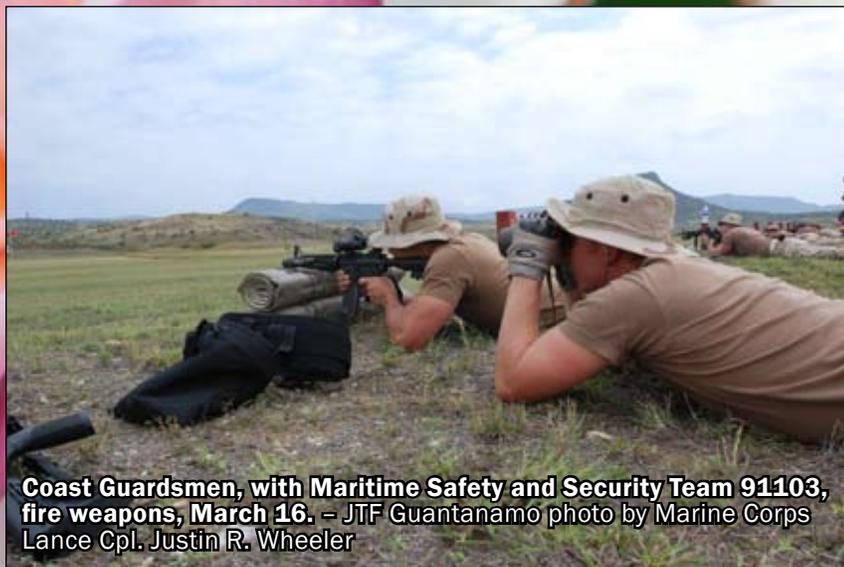
“If one person listens, then it’s worth it,” Lee concluded. ☆

Army Sgt. Jahmel Leonard, with the Virgin Islands Army National Guard, leaps toward the basket scoring two points during the Morale, Welfare and Recreation basketball tournament championship, March 12. – JTF Guantanamo photo by Navy Mass Communication Specialist 1st Class Edward Flynn



Army Brig. Gen. Timothy Lake, Joint Task Force Guantanamo deputy commander, replaces Army Lt. Col. Elwyn Browne's cover after being promoted, March 16. – JTF Guantanamo photo by Army Spc. Cody Black

Around the
★
JTF



Coast Guardsmen, with Maritime Safety and Security Team 91103, fire weapons, March 16. – JTF Guantanamo photo by Marine Corps Lance Cpl. Justin R. Wheeler