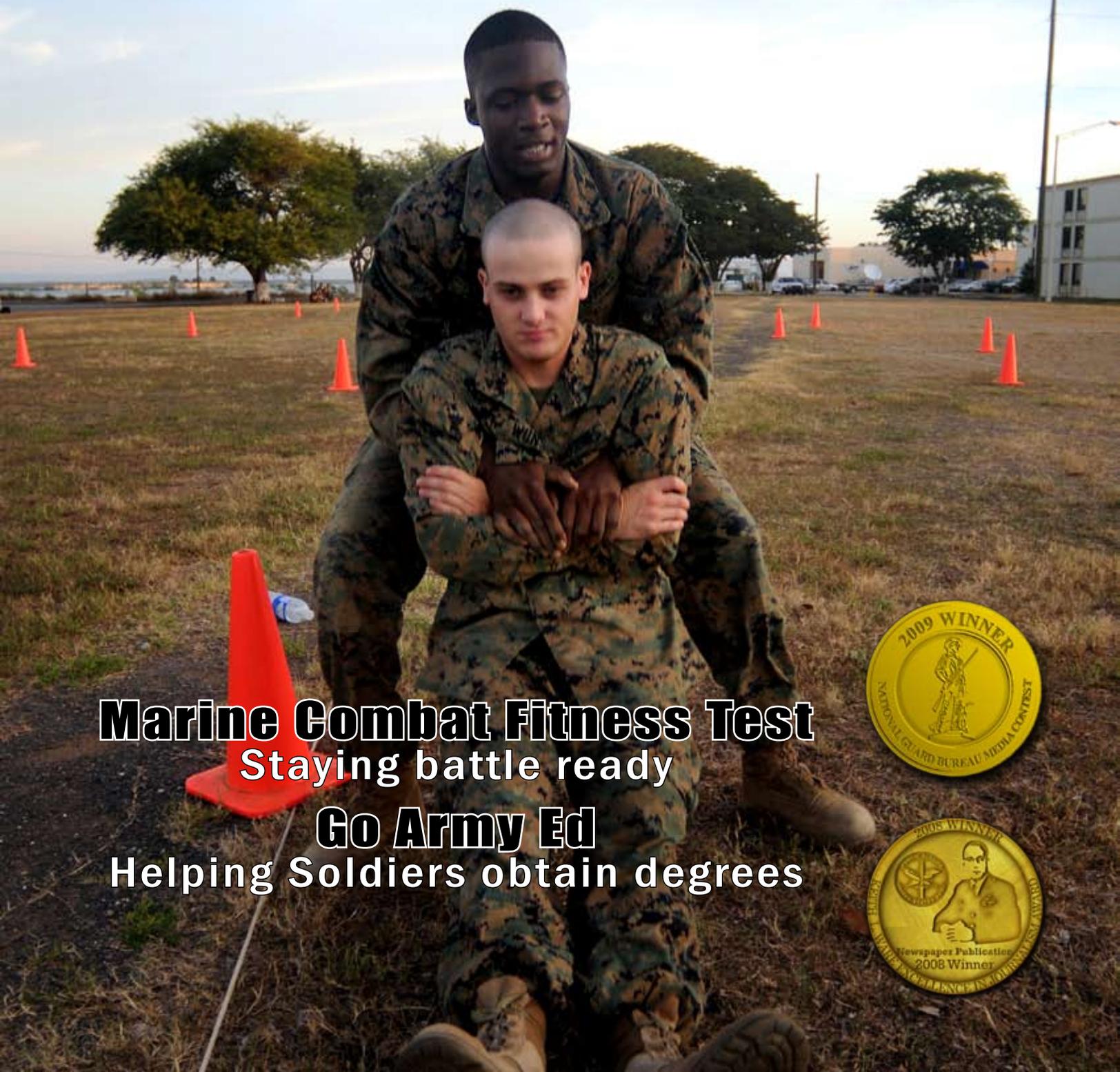


# THE WIRE

A JTF Journal



**Marine Combat Fitness Test**  
Staying battle ready

**Go Army Ed**  
Helping Soldiers obtain degrees



# Fit For Duty?

Army Command Sgt. Maj. Mark E. Porett  
JDG Command Sergeant Major

The phrase “Fit For Duty” has a lot of meanings for a lot of people. Most of the time, it means one thing and rarely captures the total Trooper concept. “Fit For Duty” has the underlying theme of being a balanced warrior. While fighting the most complex war in our nation’s history, a Trooper’s fitness to perform under austere, separated and diverse conditions is essential. The balancing of three things is the base for all Troopers, regardless of rank, status or position.

The first thought is that “Fit For Duty” refers to physical conditioning. Physical fitness is one aspect that must be maintained. Today, all Troopers wear the same equipment and accomplish similar missions. The positive stress associated with exercise and fitness is necessary and beneficial to counter the negative stressors of our daily activities. A daily routine will not only help you today with missions, but later in life when your metabolism starts to naturally slow.

The most often overlooked aspect of our fitness is the spiritual dimension. This aspect is not just going to a religious activity once a week, but rather living your belief and practices. I cannot think of any successful leader in American society who does not have some religious belief and involvement. Although we do not place one religion over another, the right to practice your religion as you see fit is one constitutional right worth exercising.

The third part of the base is mental fitness. Mental fitness is simply the capacity to manage stressors and day-to-day challenges. Do you really relax or stay busy off duty? “Work hard and play harder” is a common phrase. When do you take a break? We all know people with personal problems and no hobbies. We are reluctant to act or do not know the right way to approach them. There is no simple way or template to address personal issues. Some of the best practices are to know your team and let them know you are available. Caring helps maintain a professional team. This is not a group hug, downplaying shortcomings or being a tough-as-nails leader all the time. This can mean you make time for them, listen and are approachable. The personal interaction of our workforce is critical to identifying and assisting others in maintaining their mental fitness.

Diamonds may get made with enormous pressure after a long time, but we don’t benefit from long-term pressure. Everyone must find the mental relaxation time to manage the unexpected, emotional and personal pressures of life. Leaders must know their team and how each member relaxes.

Keeping yourself “Fit For Duty” by balancing physical, religious and mental aspects of your life is essential to maintaining a world-class team. After all the technology and resources are filtered, the Trooper is the most essential piece of our nation’s defense and future. There is no piece of equipment in our arsenal that does not take a team member to operate. A physically, spiritually and mentally fit trooper is the right person to carry out our mission, take our country into the future, and is truly “Fit For Duty”. ★



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### COVER:

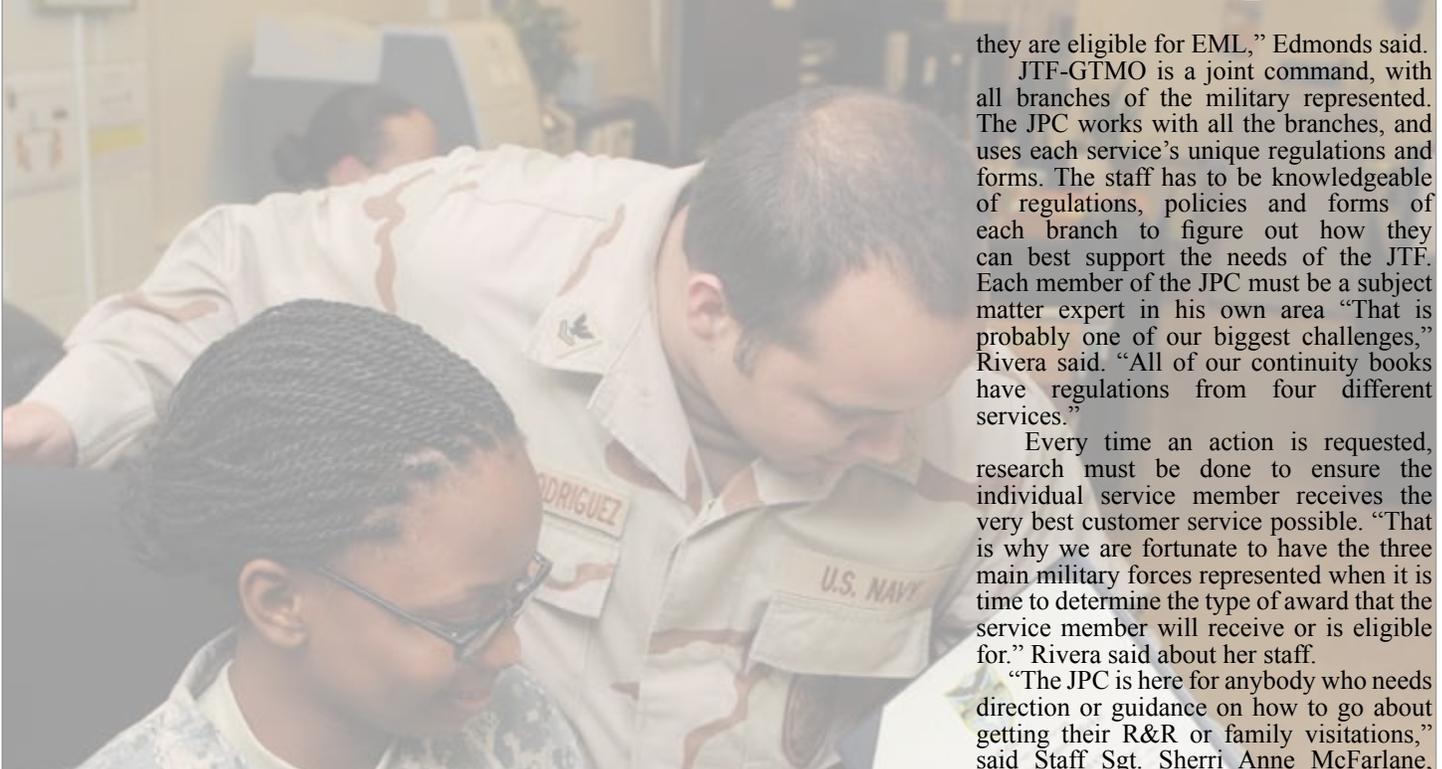
**Marines with Marine Corps Security Forces Company perform a simulated casualty move during maneuver-under-fire drill of the Marine Combat Fitness Test, Aug. 18, 2010.** - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua R. Nistas

### BACK COVER:

**Bill Gause (top) performs maintenance on a telephone wire.** - JTF Guantanamo photo by Army Spc. Juanita Philip

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.

# Customer service for the Troopers



**Army Spc. Juanita Philip**  
JTF Guantanamo Public Affairs

From the moment Joint Task Force Guantanamo Troopers arrive, to the moment they leave the island, they are tracked by the Joint Personnel Center.

The JPC, also referred to as the Trooper One Stop, is responsible for receiving, tracking and out-processing personnel, as well as duty status accountability, administrations and awards and decorations for JTF-GTMO personnel.

The Trooper One Stop, with its staff of eight, is constantly engaged in duty status accountability. When service members go on leave, temporary duty, pass, or leave the island for another duty station, it is the responsibility of the JPC to know the status of these service members

“We maintain total force accountability, while providing customer service to more than 2,000 personnel,” said Air Force Capt. Renee Rivera, officer-in-charge of the JPC. “We execute many JTF-GTMO personnel programs to include rest and recuperation leave requests, emergency leave requests, awards programs, evaluations, visitor requests and accountability, just to name a few. In addition, we guide members on service-specific issues”

Another popular program the Trooper One Stop coordinates is the Environmental and Morale Leave Program, which a lot of service members are not aware of.

“Not a lot of people know that [EML] is offered here,” said Air Force Staff Sgt. Kimberly Edmonds, customer service non-

commissioned officer. “It has not been used very often.”

The R&R leave program is for eligible service members who deploy here, while the EML is for permanent party or service members who are stationed here. “If a service member is here for 365 days as a permanent change of station, not just temporary duty or individual augmentee,

they are eligible for EML,” Edmonds said.

JTF-GTMO is a joint command, with all branches of the military represented. The JPC works with all the branches, and uses each service’s unique regulations and forms. The staff has to be knowledgeable of regulations, policies and forms of each branch to figure out how they can best support the needs of the JTF. Each member of the JPC must be a subject matter expert in his own area “That is probably one of our biggest challenges,” Rivera said. “All of our continuity books have regulations from four different services.”

Every time an action is requested, research must be done to ensure the individual service member receives the very best customer service possible. “That is why we are fortunate to have the three main military forces represented when it is time to determine the type of award that the service member will receive or is eligible for.” Rivera said about her staff.

“The JPC is here for anybody who needs direction or guidance on how to go about getting their R&R or family visitations,” said Staff Sgt. Sherri Anne McFarlane, non-commissioned-officer-in-charge of the JPC. “We are here to provide customer service to the Troopers of JTF.”

Rivera praised her staff and their commitment to JTF-GTMO. “We are a joint team that embodies the term joint,” she said. “My office is filled with experts in the field. I have a team that is ready to support at any moment.”



**Army Staff Sgt. Sherri Anne McFarlane, non-commissioned officer-in-charge for the Joint Personnel Center, discusses accountability issues with Air Force Master Sgt. Richard Jones, superintendent for the Joint Personnel Center.** – JTF Guantanamo photo by Army Spc. Juanita Philip.

# Maintaining Combat Readiness

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

Marines from Joint Task Force Guantanamo and Marine Corps Security Company, and Soldiers from the 525th Military Police Battalion, performed a Combat Fitness Test (CFT) Aug. 18.

The standard Marine Physical Fitness Test consists of pull-ups, abdominal crunches and a three-mile run. This test, which has had no major changes since 1972, measures aerobic endurance, and core and upper body strength, but does little in determining how Marines can hold up in specific combat situations. To remedy this, the first CFT was officially given in 2008.

The CFT is done in uniform and consists of an 880 yard run, ammo can lifts and a maneuver-under-fire drill. The test is quick and dirty, made to force a Marine to produce high levels of energy for a short duration – much like a combat situation may require.

“This isn’t regular PT; we wouldn’t be able to do this every day,” said Marine Gunnery Sgt. Jose Mercado, Joint Task Force Guantanamo Marine Senior Enlisted Advisor. “It’s not as long [as the regular PT test], but it puts a tremendous amount of stress on the body. This test is the best way to determine how we’d operate in a combat environment.”

The 880 yard run, which is a half mile,

is meant to be sprinted. It’s used to simulate short burst runs Marines may have to do in combat. Marines in the 17-26 year-old age bracket must complete the run in four minutes and 13 seconds to receive the minimum passing score. For the second portion of the test, the ammo lift, the same age bracket must lift a 30 pound ammo can over their head at least 33 times while standing.

The maneuver-under-fire drill, the final and longest part of the test, is made up of multiple events. First the Marine must sprint 25 yards, then low crawl 10 yards and high crawl another 15 yards. Once up, the Marine has to diagonally navigate through five cones until they come upon a simulated casualty. They then pick up the casualty and drag him for 10 yards, then fireman carry him for another 65 yards back to the starting point. After dropping off the casualty, they pick-up two 30 pound ammo cans and run for 50 yards, then navigate through cones for another 25 yards. After the cones, the Marine places the ammo cans on the ground, picks up a dummy grenade and throws it towards a target 25 yards away. If he hits inside the target, five seconds are taken off their time. After the grenade is thrown, the Marine drops down, does three push-ups, gets back

up and goes back through the course to the starting point.

A Marine must achieve a minimum score of 60 to pass each event; however, an overall score of 190 is needed to pass the CFT.

“The CFT is way more challenging than our regular PT test,” said Marine Cpl. Michael Cunningham, a member of the Joint Intelligence Group. “It does a better job of preparing a Marine for a combat tour in Iraq or Afghanistan. We should always be ready, and this helps us do that.”



**Marine 1st Lt. John Langer, J-3 planning officer, carries a simulated casualty during the Marine Combat Fitness Test, Aug. 18.** – JTF Guantanamo photo by Navy Mass Communication Specialist 2nd Class Shane Arrington

# Imagination runs wild

Army Sgt. Tiffany Addair

JTF Guantanamo Public Affairs

Based on Beverly Cleary's Ramona and Beezus book series, "Ramona and Beezus" is amusing, focusing on the joys, tests and fears of childhood.

Ramona (Joey King) is a 9-year-old girl who suffers from middle sibling syndrome. Her older sister, Beezus (Selena Gomez), is smart, pretty and perfect. Beezus is a sophomore in high school and is annoyed with her sister's antics.

"Everybody loves Beezus, and everybody hates me!" Ramona says. Ramona is plagued with mishaps, from damaged hair from a princess crown, to an annual school photo gone wrong. For such a small girl, she gets herself into impressively large disasters. Ramona has a knack for getting in trouble without trying. She is brave and imaginative, and sometimes things get a little out of hand.

Her teacher (Sandra Oh) thinks she lacks focus. Her classmates think she is odd. Even her best friend and neighbor cannot stand up for her all the time.

While the movie portrays Ramona as a rambunctious, free-spirited individual, there are real-life situations that arise and impact her and Beezus. Their family is not wealthy, and when her father gets laid off, they cannot help but overhear real worries of their house being foreclosed. Ramona worries that the bank will "take the house," which she imagines as them physically taking their home away. She tries to raise money to help out, which inevitably leads to a bigger mess.

The director, Elizabeth Allen, manages to walk a line, balancing the light and dark issues, and making it feel effortless. All the little challenges and triumphs feel real, but all of its silly charm keeps the movie from being a complete downer.

The movie offers lessons to be learned with the lightest of touches, with the most important one about the importance of family.

"Ramona and Beezus" is a well-constructed kids' movie that combines equal parts of goofy playtime and shenanigans with the tougher aspects of life such as job loss, death and anger management. There are so many subplots it's hard to focus on any single story. The romantic subplots of the movie draw too much attention away from Ramona and her world. So, at times, the story drags its feet.

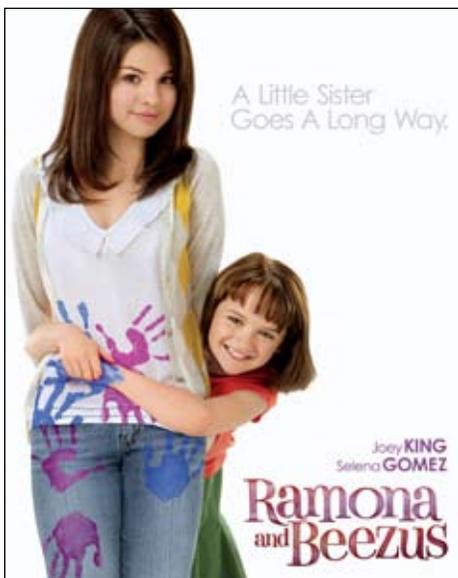
Overall, "Ramona and Beezus" is a movie that can be enjoyed by the whole family. ♡

**G**

**104 minutes**

**Rating:** ★★☆☆☆

FRIDAY, AUG. 27, 2010 | MOVIE REVIEW

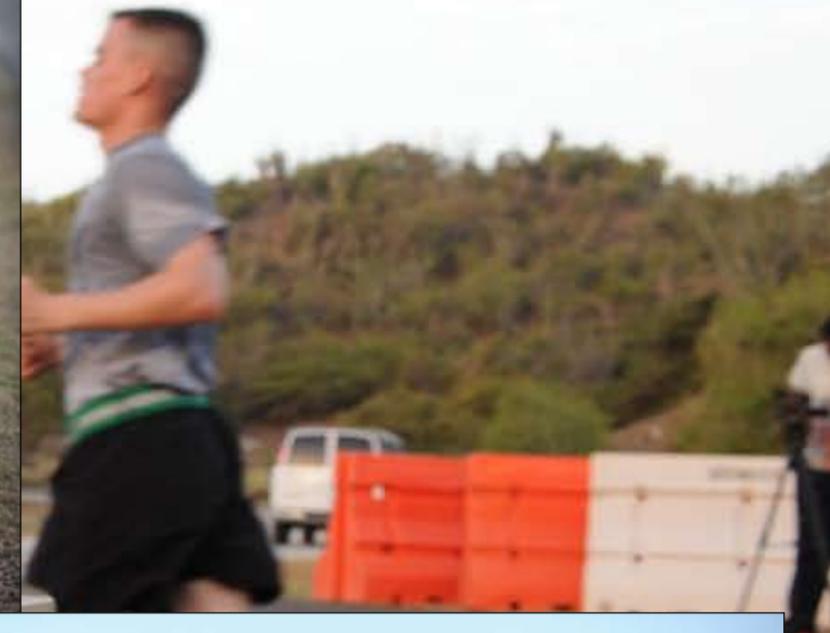


# ARMY TEN-MILER QUALIFICATIONS



Soldiers from the 525th and 189th Military Police Battalions run the first of two qualifying runs for the 2010 Army Ten-Miler. The race will be held in Washington, D.C., Oct. 24 and all proceeds benefit Army Morale, Welfare and Recreation.

JTF Guantanamo photos by  
Air Force Tech. Sgt.  
Michael R. Holzworth



# Transition made easier



**Joint Task Force Guantanamo Troopers assigned to the Joint Stress Mitigation and Restoration Team (JSMART) conduct a meeting at their Camp America office on Aug. 19, 2010. JSMART personnel are experienced in several areas of interpersonal skills. Pictured from left to right: Navy Hospital Corpsman Maikol Suarez, Navy Lt. Cmdr. Joshua Kenton, Navy Hospital Corpsman 3rd Class Arthur Manning and Navy Hospital 2nd Class Christopher Parker. . - JTF Guantanamo photo by Navy Petty Officer 1st Class Edward Flynn**

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

The transition Troopers make from Joint Task Force Guantanamo to another duty station or to civilian life does not have to be done alone. Such a move can often be a difficult process and certainly an adjustment for individual military members and their families.

From deployment-related stress, family concerns and operational security measures, many service members experience some type of anxiety or apprehension while deployed and during a transition. Without someone to share your concerns or even frustrations with, this issue can mushroom into something larger.

“Transitioning from one base to another or back to civilian life can often be a difficult adjustment,” said Navy Lt. Cmdr. Joshua Kenton, clinical psychologist and officer-in-charge of the Joint Stress Mitigation and Restoration Team (JSMART). “Prior to your relocation, develop a plan and communicate with your family to ease this transition.” Surrounding yourself with a good social support group is also important, according to Kenton.

The same process applies when the deployment is over.

“When you arrive home, you need to pace yourself and be patient with your family and children,” said Navy Petty Officer 3rd Class Arthur Manning, a psychiatric technician and member of the JSMART team. “Working with your support group and positive communication with your family will help greatly.”

While deployed at Joint Task Force Guantanamo, providing service members with a support system has been the cornerstone of what JSMART personnel do. JSMART offers sessions to individual service members on a walk-in or scheduled basis at their office, located in Camp America.

The JSMART staff includes a clinical psychologist and three psychiatric technicians who are experienced in stress management, positive coping skills, assertiveness training, conflict resolution and relationship building.

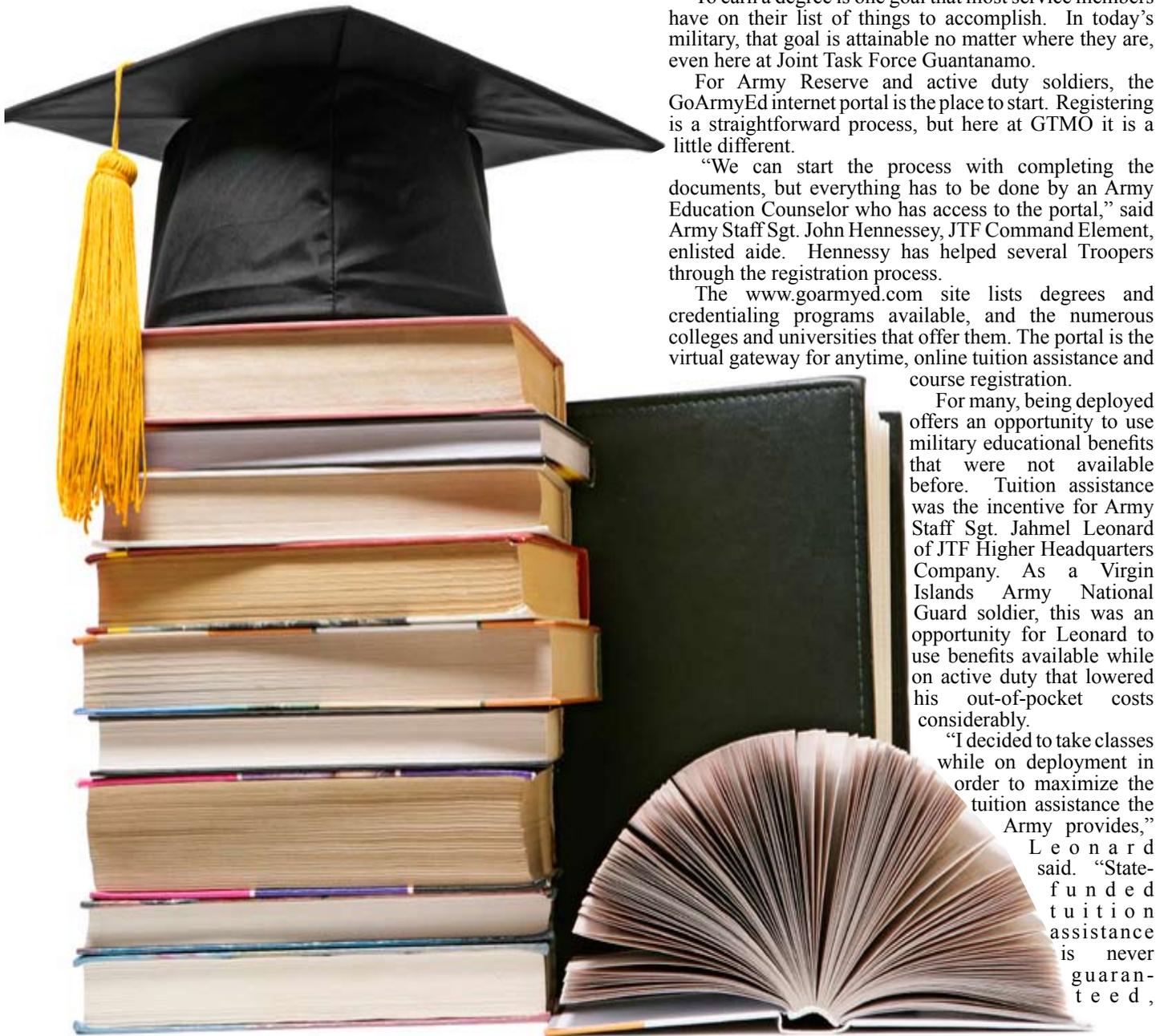
From behind the wire, inside the galley or at the often busy work spaces, the “on-the-spot” outreach effort by JSMART staff ensures the communication effort to service members is frequent, consistent and readily available.

Throughout the Department of Defense, help is available to any individual seeking counseling or just someone with whom to talk. The Fleet and Family Support Center (FFSC) provides clinical and non-clinical services to service members and base personnel on referral sources and one-on-one counseling. FFSC has personnel who understand the many adjustments experienced during a transition home. FFSC has licensed clinical professionals and mental health counselors to work with those in need of assistance. Other services or organizations available to assist during a transition include the National Guard Readiness Center and Military One Source. Base chaplains can often play an integral part in helping with family counseling during this readjustment as well.

JTF Guantanamo and the FFSC continue to provide exceptional mental health services with open arms, a personal touch and an understanding heart. Just listening to a service member can begin to address his or her concerns. ★

# Army Education

Army Staff Sgt. Shereen Grouby  
JTF Guantanamo Public Affairs



To earn a degree is one goal that most service members have on their list of things to accomplish. In today's military, that goal is attainable no matter where they are, even here at Joint Task Force Guantanamo.

For Army Reserve and active duty soldiers, the GoArmyEd internet portal is the place to start. Registering is a straightforward process, but here at GTMO it is a little different.

"We can start the process with completing the documents, but everything has to be done by an Army Education Counselor who has access to the portal," said Army Staff Sgt. John Hennessey, JTF Command Element, enlisted aide. Hennessey has helped several Troopers through the registration process.

The [www.goarmyed.com](http://www.goarmyed.com) site lists degrees and credentialing programs available, and the numerous colleges and universities that offer them. The portal is the virtual gateway for anytime, online tuition assistance and course registration.

For many, being deployed offers an opportunity to use military educational benefits that were not available before. Tuition assistance was the incentive for Army Staff Sgt. Jahmel Leonard of JTF Higher Headquarters Company. As a Virgin Islands Army National Guard soldier, this was an opportunity for Leonard to use benefits available while on active duty that lowered his out-of-pocket costs considerably.

"I decided to take classes while on deployment in order to maximize the tuition assistance the Army provides,"

Leonard said. "State-funded tuition assistance is never guaranteed,

because of the multitude of individuals who want to pursue a degree."

The accessibility of online classes has kept the door open for many JTF Troopers. The Internet has removed barriers that in the past made it difficult to get a college education.

For Army Spec. Kenya Henry, who works in the JTF-J3 section, it was a way to continue her education.

"I started taking online classes before coming on this deployment," Henry said. "I had a goal that I was trying to meet and I figured that I would at least try and get a degree while on this deployment."

The ability to balance work and school is a challenge, but many find taking online classes a way to minimize the differences.

"I like online classes, because it gives me the flexibility to complete my classes at my own pace, along with the interaction of my teacher and peers through my weekly seminars," Henry said.

Leonard agrees with the flexibility aspect. "Online classes give me the flexibility to go to school full time while working full time. The confines of a classroom do not provide the flexibility that I have with my online classroom," Leonard said.

Maintaining flexibility and focus in a deployed work environment makes it possible for Troopers to continue to pursue their education goals.

"It is not hard at all to complete work while here once you are focused and determined in what you are doing. I think that you just have to set aside time for school and not get distracted," Henry said.

Leonard concurs, "Course work is never hard to complete once you have discipline to complete your work when it is due. The Army instills discipline in us, so that should be an easy task for anyone to do." ♦



## Making it tight

**Air Force Tech. Sgt. Steven Hollingshead, a water fuels system maintenance technician with the 474th Expeditionary Civil Engineering Squadron, tightens a valve on a water pump unit at Camp Justice, Aug. 17, 2010. The 474th ECES supports Joint Task Force Guantanamo by maintaining the Expeditionary Legal Complex and Camp Justice facilities and infrastructure. – JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua R. Nistas**

## Boots on the Ground

by Navy Mass Communication Specialist 2nd Shane Arrington

*What is your favorite day at the galley?*

**Army 1st Lt.  
Aaron Rozovsky**



**“Surf and turf, because it’s simply a great meal.”**

**Army Sgt. Alexandra  
Savage**



**“Surf and turf, because I love seafood – shrimp all day!”**

**Navy Intelligence  
Specialist 3rd Class  
Kenneth Bonar**



**“I’m into variety, so no particular day is my favorite.”**

**Navy Electrician’s Mate  
3rd Class  
Shamela McClain**



**“Potato bar day! I drown a baked potato in melted butter and suffocate it with cheese, green onions and sour cream! Yummy!”**

# The Inevitable

**Army Capt. Eric Bey**  
525th JDG Battalion Chaplain

I talked to a Soldier the other day who said that he believed in God, but didn't pray, go to church, or worship in any way. To be more specific, he believed in gods or higher forces, but in no tangible way expressed such a belief. I asked, "What is such a belief good for?" I got no answer.

Introspectively, I wondered what would be the end result. I asked about eternity, where he would spend it and I was led to understand that he didn't believe in life after death, in heaven or hell. I thought about what such a worldview would do for a person, and could only come up with that it would lead to depression and despondency.

I thought of the particular Soldier and what his character was like and, in fact, he had little self-esteem, little hope and seemed depressed. I think that a life whose worldview and meaning in life can be summed up in the analogy of an inchworm, struggling forward against peril and onslaught as far as it can before it dies, is the saddest thing. There could be no hope of reward, only nothingness.

What could be the motivation of such a person to soldier on? The way I see it is that the future is inevitable. At the risk of over simplifying the point, what if you're right? What is to be gained? What if you're wrong? What is at stake and what is there to lose?

If it is true that there is nothing after death, then the meaning of life would be to gain as much possession and comfort here and now to enjoy one's life to the maximum, even at the cost of doing a little wrong to get ahead. After all, there would be no judgment after death if all just ceases to exist. The meaning of such a life would be temporal, fleeting and without real enduring substance.

If, however, the Bible is true and Christians have it right and one will spend eternity in either one of two places, then it would behoove one to do some research and prepare a bit for the inevitable. The ostrich approach is not wise. Sticking your head in the sand won't make your problems disappear. The modern equivalent to that is trying to drink your troubles away. It is much more expensive and has the same effect: your troubles are still there only now your ability to deal with them is diminished.

Who of us, when approaching a red light, doesn't begin preparing to stop? Only the fool would say, "Well yeah, I see it, but that's too far and I will worry about it when I reach it." That would not only be foolish, but detrimental. It could cost you your life.

Everyone owes it to themselves to look into eternity and reconcile themselves with their conscience and belief systems. The Bible says that it is appointed unto man to die once and then be judged and further, after that happens, that every knee will bow and every tongue confess that Jesus Christ is Lord.

Inevitably, everyone will know that there is a God and that His truth was always available, that He wanted to be known. Don't squander your time! The future is inevitable. ☆

## GTMO Religious Services

### Daily Catholic Mass

Mon. - Fri. 5:30 p.m.  
Main Chapel  
**Vigil Mass**  
Saturday 5 p.m.  
Main Chapel  
**Mass**  
Sunday 9 a.m.  
Main Chapel  
**Catholic Mass**  
Saturday 7:30 p.m.  
Troopers' Chapel  
Sunday 7:30 a.m.  
Troopers' Chapel

### Protestant Worship

Sunday 9 a.m.  
Troopers' Chapel  
**Islamic Service**  
Friday 1:15 p.m.  
Room C  
**Jewish Service**  
FMI call 2628  
**LORIMI Gospel**  
Sunday 8 a.m.  
Room D  
**Church of Christ**  
Sunday 10 a.m.  
Chapel Annex  
Room 17

### Seventh Day Adventist

Saturday 11 a.m.  
Room B  
**Iglesia Ni Cristo**  
Sunday 5:30 a.m.  
Room A  
**Pentecostal Gospel**  
Sunday 8 a.m.  
Room D  
**LDS Service**  
Sunday 10 a.m.  
Room A

### Liturgical Service

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

### GTMO Bay Christian Fellowship

Sunday 6 p.m.  
Main Chapel  
**Bible Study**  
Wednesday 7 p.m.  
Troopers' Chapel  
**The Truth Project**  
Bible study  
Sunday 6 p.m.  
Troopers' Chapel

A Joint Task Force Trooper shoots a game of pool during his lunch break, Aug. 23. - JTF Guantanamo photo by Navy Mass Communication Specialist 2nd Class Shane Arrington



(Left) Army Pfc. Vanessa Vinson, assigned to the Joint Detention Group's S-4 division, conducts a general service repair on a Mule, Aug. 18. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Kellie Bliss

(Right) Army Spc. Johanna Bravo, with the 118th Military Police Battalion, drives a forklift, Aug. 23. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Kellie Bliss

