

W The WIRE

An award-winning
JTF journal

PLUS:

Denich's Giant

Weight-lifting Trooper
stands out at the gym

SCUBA comes to a halt

The what, where and why of
next week's safety stand down

JMG takes flight

Medical acquires its first
Airmen in JTF history

COMMAND CORNER

“Leadership is leaders inducing followers to act for certain goals that represent *the values* and the motivations – the wants and needs, the aspirations and expectations – of both leaders and followers. And the genius of leadership lies in the manner in which leaders see and act on their own and their *followers’ values* and motivations.” – McGregor Burns

“His cardinal mistake is that he isolates himself, & allows nobody to see him; and by which he does not know what is going on in the very matter he is dealing with.” –Abraham Lincoln

We (leaders) can learn a lot from former president, Abraham Lincoln. During his presidency, Abraham Lincoln spent the majority of his time among his troops. He realized these were the ‘doers’; these were the people who were going to get the job done. He met with key leaders of his cabinet and senior military members in their homes, offices, and in the field, principally to provide direction and leadership. He toured various strategic interests in Washington D.C., all to obtain accurate knowledge of the workings and abilities of the armed forces. This contact gave him first-hand knowledge needed to make informed and accurate decisions. He didn’t have to rely solely on the word of others. He visited members of Congress, key confidants and toured other venues that housed the sick and wounded, which demonstrated his compassionate and caring nature.

Leadership is being in touch with ‘**your people**’ and the internal and external stakeholders of the organization. It facilitates innovation and makes possible the teaching of values to every member of your organization. Listening, facilitating, teaching and reinforcing values is invaluable. **What is this except leadership?** Thus, **MBWA** (Managing by Walking Around) is a management technique of leadership. Leading is primarily paying attention to your environment and its surroundings. As leaders, we can not assume anything. You can not lead effectively by sitting behind the desk everyday, checking, and answering email. You must be out and about ‘walking around’ your area of responsibility, talking to people and reinforcing the command message and your Commander’s vision and intent. You



are your Commander’s Ambassador – you and your fellow Troopers are an extension of your leadership’s command voice.

The leader must get everyone working together toward fulfilling

see **COMMAND**, page 19

Trooper to Trooper

featuring Staff Sgt. Heather Elias Senior Enlisted Leader, J8

What do you want to achieve while stationed on Guantanamo Bay, personally and professionally?

I have been here since October 2010 and will be for possibly another six months as the non-commissioned officer-in-charge of J8. I have seen lots of new faces during my current stay, causing me to think of the following questions for new Troopers coming here. I will share my answers and thoughts on these questions:

What are your personal and professional goals while here?

My personal goals were to work on me as a person and learn about myself. I wanted to learn and try new things, rather than staying in my room. My other goal was to save money during my time here.

My professional goals were to tackle each challenge given to me while discovering other issues needing to be addressed. I have learned so much in my current job. Every day I learn much more than I thought possible from all branches of the armed forces and J-codes.

What do you want to achieve at GTMO personally and professionally?

Personally, I wanted to focus on my physical health. I have lost weight by focusing on my physical fitness, participating in new activities like kayaking, hiking, disc golf, ceramics, pottery and diving. MWR offers so much to do, you just have to go and do it. I would like to personally thank the Guantanamo Bay Liberty program, Jill Lynch and MWR for making my deployment so enjoyable.

Professionally, I believe these idioms: “Leave it better than you found it,” “Treat others as you would like to be treated” and “Look at yourself in the mirror and ask yourself if you did the right thing and would you do that again?” I strive to do that every day.

When was the last time you stopped and reflected on what you have done and where you are going next? I am looking forward to the time I have left on the island. My next personal goal is to learn the pottery wheel and complete the Marines’ half-marathon on October 1. My professional goal is to master a new computer system. Then soon it will be time to go back to my civilian job as a middle school special education teacher.



When you are home, what will you say you did during your time with the Joint Task Force? Will you have bettered yourself or will you not want to say due to the choices you made? I believe in working hard and playing hard but watch out for situations that can get you into trouble, i.e. overconsumption of alcohol. Enjoy your time here and make the best of it.

JTF Guantanamo

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COVER: Master-at-Arms 1st Class Christopher Voge, Navy Expeditionary Guard Battalion training department leading petty officer, lifts two 100 pound dumbbells during his lifting routine at Denich Gym, Aug. 18. – photo by Mass Communication Specialist 2nd Class Maddelin Angebrand



PROTECT YOURSELF FROM IDENTITY THEFT!

OPSEC ALERT

Beware the shoulder surfer.

Surfing the waves is fun, but shoulder surfing is something to watch out for! Identity thieves can get your information by standing behind you at the ATM while you enter your PIN. It can also happen at the store if you use a debit card and enter a PIN to pay for your purchase and get cash back. It can even happen when opening a door that requires a code for entry. Make sure you know who is around you and cover the keypad while entering your PIN or entry code. Keep your information safe, use OPSEC!

News from the Bay

Stories and reporting by
Mass Communication Specialist 2nd Class Maddelin Angebrand
and Mass Communication Specialist 1st Class Sally Hendricks

Bluzapalooza craft fair plus free BBQ food

Armed Forces Entertainment and Guantanamo Bay's Morale, Welfare and Recreation are hosting a craft fair with entertainment, Sept. 3, from 6 p.m. to 9 p.m. at Ferry Landing Beach.

The event will offer youth art, relay games, a craft fair and a barbecue dinner to kick off the event. There will be fun for everyone.

The Bluzapalooza concert will also make blues history - Bluzapalooza veteran Billy Gibson, the "Prince of Beale Street," will take the stage at 7 p.m.

Bluzapalooza is dedicated to showing the military appreciation for the selfless service they give to their country.

"To perform for the troops is a small gesture compared to the sacrifices they are making every day," said Gibson. "We are thrilled to be entertaining the troops."

This craft fair and Bluzapalooza show will be an event you won't want to miss.

Crafters must sign up at the ceramics shop. The cost is \$15 per table. For more information, call x74795 or x84435.

GTMO Moves class now offered on Saturdays

Morale, Welfare, and Recreation is adding another day for Troopers to try GTMO Moves. This class will now also be offered Saturdays at 10:15 a.m. at the Marine Hill group fitness room.

Tanya Henigman, MWR fitness coordinator, is a certified Zumba instructor and has the GTMO moves mastered. This is an opportunity to move your body in ways you may never have thought you could.

"I've been a Zumba instructor for two years now," said Henigman. "I was

uncomfortable and nervous at first but now I love it! It's a great workout and I'm having a blast doing it."

GTMO Moves is just another way to stay fit.

"Doing different types of exercise is crucial for keeping your body in shape," explained Henigman. "It can be a life saver."

For more information, contact Henigman at x2113 or the Denich gym at x77262.

TRADOC Rock band to perform for Troopers

Get your rock on with TRADOC Rock, a band comprised of U.S. Army Training and Doctrine Command Band from Ft. Monroe, Va.

Join them and fellow Troopers Sept. 7 at 7:30 p.m. at the Tiki Bar, Sept. 8 at 6:30 p.m. at Bayview Mongolian Night and Sept. 9 at the Camp Buckeley Lyceum at 6 p.m.

The group meets the demand for classic Top 40, R&B, Motown and Country music, along with sounds of today's pop.

"The TRADOC Rock Band contacted MWR to come play for the troops in GTMO," said Aimee MacDonnell, Morale, Welfare and Recreation's community activities director. "They were excited to have the opportunity to play as many venues as possible during their stay."

The command also plans to visit with youth groups and inspire an appreciation for music with young minds in the community.

Dedicated to providing support to U.S. troops around the globe, TRADOC Rock is sure to entertain and relate to the GTMO audience.

For more information, contact MWR at x4882.

Sailors host auction at Bayview to raise funds

Join the Navy Ball Committee at the Bayview's Mongolian Night Sept. 8 for a friendly auction to raise money for the upcoming Navy Ball.

An assortment of more than 35 items, ranging from celebrity signed T-shirts to dinner for four certificates and an FBI polo shirt with coin will be offered up for auction.

The event will start at 6:30 p.m. with Mass Communication Specialist 2nd Class Justin Ailes aka Radio GTMO's "Dr. J," as the auctioneer and emcee.

Anyone can participate - military members, civilians and dependants. Committee member Boatswain's Mate 2nd Class Chris Pullan said IOUs will be accepted, to be paid by Sept. 16.

"The more money we raise, the more we can spend on the ball," said Pullan. "Plus, people get a chance to support the Navy and get a good deal on items."

Pullan said Radio GTMO plans to buy their donated celebrity T-shirt back so bidding will be competitive.

Most starting bids are between \$10 and \$20, with a few starting at \$30 and \$40.

"It's a good event because it promotes comraderie among shipmates and helps us celebrate the Navy Birthday and other Navy traditions," said Pullan. "Here on GTMO, it gives everybody a chance to get out and have a good time too."

For more information, contact Pullan at x84125.

9/11 prayer breakfast at Seaside Galley

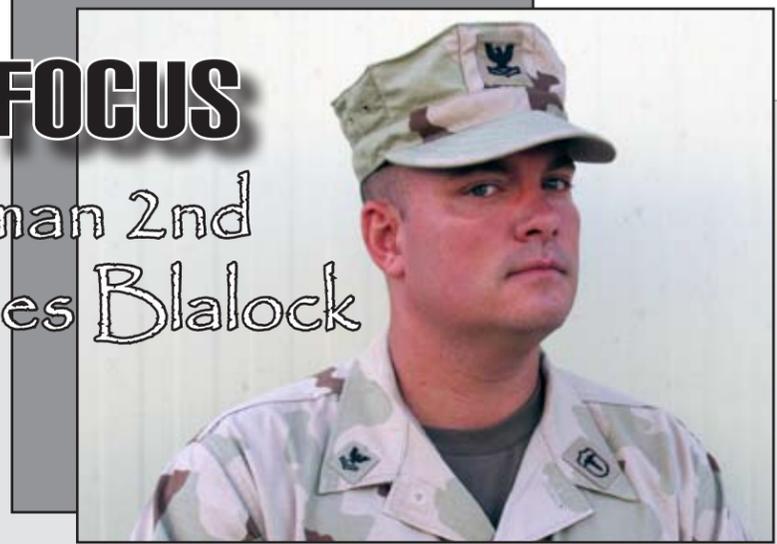
Remember, reflect and renew at the Seaside Galley prayer breakfast, Sept. 9 at 7 a.m.

For more information, contact the JTF Chaplain's office at x2305 or x3203.

TROOPER FOCUS

Hospitalcorpsman 2nd Class Charles Blalock

Sgt. 1st Class Benjamin Cossel



After 10 plus years languishing away in the corporate rat race with IBM, Charles Blalock decided he needed a change.

"I realized running around selling computers really wasn't amounting to much," the easygoing Hospitalcorpsman Second Class said.

Following in the footsteps of his father and grandfather, in 2008 Blalock enlisted in the Navy.

"I wanted to be apart of something bigger," he said. "And I wanted to do something my son could be proud of."

While serving as a corpsman wasn't his first choice, Blalock has made the most of his rate and currently serves as a camp medical lead petty officer, a position normally held by a first class petty officer.

"Blalock's leadership skills are superb," said camp doctor, Army Lt. Col. Ricky Thomas.

"He has really stepped up to the position and exhibits all those military values we look for in a leader," the doctor added.

Thomas said he's been impressed with Blalock's ability to mentor younger corpsman working in the stressful environment of camp medical facilities.

"He always makes sure his corpsmen are doing what they're supposed to, maintaining their professionalism, providing excellent care to all our customers," said the Lt. Col.

"Communication is one of the keys to leadership," Blalock explained. "There's a lot of trust that has to be earned doing this job, we work with a fair amount of autonomy - so staying in communication with my guys, letting them know what I expect is critical to the mission."

Blalock calls the eastern seaboard of the United States home where he lives with his wife and family. Citing his reasons for joining the Navy, Blalock said for him, the importance of family could never be understated.

"Like I said, I want my son to be proud of me in everything I do," he said.

When he's not providing excellent care to his charges or keeping a mindful eye on his younger Sailors, Blalock indulges his musical

Bullet Bio

Time in service: 3.5 years

Pet peeves: people who talk behind your back

Next goal: go to independent duty corpsman school

Advice to junior Troopers:

"Take advantage of things when they are available to you and never be afraid to make a mistake"

see FOCUS, pg. 19

If you could start your own business what would it be?



"I would open an all foreign region restaurant. With me traveling all around the world, I've experienced lots of different foods."

**Culinary Specialist
3rd Class Tyrney Fisher**



"I would be a tour guide in Hawaii - then I would get to wear what I want and have a good time."

**Sgt. 1st Class
Sharlene Downer**



"I would open a winery and have my own blends. I would blend all different types of wines. I would have helicopter access that actually flies you into my winery."

**Air Force Master Sgt.
Darren Milner**



"I would start a bicycle shop because I like bicycles and it's one of man's most noble inventions."

**Machinist Mate
2nd Class Zack Thomas**

Boots on the Ground

SCUBA SAFETY STAND DOWN

Story by Army Sgt. Mathieu Perry

All recreational scuba diving on Naval Station Guantanamo Bay will be secured from 1 a.m. Sept. 6, until 11:59 p.m. Sept. 11.

Daily briefings will be held to address the recent increase in recreational scuba-related incidents, ensure compliance with base regulations and enhance diver safety. Class attendance is required before diving can recommence for each person.

“There have been several instances of individuals who have signed the local diving instruction saying they have read it and then not followed [it], whether willfully or otherwise,” said Navy Lt. Shawn Ware, Naval Station Guantanamo port services officer.

The intent of the stand down is to start all divers off on the same slate, Ware said.

“We are going to educate people on the instructions, some of the environmental restrictions in place, restricted locations and again some of the [other regulations] set forth in the instruction that some divers have failed to become familiar with,” Ware expanded. “We are going to make sure

people are more familiar with it before we let them back into the water.”

The stand down is not meant to be a punishment, but a chance for greater education.

“This is strictly from a safety standpoint,” Ware said, adding that while the stand down may seem inconvenient, it was still a necessary measure to ensure the safety of Guantanamo Bay’s diving community.

Boatswain’s Mate Senior Chief Carl Jakubec, assistant port operations officer, said the lack of compliance with base regulations can be seen in the change of attitude toward diving.

“In my opinion, the actions of recreational scuba divers on island has taken on the mindset that diving is a right and not a privilege,” said Jakubec.

He hopes this move will help the diving community to better police themselves.

“Diver’s can no longer use the, ‘I didn’t know’ excuse,” said Jakubec. “An additional form has been made that draws out the main points and each one has to be initialed.”

The majority of all diver-related issues dealt with by port services are divers forgetting to call port operations to secure

their dive plan, explained Ware.

“Divers need to call up here and give us a dive plan with a start and stop time,” said Ware. “When they hit their stop-time, port control has 15 minutes to find them. At that point, if they haven’t found them, we contact security.”

Jakubec wants to help divers better understand the role of port services in addition to creating greater diver awareness of base regulations, new stricter penalties for violations and safety aspects of diving.

“We are also trying to educate divers that port control is there for the professionalism and safety of the bay,” said Jakubec. “Alongside their intended job responsibilities are added the safety and responsibility of each diver, buddy team and boater that goes out there and we are going to try to accommodate them as much as we can.”

Eleven briefs will be held during the week of the safety stand down. The classes will be in the Bulkeley Hall auditorium at 8 a.m., 12 p.m., and 6 p.m. on Tuesday, Wednesday and Thursday and at 8 a.m. and 12 p.m. on Friday. For more information, contact port control at x4898.



Air Force medics Staff Sgt. Andrew Waggoner (right) and Senior Airman Charles Skinner (middle) check a Sailor in for a medical appointment at the Joint Task Force Guantanamo Joint Trooper Clinic, Wednesday. The two Airmen are part of a five-man team who are the first Air Force medics deployed to the Joint Medical Group in support of JTF Guantanamo operations.

Troopers make history as first Airmen of Joint Medical Group

Story and photo by Mass Communication Specialist 2nd Class Joe Ebalo

Joint Task Force Guantanamo servicemembers are accustomed to seeing Navy Hospital Corpsmen and Army Medics when they go to sick call, but now they’ll be seeing new faces and uniforms as Air Force medics recently arrived on Guantanamo Bay joining JTF’s Joint Medical Group.

Master Chief Hospital Corpsman Brian Domino, Joint Medical Group senior enlisted leader, said they are the only Airmen ever assigned to the unit.

“We welcome the diversity and experience they bring to the Navy and Army Troopers we have here,” Domino, who recently departed, said before he left. “We are very happy to have them as part of the team.”

Master Sgt. Ted Kraszka, non-commissioned officer-in-charge of Joint Stress Mitigation and Restoration Team, Joint Trooper Clinic Health Administration’s Staff Sgt. Albert Coronado, Staff Sgt. Andrew Waggoner, Senior Airman Paul Borrell and Senior Airman Charles Skinner, had no

idea they would be the only Airmen at their deployed location. All agree it is an honor to represent the Air Force.

“We want to set the standard for future personnel stationed here and do the best job we can do,” said Kraszka, who is home-stationed at McDill Air Force Base in Florida.

His junior NCOs are on the same page.

“It’s important for us to contribute to the team and help out in any way we can,” said Coronado, who deployed from Lackland Air Force Base in San Antonio.

The medics did not waste any time getting to business.

“In the short time we have been here so far, we have been able to show our Navy and Army counterparts a little of how we do things back at our home stations,” added Waggoner, who came from Wright Patterson Air Force Base in Ohio.

“It feels good to bring something different to the table.”

As the junior members of the group, Borrell and Skinner, from Travis Air Force Base in California and Langley Air Force

Base in Virginia respectively, said they were most interested in gaining knowledge from their new Navy and Army teammates as well as from their senior Airmen.

“I’m motivated and excited about the opportunity I have to learn from everybody I’ve met here,” said Skinner. “The Sailors and Soldiers have already taught me a lot about taking care of patients and my Air Force leadership here has shown me firsthand how to carry myself in a joint environment. I’m just going to keep asking questions and do what I need to do to get the job done.”

Despite the difference in rank and experience, each of the Airmen joined the Air Force to do the same job – to help save lives.

“We have to set a good example for how Air Force medics operate and do their jobs,” said Waggoner. “We also need to be good wingmen and teach our counterparts how we help and look after each other, the Air Force way.”

The senior member of the group understands the responsibility of being the first wave, but he also recognizes there will be more Airmen coming in as well.

“What we do now will set the tone for all future Airman coming in to take over these positions,” Kraszka said. “We’re aiming high and we will hit the mark.”

The Woman behind the Rank

Colonel, boat captain, volleyball player, fisherman – is there anything Col. Linda Ross can't do?

Story by Mass Communication Specialist
2nd Class Maddelin Angebrand

Photographing a Morale, Welfare and Recreation volunteer appreciation dinner for Troopers who serve as boat captains for the MWR fishing trips, I met Linda Ross.

We exchanged a stiff handshake, made direct eye contact and Ross said, “You must work with your hands.” I looked down at my palms – she must have noticed they were a bit rough. Intrigued by her keen observation, she struck me as a positive, confident and friendly woman.



Army Col. Linda Ross addresses Troopers at the Women's Equality event, held Aug. 19 at Joint Task Force Guantanamo's Trooper Chapel. As the guest speaker, Ross spoke about the challenges women face in the military and her own career as a female servicemember. - photo by Spc. Kelly Gary

(clockwise from left) Army Col. Linda Ross, director of JTF's Behavioral Science Consultant Team, poses with a Trooper during a Morale, Welfare and Recreation sponsored night fishing trip. Ross makes the best of her time here, cutting a ceremonial cake with the most junior Trooper at the Army birthday celebration 2010, proudly holding a barracuda she caught while fishing on the bay and posing with American Idol contestant and performer Bo Bice after a concert, Jan. 1, 2011.



“Not having my rank makes others reticent from the start. Being able to chat with junior Troopers, see things from their perspective, share ideas or bring people together who can mentor one another is very fulfilling.”



Settling into a chair, I glanced around at my surroundings. There was a pile of folders directly in front of me. Looking down I realized, “Colonel – she’s a Colonel!” A flush of nervousness came over me. Her name was on the list of boat captains – Army Col. Linda Ross, volunteer boat captain. Instantly, I recapped our introduction. “Would I have acted differently knowing she was a Colonel?” I pondered. “Did I call her Ma’am?”

It wasn’t until coming across Ross’ biography in a Women’s Equality event flyer, for which she was the guest speaker, that I decided to write a story about her. She played five years of All-Army Volleyball, was a prior enlisted mechanic and earned a doctorate degree in clinical psychology. As I read this, my interest in Ross peaked. Within a few days, I secured an interview and set out to understand the woman behind the rank.

This is her story.

Ross joined the Army in 1975 to pay for college. She never desired a commission - in fact, she loved being a non-commissioned officer and mentoring junior Soldiers. She became an officer after being told her leadership experience as an active duty and National Guard non-commissioned officer was needed in her college’s newly implemented ROTC program. They wanted her to be the battalion commander.

Thirty years later, Ross is still proudly serving. Currently, she is the Director of the Behavioral Science Consultant Team. She and her non-commissioned officer in charge teach a class to new Troopers before they begin working inside the detention facilities. Their class focuses on

the mental preparation guards and medical providers need when working with detainees.

Ross says the best way to get her message across is through interactive, realistic and fun training.

“I want to communicate that we are approachable,” Ross shares, describing her team’s approach to teaching. “I sometimes joke that BSCT stands for the “no BS” zone. We are no BS consultants, because we talk about the difficult obstacles they will have to deal with. The class involves role playing of recent difficult guard-detainee interactions and an explanation for the changes in the detention facility over the years.”

During the training, Ross goes in-depth through each aspect of the safe, humane, legal and transparent mission of care and custody of the detainees.

“This is a critical job,” Ross explains. “Our guards and medical providers are at the tip of the spear, entrusted to interact with dangerous detainees we have in custody. It is critical that they understand every aspect of their mission.”

Combining her experience in sports and psychology, Ross incorporates the use of a sports psychology model of attention and performance to show Troopers how to maintain their focus when dealing with detainees.

“I try to think, ‘What is the essence that they need to know and how can we best present it in order to increase their learning curve right out of the gate so they are prepared for any type of manipulation by the

detainees?’” Ross explains while drawing a four-square attentional model for me – the same one she uses in the BSCT class. “They are told to ‘Be professional and follow the SOP at all times.’ This is true, but I try to give them the tools they can use in every situation, as well as indicators so they can be aware of when they might be drifting one way or the other.”

Ross has observed that being a colonel often gets in the way.

“They see colonel,” Ross says pulling at the insignia centered on her uniform. “And they think, ‘Oh, I can’t talk with her, she’s a colonel.’ “What I want them to get is that I am a Soldier with some experience and training that I got for the specific purpose of helping everyone in this command to be as successful as they can be.”

She actively finds ways to minimize the typical reaction she gets from junior Troopers toward her rank. First, she ensures the BSCT training provides valuable information in a dynamic manner.

“PowerPoint training is not effective for our purposes,” says Ross. “We want to get to know them, ensure that they really understand why they are here and give them specifics on how they can always be mentally prepared for their tasks.”

Doing this helps her and her NCOIC reach the Troopers more effectively and help them feel more comfortable approaching the team for advice.

Second, she volunteers as a boat captain with MWR. “When volunteering, I show up in civilian clothes and I don’t know who will be on my boat. When I meet them, I say ‘I’m Linda,’” she explains. “I never

give them my rank, so to them maybe I’m an NCO, a civilian – who knows? They just relax and we go out on the boat.”

Once out on the water, Ross notices a dynamic among the group and enjoys just being “Linda.” She recalls a particular fishing trip with a group of junior Sailors and a few senior enlisted.

“We’re out on the boat and these very junior Sailors are talking about the Navy and what they might want to do,” Ross narrates. “At that point, the more senior Navy Sailors started giving them really great advice and mentoring.”

Most important to Ross is the opportunity to bond with Troopers over a common interest while at the same time being available to provide guidance.

“Not having my rank makes others reticent from the start,” Ross says. “Being able to chat with junior Troopers, see things from their perspective, share ideas or bring people together who can mentor one another is very fulfilling.”

Having been on Guantanamo Bay for over a year now, Ross’ time to rotate is drawing near. She will take with her a mental picture of her time spent with Troopers out on the bay and a great appreciation toward Jill Lynch, MWR Liberty Program Manager for making the boat trips successful.

“Being out on the bay at night with the moon and the stars shining brightly, due to the lack of city lights here, is one of the quietest and peaceful places you can be. I love it!” Ross concludes.

The Body Builder

Story and photos by Mass Communication Specialist 2nd Class Maddelin Angebrand

Weighing in at 266 pounds and standing 6-foot-4-inches tall, there is no doubt Master-at-Arms 1st Class Christopher Voge is a formidable presence. He's not just a big guy though - he's an iron pumping machine. With 115 pound dumbbells in each hand, Voge takes a deep breath as he leans back on a bench at Denich Gym - he exhales and up it goes - 230 pounds.

For Voge, lifting isn't about how much weight he can put up - it's about pride in himself and well, looking good.

Voge, currently the Navy Expeditionary Guard Battalion N7 training leading petty officer, said he started lifting weights while serving on the USS John S. McCain in Japan and has been building muscle ever since.

"I had a bunch of friends I worked with in engineering," Voge remembers. "I used to be a Damage Controlman. The guys did a lot of lifting, so my good buddy Tito and I went to the gym. I just got into it - it became my stress reliever."

When he first arrived on Guantanamo Bay, Voge worked inside the camps and found his way up to the assistant watch commander position - a stressful one.

"If I have a long day at work, it's always that place [the gym] I can go - my little sanctuary," Voge shares. "I go and get lost in my thoughts

and my music and just pound away."

Soon after he became an assistant watch commander, Voge was selected to attend training at the National Rifle Association where he earned his small arms instructor qualification. Upon returning to the joint task force, Voge was moved to the NEGB training department.

"I love it," Voge exclaims. "It's the most rewarding job I've had yet within my naval career. I can give back, not only to the Sailors who work under me, but to the entire battalion - all 500 plus of them."

Voge helps set up and coordinate the training pipeline for new NEGB Sailors.

"Seeing the Sailors from the time they get here until they leave - it's rewarding," Voge explains. "You get to see a lot of different people transition and become better people and better leaders."

Although his new job title isn't as stressful

as the old, he still hits the gym on a regular basis and says it isn't always second nature.

"You have to make time," Voge admits. "It's never easy getting back into it if you take a break... but you have to push past that."

Reading magazines and watching others is how Voge gains most of his knowledge.

"It's all about form - look around," Voge instructs as he does a scan of Denich Gym's weight room, full of sweaty and determined Troopers. "Watch what other people do and learn from it. Then try your own twist on it but don't forget your form."

Listening to music is another ingredient in Voge's motivation. His iPod holds a seemingly endless list of eclectic titles and artists.

"I listen to techno, anything upbeat and anything new," he shares. "It depends on my mood; I need something energizing. Last time I updated my iPod, I had 14,000 songs."

He works out for about an hour and a half

at a time and says he prefers to go alone, not for selfish reasons but for the safety of his friends.

"I don't do well with partners," Voge explains. "I try to take friends under my wing, and, unfortunately, I break em' every time because they try to keep up with me. [Plus], getting that pause between switching weights, I end up losing my momentum, speed and I get cold."

Although he prefers going solo, Voge always lends a helping hand at the gym, whether it's spotting a buddy or giving advice to someone new.

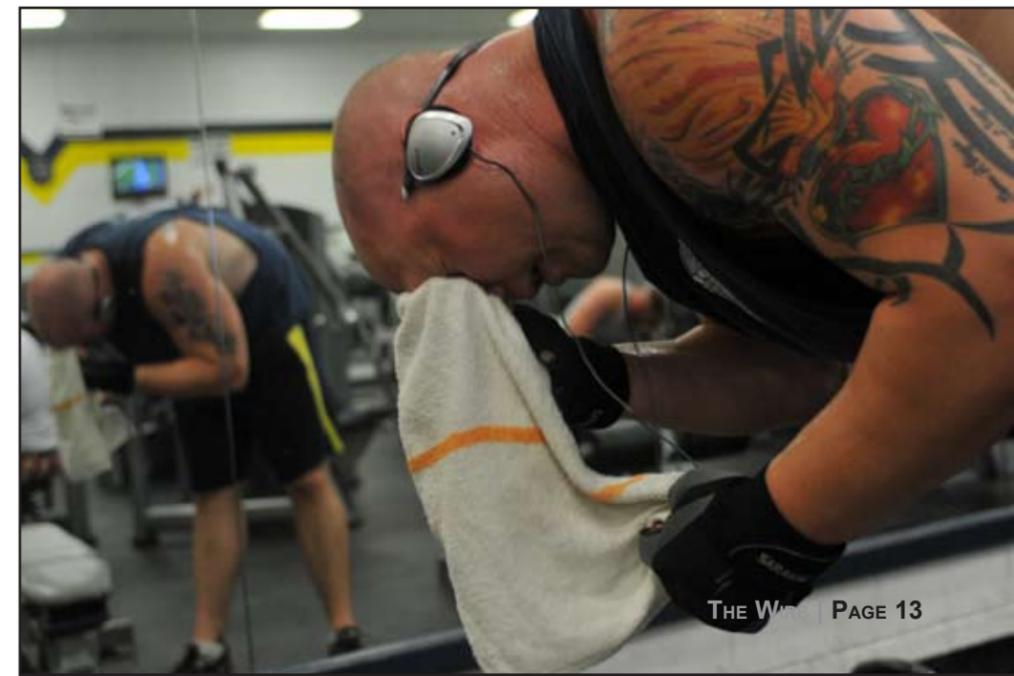
"Find a friend," Voge advises, "Go together and you'll feel better about yourself."

Voge says the most important part of lifting weights and working out is the balance of eating right and making time for the gym.

"They have a saying here," Voge says. "You can either be that hunk, that chunk or a drunk - you choose!"



Master-at-Arms 1st Class Christopher Voge, Navy Expeditionary Guard Battalion training department leading petty officer, does a chest press exercise during his lifting routine at Denich Gym, Aug. 18.





ON THE DECK

Navy extends family accounting for hurricane relief

By Chief Mass Communication Specialist Maria Yager

MILLINGTON, Tenn. – Officials said the Navy has updated the geographical areas of interest (GAOI) affected under an order to account for Navy personnel and their families following Hurricane Irene, Tuesday.

The updated order released in NAVADMIN 258/11 expands the GAOI to include Vermont, New Hampshire and two additional New York counties, Albany and Greene.

The order requires commanders to conduct a personnel accountability muster of all Navy personnel and families in the following areas:

North Carolina counties: Beaufort, Bertie, Brunswick, Camden, Carteret, Chowan, Craven, Currituck, Dare, Gates, Hertford, Hyde, Jones, Martin, New Hanover, Onslow, Pamlico, Pasquotank, Perquimans, Pinder, Tyrrell, and Washington.
Virginia counties: Accomack,

Charles City, Chesapeake, Essex, Franklin, Fredericksburg, Gloucester, Hampton, Hopewell, Isle of Wight, James City, King William, Kings and Queen, Lancaster, Matthews, Middlesex, New Kent, Newport News, Norfolk, Northampton, Northumberland, Petersburg, Poquoson, Portsmouth, Prince George, Richmond, Southampton, Suffolk, Surry, Sussex, Virginia Beach, Westmoreland, Williamsburg, and York.

Maryland counties: Anne Arundel, Baltimore, Baltimore City, Calvert, Caroline, Cecil, Dorchester, Harford, Kent, Queen Anne's Somerset, St Mary's, Talbot, Wicomico, and Worcester.

Delaware counties: All
New Jersey counties: All
Pennsylvania counties: Bucks, Chester, Delaware, Monroe, Montgomery, Northampton, Philadelphia, Pike, and Wayne.

New York counties: Albany, Bronx, Columbia, Dutchess, Greene, Kings, Nassau, New

York, Orange, Putnam, Queens, Rensselaer, Richmond, Rockland, Suffolk, Sullivan, Ulster, and Westchester.

Connecticut counties: All
Rhode Island counties: All
Massachusetts counties: All
New Hampshire counties: All
Vermont counties: All

This order includes active and Reserve component Sailors, Navy government service employees and family members.

Command representatives must muster and account for all affected personnel, including family members within the area. Commanding officers are responsible for ensuring the muster is entered in the Navy Family Accountably and Assessment System (NFAAS).

NFAAS standardizes a method for the Navy to account, manage, and monitor the recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event.

Navy personnel and families severely impacted by the storm must log into NFAAS at <https://navyfamily.navy.mil> at their earliest convenience to update contact information and complete a needs assessment.

Individuals who are unable to contact their command should log on to NFAAS and muster on the Navy Family Members section. Impacted personnel unable to contact their command or the NFAAS website can call the Navy Personnel Command (NPC) Emergency Coordination Center (ECC) at (877) 414-5358.

Additionally, NPC has established a Hurricane Irene emergency information page on its website, www.npc.navy.mil, which will be continually updated with guidance, resources and contact information as it becomes available throughout the storm and recovery period.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

By Chris Gardner, USACE

Army Corps crews work to clear debris from Irene

NEW YORK, – Crews aboard the U.S. Army Corps of Engineers' New York District's three drift-collection vessels have been working to clear drift and debris from the waters in and around the New York and New Jersey Harbor after Tropical Storm Irene.

While the mission happens all year, Irene brought storm surge, heavy winds and lots of rain to the region over the weekend and Army Corps crews have been working hard to gather the additional drift that may be in the New York and New Jersey Harbor following the storm to ensure safe navigation.

U.S. Army Corps of Engineers personnel aboard DCV Gelberman worked to secure large pieces that broke off of an old pier in the busy Erie Basin (pronounced like the Great Lake) in Brooklyn.

Large objects like those that broke off the pier are one of the

potential hazards to navigation the U.S. Army Corps of Engineers' drift-collection vessels remove objects routinely from the waters in and around the New York and New Jersey Harbor to help ensure safe navigation for all kinds of vessels, ranging from small recreation vessels to water taxis, to large container ships and oil tankers.

Large hazards like those broken off the pier could cause damages ranging from piercing a hull to damaging or destroying propellers to potentially causing an environmental hazard like an oil spill or leak. A large piece from the old pier was called into the U.S. Army Corps of Engineers by the U.S. Coast Guard while drift-collection crews were working after the storm.

The DCV Hayward, a catamaran rigged with a steel net attached to its side to gather debris, also worked the harbor to clear it of potential hazards to navigation. Tuesday morning, the Hayward collected a load of debris weighing about 17,000 pounds.

ON THE WING

New efforts enhance Irene response with 24/7 National Guard

By Army Staff Sgt. Jim Greenhill
National Guard Bureau

ARLINGTON, Va. (AFNS) – Approximately 7,675 National Guard Airmen and Soldiers from 18 states, the District of Columbia and Puerto Rico responded, Aug. 28, to support Hurricane Irene relief efforts.

According to Guard officials, three capabilities are enhancing the National Guard's contribution to the joint state and federal support for civil authorities responding to Hurricane Irene.

The National Guard Bureau's 24/7 National Guard Coordination Center here boosted coordination and communication between the Army and Air National Guard and local, state and federal partners, Guard officials said. Also, the appointment of dual-status commanders to lead state National Guard and federal forces sped up response, and the deployment of strategically placed force packages ahead of the storm increased readiness.

The coordination center, dual-status commanders and pre-placed force packages are relatively new capabilities born from lessons learned from past natural and manmade disasters.

Guard members cleared debris and performed high-water search-and-rescue missions in Connecticut, officials said. They helped transportation officials control traffic in the District of Columbia, and handed out cots and supplies in Delaware. They flew helicopters from Alaska, Florida, Mississippi, New Mexico and Ohio to stand by in the affected region for search and rescue, damage assessment, transportation and other missions.

Guard members provided command-and-control support in Maine, filled sandbags and assessed damage in Massachusetts, performed search and rescue and provided security and transportation in North Carolina, and provided shelter in New Jersey, officials said. Members also provided maritime transportation to the islands of Vieques and Culebra in Puerto Rico, supported communications in Rhode Island and provided engineers to local authorities in Virginia.

Throughout the Eastern Seaboard, Guard members helped neighbors hit by Irene. For example, 129 New York Guard members traveled in speed boats to help rescue 21 people stranded by floodwaters in an upstate New York hotel Aug. 28.

About 101,000 Guard members were available in the affected region, Defense Department officials reported, and the National Guard Coordination Center worked with the states and other federal agencies to ensure the right numbers reached the right places at the right time.

"As Irene approached the United States, our NGCC was coordinating

with the states, territories and the District of Columbia; the Federal Emergency Management Agency; and U.S. Northern Command to ensure the most effective National Guard support to civil authorities," said Gen. Craig R. McKinley, the chief of the National Guard Bureau. "(It enabled) us to bring the full benefit of our size, skills, training, experience, command and communications infrastructure, and legal flexibility to the whole-of-government response to the storm.

"Hurricane Irene demonstrated the vital importance of our new National Guard Coordination Center, which enables us to work seamlessly with our state and federal partners at the first warning of potential disaster," McKinley added.

Among assets coordinated and monitored by the center were force packages that allowed Guard officials to strategically position assets to respond to any additional needs states may have.

For example, in Eastover, S.C., Guard officials stood up an aerial force package of 17 aircraft -- including UH-47 Chinooks, UH-60 Black Hawks, UH-72 Lakotas, OH-58 Kiowas and C-27 Spartans -- with about 100 Guard members.

"Assembling and pre-staging ground and air force packages -- drawn from Army and Air National Guard assets contributed by multiple states -- in strategic locations out of harm's way but near potentially affected areas meant the National Guard stood ready to respond faster than ever to civil authorities' critical needs that might arise in the storm's aftermath," McKinley said.

The appointment of four dual-status commanders in support of relief efforts marked the first time the dual-commander concept has been implemented in support of a natural disaster, officials said.

When agreed upon by the secretary of defense and the governor of an affected state, dual-status commanders can direct both federal active-duty forces and state National Guard forces in response to domestic incidents, Defense Department officials said. The concept is intended to foster greater cooperation among federal and state assets during a disaster.

The nation's governors led the creation of this new opportunity for collaboration, the officials said. Dual-status commanders ensure that state and federal military forces will work effectively together when states request federal forces through the Federal Emergency Management Agency.

"This storm also demonstrated how dual-status combatant commanders who can direct both state National Guard and federal forces in response to domestic incidents increases collaboration, communication and coordination between federal and state assets, improves leadership, avoids duplication of effort and enhances the team response," McKinley said.

INSIDE THE JAR

More active-reserve billets open to Marines during FY11

By Lance Cpl. David Flynn, Marine Corps Recruiting Command

MARINE CORPS BASE QUANTICO, Va. – With more and more Marines opting to remain in the Corps, the reenlistment process is becoming increasingly competitive. Marine Corps Recruiting Command's Active-Reserve Program offers Marines another chance to stay in and experience a side of the Corps that many don't know exists.

Though the primary purpose of AR Marines is to support the reserves, they serve side-by-side with active duty Marines, work full-time, receive active duty pay and benefits and can change duty stations as often as active duty Marines. Active-reserve Marines also deploy, serve in billets such as drill instructor duty or recruiting duty and qualify for the same retirement benefits of active duty

Marines.

There will be more opportunities for Marines to join the AR program during Fiscal Year 2012. The AR program has 276 available billets for FY12 in comparison to the 198 billets available during FY11. According to Master Sgt. Donald Ogden, prior service recruiting quality control chief, MCRC, there are a few MOS's with a large number of billets available for Marines.

"We are looking for a lot of Marines in the (0111) administrative specialist, (3451) fiscal/budget technician, (2111) small arms repairer/technician and (3043) supply administration and operations clerk job fields," said Ogden.

Though some MOS's are of particular importance, Marines from any job field may submit packages for the AR program.

"There are active-reserve billets

for Marines in most job fields," said Ogden. "Retraining in a new MOS is also available for sergeants and below."

To be eligible for the AR program, active component Marines must be within six months of their expiration of active service date, be eligible for reenlistment and be willing to serve in an MOS required by the AR program. Marines must also meet specific age and rank requirements to join the AR. A list of maximum ages and corresponding ranks may be found in Marine Corps Order 1001.52J.

The program is not limited to active duty Marines. Per MCO 1001.52J, Marines in the reserves and individual ready reserve are also eligible to apply for the AR program.

"Active-reserve packages are evaluated based upon their own merits. There is no selection

Seven Days in GTMO

An Anti-Boredom Guide

Army Sgt. Meredith Vincent

High winds and treacherous flood waters have halted the transportation and arrival of Guantanamo Bay's newest cinematic experience. And really, what's more important here than the new movie schedule? Short answer, nothing.

At a loss, I glanced at the movies showing this week and realized I either a) already reviewed them, or b) *really* didn't want to review them. So instead, we're flying without a net this week.

That doesn't mean I'm not going to deliver. Like it or hate it, this is my page and although I very much enjoy chatting movies with you, I've got other talents as well. They mostly all hinge on sarcasm.

So, without further ado, I present "Seven Days in GTMO: An Anti-Boredom Guide."

The following words, sentences and paragraphs will introduce Guantanamo Bay veterans and newbies alike to some of the island's most treasured pastimes and meal spots. Think of it as a Seven Wonders of the World, but take out the word "wonders" and replace it with "Random Stuff" and then take out the word "world" and replace it with "GTMO."



Let's begin with **Monday**. It's the start of another work week, people are sluggish and grouchy. And what is on everyone's minds? Coffee! Get ready quicker than usual and find time to make your way up to the Triple C coffee shop, located between the Bayview Club and the BOQ. My personal favorite is vanilla chai tea. If you're not in a hurry, have a few sips while looking out over the water. Close your eyes, breath in the fresh morning air and vow not to strangle the people you work with. A well-made cup of coffee can almost always cure a bad case of the Mondays. (Cue "Office Space" joke here.)

Skip ahead eight hours. The first day of your week is over – you've survived. If your job is anything like mine, you're ready to hit something. Luckily, Morale, Welfare and Recreation had the forethought to offer free disc golf on Monday evenings, enabling servicemembers to throw discs at baskets with force and abandon. Show up

at the Lateral Hazard golf course office at 5 p.m. and put your disc-throwing skills to the test. Then, after a brutal day of work and golf with frisbees, hit the galley for dinner, do something productive like laundry or studying and go to sleep – Mondays are typically lame anyways.

Tuesdays aren't as ominous as Mondays, but still have their challenges. Relieve some of that residual Monday tension after work by hitting the batting cages, located right next to Denich Gym. A couple of bucks will get you a decent amount of balls. Make sure you're wearing the proper safety attire (mostly because it makes anyone who wears it look like a goober and the rest of us need a laugh) and make like Barry Bonds.

A manly sport needs to be followed with a manly meal and I guarantee you, the Jerk House's BBQ sauce will kick you in your...

see **BOREDOM**, page 19

	2 FRI.	3 SAT.	4 SUN.	5 MON.	6 TUES.	7 WED.	8 THURS.
Downtown Lyceum	Winnie the Pooh (G) 8 p.m.	Monte Carlo (PG) 8 p.m.	Cars 2 (last showing) (G) 8 p.m.	Larry Crowne (PG-13) 8 p.m.	Green Lantern (last showing) (PG-13) 8 p.m.	Transformers (PG-13) 8 p.m.	Zookeeper (PG) 8 p.m.
	Harry Potter & the Deathly Hallows: Part 2 (PG-13) 10 p.m.	Bad Teacher (last showing) (R) 10 p.m.					
Camp Bulkeley	Green Lantern (last showing) (PG-13) 8 p.m.	Winnie the Pooh (G) 8 p.m.	Horrible Bosses (R) 8 p.m.	Transformers 3 (PG-13) 8 p.m.	Larry Crowne (PG-13) 8 p.m.	Zookeeper (PG) 8 p.m.	Monte Carlo (PG) 8 p.m.
	Bad Teacher (last showing) (R) 8 p.m.	Harry Potter & the Deathly Hallows: Part 2 (PG-13) 10 p.m.					

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.



French army Captain Jeremy Reynaud (C) walks with U.S. soldiers after a joint patrol with Afghan troops in a village in Wardak province, Afghanistan. photo by Reuters

Report: Up to \$60 billion wasted in Iraq, Afghanistan

By Stephanie Ho
Voice of America News Service

The United States' extensive outsourcing of military functions in war zones has been controversial since the beginning of the conflicts in Afghanistan and Iraq.

A report by the bipartisan Commission on Wartime Contracting has heightened concerns with details of allegations of billions of dollars lost due to waste and corruption.

To lessen wartime strains on America's all-volunteer military force, the Pentagon hires private businesses to provide a vast array of support services.

Reliance on contractors expanded drastically during the Iraq and Afghanistan wars, feeding what is now a large for-profit military industry funded by U.S. taxpayers.

The commission's co-chairman, Michael Thibault says not all of the money has been well-spent.

"Total spending on contract and grants in Iraq and Afghanistan amounts to \$206 billion. We estimate that \$31-\$60 billion of that total has been or is being lost to waste and fraud," said Thibault.

At a news conference Wednesday, Thibault stressed that the commission's aim is not to attack the reputations of individual contractors, but rather to identify problems in the government's contracting process. He says many problems have been identified.

"The cost of contract support has been unnecessarily high. [The U.S.] government has not effectively managed contracts to promote competition, reward good performance, and impose accountability for poor performance and misconduct by both government and contractor personnel," Thibault said.

As an example of counter-productive efforts, the commission alleges that some U.S. funds for construction projects in Afghanistan wound up in the hands of insurgents battling American troops.

Contractors do everything from serving meals to troops to building power plants and guarding diplomats.

The commission urges an overhaul of government contracting procedures in war zones, and even phasing out the use of contractors for certain functions.

The other commission co-chairman is former Congressman Christopher Shays.

"The way forward demands reform. With tens of billions of dollars already wasted, with the prospect of more to follow, and with the risk of re-creating these problems the next time America faces a contingency, denial and delay are not good options," said Shays.

Questions surrounding private military contractors are not new. In 2007, Congress held hearings on allegations that contractors targeted Iraqi civilians with excessive and reckless force. Eric Prince, founder of Blackwater, a well-known military contracting firm, denied any wrongdoing by his employees.

"I disagree with the assertion that they acted like cowboys," Prince said.

Democratic Senator Jim Webb of Virginia says the commission's report is a call to action for Congress. "These recommendations will be listened to and, when appropriate, acted on by the United States Congress," Webb said.

In May, the Congressional Research Service reported that the United States had 155,000 private contractors in Iraq and Afghanistan, compared with 145,000 uniformed personnel.

August 2011 deadliest month for US in Afghanistan

Voice of America News Service

August was the deadliest month for the U.S. military so far in the decade-long war in Afghanistan.

A total of 66 U.S. troops died last month, topping by one the death toll for July 2010, which previously had been the deadliest single month for the United States in Afghanistan since 2001.

August's death toll includes the 30 U.S. troops killed in the downing of a Chinook helicopter by insurgents in eastern Afghanistan. The dead included members of the elite U.S. Navy SEALs. It was the worst loss of life for the United States in a single incident during the Afghan war.

Meanwhile, NATO said one of its service members died Wednesday in a bomb blast in eastern Afghanistan. The coalition did not provide any additional details.

More than 390 international troops have been killed in Afghanistan so far this year.

Taliban insurgents are increasingly using improvised explosive devices to target both security forces and Afghan civilians.

Last month, the United Nations said the number of deaths from roadside bombs increased by 17 percent this year compared to the same period in 2010, making them the single-largest killer of civilians in the first half of this year.

August marks first fatality-free month for US in Iraq

Voice of America News Service

The U.S. military says no American service members died in Iraq in August, marking the first month with no U.S. military casualties there since the U.S.-led invasion in 2003.

The milestone is a sharp contrast to June, when 15 U.S. soldiers were killed in the deadliest month for U.S. personnel in Iraq in two years.

Overall more than 4,400 U.S. military personnel have been killed since the war began.

Fewer than 50,000 U.S. troops remain in Iraq, all of whom are set to withdraw by the end of this year. U.S. and Iraqi officials have expressed concern about Iraq's ability to handle security after the withdrawal.

Under the circumstances: Making the best of your deployment

Army Capt. Daniel Price, Chaplain

A preacher was visiting an elderly widow in his congregation and asked her how she was.

“Well, preacher,” she replied. “I’m doing all right, under the circumstances.”

“What are you doing under there in the first place?” asked the preacher.

As I look back on my time here at Guantanamo Bay, I am realizing more and more how much your attitude has to do with what your experience here is. If you maintain a good attitude, it can be a good experience. On the other hand, if you throw a “poor me” pity party every day, you’ll end up under the circumstances every time.

My advice is to use the time you have here to make yourself better. Take time to improve yourself in all of the major areas of life while you are on this island. I’m going to concentrate on three: the physical, mental, and spiritual.

For the physical, there are a lot of options available. Try to improve your run time. Learn a new sport (beer pong doesn’t count). Take up SCUBA or sailing. Get out of the barracks and enjoy yourself.

In terms of the mental, there are a lot of routes to take as well. Take a class at the college. Read a good non-fiction book on a topic you are interested in. Take correspondence courses for your occupational specialty. Download Rosetta Stone and learn a new language. You can even take up a new hobby and learn



woodworking or pottery.

To improve your spiritual well-being, put time into studying your religion – or someone else’s religion, for that matter. Read a book on a spiritual topic you are interested in. Spend more time talking to God and listening to Him. The possibilities are endless.

The choice of how you leave Guantanamo Bay is up to you. Are you going to be better, worse or the same as when you got here?

In the end, you are the one responsible for the choices you make. You can’t change or be accountable for what others do, but you can change what you do. And that’s what makes the difference.

And now, in the words of an Irish blessing: may the road rise to meet you, may the wind be always at your back, may the sun shine full upon your face and, until we meet again, may God hold you in the palm of his hand.

BOREDOM cont.

teeth. Located right next to the coffee shop, the Jerk House is a Guantanamo Bay must, especially for certifiable carnivores.

Wednesdays are historically one of the best days of the week. Mind you, when I say, “historically,” I don’t mean in any quantifiable, scientific or statistical way. I just mean, in all of my 27 years, Wednesdays are usually pretty awesome.

On Guantanamo Bay, Wednesdays make their mark in a few ways. First, the Liberty Center sponsors a night of free bowling and pizza or wings for servicemembers at Marblehead Lanes. First two games of bowling are free; remember to bring socks. Don’t be afraid to rock the vintage look, either – everybody looks good in bowling shoes!

If embarrassing yourself with three gutter balls in a row wasn’t enough, go straight to the Windjammer and sign up for some humiliatingly obnoxious karaoke. Watch audience members cringe and grimace as songs like “I Will Always Love You” and “Friends in Low Places” are put through the ringer and inevitably destroyed. You might even catch yours truly with her enthusiastic rendition of Bob Segar’s “Old Time Rock ‘n Roll.” Just please remember two things: ballads are *always* a bad idea and most of you probably still work in the morning – take it easy.

Thursday. I feel bad for Thursday. Never as fun as Wednesday, always in the way before you get to Friday, the best thing Thursday ever had going for it was Thursday Must-See TV when the “Friends” and “Seinfeld” crews were still around.

Alas, now Thursdays can get some love, too. On the island, Thursdays are Mongolian Night at the Bayview. In my humble opinion, the food and view are totally worth the wait. The portions are so big you’ll have leftovers for a week. And it’s still delicious cold, which is the true test of any Asian cuisine.

COMMAND cont.

the organization’s mission. This requires two things; “a ‘STRATEGIC FOCUS’ and a ‘BURNING DESIRE’ to succeed.”

Here are some simple principles Lincoln advocated during his public life:

Lincoln Principles

* Explain yourself in writing and offer advice on how to solve problems.

* It is important that the people know you come among them without fear.

* Seek casual contact with your subordinates. It is as meaningful as a formal gathering, if not more so.

* Don’t often decline to see people who call on you.

* Take public opinion baths.

Before you help yourself at the Bayview, however, what about whacking some golf balls at the driving range? I’ve never been coordinated enough to take on the whole course, but the driving range requires barely any skill. Perfect for golf amateurs who, like me, just enjoy whacking things.

TGIF – you thought **Friday** would never arrive. Celebrate the start to the weekend by picking up this fine, respectable publication and devouring it from cover to cover. I know many of you are fans of the movie review but if you take the time to peruse the rest of it, you’ll find fun, cheeky stories written by my colleagues and friends. They work hard for their money, why not throw ‘em some love? (FYI: Naval Station Guantanamo’s *Gazette* comes out this day, too, helmed by Mass Communications Specialist 2nd Class Justin Ailes, also known as the Voice of the Talking Iguana – for realz!)

After you’ve been shocked and awed by the talented crew of *The Wire*, double check that movie schedule and make your plans accordingly. The MWR consistently schedules newer movies on weekend nights, so make sure to clear your schedule and catch at least one show, if not a double feature. And don’t worry about dinner because the snack window has hotdogs, nachos and popcorn for days. It’s the weekend and I hereby condone reckless eating behavior - no movie theater experience is complete without a giant buttery popcorn.

Fast-forward to **Saturday** morning. As we chug full-steam ahead into the weekend, your very first stop should be the paintball range – MWR offers free paintballin’ from 9 a.m. to 2 p.m. to anyone who wants to get down and dirty.

After you clean up from your strenuous paintball mission, grab your broski’s and head to the Windjammer for dinner. (The nacho appetizer is delish, as are the Guinness

Wings.) And since you’re already there, stay for the soothing crooning of Country Night, held on the back patio of O’Kelly’s Irish Pub and deejayed by my good friend and colleague, Pfc. Amanda Russell. There’s no country tune this gal doesn’t know, and no dance step she can’t teach. (Don’t get any ideas though, fellas, this little lady is taken.) I was actually surprised by how many country music loyalists call this island home – they show up in full force on Saturday nights and it really is a sight to see.

“**Lazy Sunday**, wake up in the late afternoon...” Even if you roll over on Sunday and the clock reads 1:35 p.m., you still have time to make the Bayview’s delightful Sunday Brunch. Served from 10 a.m. to 2 p.m., this event is sometimes the highlight of my week. Cooked to order omelets, sinful biscuits and gravy and much, much more, it will soak up all the beverages you consumed the night before (cranberry juice, Coca Cola, you know, the usual...) and leave you happy and satisfied.

How do you top off a delicious brunch overlooking the bay? Lazy Sunday continues by heading to the Windjammer pool for some sun and some fun. How often do you have so many relaxing amenities available to you for free? After you look like a Jersey Shore cast member, top the day with some ice cream from Triple C. Then go home, relax and start it all again the next day.

These are just a few examples of how to spend your time on Guantanamo Bay. There are many other activities offered, including sailing lessons, mountain biking, paddle boating, kayaking and much more. Don’t become a GTMO hermit – it’s not good for your complexion. If I’ve learned anything here, it is that this place is what you make of it. So don’t be lame and make the best out of it. Mostly ‘cause I told you so, and I can be very intimidating.

FOCUS cont.

fancy with time on the guitar, piano and drums – unless it’s baseball season.

Stop for a minute to talk baseball with the corpsman and one thing quickly becomes apparent – the man is a die-hard Boston Red Sox fan.

“I’m not one of those jump on the bandwagon type fans either,” Blalock said. “I’ve been a Sox fan since I can remember.”

Whether it’s rooting for the Beantown Bombers, mentoring his Troopers or providing quality care to his customers, whatever Blalock does, he brings a fire and passion to the mix – a trait he intends to pass on to his son and use to serve him as he progresses in the Navy.

GTMO Religious Services

Daily Catholic Mass
Tues. - 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 5:30 p.m.
Troopers Chapel

Protestant Worship
Sunday 9 a.m.
Troopers’ Chapel
Islamic Service
Friday 1:15 p.m.
Room C
Jewish Service
Friday 7 p.m.
Chapel Annex
LDS Service
Sunday 10 a.m.
Room A

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. & 5 p.m.
Room D
Liturgical Service
Sunday 10 a.m.
Room B
Church of the Sacred Well
Call x2323 for information

General Protestant
Sunday 11 a.m.
Main Chapel
United Jamaican Fellowship
Sunday 11 a.m.
Sanctuary B
Gospel Service
Sunday 1 p.m.
Main Chapel
GTMO Bay Christian Fellowship
Sunday 6 p.m.
Main Chapel

The JTF At Shutter Speed



ROCK AND ROLL

Sailors attached to Navy Mobile Construction Battalion 23 load a piece of cement into the bucket of a backhoe at Windmill Beach, Wednesday. - photo by Army Sgt. Matthew Perry



HONOR BOUND

Troopers from the J4 department pose for a group photo in front of the Honor Bound pillars, Wednesday. - photo by Mass Communication Specialist 1st Class Sally Hendricks

PATRIOTIC

The U.S. flag flies high over Naval Station Guantanamo Bay, Monday. - photo by Mass Communication Specialist 2nd Class Killo Park



IRENE TAKES HER TOLL

Hurricane Irene pounds Phillips Dive Park, Saturday as gusts of wind and water rush the beach.

- photo by Chief Cryptologic Technician Christopher Hileman