

# THE WIRE

The Official Publication of Joint Task Force Guantanamo

## *The official's call*

MWR relies on referees to keep the ball in play

## *Running to remember*

BEEF honors memory of Airman, raises money to send home

## *GTMO's helping hands*



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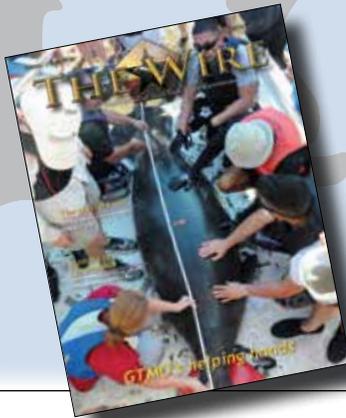
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Cover photo by Sgt. 1st Class Gina Vaile-Nelson

Troopers and GTMO residents help USGS with pioneering manatee research.  
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## BAY WIRE REPORT

### Helping our Filipino community



The Haiyan Filipino Relief Fund has set up a bank account for personnel wishing to donate to relief efforts in support of the 21 Filipinos who work at Guantanamo Bay and have family affected by the Typhoon Haiyan.

Donations can be taken to Community Bank (Bank of America), and all funds will go directly to those in need.

### Spread your holiday cheer

The 2013 GTMO Holiday Parade and concert is right around the corner. Help make this community event a success, and show of your creative talent by designing and building a float for the festivities. If you are interested in entering the parade as a walker, on a bike, golf cart, vehicle or float, registration is due Dec. 7, 6 p.m. All entrants must pre-register. For more information please contact MWR at ext. 75351.

**"Our thoughts and prayers are with the people of the Midwest who have been devastated by the recent tornadoes."**

**—Rear Adm. R.W. Butler**

CORRECTIONS *Please report all corrections to [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)*



# THE WIRE

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## Religious Services

### NAVSTA Chapel

**Catholic Mass**  
Mon.-Thur. 5:30 p.m.  
Saturday 5 p.m.  
Sunday 9 a.m.

### Protestant Services

General Protestant  
Sunday 11 a.m.  
Gospel Worship  
Sunday 1 p.m.

### Chapel Annexes

**Pentecostal Gospel**  
Sunday 8 a.m. & 5 p.m.,  
Room D

**LDS Service**  
Sunday 10 a.m., Room 19

**Islamic Service**  
Friday, 1:15 p.m., Room 2

**Seventh Day Adventist**  
Friday, 7 p.m., Room 1  
Sabbath School: Saturday 9:30 a.m.,  
Room 1  
Sabbath Service: Saturday 11:00 a.m.,  
Room 1

### JTF Trooper Chapel

**Protestant Worship**  
Sunday 6:40 a.m.  
Sunday 9 a.m.  
Sunday 7 p.m.

## Transportation Schedules

### Bus #1, 2, 3:

Camp America - :00, :20, :40  
Gazebo - :01, :21, :41  
Camp America NEX - :02, :22, :42  
Camp Delta - :04, :24, :44  
Camp 6 - :07, :27, :47  
TK 4 - :13, :33, :53  
JAS - :14, :34, :54  
TK 3 - :15, :35, :55  
TK 2 - :16, :36, :56  
TK 1 - :17, :37, :57  
CC - :19, :39, :59  
Windjammer/Gym - :22, :42, :02  
Gold Hill Galley - :24, :44, :04  
NEX - :26, :46, :06  
NEX Laundry - :27, :47, :07  
C Pool - :30, :50, :10  
Downtown Lyceum - :31, :51, :11  
NEX - :33, :53, :13  
Gold Hill Galley - :35, :55, :15  
Windjammer/Gym - :37, :57, :17  
CC - :40, :00, :20  
TK 1 - :41, :01, :21  
TK 2 - :42, :02, :22  
TK 3 - :43, :03, :23  
TK 4 - :44, :04, :24  
Camp 6 - :50, :10, :30  
Camp Delta - :53, :13, :33  
HQ Building - :55, :15, :35  
Camp America NEX - :57, :17, :37  
Gazebo - :58, :18, :38  
Camp America - :00, :20, :40

### NEX Express Bus

9:55 a.m. - 7:55 p.m.  
Every hour at the stated times

Camp America - :55, :48  
TK 1 - :05, :36  
Denich Gym/Windjammer - :11, :31  
Gold Hill Galley - :14, :29  
NEX - :16, :27  
Downtown Lyceum - :17, :25

### Beach Bus

Sat. and Sun. only - Location #1-4  
Windward Loop  
9 a.m., 12 p.m., 3 p.m., 6 p.m.

**East Caravella**  
SBOQ/Marina  
9:05 a.m., 12:05 p.m., 3:05 p.m.

**NEX**  
9:08 a.m., 12:08 p.m.,  
3:08 p.m., 6:08 p.m.

**Phillips Park**  
9:14 a.m., 12:14 p.m.  
3:14 p.m.

**Cable Beach**  
9:17 a.m., 12:17 p.m.,  
3:17 p.m.

**Windward Loop**  
9:30 a.m., 12:30 p.m.,  
3:30 p.m.

**NEX**  
9:25 a.m., 12:25 p.m.,  
3:25 p.m., 6:25 p.m.

**SBOQ/MARINA**  
9:35 a.m., 12:35 p.m., 3:35 p.m.

**Return to Office**  
9:40 a.m., 12:40 p.m., 3:40 p.m.

# JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



# Celebrating Thanksgiving at GTMO

**By Command Sgt. Maj. Michael Borlin**  
*Command Sergeant Major, Joint Detention Group*

As we look around and see all the leaves on the trees turning the beautiful yellow, orange and red, and flow along the rustic mountains and our gorgeous winding roads, we know that we are in the season of fall ... Oh wait, my bad, not really leaves, maybe weeds and iguanas will turn colors for us too. One thing is sure, we are deep into fall and I know this because the NFL is back in action and the World Series is complete. With this time of year comes the great American holiday known as Thanksgiving.

To many, Thanksgiving is a day that turkey, dressing, different varieties of potatoes and other scrumptious morsels, drowned in luxurious giblet gravy, are inhaled at speeds that give any champion hot dog eater pause at the mere ability of these eaters. The meal is finished and topped off with pies of the pumpkin and sweet potato variety, buried in whip cream. The passing out on the couch or the La-Z-boy comes next as many slumber off in front of the glow of the TV as the Detroit Lions play the Greenbay Packers, the Dallas Cowboys play the Oakland Raiders and the Pittsburgh Steelers play the Baltimore Ravens in their infamous T-Day football games.

*Looking at history in 1621, our new colonists shared a feast meal with Wampanoag Indians that today is recognized as perhaps the first Thanksgiving. By the 1850s, almost every state and territory celebrated Thanksgiving.*

*Many people felt this family holiday should be a national celebration, especially Sarah Josepha Hale, the influential editor of*



Command Sgt. Maj. Michael Borlin

*the popular women's magazine "Godey's Lady's Book." In 1827, she began a campaign to reinstate the holiday after the model of the first presidents. She publicly petitioned several presidents to make it an annual event. Sarah Josepha Hale's efforts finally succeeded in 1863, when she was able to convince President Lincoln that a national Thanksgiving might serve to unite a war-torn country. Lincoln declared two national Thanksgivings that year, one for August 6 celebrating the victory at Gettysburg, and a second for the last Thursday in November.*

*Neither Lincoln nor his successors, however, made the holiday a fixed annual event. A president still had to proclaim Thanksgiving each year, and the last Thursday in November became the customary date. In a controversial move, Franklin Delano Roosevelt lengthened the Christmas shopping season by declaring Thanksgiving for the next-to-the-last Thursday in November. Two years later, in 1941, Congress responded by permanently establishing the holiday as the fourth Thursday in the month.*

As we celebrate Thanksgiving this year in Guantanamo Bay, we are separated from our loved ones and friends we left behind to do our nations bidding. However, this is the life of a U.S. Service member. We all volunteered for this life and our family and friends bear the burden. Nevertheless, we only have to look left or right and find our JTF family and friends we serve with, day in and day out, in this difficult mission, to celebrate this year's Thanksgiving. Ensure you make contact with your loved ones back home and make that connection to have them receive that all-important message from their Service member, DoD civilian, or civilian contractor they support without reservation. I wish all members of the JTF and their family and friends all the best this Thanksgiving.

**Editors Note:** *Excerpts from this editorial are republished from [www.plimoth.org](http://www.plimoth.org)*

## TROOPER TO TROOPER

# Encouraging Troopers to exercise Dignity and Respect

**By Master Sgt. Anthony O'Neal**  
*Asst. Inspector General, JTF-GTMO*

I would first like to remind my fellow brothers-in-arms this is Brovember, or Movember, whichever you choose. This means if you are older than 40, you should be having your prostate checked.

As an Inspector General, over the last couple of years, and during my deployment, one resounding theme comes to mind when I reflect on conversations with Troopers and civilians who call us for help:

They all want to be treated with dignity and respect.

Army Regulation 600-20, Army Command Policy,



Master Sgt. Anthony O'Neal

directs that all military and civilian personnel be treated in this manner. It is essential as we move forward in uncertain times with our military to remember that these two essential ideas will affect our readiness, morale and the cohesion of our units; regardless of the branch of service we belong to.

Often, a Soldier comes into my office after being read in on a Uniform Code of Military Justice violation and they feel that they have not gotten a fair shake. Some deployed and permanent change of station Service members feel like an outsider because they are not organic to the unit assigned and this feeling of not fitting in often brings more unneeded stress in this already difficult

environment. No matter how new the person is to your unit or what they are alleged to have done, they still deserve to be treated with dignity and respect.

The IG office will often take on cases where leadership has allowed the communication process to deteriorate and what is left is the Soldier feeling frustrated and feeling they have no one else to turn to. If they did make a mistake, the supervisor would rather write a vague counseling and then chew on them for a while, degrading them. In today's professional military, our Warriors are better than that.

They respond to the specifics. "What did I do," "what did it violate," and "how can I improve upon my actions?"

If leaders can answer this after a written counseling is complete, then you should not have a problem.

# U.S. sends relief to Philippines

## Staff Report

U.S. Pacific Command, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

WASHINGTON, Nov. 17, 2013 – U.S. military assets have as of early today delivered approximately 655,000 pounds of relief supplies provided by the U.S. Agency for International Development since the start of Operation Damayan, the relief effort in support of the government of the Philippines in the wake of Typhoon Haiyan/Yolanda.

The duration and extent of U.S. military support will depend on the request from the government of the Philippines. American forces will be present as long as they are needed, but no longer than required.

In addition to the delivery of relief supplies, U.S. military aircraft have to date logged nearly 650 flight hours, moved nearly 1,200 relief workers into Tacloban and have airlifted nearly 4,900 survivors from typhoon-impacted areas.

At the request of the government of the Philippines, international military forces in the region are also ramping up their support.

Australia, India, Japan, Malaysia, Singapore, South Korea and Taiwan are currently providing aircraft and/or medical personnel to assist in the relief operations. Similar military support from Brunei, Great Britain, New Zealand and Thailand is also expected.

U.S. Marine Corps Forces, Pacific is coordinating efforts by Marine forces in the U.S. Pacific Command area of responsibility and working with the Philippine government to rapidly deliver humanitarian assistance and disaster relief to the areas the Philippine government deems most in need. The U.S.-Philippines visiting forces agreement helped facilitate the speed of



Photo by Capt. Caleb Eames/III Marine Expeditionary Force via DVIDS

U.S. Marine Capt. Joseph White, deputy logistics officer, 31st Marine Expeditionary Unit and Philippine army Pfc. Vic D. Victoriano carry U.S. Agency for International Development relief supplies from an MV-22 Osprey tilt-rotor aircraft, Nov. 18. A bilateral assessment team landed to deliver relief and determine needs in remote areas in and near Leyte to assess the needs of people isolated by Typhoon Haiyan. U.S. military assets have delivered relief supplies provided by the U.S. Agency for International Development since the start of Operation Damayan, in support of the Government of the Philippines in the wake of Typhoon Haiyan.

this response.

U.S. Marine Corps Forces, Pacific's ability to coordinate with all available Defense Department resources in Pacom's area of responsibility to respond rapidly to the Philippine government's request reaffirms the value of the close cooperation the two nations share.

The people of the Philippines are responding to the typhoon's impact with characteristic resilience, aided by the effective measures their government took to help prepare them for the storm.

In the immediate aftermath of the typhoon, the 3rd Marine Expeditionary Brigade deployed a humanitarian assistance survey team to conduct assessments of impacted areas. 🇺🇸

## ■ Respect each other for a fluid working environment, Continued from page 4

Profanity is prohibited by Joint Task Force Command Policy 10.5 (listed as 39 on the memo from 2007) The use of Indecent and Offensive Language.

Abusive behavior and/or improper punishment can be serious enough to be considered cruelty and maltreatment and in many cases the actions could be construed as Hazing. These actions could end up with a violation of Article 93 of the UCMJ. So the next time you decide to conduct a "verbal" counseling, make sure you remember that the Service member deserves to be treated with dignity and respect. A wise, but not-so-old, Marine Sergeant Major, put it best when he said, "treat your

Warriors as if you would treat your own kids." If you would not disrespect, belittle and use profanity toward your children, why would you do it to your troops?

Lastly, rumors will kill morale. I have seen how rumors often fester into investigations that lead nowhere. Our female and male Warriors on this island are very hard-working, serving proudly, and often find themselves in one-on-one situations. Remember, this is a small island and others are watching what you do so be respectful and don't do anything that your loved ones, or the military, would not approve of.

One last bit of advice is if you

perpetuate a rumor you are also degrading the force. If you don't have something nice to say, don't talk about others, but report wrong-doing to your leadership and let them handle the issue.

When in doubt of how to treat your fellow Trooper, just remember two key words: Dignity and Respect. If you use them, you cannot go wrong.

The Inspector General is always here to help and if you ever have questions about the UCMJ or a possible violation of regulations and JTF-GTMO Policy, you can always consult the Staff Judge Advocate or this office for help.

# Horror classic leaves you screaming for more



**Review by Capt. Brian Pennington**

Command Information OIC, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Move over Richie Incognito, and watch the students of Ewen High School in the movie “Carrie” and see how real bullying is done.

Carrie White (Chloe Moretz), is a quiet, confidence-lacking girl nearing graduation from high school who navigates her way through life and tries to find herself. Her mom, Margaret White (Julianne Moore) guides her with a deeply religious world-view that borders on insane. Okay, borders is too gentle of a word, Margaret is totally ‘off of her rocker.’

Using her special powers, Carrie struggles to lead a normal childhood and keep her mother from driving her crazy. All the while having to endure horrendous bullying

at the hands of her high school classmates but, as you will see when you watch the movie, payback will be served.

The plot wasn’t real surprising, if you’ve read Stephen King’s novel, “Carrie,” or seen the 1976 version of the film, but the acting was strong; so good that I found myself feeling sad for Carrie during the movie. In the end, I was cheering for the underdog and happy with the ending.



Courtesy Sony Pictures

“Carrie” is a must see for every wannabe bully who has aspirations of picking on someone they feel is inferior.

In all seriousness, it’s a good horror flick with strong acting -- two things that don’t seem to happen very often. It’s for these factors that I give “Carrie” four banana rats. 🍌

# You can’t “Escape” this time

**Review by Sgt. David Bolton**

Copy Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Alright all you action-thriller devotees, here comes your next DVD Blue-ray purchase. “Escape Plan” brings two of Hollywood’s most iconic action stars together again.

Ray Breslin (Sylvester Stallone) and Emil Rottmayer (Arnold Schwarzenegger) find themselves on the wrong side of the bars. With a movie titled “Escape Plan” what you read is what you get.

But this isn’t “Escape from Alcatraz,” “Prison Break,” or “The Shawshank Redemption.” I think this film takes it to a whole new level. It is far more inventive with its system and method of incarcerating inmates. Solitary confinement is taken to the extreme and the actual location of ‘The Tomb’ remains all but a mystery.

The action sequences in “Escape Plan” are really quite spectacular. You would think with two aging, action stars like Stallone and



Courtesy Atmosphere Entertainment

Schwarzenegger the stunts would be toned down, but they’re not. No matter what you may hear or read in the tabloids, these guys still have it. I was a little reserved about what I would see on the screen, but the plot of the film and the dynamic camera angles really lent themselves to the overall experience of this movie.

I haven’t seen a movie like this in years and honestly, it was a welcomed nostalgia. For helping me escape from the normal film rut, I give “Escape Plan” four banana rats. 🍌



# Now Showing!

at the Downtown and Camp Bulkeley Lyceums

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

22	FRIDAY	23	SATURDAY	24	SUNDAY	25	MONDAY	26	TUESDAY	27	WEDNESDAY	28	THURSDAY
 <b>Hunger Games: Catching Fire (New)</b> PG13, 7 p.m. <b>Fifth Estate</b> R, 9:45 p.m.	<b>The Counselor (New)</b> R, 7 p.m. <b>Carrie</b> R, 9 p.m.	<b>Gravity</b> PG13, 7 p.m.	<b>Escape Plan</b> R, 7 p.m.	<b>Machete Kills</b> R, 7 p.m.	<b>Baggage Claim (LS)</b> PG13, 7 p.m.	<b>National Lampoon's Christmas Vacation (TT)</b> PG13, 7 p.m.							
	<b>The Counselor (New)</b> R, 8 p.m. <b>Escape Plan</b> R, 10 p.m.	<b>Hunger Games: Catching Fire (New)</b> PG13, 8 p.m. <b>Fifth Estate (New)</b> R, 10:45 p.m.	<b>Captain Phillips</b> PG13, 8 p.m.	<b>Lyceum closed</b> Note: Concessions at Camp Bulkeley are also closed every night until further notice.	<b>Movie</b> R, 8 p.m.	<b>Lyceum closed</b> Note: Concessions at Camp Bulkeley are also closed every night until further notice.	<b>Carrie</b> R, 8 p.m.						

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

LS = Last Showing TT = Throwback Thursday

# Heart strong

*Power and endurance for your body's most important muscle*

**By Capt. Brian Pennington**

Command Information OIC, [thewire@jftgtmo.southcom.mil](mailto:thewire@jftgtmo.southcom.mil)

Throughout the weeks we have discussed ways to get bigger, faster and stronger. One key element that hasn't been addressed is the heart. The heart is one of the most important factors in our overall fitness level.

A strong heart is a critical element to a fit Warrior. Troopers who can only sustain a movement for a minute are useless after they have reached exhaustion, regardless of how much they can lift.

First, you must understand how to find your heart rate if you don't have a monitor. Place your index and middle fingers under your ear and press slightly until you feel a heartbeat. Look at a stop watch and count each beat for 10 seconds

and multiply that number by six and that is your number of beats per minute. Next, subtract your age from 220 and that number is your maximum beats per minute.

Depending on your goals and fitness level, you should aim at a percentage between 50 to 100. The active zone is 50 percent to 70 percent, which is a good for burning fat or when you are just getting started. The target heart rate zone is 70 percent to 85 percent of your maximum beats per minute, and is good for increasing cardiovascular fitness and an elevated caloric burn. Maximum heart rate range of 85 to 100 percent is reserved for short term exercise. Think of it as

sprinting as fast as you can for a short amount of time.

For example, a 30 year-old person's maximum heart rate is 190. If he/she wants to be in the cardio training zone they should aim for 133 to 162 BPM. Simply take your maximum BPM and multiply by a point and number you want to know on a calculator i.e.,  $190 \times .70$  equals. The lower end of your cardio target zone should be 133.

Heart rate training is basic, but sometimes it's good to get back to the basics and remember there is a science to working out. Finding the correct balance is the difference between reaching your goals and falling short. 🍌

# Heart Rate

# Strength

Graphic by Sgt. 1st Class Aaron Hiller/The Wire

## BEEF memorializes comrade with run

**By Sgt. Cody Stagner**

JTF-PAO, [thewire@jftgtmo.southcom.mil](mailto:thewire@jftgtmo.southcom.mil)

Airmen from the 474th Expeditionary Civil Engineer Squadron, Base Engineer Emergency Force, Joint Task Force Guantanamo competed in a 5k poker-run Nov. 13, in memory of a fellow Service member.

"The purpose of the run was to gather donations to buy a gift for Senior Airman Bergt's family and to reflect on the friendship most of us have had with him since we are unable to attend his funeral," said Tech Sgt. Timothy Shea, event organizer and water fuels system maintenance craftsman for the squadron.

Nov. 7, Senior Airman Charles A. Bergt, died in a motorcycle accident in Miami. Bergt was a member of the 45th Civil Engineering Squadron at Patrick Air Force Base, Fla., which is the same squadron as most members of JTF-GTMO's BEEF.

"He and I deployed to Afghanistan together and became good friends," said Air Force Staff Sgt. Duane Schroeder. "When you spend that much time with someone, you get to know them pretty well. He was a hard worker and a great friend."

Bergt made a lasting impression on others in the squadron, which aided in the overall success of the fundraiser here at GTMO.

"Together, we were able to raise \$375, which will be donated to Operation Comfort in Senior Airman Bergt's name," said Air



Sgt. Cody Stagner/JTF PAO

The Joint Task Force Guantanamo's 474th Expeditionary Civil Engineer Squadron, Base Engineer Emergency Force, runs the GTMO roads Nov. 13, for a 5k poker-run fundraiser in memory of Senior Airman Charles A. Bergt II, who was killed in a motorcycle accident this November. Many of the BEEF's Airmen served with Bergt previously.

Force 1st Lt. Cory McCart, the operations flight chief for the 474th.

"He is part of our engineer family and this was our opportunity to show our respects to him during services hosted stateside." 🍌

# Making the right call

*The backbone of organized sports becoming extinct at GTMO*

**Story and Photos By Spc. Lerone Simmons**

Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Troopers come to U.S. Naval Station Guantanamo Bay frequently and those interested in sport activities eventually find their way to the Morale, Welfare and Recreation program's sign-up sheets to participate as players.

MWR provides the opportunity for Troopers to participate in sport leagues ranging from soccer, basketball, football, softball, volleyball, kickball, bowling and ultimate Frisbee, and the program also boasts having several dedicated Troopers who ensure games run smoothly and in accordance with individual sports rules.

For Coast Guard Petty Officer 3rd Class Jacob Lowery, a supply and logistics storekeeper assigned to the Coastguard Aviation Detachment, this is his way of being active and staying involved.

"I came to GTMO on a two-year billet and wanted to keep myself busy. I love sports, so officiating seemed like the best option, and why not get paid for it," said Lowery who works as a basketball, softball, kickball and football official for MWR.

MWR compensates officiators and scorekeepers for their time during games, but Lowery's interest in sports got him involved in officiating. He also likes being able to have a different kind of impact on the games he oversees.

"It's a good way to make a difference, especially being able to run up and down the court and be close to the action if you're not actually playing," he said.

As a 23 year old, Lowery has no problem jogging up and down the court, but this can also be said for the 55-year-old Army Master Sgt. Gregg Ramsdell, senior enlisted advisor assigned to the



Coast Guard Petty Officer 3rd Class Jacob Lowery, supply and logistics storekeeper assigned to the Coast Guard Aviation Detachment, hustles down the court while officiating a Morale, Welfare and Recreation basketball game at Denich Gym, Oct. 30.

Joint Task Force Guantanamo's command element. As the only JTF Service member referee, he keeps up with players during any scheduled event.

He began officiating 25 years ago at the high school level for fun and

transitioned to being a National Collegiate Athletic Association Division II basketball referee.

"Understanding the game as a player and being open-minded to calls made are things that are necessary when participating in any organized sport,"



Army Master Sgt. Gregg Ramsdell, senior enlisted advisor to the Joint Task Force-Guantanamo command element, makes a call while Spc. Malcolm Geans, a postal clerk assigned to Camp America Post Office, JTF GTMO, protests during a Morale, Welfare and Recreation basketball game at Denich Gym Oct. 30.

he said.

There has always been a divide between players and sports officials when it comes to a rule being called against them. But Ramsdell's advice to players is keep a level head.

"They have to realize that the officials are in charge and know the rules," he said. "Remember that officiators are human too – we are not perfect."

"Being professional is important, especially when you have the privilege of playing," he said. "The person officiating probably wears the same uniform outside of the game."

Wearing the uniform is what brings Troopers here to GTMO but leaving with a new skill of officiating is something that can be used on any active duty base.

"No matter what duty station you're going to, there should be some

kind of sports program there, where you can use the officiating skills learned here," said Art Torley, the MWR commissioner of officials for softball, volleyball and kickball.

"After completing a clinic and having proper insurance, you will be on your way to becoming an officiator," he said. "It's also a good way to be involved."

MWR encourages Troopers to get involved and consider becoming a sports official.

For more information on how you can become an official for MWR, contact MWR sports at ext. 2113. 🇺🇸

Remember that officials are humans too - we are not perfect ... Without the officials, there would be no game.

— **Master Sgt. Gregg Ramsdell**

*Senior Enlisted Advisor - Command Element  
Joint Task Force Guantanamo Bay, Cuba*



Army Master Sgt. Gregg Ramsdell, right, senior enlisted advisor to the Joint Task Force-Guantanamo command element, speaks with Coast Guard Petty Officer 3rd Class Jacob Lowery, supply and logistics storekeeper assigned to the Coast Guard Aviation detachment, while officiating a Morale, Welfare and Recreation basketball game at Denich Gym, Oct. 30.

# Saving our underwater world one manatee at a time

By Sgt. 1st Class Gina Vaile-Nelson  
Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)



The United States has long been known as a safe harbor for tired, poor, “huddled masses yearning to breathe free.” And here at Guantanamo Bay, the U.S. Naval Station and Joint Task Force Guantanamo have adopted the same principle of Ellis Island, N.Y., and applied it to the underwater world we live above – a safe harbor for marine life looking for sanctuary and a place to thrive.

Because Department of Defense installations pride themselves on being environmental stewards, and because NAVSTA and JTF-GTMO are constantly increasing efforts to be more environmentally friendly with a smaller carbon footprint, United States Geological Survey scientist Bob Bonde said the coves and inlets around Guantanamo Bay are thriving with marine wildlife.

Including the West Indian manatee – also called the Antilles manatee – which brings Bonde and a team of USGS scientists to GTMO twice a year to study. The USGS researchers collect data for the Sirenia Project, a project conducting long-term, detailed studies on the life history and ecological requirements of the West Indian manatee, essential to the recovery of the species.

“Guantanamo Bay is a classic example of a wildlife sanctuary in the sense of ‘if you build it, we will come,’” Bonde said, during a recent visit to study the local manatee population Nov. 9-14.

“If manatees feel safe here, then the population will likely grow and can supplement the endangered population on the rest of the island. That will ensure that we will have manatees

around for a long time,” he said.

Because of the strict environmental guidelines that the NAVSTA follows for ecological impact and safety measures in place for both boaters and wildlife, Bonde said the waters surrounding the base are conducive and welcoming to marine wildlife including the manatees.

In the spring, the USGS tagged three manatees. Using the radio transmitters attached to their tails, the USGS team was able to track patterns in their movements, which allows scientists to better understand their behaviors including foraging patterns and daily movements.

“When we radio tag these animals, they literally are teaching us,” Bonde said.

“I’m an old aged guy, so there will be a time when a new generation comes out here,” he said. “We grew up not seeing

dinosaurs and that was a shame. That’s why we have to protect the manatees, we have a responsibility to protect these animals.”



Photo by Sgt. 1st Class Gina Vaile-Nelson/The Wire  
An adolescent female Antilles manatee, captured Nov. 11, in Manatee Cove, was the first of seven manatees captured during the Nov. 10-14, U.S. Geological Survey’s Sirenia Project. The goal is to capture and radio tag as many of the sea mammals as possible so that scientists can gain a better understanding of the endangered species, and help communities such as U.S. Naval Base Guantanamo better protect them.

It took two, one-hour blocks of instruction on the habitats and biology of manatees and a half-day’s training with nets and proper capture techniques before more than 70 volunteers were turned loose to spot, capture and assess the GTMO manatees. Even during the real-time

mission of capture attempts, the volunteers were still learning and training.

Most of the days were filled with sitting, scanning the water for noses to surface, indicating that a manatee was in the area. With hours in the boats or on the beaches, the volunteers learned more about the manatees and marine life from the

A team of Antilles and assess manatee



Photo by Sgt. 1st Class Gina Vaile-Nelson/The Wire

of Joint Task Force Guantanamo and U.S. Naval Station Guantanamo volunteers pull in a West Indian manatee, also known as the manatee, Nov. 11, at Manatee Cove off of Lizard Island. The volunteers helped a team from the U.S. Geological Survey track, capture and tag seven manatees over the course of a five-day capture program known as the Sirenia Project, which provides data on the endangered species to better protect the species.

USGS team.

“I learned a lot,” said Navy Petty Officer 2nd Class Leo Paulo, a hospital corpsman and noncommissioned officer in charge at the detention hospital. “I learned about their vegetation habits, their physiology and their biology. When we were out in the field, I learned a lot about their reactions toward us. That’s something you can’t really learn in a classroom.”

Paulo worked on the assessment team Nov. 11 when the first manatee was captured for assessment. He collected fecal matter for testing, and also worked on the biopsy of the manatee’s tail.

“I have a biology background and field ecology knowledge,” he said. “This is the things I learned in school, and now I’m applying it in real life, and this will actually effect someone’s research. That’s awesome.”

More than 24 of Paulo’s fellow Joint Medical Group Troopers volunteered for the manatee-tagging mission. Most served at least 24-hours volunteer time during the five-day operation.

“For us, biology is the study of life. And we, as medical people, always try to look for better ways to treat,” he said. “Working with animals gives us a lot to learn from.”

The JMG Troopers collected samples, labeled forms and assisted with the medical examination conducted by Bonde and Maggie Hunter, research geneticist with the USGS.

“Any lab experience is going to help us,” said Navy Petty Officer 3rd Class Daniel Monticue, a lab technician at the detention hospital. “More exposure and seeing it different ways is always helpful,” he said. Monticue also participated in a dolphin study in San Diego prior to this one at GTMO.

“It makes me feel like I’m accomplishing something,” he said. “Not just something for this command, but something with a world-wide impact.”

Because the JMG provided so many volunteers to assist with the mission, Bonde said the effort was a real benefit to the USGS research,

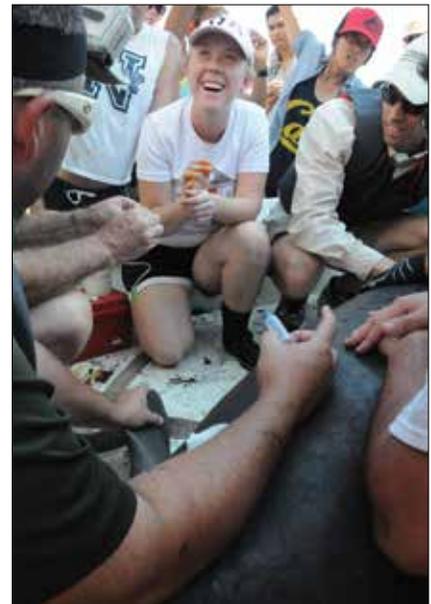


Photo by Sgt. 1st Class Gina Vaile-Nelson/The Wire

Capt. Emily Pearman, NAVSTA veterinarian, smiles after listening to the heartbeat over a Doppler machine Nov. 11. Pearman, and the Joint Medical Group, Joint Task Force Guantanamo, assisted the U.S. Geological Survey with medical samples for the Sirenia Project. The USGS used Pearman’s lab at the animal clinic to run tests on the collected samples.

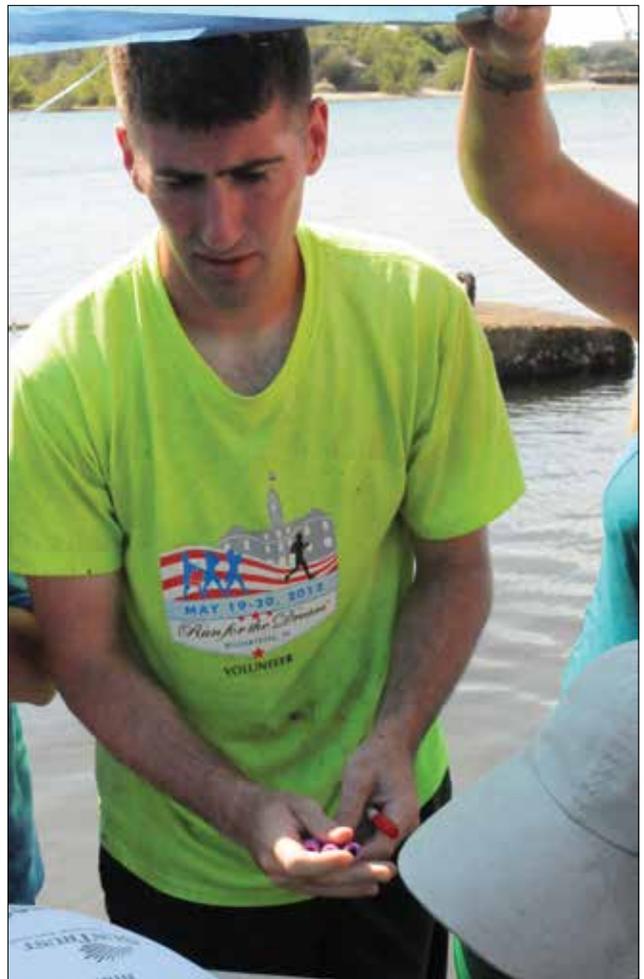


Photo by Sgt. 1st Class Gina Vaile-Nelson/The Wire

Navy Petty Officer 3rd Class Daniel Monticue, lab technician for the Joint Medical Group, takes vials of blood samples from medical staff Nov. 11, at Lizard Island. Monticue volunteered to assist with labeling samples with appropriate information so that U.S. Geological Survey biologists can study the Antilles manatee found in Guantanamo Bay.

## ■ JMG provides assistance with medical work up of endangered species

which he called pioneering.

“We have a good system for us to acquire and collect the data that we need to know to identify what makes a manatee tick,” he said.

“Within 45 minutes, we are able to get the products we need, like the blood, serum, plasma and measure the urine and fecal samples and genetic samples,” he said. “We know in Florida what the norm is, but we are not really certain about Cuba.

“It’s nice to have people with experience and who understand what is going on with the medical side of things,” he said, adding that all the volunteers helped pave the way for manatee research.

According to Coast Guard Petty Officer 3rd Class Jon Zocchia, Maritime Security, 301<sup>st</sup> Port Security Detachment, once the manatees were brought on-board the capture boat for assessment, you couldn’t tell who belonged to the JMG or USGS.

“I didn’t even know who was who when they started the medical process and taking samples,” he said. “I thought the JMG was just here to observe, but they got in there and I didn’t realize they were integrated that much.”

Zocchia, a New York Police officer with an education in the science field, said he was glad he had the opportunity to work with the capture team to bring the manatees in for assessment. The data collection and participation in the research efforts is something he hasn’t got to do in a long time.

“I went to school in biology, and this was great,” he said. “Waiting was the most challenging, but I did research in college, so I loved getting back to it.”



With the capture and assessment of the Guantanamo manatees, to the field work that studies their habitats, the work conducted here at GTMO provides the scientists with knowledge that fills in the gaps in the overall knowledge of the Antillean manatee found throughout the Caribbean. Originally, the Sirenia Project began as a study of Florida manatees, but has since expanded to provide a broadened understanding of the context of manatee survival. This has raised new scientific questions about the manatee populations in the Caribbean islands, where they are still hunted by local communities.

“Because of the security and limited access of a military installation, the base acts as a ‘de facto’ marine sanctuary for plants and animals,” said Jim Reid, USGS biologist and member of the Sirenia Project.

“Over the course of five active capture days, we caught seven manatees, and radio tagged four of them,” he said. “It was great to have the multi-agency and service coordination to pull this off.”

The research will prove valuable to world-wide preservation efforts of the manatees Reid said. Another lasting effect was the team building of the JMG.

“The manatee tagging was unique,” said Command Master Chief Laura Hedien, senior enlisted leader, JMG.

“The volunteers were involved from the start to the finish of the process and the scientists were sure to involve us in the whole event and make us feel as part of the evolution,” she said.

“It was a great opportunity to build teamwork and good attitude outside the office spaces,” she said.

“These opportunities are battery re-chargers and attitude adjusters,” she said. “Anytime you can get hands on experience with any living creature, it adds to your abilities and skills.” 🐬

## Magnificent Manatees

Guantanamo Bay provides a safe harbor for the Antilles manatee, a sub-species of the Indian manatee. These mammals are so endangered that according to the group Save the Manatee, numbers could be as low as 10,434 between Florida and the Caribbean basin.



Manatees and their closest relative, the dugong, evolved from four-footed land mammals more than 60 million years ago. They are more distantly related to elephants and hyraxes, a mammal native to Asia and Africa



Newborns range in size from 4-4 1/2 feet and weigh 60 pounds, while a full-grown manatee averages 10 feet long and weighs between 1,500 and 2,200 pounds



The geographic range of the West Indian manatee covers the Southeastern United States, the Caribbean Islands, eastern Mexico and Central America



Manatees live in shallow fresh, brackish and marine aquatic habitats, and prefer waters warmer than 72 F. Manatees cannot survive in water colder than 63 F



Major threats to these herbivorous, slow-moving animals, are boat-related injuries and deaths, habitat loss or degradation and in some countries, hunting

Source: USGS Manatee Fact Sheet



Photo by Petty Officer 2nd Class Ailyn T. Smith/JMG

Graphic by Sgt. 1st Class Aaron Hiller/The Wire



Navy Cmdr. Ron Kuzdak, camp physician, Joint Medical Group, and Navy Lt. Melanie Cordoro, JMG nurse, listen to a manatee's heartbeat on a doplar Nov. 14. More than 24 JMG Troopers volunteered to assist the U.S. Geological Survey with medical assessments of manatees captured during a five-day study for the Sirenia Project.

Photo by Petty Officer 2nd Class Ailyn T. Smith/JMG

# Inspiring the youth

*Coast Guardsman focuses attention on special students*

Story and photo by Sgt. Darron Salzer

Photo Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

What do you want to be when you grow up? This question can take a lifetime for some people to answer, but Coast Guard Petty Officer 3rd Class Stephen Lanzi found the answer in the sixth grade: a teacher.

"When I was in sixth grade, a buddy of mine was having trouble with long division, so I taught him to understand it better," Lanzi, an operations specialist in the Coast Guard Reserve, said. "I really enjoyed helping him out and after that I realized that being a teacher was what I wanted to do."

In his traditional Reserving status, Lanzi is a teacher's assistant at a special therapeutic middle school for kids with emotional and behavioral disorders and issues, where he also teaches social studies for an hour a day.

"We have students with Asperger's, students who have abusive parents or no parents at all and students who have severe behavioral problems," he said. "For a lot of our kids, life at home has not always been stable.

"Some of the students live a life where we cannot give them homework because if they are seen with books, they'll get beat up," he said. "They live in neighborhoods where they cannot go outside at night."

Lanzi said when he set out to become a teacher he never thought that he would work with the type of kids that he does now.

"My very first day there, we had to separate two students and put them in what we call therapeutic separation," he said. "You know, many of these kids have never been taught to handle situations in life with anything except for anger."

But serving those who have special needs seems to run in the family

according to Lanzi.

"I have an older brother who works for a state group home for people with severe mental and physical disabilities, a younger sister who is a special education teacher, my mother is a teacher's assistant in another special education classroom and her brother and sister-in-law are also special education teachers," he said. "So we kind of have a theme going in our family.

"We all seem to have this strong desire to want to teach, and it just happens that we all work with those who have special needs," he said.

Lanzi said it's just the way his family is.

"My family has always been the type of family where, if you need a favor, call and we're there," he said. "That's just the way we are. I probably had the two best parents in the world who raised me."

When it comes to teaching, Lanzi said it is more than just helping others.

"The best thing about teaching is the rewards, especially those down the road.



As a teacher, you may not always realize how much of an impact you had on a student's life until four or five years down the road," he said.

During the last school year, Lanzi experienced one such reward with one particular student who was having a little trouble.

"He hit a speed bump at school," he said, "He's one of the few kids that not only likes baseball, but also likes to play baseball. So as an incentive, I said that

I would bring in my gloves and a ball so he and I could play catch for 10 minutes once he progressed back up. "The whole time, I remember thinking to myself 'how much better would the lives of these kids be if all their live they had someone to help them succeed.'"

For Lanzi, he said it's those moments that mean most to him.

"I don't care how many teacher awards I get in my career, I honestly don't. What I care about is how many diplomas my students will get," he said. 🌟

# Glitz and Glamour

## Black Heritage Organization hosts Mardi Gras-style mask party

By Staff Sgt. Lorne Neff

Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

More than 100 people attended the Black Heritage Organization's Mask Ball, Nov. 17, at the Bayview Club.

"The Mask Party was a complete success," said Air Force Tech. Sgt. Lakesha Cole, a manpower manager for Joint Task Force Guantanamo. "The Bayview was decorated with various colored balloons, Mardi Gras beads and coins, and lighting outside.

"It was nice to see everyone enjoying themselves as we overlooked the bay. We simply socialized, ate and danced the night away," she said.

According to Cole, who sold tickets to the event, proceeds for the ball go back into the organization and will go to future events and for scholarships for the kids of Cuban and Jamaican descent.

"We had this planned for October originally, but with so many different things going on in October, we just wanted give people something different to do," said Cole. "This was the perfect weekend to do it."

Cole said the BHO often sells coins and t-shirts with membership at the exchange and says they will be cooking more in the coming months.

In addition to music, dancing and food, participants were invited to wear masks.



Photo by Staff Sgt. Lasima Packett/JTF PAO

Attendees of the Black Heritage Mask Party pose at the Bayview restaurant, Nov. 16, at U.S. Naval Station Guantanamo Bay, Cuba. Proceeds for the ball went back to the organization and will be put toward scholarships for children of Cuban and Jamaican descent.

"We wanted everyone to be able to come together and socialize and get to know each other in a different atmosphere than the Windjammer," said Cole. "Don't get me wrong, we come together at the Windjammer all the time, that's what we have for everyone who loves music. But for this, we just wanted to up the setting; we wanted something more mature and elegant for the occasion." 🍷



Morgan Stomer, a NAVSTA resident, makes a donation to the Filipino American Association Nov. 17. More than \$3,000 was raised to support the affected families of local Filipinos working on the base.

## GTMO community supports Filipino relief

Staff Report

Photos by Staff Sgt. Lorne Neff

With an estimated 1,500 Filipinos working and living at U.S. Naval Station Guantanamo Bay, the local community rallied behind the Filipino community Nov. 16-17, and donated more than \$3,000 to support local families in need after Typhoon Haiyan ravaged the country.

"This is the strongest typhoon ever recorded," said Marylou Wise, a Filipino contractor for SoBran Inc.

So Wise and the Filipino American Association of GTMO sprung into action, serving traditional food for



donations to support the families on base who have loved ones affected by the storm.

"We cooked, prepared and brought it here because we want to raise money to benefit the Filipinos working

here, and help them recover from the damage their families have incurred," she said. 🍷



Members of Headquarters and Headquarters Company, 525th Military Police Battalion, compete in a tug-of-war event while fellow Soldiers cheer on during the quarterly 525th Military Police Battalion Pig Bowl Tournament at Cooper Field Sports Complex, Nov. 15.



Army Spc. Devin Jones, a correctional officer from the 189th Military Police Company, goes up for a shot against defender Army Sgt. Lawrence Pinnick, a supply noncommissioned officer in charge from the 491st Military Police Company, during a three-on-three basketball event at 525th Military Police Battalion Pig Bowl Tournament at Cooper Field Sports Complex, Nov. 15.



# Military Police go hog wild in Pig Bowl

*357th MPs crowned new champions of quarterly competition*

**Story and photos By Spc. Lerone Simmons**  
Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Soldiers assigned to the 525th Military Police Battalion, Joint Task Force Guantanamo, gathered at Cooper Field Nov. 15, to take part in the quarterly “Pig Bowl” tournament, Nov. 15.

The 525th MPs are comprised of six units: Headquarters and Headquarters Company, 189th, 357th, 491st, 591st, and 613th Military Police Companies; and the event is designed to increase fellowship within its ranks.

“The tradition of the Pig Bowl started in California among law enforcement and safety agencies to build teamwork and have fun,” said Army Sgt. 1st Class Richard Delgado, operations noncommissioned officer, 525th MP Bn.

“This gives troops the opportunity to come together once

a quarter and helps improve unit cohesion,” he said.

A home-run derby, guidon relay race, 3-on-3 basketball game, drill and ceremony competition, football kicking and passing contest, tug-o-war, cook off and cup stacking rounded out this quarters competition events. Points were given for

each win, and later used to determine the overall winner of the Pig Bowl.

Army Staff Sgt. Jose Retana, military police assigned to the 189th MP Co. took part in the home- run derby and had high hopes for his unit, appreciating the Pig Bowl for what it offered.

“We’re going to win,” he said. “It’s good that Soldiers come out and compete but also cheer on their battle buddies as well.”

Retana’s hope was short-lived after the awarding of the Pig Bowl trophy to Army Capt. Bruce Coker, commander of the 357th MP Co., for his Soldiers hard work, beating the 189th MP Co. by one point.

The previous winners, HHC, are preparing to regain the next title, while the 189th expects to avoid another close defeat. 🍀



Members of the 357th Military Police Company pose for a photo after winning the quarterly 525th Military Police Battalion Pig Bowl Tournament at Cooper Field Sports Complex, Nov. 15.



# MOTIVATOR

OF THE WEEK

**SGT Michael Minervini**  
3/89 CAV, TFP

**SPC Travis Green**  
591st MP Co.

# FOOTBALL MADNESS

at O'Kelly's Pub  
Catch the entire lineup starting at Noon each day

**SATURDAY COLLEGE**  
**SUNDAY NFL**



## MAIL CALL

IMPORTANT NOTICE

The Camp America Post Office will be closed most Saturdays, except for the Saturdays before a unit's rotation off island. Normal M-F business hours still apply. The NAVSTA Post Office is also closed on Saturdays. The Saturday schedule is listed below. POC is LS1 Ponce, Brenda, at x2331 or [brenda.l.ponce@jftgmo.southcom.mil](mailto:brenda.l.ponce@jftgmo.southcom.mil)

## CAMP AMERICA

<b>Oct. 19</b>	9 a.m. to 12 p.m.	<b>Nov. 30</b>	9 a.m. to 12 p.m.
<b>Oct. 26</b>	CLOSED	<b>Dec. 7</b>	9 a.m. to 12 p.m.
<b>Nov. 2</b>	9 a.m. to 12 p.m.	<b>Dec. 14</b>	CLOSED
<b>Nov. 9</b>	CLOSED	<b>Dec. 21</b>	CLOSED
<b>Nov. 16</b>	CLOSED	<b>Dec. 28</b>	CLOSED
<b>Nov. 23</b>	CLOSED		

# MOVIE NIGHT

Wednesday, Nov. 27, 7 p.m.

Camp America Liberty Center

## Across the Bay Swim

Swim from Leeward Point to Girl Scout Beach. Swimmers must pass a swim test to register. Sign up at Denich Gym. Registration fee: \$10. All participants receive a t-shirt. For more information call ext. 77262.

**Sat., Nov. 30, 6-11 a.m.**



## WikiLeaks

Have you ever wondered what is on the website WikiLeaks?

The answer is information that was not cleared for release. If you attempt to visit the WikiLeaks website from any computer, personal or government, you are violating Department of Defense Policy and can be punished under Article 92 of the UCMJ.

If you attempt to gather information to post to WikiLeaks or another website or in any way release information to the public you can be held accountable for your actions. Use common sense, USE OPSEC.

## Stay Password Protected



Dont' fall victim to a cyber security breach. Use passwords that are strong, and mix upper-and-lowercase letters, numbers and special symbols. Remember:

1. Change your passwords regularly
2. Don't share your passwords with anyone
3. Password protect your computer, mobile devices and anything that contains personal or sensitive information



**"Thanksgiving"**

Thanksgiving is more than Pilgrims, turkey dinners, parades, and football. The first Thanksgiving was about gratitude for survival. What are you thankful for?

*Photo by Seaman John Narewski/DVIDS*

**THE DOWNSIDE UP**

by Sgt. Darron Salzer



"Gee, Brahm, what are we going to do today?"

"The same thing we do every day, Pickney..."

**THE BAY** by Rizzo





**Holiday Mailing Deadlines**

In order to ensure timely delivery of holiday mail and packages, please observe the following deadlines:

**From the U.S. or OCONUS to GTMO**

- Parcel Post – Nov. 13
- 1st Class Mail – Dec. 1
- Priority Mail – Dec. 1

**From GTMO to the U.S. or OCONUS**

- Parcel Post – Nov. 13
- 1st Class Mail – Dec. 2
- Priority Mail – Dec. 2

For more information, please contact:  
NavSta Postal Officer: ext. 2304 - or - JTF GTMO Post Office: ext. 2331



# Flag football championship heralds annual Army-Navy rivalry

Story and photos by Spc. Lerone Simmons

Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

**T**his time of year the Army vs. Navy football game has

Troopers stationed at U.S. Naval Station Guantanamo Bay, Cuba anticipating the annual rivalry. With this in mind, the Morale, Welfare and Recreation program hosted a one-day flag football tournament which allowed players from any branch to participate and compete, Nov. 16.

“This is a great lead-in to the Army vs. Navy game,” said Jim Holbert, the MWR sports coordinator.

“Since we don’t have a fall league, we decided to have a one-day tournament to keep interest going,” he said, “especially since football is one of the biggest sports on base.”

Six teams took part in the single-elimination tournament, which showcased and gauged their individual and team skills.

The winning “All Army” team, along with coach Army Master Sgt. Gregg Ramsdell, senior enlisted advisor assigned to the Joint Task Force Guantanamo’s command element, used this as their pre-GTMO Army – Navy showdown.

After eliminating the token Navy delegation in the semi-final game, they went on to win against the Air Force BEEF team 39-0.

“We were in cover 3 defense and I saw a receiver breaking free, so I rolled over the top after reading the quarterbacks’ eyes, I jumped and caught the ball,” said Army Sgt. Nathan Wells, military police, 491st Military Police Company, after an interception.

“This was a great opportunity to bond and build camaraderie with my battle buddies, while getting ready to play in GTMO’s Army – Navy game,” he said.

MWR kicks off the GTMO Army – Navy female and male football games Dec. 12, beginning at 7 p.m., and 8 p.m. respectively. 🌟



A Soldier is chased by Airmen during an MWR football tournament at Cooper Field, Nov. 16.

Members of the “All Army” football team pose after winning the MWR flag football tournament championship game at Cooper Field, Nov. 16.



# Meals with MONROE

*Pasta is easy and it tastes good. So, here's another pasta dish that is sure to please your household, or your friends at your next block-kitchen cook-off. This creamy Alfredo is my go-to when I'm in the mood for a rich tasting dinner. Best part is, you can use seafood, chicken or vegetables ... it's going to taste great any way you make it. I'm a "season to taste" type of cook. If you need measurements, you can start out conservative with two teaspoons, and work your way up.*

In a large pot, boil your favorite noodle according to directions on the box. I used **linguine** for this recipe, but it tastes great with fettuccine or Penne pasta. The sauce will feed four, so make sure you use enough noodles for your feast.

In a large sauté pan over medium heat, melt 1 **SautéExpress** butter and olive oil cube (found with the butter in the NEX), and add to the pan: garlic salt, **Italian seasoning** and dried, chopped **onion** (about two teaspoons of each) to taste, careful to not let the mixture burn.



Reduce heat and whisk in, at a slow pour, 1 pint of **heavy whipping**



## **Homemade Cheesy Crab Alfredo**

**cream.** Allow the cream to gently bubble and stir into the cream: 1 package of **Parmesan cheese** (5-ounces), 1/2 cup of **mozzarella cheese** and 1/2 cup Kraft **shredded Italian** blend cheese.

Continue to stir the sauce so that the cheese does not clump together. If it clumps, you can adjust the heat back to medium or add more heavy cream.

Add in 1 package of **crab meat**, and stir gently, folding the meat into the sauce. After 2 or 3 minutes, the

meat will be heated and you can add the cooked, drained noodles to the sauce.

Serve with garlic cheese bread or breadsticks. If you want to add some green vegetables to this dish, you can also serve with Caesar salad.

**p.s.**  
**(one last thing)**

I want to hear from you! Did you try my recipe and loved it? Did you try my recipe and hated it? Well... that's too bad but email me anyways!

If you have a recipe you'd like for me to try, **contact me!**  
[cassandra.lmonroe@jtfjgtno.southcom.mil](mailto:cassandra.lmonroe@jtfjgtno.southcom.mil)



A special Thanksgiving lunch will be served at Seaside Galley and Kittery Cafe Thursday, Nov. 28, from 11 a.m. to 2 p.m. The menu will include

**Cream of Asparagus Soup**  
**Roast Tom Turkey**  
**Honey Baked Ham**  
**Prime Rib**  
**Shrimp Cocktail**  
**Snowflakes Potatoes**  
**Candied Sweet Potatoes**  
**Giblet Gravy**

**Au Jus**  
**Southern Style Dressing**  
**Seasoned Whole Kernel Corn**  
**Southern Style Greens**  
**Green Beans Almondine**  
**Assorted Pies and Cakes**  
**Eggnog**

# THANKSGIVING 2013

SEASIDE GALLEY KITTERY CAFE  
 THURSDAY, NOV. 28, 11a.m.-2p.m.

**TURKEY SHOOT** *Paintball Tournament* **Sun., Nov. 24**  
 2-4 p.m. Free to participate

**Sun., Nov. 24 TURKEY BOWL**  
 1-6 p.m. at Marblehead Lanes. \$25 fee. *Bowling*

**TURKEY TROT** *1/2 Marathon* **Thurs., Nov. 28**  
 5:30 a.m. at Cooper Field  
 Registration through Nov. 26 at Denich Gym



Spc. Raul Pacheco snapped this beautiful shot of one of the refugee boats on display at the Guantanamo Bay lighthouse museum.

PHOTO OF THE WEEK