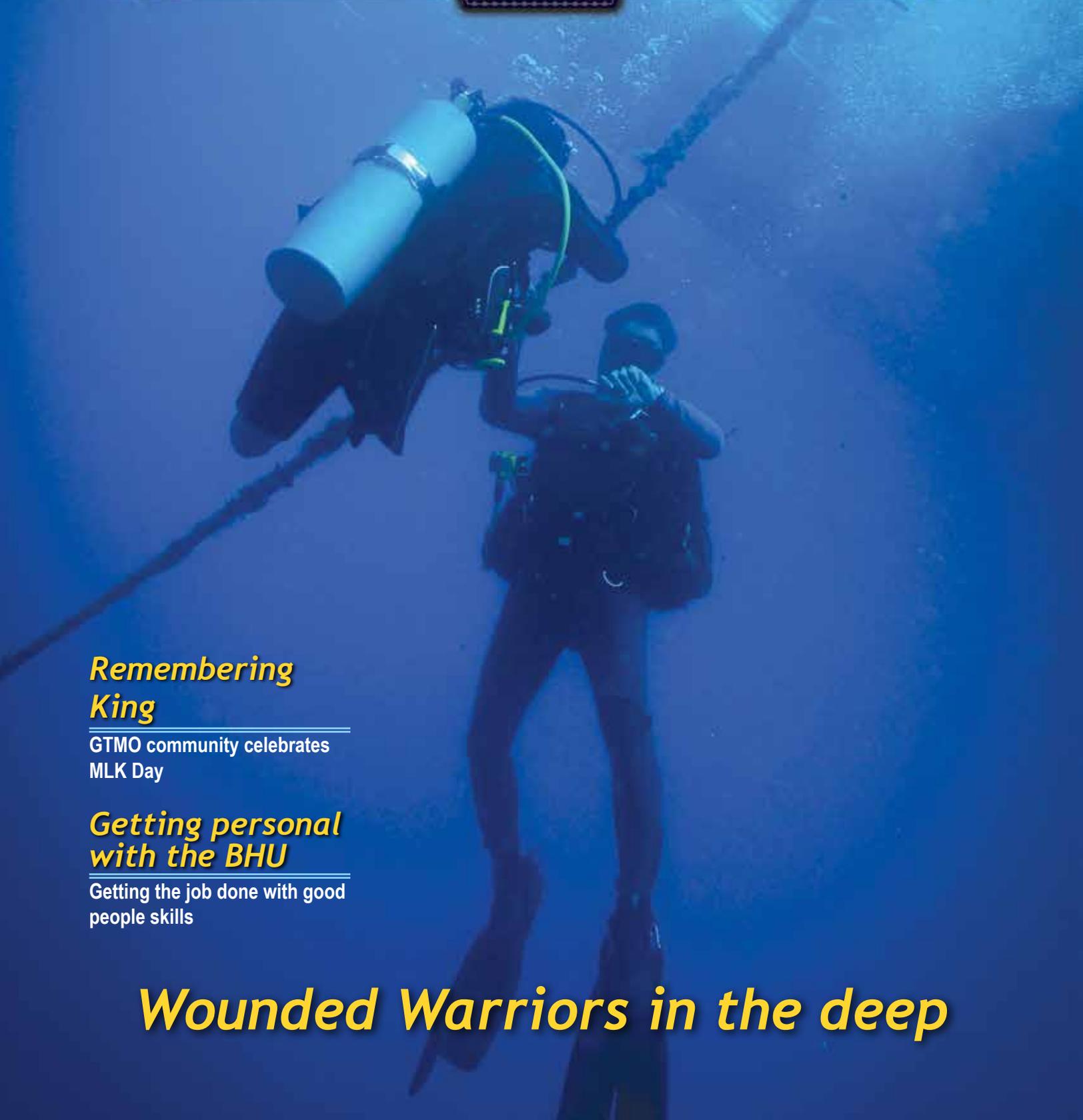


THE WIRE

The official publication of  Joint Task Force Guantanamo



Remembering King

GTMO community celebrates
MLK Day

Getting personal with the BHU

Getting the job done with good
people skills

Wounded Warriors in the deep

AROUND THE BAY

AND IN OUR PAGES



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Troopers, Base residents honor MLK



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People skills are key to BHU mission



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Sailor keeps an even keel on life



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Cover photo by Spc. Raul Pacheco

Troopers escort Wounded Warriors below the surface to explore the deep blue. PAGE 8

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MOTIVATOR
OF THE WEEK

HM2 Clement Lamptey
Joint Medical Group

SPC Frank Cruz
189th Military Police Company

BAY WIRE REPORT

Tackle your taxes with Military OneSource



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Navy Tuition Assistance Program

Navy TA is available to active duty Navy and activated Navy Reservists stationed here. All TA requests must be command approved and funded before classes start. Plan to submit your request at least 30-days in advance. For more information, contact nco.gtmo@usnbgtdmo.navy.mil or ext. 2227.

GHOP: order in, have breakfast in bed

Guantanamo Bay House of Pancakes will open Feb. 1, from 8 - 11 a.m. Delivery available for BEQ/CBQ, BOQ & Marine Hill or carry out. Check the roller for menu, pricing and more information.

Time for a New Ride?

Go to the **GSA Vehicle Sale**

Vehicles will be on display in the NEX parking lot

Jan. 23-27

Place bids at GSA website
www.gsauctions.gov
and use sale number
2FFBPI14001



For more information
contact CW2 Jose Rosario at ext. 3343

CORRECTIONS *Please report all corrections to thewire@jftgtdmo.southcom.mil*



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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



Words for the GTMO marathoners

By Brig. Gen. Marion Garcia
Deputy Commander, JTF-GTMO



Brig. Gen. Marion Garcia

The marathon. An athletic event steeped in history. The ancient runner Philipides, following a Greek victory in battle on the plains of Marathon, was sent by his generals to Athens to relay the news of victory and warn the city of approaching enemy warships. He ran the 26 miles in about three hours. Delivered his message. And died.

You just signed up to run 26.2 miles. For fun.

You likely trained for months ahead of the race. You train until you believe that your body is ready for the brutal run you

are about to put it through. This is the point where you believe that you are invincible. But you are not.

At some point during the run, maybe around mile 20, you'll begin to wonder why you ever signed up for it. What were you thinking? You're doing this for fun?

This is the point where you will want to quit. But you won't.

You will be sore the next day; depending on how old you are, maybe for a few more days after that. And it's a total-body-sore in an ouch kind of way. That is the point when you should have regrets. But you won't.

At some point, maybe weeks or months, or even years afterwards, you will sign up for another one. You will tell your friends and family about it with enthusiasm and begin training for another marathon. This is the point where you "should know better." But you won't.

Some lessons to take away from the marathon:

1. Decide to try and believe in your abilities
2. Set a goal, make a plan, and stick to it
3. Push yourself to the point of being uncomfortable, and keep going
4. Revel in your accomplishments, don't dwell in the effort it took to get there
5. Try again

In your life are you spending any time outside your comfort zone? Are you pushing yourself, or are you just going with the flow? Think about what you can do to stress yourself just a little bit today. If you don't push yourself, you can't grow.

TROOPER TO TROOPER

In order to be good at your profession, you must gain trust

By Sgt. Maj. Michael Baker

Sergeant Major, 525th Military Police Bn.

Serving in the United States Armed Forces is one of the greatest privileges that we as Americans have the honor to do. We use many terms to describe what we do on a daily basis – some call it a job, others call it duty –but in the end what we do and what we're part of is a profession.

Each service has its own way of describing its profession and recently the United States Army launched "Stand Strong," a part of the America's Army-Our Profession program. This campaign is designed to give each Soldier a professional identity while motivating ethical conduct and establish a strong moral character. An Army professional meets the certification criteria of competence, character and commitment.

There are five essential characteristics of our profession that enable us to remain legitimate professionals: military expertise, honorable service, trust, esprit de corps and stewardship. Throughout our career, from the moment we volunteer and raise our right hand, through our training and into our daily duties, we use our Army Values and our professional ethics no matter the challenge, obstacle or adversity we may face as Soldiers.



Sgt. Maj. Michael Baker

Trust is the bedrock of our profession and at no time as professionals can we sacrifice or lose the trust of the Nation that we serve, Soldiers, Army civilians, and the families of those that serve along side of us. It's imperative in a strategic environment, such this Joint Task Force, that is often the

focus of negative press, that we enforce and maintain the standard, instill discipline and live the Army Values. It is through these actions we maintain the trust of the American people. If we compromise on our values and conduct ourselves in a manner that violates the trust between the public and the Army, then we have failed. Despite all the harassment, assaults and demeaning behavior our detainees display, we as Soldiers must remain professional and vigilant in order to maintain the trust of the American people.

We must ensure we always serve with honor and not allow ourselves to discredit the military or our profession and if we identify someone who is attempting to bring discredit upon us, then we must

take action and be a good steward of the profession.

As leaders, we must earn the trust of our Warriors. They have an obligation to follow our orders and respect the rank that each of us have earned. However, those obligations to follow orders and respect our rank do not equate to trust. Leaders earn the trust of their subordinates through actions. A leader, who has a strong moral and ethical character, is competent and committed to the mission, and the welfare of the Warrior will be trusted. Leaders, who fail to enforce the standards, lie to their subordinates, display favoritism and those who do not live by the Army Values, Soldier's Creed or Creed of the Noncommissioned Officer will not earn the trust of their subordinates.

We must display the highest standards at all times, be available to our Warriors and act on our subordinates behalf when appropriate. Our Warriors don't ask for much, but when they do we, as leaders, must be able to give appropriate and honest feedback and attempt to resolve any issues that arise. When we accomplish this and earn the trust of our Warriors, we are preparing the military for the future and being part of the solution that will enable us to be successful for years to come.



A walk to remember

BHO sponsors Martin Luther King Jr. memorial march

Story and photos by Sgt. David Bolton
Copy Editor, thewire@jftgtmo.southcom.mil

The Guantanamo Bay community gathered at the Naval Exchange atrium Jan. 20, to commemorate the Rev. Dr. Martin Luther King Jr. with a memorial march to the base chapel.

The march, sponsored by

GTMO's Black Heritage Organization, was meant as a way to remember the life, work and sacrifice of Dr. King.

"The organization wanted to do something for the community to help them come together because that's what Martin Luther King wanted," said Air

Force Master Sgt. Erica Calhoun, information management specialist for the Joint Task Force Staff Judge Advocate Office. "He wanted us to be a community and not judge others and do things together in unison."

Prior to the march, several speakers addressed those who had gathered to participate in the event. One of these individuals was Joint Task Force Guantanamo's Equal Opportunity Manager Air Force Master Sgt. Murray Taylor.



Air Force Master Sgt. Murray Taylor

"People from all walks of life respond to Dr. King's timeless message," said Taylor. "His emphasis on using non-violent actions to achieve positive social change has inspired millions to take efforts into their own hands."

As the march began, the crowd began to sing songs about coping with adversity, the promise of hope, and the eventuality of equality.

Among the songs sung were: "We Shall Overcome," "This Little Light of Mine," and "We're Marching to Zion."

With a base that houses many ethnic and cultural groups, the significance of the Martin Luther King Jr. march cannot be understated. As one of the most notable figureheads of the 20th Century, his work and contribution to the African American community has had a lasting impression.

"The march is significant because, even though we are deployed, we still recognize him and all the contributions that he's made," said Calhoun. "Regardless if we're stateside or deployed, we still come together as one, as a community to honor him." 🙏



Base residents of Guantanamo Bay, Cuba participate in the Black Heritage Organization's Martin Luther King Jr. memorial march at the Naval Exchange atrium Jan. 20. The march was for the GTMO community to reflect on the work and contributions King made for the African American community.



Participants end the Martin Luther King memorial march with a closing ceremony at the Naval Base Chapel Jan. 20.

Engineering the attack

Social engineering is the art of manipulating people into performing specific actions which typically divulge confidential information. In most cases, the attacker is never face-to-face with the victim.

Take for example that Google researchers learned 90 percent of all domains distributing fake antivirus software used social engineering techniques.



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Downloading an .exe file from the Internet on your workstation is against the Network User Agreement. Contact the helpdesk if you need to download something from the web by e-mailing j6-helpdesk@jftgtmo.southcom.mil or ext. 8333. Think before you click.

Information Assurance



Bookworm and thrill-seeker Shadow Recruit

The bookworm's view:

Review by Sgt. Katherine Forbes
JTF PAO, thewire@jftgmo.southcom.mil

Tom Clancy's character Jack Ryan was cinematically introduced in 1990 with "The Hunt for Red October."

Alec Baldwin played him well, but his performance was overshadowed by Sean Connery.

"Patriot Games" (1992) and "Clear and Present Danger" (1994), continued the franchise, with Harrison Ford in the role. Like most roles (ala Hans Solo and Indiana Jones), Ford defined it. He brought out the intelligence of Ryan while convincing the audience that if needed, he could kick some serious butt.

In 2002, Ben Affleck assumed the role in "The Sum of All Fears," but the film suffered. It was released at the



Courtesy Paramount Pictures

same time as "The Bourne Identity"—which introduced audiences to a new kind of action hero, and interest dwindled.

But, the allure of Ryan is that he's the smartest man in the room – not the most suave, like Bond, or the most dangerous, like Bourne.

"Jack Ryan: Shadow Recruit" is the first Ryan film not based upon a Clancy novel. It's an origin story, but feels like fan fiction.

You'll follow Ryan's (Chris Pine) introduction into the CIA, and the story of how he met his wife, Cathy (Keira Knightley).

Unfortunately, the script lacks Clancy's intelligent and nuanced twists and tensions.

Nevertheless, the performances save the script—Pine, Knightley and Kevin Costner all work hard to make this story work—for their three performances, I give this film three banana rats. 🍌

The thrill-seeker's view:

Review by Sgt. Cody Stagner
JTF PAO, thewire@jftgmo.southcom.mil

In this modern reboot, "Jack Ryan: Shadow Recruit" follows Jack Ryan (Chris Pine) from the beginning of his school days, studying as an analyst, through to his early career as a CIA field agent.

After 9/11, Ryan drops out of school to join the Marines. His duty, as he felt, was best served fighting for his country's honor, rather than sitting behind a desk.

Ryan's analytical genius eventually opens the eyes of the CIA and brings him to a meeting with CIA handler Thomas Harper (Kevin Costner).

Harper recruits Ryan to thwart terrorism as a covert, financial analyst, where he soon discovers a Russian plot to take down Wall Street and destroy the United States' thriving economy.

But, since Ryan is the only person who really knows the data, it's now up to him to get to Moscow, expose the enemy and, hopefully, save the day.

With an A-list crew, including Keira Knightley as Jack Ryan's fiancé, Cathy, I expected more. The most exciting sequence came out predictable, and the lack of plot twists or fear-provoking villains keeps the characters from a truer imminent danger and a more compelling story.

For the lack of high stakes, three banana rats this film takes. 🍌



A laugh, a tear, Gangnam on repeat, you'll go nuts

Review by Sgt. 1st Class Gina Vaile-Nelson
Editor, thewire@jftgmo.southcom.mil

What happens when Canadian, American and South Korean creative minds get together? A squirrely movie, filled with the occasional "eh," nutty puns and Psy on repeat for 90 minutes.

I'm not going to say it makes for an award-winning combination, but it will garner a few laughs. Call it a "Nut Job."

It's old-school, like 50s era, and the animation team did a fantastic job of setting the scene as such. A lot of the comedy is old school too, animals-flying-through-the-air-



landing-on-their-head a la Looney Toons-style. But the plot – a simultaneous bank and peanut heist – drags on ... and on ... and on, just like "Gangnam Style."

Ironically, the best part was after the credits, but as a responsible reviewer, I can't give that away.

Liam Neeson brings a chill to the air as the voice of Raccoon, the manipulative bully who takes everyone's stuff while the unsuspecting hero, Surly (Will Arnett), with his leading lady Andie (Katherine Heigl) save the day. But the real show stealer is the pug, Precious (Maya Rudolph), who is so cute she fetched two banana rats to give this film. 🍌



Courtesy Open Road Films

Pinewood Derby

blazes through NEX Atrium, teaches lessons, fun

Story and photos by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

With little more than a piece of wood, four nails, four plastic wheels and a lot of imagination, 16 Cub Scouts from GTMO's Cub Scout Pack 3401 engineered the same type of pinewood car that thousands of Cub Scouts before them created over the last 61 years. Then, they set their racers at the starting line for a downhill dash that would make Ricky Bobby proud.

The themed cars have probably changed since that first Pinewood Derby in 1953, when Don Murphy created the event.

"He was angry that his younger son couldn't race like the big boys," said Doug Overbey, Cubmaster for Pack 3401.

Murphy's younger children couldn't participate in the Boy Scouts' Box Car Derby, so he solicited sponsorship of a pinewood kit for the younger Scouts. It's a Scouting tradition that to this day promotes ingenuity, creativity and educational sportsmanship.

Jan. 18, the NEX Atrium was filled with Scouts and their pit crews, ready for a race that would earn winners bragging rights for the next year.

"They have to make these cars out of what comes in the initial pinewood box," said Navy Petty Officer 1st Class Michael McIlrath, Naval Station Master at Arms and Pack 3401 Wolf Den leader.

"As long as you use what's in the kit, you can do what you need to. You can cut the block of wood down into whatever shape you want."

McIlrath, said competitors must abide by size and weight restrictions. Cars can't weigh more than five ounces and exceed seven inches. Like any other GTMO event, a slew of volunteers helped make the event successful, including volunteers from the Joint Task Force.

"I think it's fun to be able to participate and to help out when I can," said Army Spc. Cameron Holt, detainee librarian, Joint Detention Group Detainee Operations.

Holt, and other JTF volunteers helped get the Scouts checked in, verified the racing standards and served as judging officials, allowing the parents of Pack 3401, some of whom work for the JTF, the opportunity to enjoy the races.

"I love kids, so I love to come to help with these events," said Holt. "When I was a kid, I had lots of helpers, so I figured if nobody else would volunteer, this event wouldn't happen."

With smiles on their faces and medals around their necks, the members of Cub Scout 3401 left the races to go back home and prepare for the next stages in their Scouting career. ☺



Homemade pinewood race cars cross the finish line at the 61st annual Pinewood Derby hosted by Cub Scout Pack 3401 at the Naval Exchange Jan. 18, at Guantanamo Bay, Cuba.



Members of Guantanamo Bay's Cub Scout Pack 3401 cheer as their homemade cars race for first place at the 61st annual Pinewood Derby held at the Naval Exchange atrium Jan. 18. The derby, started by Don Murphy, was meant as a way for the younger boys to participate in racing that the older Boy Scouts were already doing via soapbox derbies.

Call the Movie Hotline at ext. 4880 or visit the MWR Facebook page for more information
Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

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| | 24 FRIDAY | 25 SATURDAY | 26 SUNDAY | 27 MONDAY | 28 TUESDAY | 29 WEDNESDAY | 30 THURSDAY |
|---------------|--|--|--|--|---|--|--|
| DOWNTOWN | Grudge Match (New) PG13, 7 p.m. Lone Survivor R, 9:15 p.m. | 47 Ronin (New) PG13, 7 p.m. Jack Ryan: Shadow Recruit PG13, 9:15 p.m. | Walking with Dinosaurs PG, 6 p.m. Out of the Furnace (LS) R, 8 p.m. | Philomena (LS) PG13, 7 p.m. | Saving Mr. Banks PG13, 7 p.m. | The Nut Job PG, 7 p.m. | The Hobbit: The Desolation of Smaug PG13, 7 p.m. |
| | 47 Ronin (New) PG13, 8 p.m. Jack Ryan: Shadow Recruit R, 10:15 p.m. | Grudge Match (New) PG13, 8 p.m. Lone Survivor R, 10:15 p.m. | Philomena (LS) PG13, 8 p.m. | Lyceum closed Note: Concessions at Camp Bulkeley are also closed every night until further notice. | Out of the Furnace R, 8 p.m. | Lyceum closed Note: Concessions at Camp Bulkeley are also closed every night until further notice. | American Hustle R, 8 p.m. |
| CAMP BULKELEY | | | | | | | |

DIVING INTO RECOVERY

SUDS program brings Wounded Warriors to GTMO for certification

Story by Sgt. Cassandra Monroe

Staff writer, thewire@jtfgtmo.southcom.mil

Seven Wounded Warriors with the Soldiers Undertaking Disabled Scuba team visited U.S. Naval Station Guantanamo Bay, Cuba, Jan. 16-23.

The Warriors, with the help of instructors and hundreds of Joint Task Force volunteers, received their diving

certification – a personal milestone for some and an experience of a lifetime for all.

Established in 2007, SUDS works with Wounded Warriors, who sustained severe injuries in Iraq or Afghanistan, through the use of scuba diving. The program, based at Walter Reed National Military

Medical Center, helps facilitate their rehabilitation process.

The recent trip marked the program's ninth visit to Guantanamo Bay, and is the first time Service members from all three of the military hospitals (Walter Reed, Naval Medical Center San Diego and San Antonio Military Medical Hospital), participated.

According to John Thompson, SUDS president, in order to get their dive certifications, SUDS members go through an aquatic therapy process tailored for their abilities. They begin the course through classroom-based academic lessons at the hospital, learning dive theory and the basics of diving. The physical diving journey starts in a pool, testing their buoyancy and emergency skills. After a few quizzes and exams, the Service members are ready to test their skills in open water.

"We're looking for four check-out dives that they'll do," he said. "Two dives one day and two dives the other day, and that completes their certification."

Once in the water, the Wounded Warriors can use their prosthetic limbs to swim, but for those amputated lower limbs, SUDS uses motorized underwater scooters to allow easier movement. Marine Lance Cpl. Michael Martinez, a Wounded Warrior, used one during his dive at Blue Beach.

"I outran everybody," said the Purcellville, Va., native. "The water is like that one place where everybody is equal. We can go down there and have fun. Especially coming down here to GTMO, it's amazing. Not many people have been able to come out here and dive."

The group's visit to GTMO included four dives, two from boats and two from the beach. Besides diving, the delegation had the opportunity to tour many of GTMO's most famous sites, including Camp X-Ray and the Northeast Gate, the area where a fence separates the U.S.



Photo by Sgt. Cassandra Monroe/The Wire



“The water is like that one place where everybody is equal. We can go down there and have fun.”

-Michael Martinez, Marine Corps Lance Cpl.

Photo by Spc. Raul Pacheco, 55th Signal Company

Wounded Warriors dive at Blue Beach, Guantanamo during Soldiers Undertaking Disabled Scuba event at Guantanamo Bay, Cuba, Jan. 19. SUDS is designed to help improve the lives of wounded Service members returning from Iraq and Afghanistan.



Photo by Sgt. Cassandra Monroe/The Wire

Staff members Torres and Jorge Ortiz familiarize themselves with dive equipment prior to their first dive of the day at Blue Beach at Guantanamo Bay, Cuba, Jan. 19.



Photo by Sgt. Cassandra Monroe/The Wire

Naval Base from Cuban soil.

“The hospitality is amazing,” said Jorge Ortiz, a Marine Corps lance corporal, and San Diego, Calif., native. “It feels great.”

Ortiz said the trip pushed the SUDS team to their mental and physical limits, creating a bond that will last.

“For us, it’s still all the military guys going out, talking to each other, doing a little ‘oh so you have one leg, that’s a paper cut,’ and ‘oh you got hit by butterflies,’” said Martinez. “It’s an amazing experience coming out here with this group of guys and some amazing instructors who know how to adapt stuff for us so we can be out here and enjoy it like everybody else.”

And for the instructors, it was just as rewarding.

“It’s not really all about diving,” he said. “Yes, that’s what we do, we’re a dive program, but SUDS helps give them confidence and help with self esteem. It helps them segue into other challenges in their life. Also, I think it’s good fellowship. They have similar injuries and similar interests in diving, and they have something they can relate to.”

“I love working with these guys,” said Thompson. “Hopefully this program is having an impact and helping them get on with their life. To see them evolve and build that confidence, you can see their personality come out more and more, it’s very gratifying to be a part of that.”

The program also made an impact on JTF GTMO Troopers who volunteered for the event.

“This is an amazing opportunity, these guys have sacrificed so much,” said 1st. Lt. Steve Jordan, a budgeting staff member with Joint Detention Group, JTF GTMO. “For a program like SUDS to come in, it makes you feel like you’re a part of a bigger team. It feels really good to give back to the Wounded Warriors.”

All the small things

Guards keep mission going with superb detail-oriented skills

Story and photos by Sgt. Cassandra Monroe
Staff writer, thewire@jftgmo.southcom.mil

For a typical day in the life of a detention facility guard at the Behavioral Health Unit, many skills are needed to be successful. Interpersonal communication skills are important, attention to detail is key, and annotation and record-keeping is mandatory. These skills come handy in everyday life, but are essential out on the tiers.

Interpersonal communication skills, or IPCs, are in constant use at the detention facilities here at Joint Task Force Guantanamo Bay, Cuba; whether it be working with visitors or the daily exchange with detainees. For Army Spc. Ryan Fithian, military police, 357th Military Police Company, IPCs are especially essential when it comes to detainee movement.

“You have to be patient and you have to have good IPC skills to listen,” he said. “You have to be understanding and be willing to work. You’re here to do a job and to maintain care, custody and control. That’s the job.”

Fithian, who works at the BHU, often spends time with detainees who need extra care. He feels there are skills needed and tasks to be done in order to maintain the strict standards held at the BHU.

Annotations and records of each movement are mandatory at BHU. Detainees must be moved from cells to the bathrooms, recreational rooms, and to appointments they may have. When they are, the logs must be updated to keep track of these details. Even when meals are distributed to the detainees, they are

annotated down to the condiments, ensuring distributions are equal across the board.

“Inventory is key,” said Fithian. “If anything is missing, you don’t sign

for the meals. It’s really important for you to cross your T’s and dot your I’s. You have to be on top of everything.”

Besides those skills, safety is



Behavioral Health Unit detention facility guards frisk a detainee following a shower, Dec. 13, 2013. The guards follow a strict series of Standard Operating Procedures to ensure tasks are done correctly during each of their shifts.

another big part of the inner workings of the BHU. Standard Operating Procedures are in place to maintain a level of security and safety for those who work on and visit the tier. Following these procedures are essential according to Fithian.

There are standards for all

parts of the guard force; from maintaining positive control and doing searches to making sure there is no contraband on the detainees or in their cells, down to what uniform and equipment to wear while on the tier.

“We never let anyone on the tier unless they have face shield and gloves and other

equipment,” said Fithian. “That’s your tier, regardless of rank or branch; you’re in charge of the safety. Safety is a big, important part of our job.”

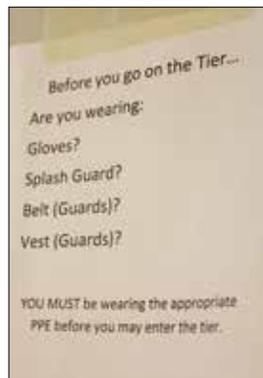
Fithian knows the work he does on this deployment, his first, for the guard force at the BHU will prove to be beneficial. The skills he has

learned here from his job will help him in his future.

“In my mind, the military police officer job serves me because when I’m done with the service, I can use those skills and experience I learned for my civilian career.”



Behavioral Health Unit detention facility guards lead a detainee to a hallway following a shower, Dec. 13, 2013 . The guards follow a strict series of Standard Operating Procedures to ensure tasks are done correctly during each of their shifts.



Splash shield masks, like this one, are essential Proper Protective Equipment to be used for guards on shift at the Behavioral Health Unit detention facility. The guards follow a strict series of Standard Operating Procedures, to include wearing proper equipment on the job, to ensure tasks are done during each of their shifts.

More than just a plant nursery

Story and photos by Staff Sgt. Rebecca Wood

JTF PAO, thewire@jtfgtmo.southcom.mil

The next time you drive down Sherman Avenue, consider visiting the plant nursery, beside the golf course. There, you will find the entrance to a garden where so many people throughout the years have left their 'green-thumb' mark in some shape or form.

Donald Lloyd is a government employee with the information security office at the U.S. Naval Station Hospital. He has taken great pleasure from serving as a volunteer facilities manager for the nursery for seven years.

"This nursery is completely volunteer and donation driven," said Lloyd. "Volunteering here gives you a chance to see things grow, get exercise, and to meet new people. Donations come from all over. Even so, we efficiently use everything we have, even the potting soil."

He also stated that civilians and Troopers on the island try to give the nursery a more personal touch than most volunteer projects.

"People use this place to make Guantanamo feel more like home. The people here always surprise me," said Lloyd.

He has plenty of stories from the past. Once Soldiers ventured into the nursery wearing big hats, and asked

to use the nursery for a garden tea party. Once, some Sailors turned it into the site for their unit cookout.

Army Sgt. 1st Class Jerome Tyson, operations sergeant, 525th Military Police Battalion, spent a lot of time here at the plant nursery.

"I have been around gardening my whole life," said Tyson. "I use it to relax and keep my mind off things."

He takes a lot of pride in the work he does.

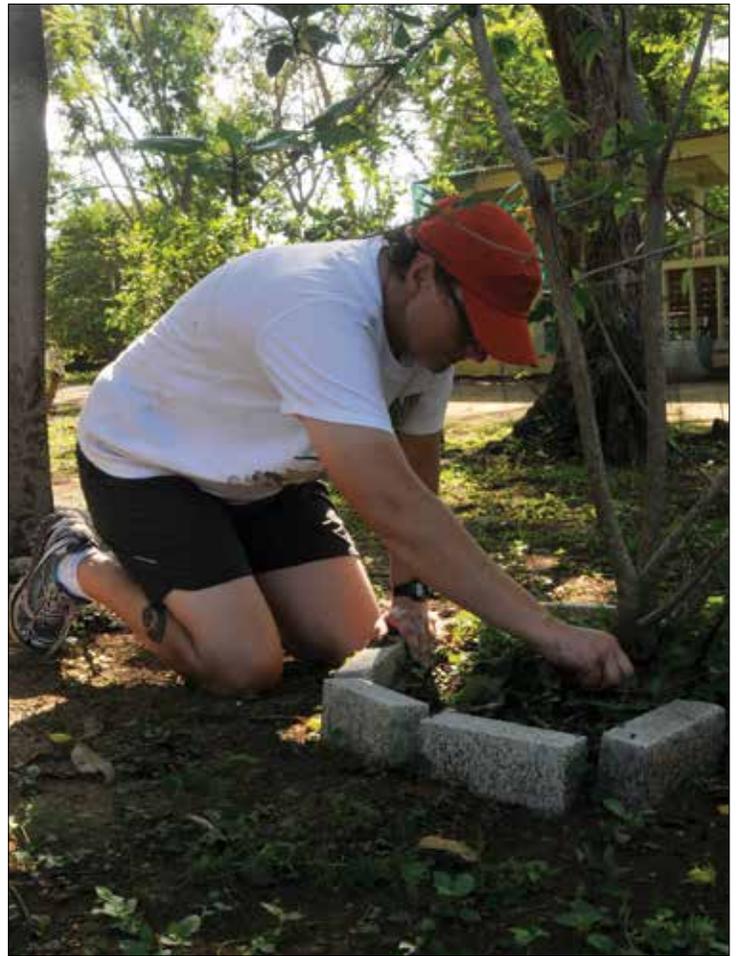
"When I first got here, Hurricane Sandy hit and knocked all the trees over. The difference between then and now is amazing. It feels good to know I was part of building it from the ground up again."

The plants are mostly tropical, but some are domestic. Plants that are easy to recognize are cacti, plumeria, aloe plants and mahogany trees.

Navy Petty Officer 1st Class Stacey Shouse, Joint Stress Mitigation and Restoration Team said the nursery is where she belonged.

"Hang in there, 'lil guy," she said as she repotted a sickly-looking plant. "I think it is cool to come to a place where it is shady and green. It reminds me of home.

"My favorite part is



Navy Petty Officer 1st Class Stacey Shouse, a psychiatric technician with the Joint Stress Mitigation and Restoration Team, logs some volunteer hours by pulling weeds in the plant nursery at Guantanamo Bay, Cuba.



Troopers and base residents stationed at Guantanamo Bay, Cuba spend time on the weekend to volunteer at the base plant nursery. The nursery is open to volunteers every Saturday from 7-11:30 a.m.

weeding. Who doesn't like playing in the dirt," said Shouse as she let out a contagious laugh. "It reminds me of when I was kid."

"Some units build things and put them in the nursery.

It's different than just placing something in the boneyard on the Joint Task Force side, because not only will future units be able to see it, but the whole community will be able to see it," said Tyson. 🌱

Stormy seas to calm waters

One Trooper's thoughts about going with the flow, accepting life

Story and photos by Spc. Lerone Simmons

Staff Writer, thewire@jftgmo.southcom.mil

“If you fall and get hurt, there is a reason for that.”

It's a mantra that Navy Petty Officer 3rd Class Vyktor Cintron, a hospital corpsman assigned to the Joint Medical Group, Joint Task Force Guantanamo Bay, Cuba, and Sailor of seven years, lives by.

The 40-year-old, Puerto Rican native has a different story to tell; one of twists and turns, that eventually shaped the lens of his view of the world.

“Some people think that I'm somewhat negative at times,” he said. “I'd say it's not negative, it's just about being better prepared for any situation.”

As a cyclist for many years, Cintron's riding has taken him on many adventures around the world. He's raced on streets throughout the United States and Europe on professional teams. He's lived in Puerto Rico and Spain, but now calls a the rural, mountainous area of California home.

Enter major twist number one: a house fire.

“A lot of people have the urge to be in control of every factor of their lives,” he said. “But you have to realize that the rug can be pulled out from under you at any time.

“It's how you react that defines who you are.”

The fire took his control. And with it, all his tangible evidence of a cycling career — memorabilia, pictures, awards — were gone. Along with all of his belongings.

Shortly after the fire, Cintron then faced the reality of divorce.

“I ended up losing everything, but to me it meant a new beginning,” he said.

Now on his first deployment, Cintron is concerned with how younger Sailors carry out their lives and is pleased to impart knowledge when necessary.

“Most people are worried about not having a vehicle here when all they have to do is take the bus; eventually one will pick you up and take you to the only store on the island, no need to rush,” he said.

“I say sit back and enjoy the ride; you'd be surprised where life takes you. I've learned not to worry about money or possessions,” he said. “I always plan for the worst, while allowing myself to be as flexible as possible.”

For all that he's been through, he expects no form of pity, but has grown to accept life for what it is, and that things just happen the way they are meant to.

Cintron's way of life shows us we must accept a little realism at times, which allows for more life lessons learned.

“I wouldn't change a thing about my past,” he said. “How are you going to learn to deal with tough situations if they never happen?”



Meals with monroe

Yes, I know, more cupcakes! I actually made these cupcakes for a dinner here on base for the Soldiers Undertaking Disabled Scuba (SUDS) members. I thought I would share the recipe here. (Recipe adapted from www.somekitchenstories.com.)

For the cupcakes: Preheat oven to 350 F, and line pan with cupcake liners.

In a small bowl, sift 1 box of white cake mix and set aside.

Next, in a large bowl, gently whisk 2 **egg whites**, 1 egg, 1/3 cup of oil, 3/4 cup of **buttermilk**, 3/4 cup of **sour cream** and 2 teaspoons **vanilla extract**.

Stir cake mix into wet ingredients.

Using half of the batter, fill cupcake liners about 1/3 full.

With the remaining cake batter, add 1/4 cup of **strong coffee** and mix. (You may need to add 1 or 2 tablespoons of flour to thicken the batter.) You can also use pure coffee extract- just add 3 tablespoons then continue to add to taste.

Scoop the coffee cake batter over the regular batter so that each cupcake liner is filled about 3/4. (So you have one layer of vanilla cake and a top layer of coffee cake.)

Bake for 16-20 minutes or until an inserted knife comes out clean.



Tiramisu Cupcakes

For the frosting: Using a whisk attachment on your stand mixer (or use a hand mixer if you don't have a stand mixer,) beat 8 ounces **cream cheese** and 1 cup **powdered sugar** until smooth. Add 1 teaspoon **vanilla extract**. Slowly add in 1 pint **heavy cream** and beat until stiff peaks form.

Pipe your whipped topping over the cupcakes.

For garnish, I added some chocolate-hazelnut **Pepperidge Farms Pirouettes**, cut in thirds. You could also top with **chocolate shavings** and **cocoa powder**.



**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.l.monroe@jftgmo.southcom.mil

Chaplain's ext. 2218 WORD OF THE WEEK

"Heroes"

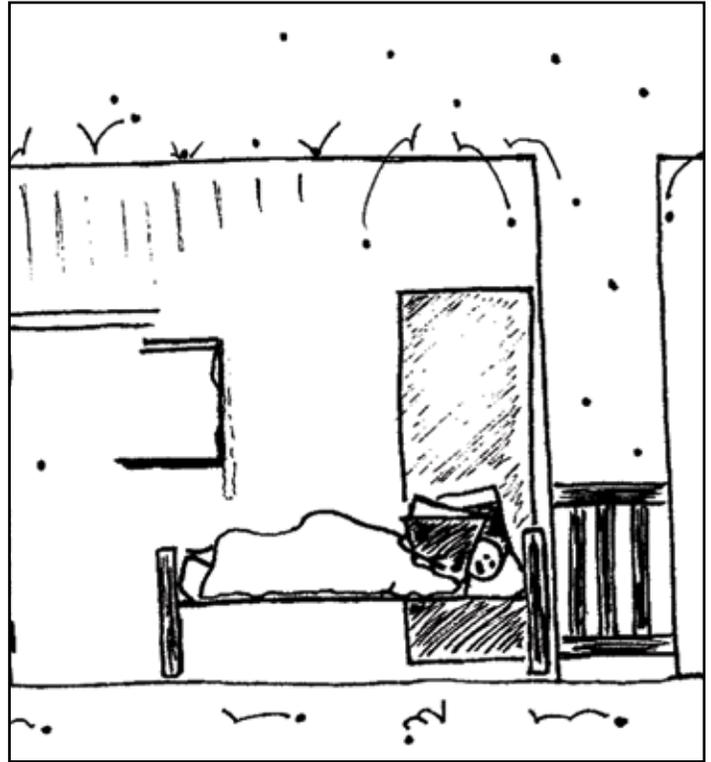
Wounded Warriors visited GTMO this week. Being amputees did not stop them from having great attitudes, a compassion for life, and diving in the sea. Before we get caught up in our own issues, let's remember those who have sacrificed far more than we have.



Army photo by Spc. Raul Pacheco/55th Signal Company

THE DOWNSIDE UP

by Staff Sgt. Darron Salzer

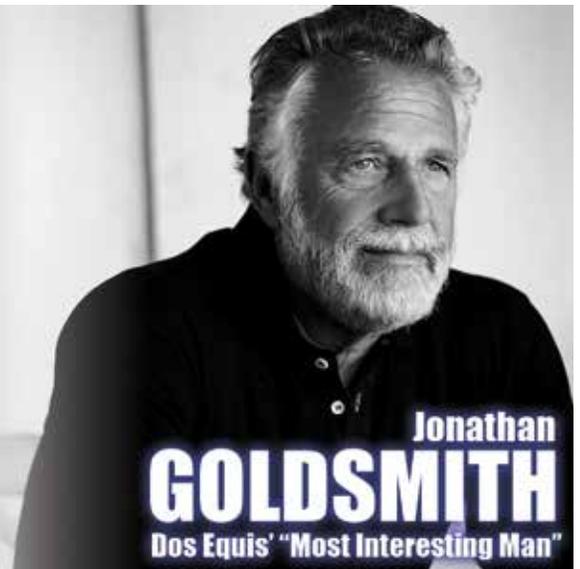
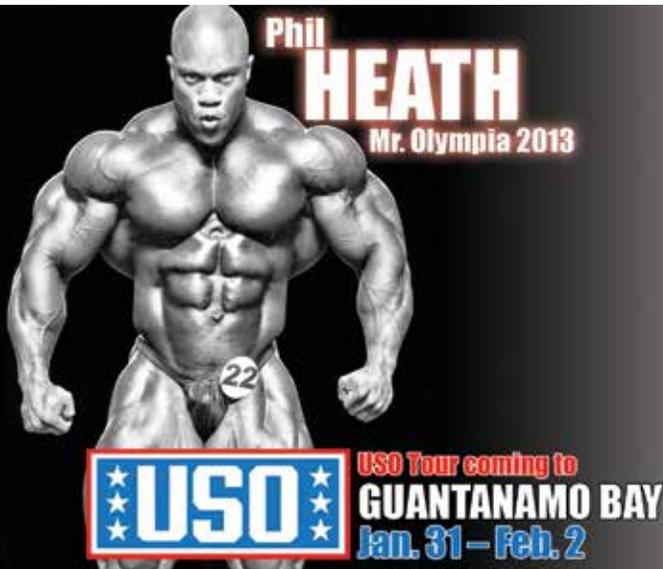


"It doesn't rain all the time at GTMO but, when it does, it sounds like a bag of marbles has been dumped on your roof."



Facebook

[/jointtaskforceguantanamo](https://www.facebook.com/jointtaskforceguantanamo)

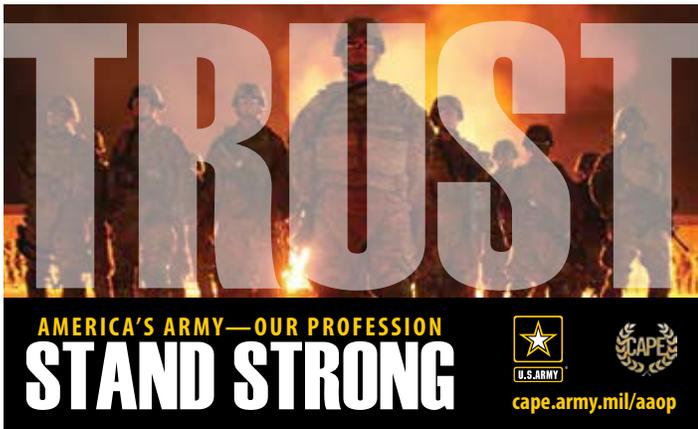




Come cheer
your friends

FULL & HALF Saturday, Jan. 25
MARATHON

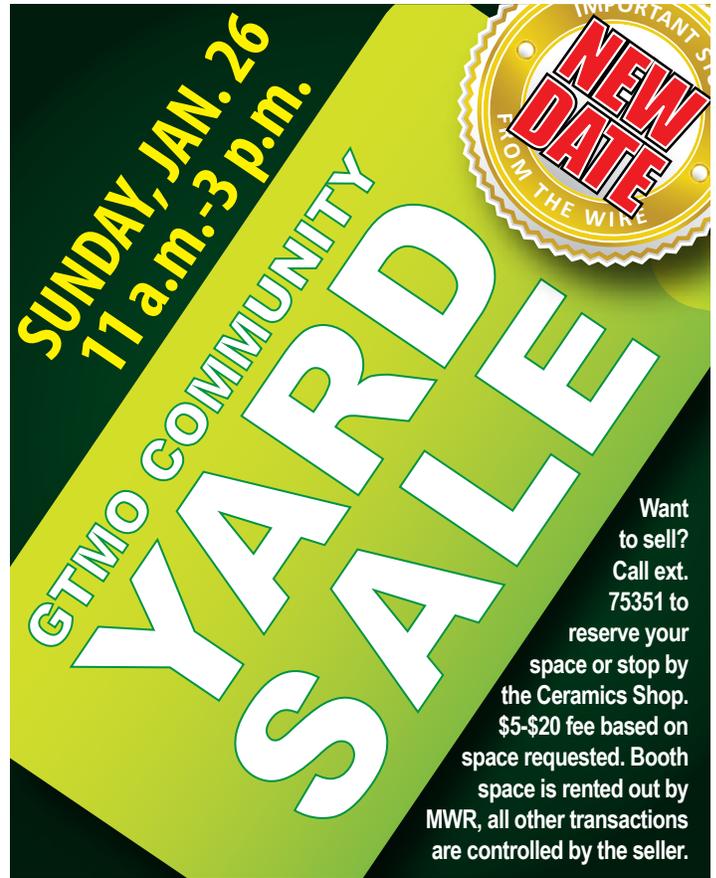
Cooper Field
FULL: 4:30 a.m.
HALF: 5:30 a.m.
Call ext. 77262 to register



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SUNDAY, JAN. 26
11 a.m.-3 p.m.

GTMO COMMUNITY
YARD SALE

Want to sell?
Call ext. 75351 to reserve your space or stop by the Ceramics Shop. \$5-\$20 fee based on space requested. Booth space is rented out by MWR, all other transactions are controlled by the seller.



Army Master Sgt. Gregory Martin spotted this gossamer creature swimming off Girl Scout Beach.

PHOTO OF THE WEEK