



THE WIRED

The Official Publication of Joint Task Force Guantanamo



DAY AT THE BAY

TOA welcomes
420th MP Co.

GTMO's Amazing Race

AROUND THE BAY

MOTIVATOR OF THE WEEK

Staff Sgt. Michael Chesney
189th MP Company

Spc. Christopher Hammons
346 MP Company



Super Heroes Field Day

Now's your chance to be a part of the next big event at GTMO! Super Heroes Field Day is scheduled to be a day for children and adults. There is a 4 - 17 age group competition and an adult competition portion. Compete in super hero events, a costume contest and relay races. Sign up by May 7 for your chance to participate and help raise awareness for child abuse prevention. For more information stop by FFSC at building 2135, call 4141 or email kristie.traver.ctr@gtmo.navy.mil.

Meet and greet with a Cuban boa

Dr. Peter Tolson, internationally recognized expert on Caribbean reptiles, will be at Phillips Park Saturday, May 10 from 2:00 - 3:00 p.m. This is an opportunity to meet a Cuban boa and Cuban rock iguana.

FEATURES

6 • Cover Story

The GTMO Amazing Race made its debut to Naval Station Guantanamo Bay in the form of 10 action-packed stations that had its competitors scrambling all morning to be named the day's victor.

8 • Day at the Bay

The fourth annual Day at the Bay drew an enormous crowd to Ferry Landing Saturday, April 26. With a lot of attractions and activities, most notably the GTMO Cardboard Boat Regatta, it was easy to see why.

10 • MPs have a TOA

The latest transfer of authority ceremony for the 525th MP Battalion marks the twilight of the 613th MP Company's deployment and the start of the 420th MP Company's mission.



Photo by Staff Sgt. Carmen Steinbach/The Wire

Two competitors of the GTMO Cardboard Boat Regatta paddle towards shore at the fourth annual Day at the Bay at Ferry Landing Saturday, April 26.

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

HQ Building, Camp America
Guantanamo Bay, Cuba
Commercial: 011-5399-3651
DSN: 660-3651
E-mail: thewire@jtfgtmo.southcom.mil
www.jtfgtmo.southcom.mil/wire/wire.html

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Graphic Designer

Army Maj. Reinaldo Montero

Command Information Officer

Army Capt. Allison Givens

Staff

Editor

Army Staff Sgt. Carmen Steinbach

Copy Editor/ Photo Editor

Army Sgt. Spencer Rhodes

Webmaster/Illustrator

Army Sgt. Kenneth Tucceri

Staff Writers

Army Sgt. Christopher Vann

Army Sgt. Debra Cook

Army Pvt. Kourtney Grimes

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Religious Services

NAVSTA Chapel

Catholic Mass

Mon.-Thur. 1730

Saturday 1700

Sunday 0900

Protestant Services

General Protestant

Sunday 1100

Gospel Worship

Sunday 1300

Chapel Annexes

Pentecostal Gospel

Sunday 0800 & 1700

Room D

LDS Service

Sunday 1000 Room 19

Islamic Service

Friday 1315 Room 2

Seventh Day Adventist

Friday 1900 Room 1

Sabbath School: Saturday 0930

Room 1

Sabbath Service: Saturday 1100

Room 1

Iglesia ni Kristo

Thursday: 0500, 1900 Room 1

Sunday: 0530, 1900 Room 1

Tuesday (Bible Study): 2000

New Troopers' Chapel

Protestant Worship

Sunday 0640

Sunday 0900

Sunday 1900

Bible Studies

Monday 1900

Cuzco block E

Wednesday and

Friday 1900

New Troopers' Chapel

Transportation Schedules

BUS Schedule

Camp America - :00/:20/:40

Gazebo - :01/:18/:21/:38/:41/:58

Camp America NEX -

:02/:17/:22/:37/:42/:57

Camp Delta - :04/:13/:24/:33/:44/:53

Camp 6 - :07/:10/:27/:30/:47/:50

HQ Building - :55/:15/:35

TK 1 - :01/:17/:21/:37/:41/:57

TK 2 - :02/:16/:22/:36/:42/:56

TK 3 - :03/:15/:23/:35/:43/:55

TK 4 - :04/:13/:24/:33/:44/:53

CC - :00/:19/:20/:39/:40/:59

JAS - :14/:34/: 54

Windjammer/Gym -

:02/:17/:22/:37/:42/:57

Gold Hill Galley -

:04/:15/:24/:35/:44/:55

NEX - :06/:13/:26/:33/:46/:53

NEX Laundry - :07/:27/:47

C Pool - :10/:30/:50

Downtown Lyceum - :11/:31/:51

NEX Express Bus

09:55 - 19:55 hourly

Camp America - :48/:55

TK 1 - :05/:36

Windjammer/Gym - :11/:31

Gold Hill Galley - :14/:29

NEX - :16/:27

Downtown Lyceum - :17/:25

BEACH BUS Saturday & Sunday ONLY

Windward Loop/East Caravella

0900/0930/1200/1230/1500/1530/1800/1830

SBOQ/Marina

0905/0935/1205/1235/1505/1535/1805/1835

NEX

0908/0925/1208/1225/1508/1525/1808/1825

Phillips Park

0914/ 1214/1514/1814

Cable Beach / Turn Around

0917/1217/1517/1817

Return to Office

0940/1240/1540/1840

FERRY Schedule

Monday thru Saturday

FERRY

Windward 0630/0730/0930/1030/1130/1230/1330/1530/1630

Leeward 0700/0800/1000/1100/1200/1300/1400/1600/1700

UTILITY BOAT

Windward 1730/1830/1930/2030/2130/2230

Leeward 1800/1900/2000/2100/2200/2300

Sunday & Holidays

FERRY

Windward 0730/0930/1130/1330

Leeward 0800/1000/1200/1400

UTILITY BOAT

Windward 1530/1730/1830/2000/2230

Leeward 1600/1800/1900/2030/2300



SAFE



HUMANE



LEGAL



TRANSPARENT



Tradition of Service

By Army Col. John Bogdan
Commander, Joint Detention Group

In today's military we are steeped in traditions that create and identify the culture of each unique service. Just like Troopers in the individual services, the tradition of service to nation is rich in American families. My parents were children of Polish immigrants, so our tradition of service began when the first members of my family landed in America. My mother's father was an infantryman with the 319th Infantry Regiment, part of the American Expeditionary Force in World War I. My father, who spent 30 years in the Navy, was drafted during World War II and served with the U.S. Navy in the Pacific. I continued our fledgling tradition on June 6, 1983 when I enlisted in the U.S. Army. As I was contemplating serving, I recall my father saying, "You don't have to join the Navy just because I was in the Navy. Service to nation is important. We owe it to all Americans to do our part to protect, defend, and improve our Nation."

My younger brother Jim continued the fight as a Marine assigned to 1st Marine Division in Desert Storm. Today,

my son Jake is the latest addition in a long line of similar family stories, as he serves with the 1st Ranger Battalion. It is quite amazing to see four generations of military members giving selflessly for the nation that we love so dearly.

Then there are the families, over a century in my family alone, keeping up the fight at home supporting their Warriors as they come and go from the battlefields of the world. As I consider this, I am overwhelmed by the thought that my family tradition is but a tiny piece of the greater whole. We serve with all of those who serve our nation, the millions of men and women before and after us, the multitudes of families doing their part to support us in our quest. Some people don't understand our tradition and ask why, what's the big deal? To that I can only partly explain the raw emotion inside me when I think of the fact that less than one percent of our great nation has ever raised their hand and sworn to protect and defend it. It brings to mind when I was talking to the mother of a



Col. John Bogdan

Soldier in my battalion who was killed in combat. She said, "He was doing what he loved with people he was proud to be with; he was doing what he was supposed to be doing." Amazing, truly awe-inspiring.

I am inspired to walk among the ranks of such great patriots as you every day of my life. We do this because we believe in our Nation, because we are called to serve. Being a Soldier, a Sailor, an Airmen, a Marine, isn't a job – it's a calling. You were called

to be a part of something unique and timeless, a tradition as old as the medieval knights and Roman legions that we draw many of our current traditions from today. So, no matter what your motivation was to join, today you serve among the very best that our Nation has to offer. We are all part of this living and growing tradition of service. What's your story? Share your story, your tradition, with your brothers and sisters in arms and with the rest of the Nation so they might better appreciate the true meaning of tradition.

TROOPER TO TROOPER

By Army Master Sgt. Adrian Rancudo
NCOIC, Staff Judge Advocate office

The military is a melting pot of a variety of backgrounds. Service members come from all walks of life—different races and cultures, different beliefs and religions, different lifestyle and perspectives, etc. This makes the military a very unique organization because despite all of our differences, we work together toward common goals and missions. There is one characteristic that many of us had instilled at a young age—respect.

In the military, respect is an important value. Proper military courtesy is a symbol of showing respect and an indicator of self-discipline. We demonstrate courtesy in the way we address officers or NCOs of superior rank. Officers earn the title of sir or ma'am. NCOs also earn their respective titles and are to be addressed by the appro-



Master Sgt. Adrian Rancudo

priate title by peers and subordinates. Officers are to be saluted when seen in public and NCOs are to be greeted by subordinates using their rank when doing so.

In disagreements, respect can play a critical role. It can even be your secret weapon. There is nothing better to deescalate a heated discussion with your peer or supervisor than to respond with respect and professionalism. There is no better way to address an issue than to communicate your firm position with respect. For leaders, it is more than an emotion, but an obligation. It leads to loyalty, duty, selfless service, honor, integrity and personal courage. It also has a critical connection to ethics.

Ethical success depends on understanding the profound impact that respect has on your ethics and charac-

ter. For example, with regard to use of official time: showing up late, spending time at work checking eBay auctions, sneaking out early, etc. Look at these issues from a respect point of view. Are you showing respect by misusing your time at work? We must frequently choose between right and wrong.

We joke around from time to time—but be mindful before telling a joke. Consider whether your words are going to be hurtful or offensive, sometimes we speak without fully considering how the message will be received. Be careful not to say something that may offend those around you. It is far more difficult to repair damage from something you said, than to hold your tongue out of respect.

We can show respect in many ways simply by saying things like "please" and "thank you." It is important to show respect to everyone. Even to those who may not respect you in return.

SABOTAGE

Arnold returns to his explosive beginnings

Review by Air Force Maj. Jon Quinlan
thewire@jftgtmo.southcom.mil

At first, I was excited to watch "Sabotage." I figured, "this will be great," it has Arnold Schwarzenegger, action, explosions, guns, attitudes, and some-over-the-top gore. Then I watched it. Like many of the characters in this movie who die a quick death, I hoped the movie would die quickly so I could leave.

Normally I don't have an issue with violent movies, but this one is just ridiculous and over the top with unnecessary violence and gore. This movie is a failed attempt to combine the slasher film with a gritty cop drama. The director, David Ayer, has done some good work in the past with cop flicks like "Training Day" and "End of Watch," but this gory mess of a movie makes me want to take a bath in holy water to wash off all the excess blood.

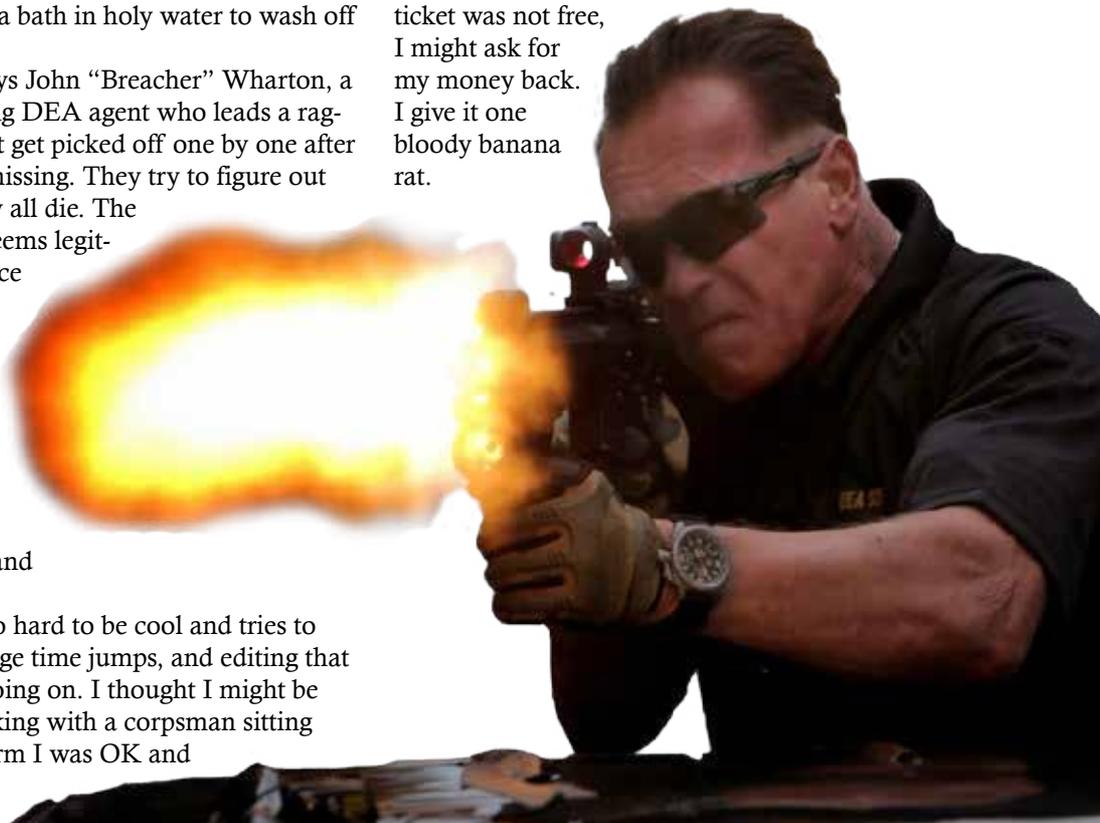
Arnold Schwarzenegger plays John "Breacher" Wharton, a tough, two-fisted, hard-drinking DEA agent who leads a rag-tag group of "elite" agents that get picked off one by one after drug cartel money comes up missing. They try to figure out who did it; instead they mostly all die. The rest of the cast of characters seems legitimate at first, including Terrence Howard as Sugar, Sam Worthington as Monster and Mirelle Enos as the crazy speed-freak Lizzy. The characters that make up this team are very unlikable throughout. As Breacher's team erodes from suspicion and infighting, the movie also erodes downward and makes little sense.

Overall, "Sabotage" tries too hard to be cool and tries to trick the viewer with lies, strange time jumps, and editing that confused me as to what was going on. I thought I might be having a stroke, but after checking with a corpsman sitting next to me, I was able to confirm I was OK and the film was not. The script is

a mash of uncreative, profanity-ridden dialogue that only provides transitions between car chases, gun battles and killing sprees. The plot was very unrealistic and boring with lots of investigating.

Schwarzenegger was adequate, doing a good job most of the time in a very dark performance. However, it is difficult for me to take him seriously in films anymore. Other than that, it was pretty much horrible, and if the ticket was not free, I might ask for my money back. I give it one bloody banana rat.

I'm a cop you idiot!
I'm detective John Kimble!



		NOW SHOWING								
		FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
CAMP BULKLEY DOWNTOWN	The Amazing Spider-Man 2 (New) PG13, 8 p.m. Sabotage R, 10:30 p.m.	Draft Day PG13, 8 p.m. Divergent PG13, 10 p.m.	Transcendence PG13, 8 p.m.	Need for Speed (LS) PG13, 8 p.m.	Noah PG13, 8 p.m.	Captain America 2: The Winter Soldier PG13, 8 p.m.	Throwback Thursday Ferris Bueller's Day Off PG13, 8 p.m.	CAMP BULKLEY DOWNTOWN		
	Transcendence PG13, 8 p.m. Need for Speed (LS) PG13, 10:15 p.m.	The Amazing Spider-Man 2 (New) PG13, 8 p.m. Sabotage R, 10:30 p.m.	Noah PG13, 8 p.m.	LYCEUM CLOSED	Divergent PG13, 8 p.m.	LYCEUM CLOSED	Throwback Thursday The Goonies PG13, 8 p.m.			

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!

THE GTMO AMAZING RACE 2014



Story and photos by Sgt. Kenneth Tucceri
Webmaster, thewire@jftgtmo.southcom.mil

A 10-event race of teamwork and competition brought out the best in everybody at Naval Station Guantanamo Bay who participated in the first ever GTMO Amazing Race Saturday, April 26.

Through the well-thought-out events of the race, everything from competitiveness, volunteerism, leadership, camaraderie and esprit de corps were shining brightly under the Caribbean sun.

The race had 10 teams, four participants per team, who were pitted in

competition with each other to finish first and be named the day's victor.

The events, in sequential order, were a 100-yard sprint to a M16 disassembly, assembly and functions check while blindfolded, 200-meter swim, 10 basketball free throws, 20 lb. sand bag carry, U.S. military history quiz, one hole of golf, a half-mile walk/run with water (the team had to have a full pint of water at the end of the half-mile), field goal kicks from the 20 yard line, flag folding and bowling.

According to Navy Petty Officer 1st Class Justin Atkins, with Joint Task Force's Joint Medical Group, the most challenging event was the U.S. military history quiz.

"Our team, we did most of the physical aspects of it real well, and then when it came to the history portion, the test was so difficult we had a 10 minute delay because of it," said Atkins.

Ten minute delays were the subsequent penalty for not completing an event in the number of tries or time allotted.

The race even featured an extra twist, just like the real Amazing Race, in the form of a second field goal kick station after flag folding, this time at the 30 yard line. According to Navy Lt. Cmdr. Cynthia Holland, the extra station was added because the competitors were too quick and the bowling alley wasn't open yet.

The teams had to commute on foot to each challenge and, throughout the morning, teams employed different strategies. Some teams stuck together and others split up and awaited the arrival of their teammates with a card, which was signed by the prior station's official, to indicate its completion, and begin the next challenge.

The race was put together with a lot of logistics and planning. The effort of the dozens of volunteers was very evident throughout the event, which began at 8:00 a.m. at Cooper Field and ended at the bowling alley a few hours later.

Army Master Sgt. Michael Rose, Army Lt. Col. Jerrie Muir and Holland were the main planners and throughout the competition wore



After running 100 yards, competitors of the GTMO Amazing Race were blindfolded and required to disassemble, assemble and perform a functions check on an M16.



Basketball free throws were the third event of the race. Participants were given 10 minutes to make 10 free throws or face a 10 minute penalty.



Naval Station Guantanamo Bay hosted the base's first GTMO Amazing Race here Saturday, April 26. The start of the race began with a 100-yard dash to a long table with M16s and blindfolds for the participants of the first station to disassemble, assemble and perform a functions check, all while blindfolded.

white hats, to signify they were the officials, and if any questions or rule explanations required their assistance, they were easily spotted.

The winners were the team representing J6. Its members were Navy Petty Officer 2nd Class Chris Calhoun, Air Force 1st Lt. Sean Coombs, Air Force Capt. Scott Parks and Air Force Capt. Jason Adams, all with Joint Task Force's J6.

The triumphant team said they played to the individual strengths of their teammates. As each member had to participate in a minimum of two events, they planned ahead and worked that into their strategy. Attention to detail was another critical facet to their victory. Listening to the nuances of the rules and gaining a competitive advantage became a help to them, they said.

There was also some learning on the fly that they felt helped.

"We just focused on what other people were doing," said Adams. "So we tried to pick out what the strengths were and duplicate it."

The second place team was a group of Marines. According to Muir, and to the delight of the crowd that gathered in anticipation of the post-event awards ceremony at the bowling alley, the Marines found out about the race the night before and decided to compete.

"They put a team together, they trained all night, and they're here," said Muir.

They had a strong showing, especially considering their last minute entry, and wore their uniform pants, boots and T-shirts during the entirety of the event.

Army Sgt. Colton Williams, with the 747th MP Company, was a member of the third place team, Aria.

"Our team name is Aria," said Williams. "It came about because I just had a daughter [his first child] ... she was born on April 13."

Because the team wasn't representing a specific unit, Williams thought, "Well I'm going to represent my daughter. Go out there and have a great time, and these guys [his teammates] got on board and we are going to go from there."

In the closing speech, while everybody was awaiting the complementary pizza that the participants had a well-deserved appetite for, Muir, after giving a thanks to all the volunteers, summed up the competition nicely.

"I want to also thank all the other teams because I know it's not easy," said Muir. "It's a lot of people perspiring and you came out, you did it, and everybody finished. To all the teams."



Field goal kicks from the 20 yard line was the seventh event of the day. Thirty yard field goals were also required to move on to bowling.



In the ninth event of the race, precise flag folding was required to be completed before the participants could move on to a 30 yard field goal and then the final event – bowling one game of 130.



Naval Station Guantanamo Bay celebrated the month of the military child at the Day at the Bay with several activities for Service members and their families, including kayaks, paddle boards, huge water slides and an aqua park.

Day at the Bay unifies community

Story and photos by Staff Sgt. Carmen Steinbach

Editor, thewire@jftgtmo.southcom.mil

Naval Station Guantanamo Bay is home to many people; Service members from all branches, civilians and their families. Detached and often times isolated, from the luxuries of the “real world,” many organizations on the installation work tirelessly on programs and activities to make life here feel more like home and the residents more like a family.

One such event, the fourth annual Day at the Bay was held Saturday, April 26 at Ferry Landing and highlighted the best elements of the island while bringing together everyone from

the Joint Task Force Troopers to the local high school students. There was a multi-booth craft fair that showcased hand-made souvenirs and gifts, performances from the high school dance teams and also a sampling of local fare cooked by organizations and sections that call GTMO home. This event combines with the celebration of the month of the military child, so there were bounce houses and even a mini-water park set up for the smaller patrons to enjoy.

MWR’s Elizabeth Leonard, arts and crafts and movies’ manager, was one of the visionaries behind making this annual event enjoyable for everyone.

“Every community group comes together for these,” said Leonard. “Everyone had fun and got a taste of what GTMO has to offer.”

Another event that both Troopers and residents looked forward to was the annual GTMO Cardboard Boat Regatta, where participants create a homemade boat and then race them in the bay. While some opted for creative designs, such as a



At the event, arts and crafts were on display under two large tents. The displays showcase the talent and creativity of many GTMO residents.



The Cardboard Boat Regatta, a GTMO favorite, was held Saturday, April 26 during the fourth annual Day at the Bay. The team above received top marks for creativity, but fell short in the sea-worthy category.

replica of a Viking ship, or a sailing take on Scooby Doo's Mystery Machine, others opted for simplicity.

Navy Petty Officer 2nd Class Jarret Gonzalez spent several days constructing a sea-worthy vessel with fellow members of the Joint Medical Group's 1st and 2nd Class Petty Officer Association.

"We were going for speed," said Gonzalez of their streamlined design. He and his team turned in two boats, the Lockness and the Kraken. While only one crew made the full lap, for the team it was more about the comradery than the competition.

"It's outstanding," said Gonzalez of the event. "Everyone out here is from different organizations, but we feel like a community."

For others, the thrill is in the victory.

Navy Lt. Joe Staeheli and his fellow crewman have participated in the last few races and, while they placed second last year, this time around they were in it to win it.

"We're here to win," said Staeheli, after his team's boat made the lap in record time. "Every year someone goes over the top with the design and it sinks



Joint Task Force Guantanamo Soldiers from the 93rd Military Police Company, (from left to right) ShanQuayla Johnson, Dayrontay Herring, Terrance Ivory and Jessica Dominguez enjoyed a taste of GTMO during the fourth annual Day at the Bay, held Saturday, April 26 at Ferry Landing. Some of the cuisine prepared by local organizations included everything from deep fried Oreos to low country boil.

10 feet out from the shore."

Over the course of the afternoon, families and deployed Service members enjoyed food, performances from the local school's dance and cheerleading teams and enjoyed the highlights of life

in the Caribbean, whether here for a few months or several years, the event made the environment feel more like home.



Public Works Managers for Naval Station Guantanamo Bay, Navy Lts. James Kwasny and Joe Staeheli went full steam ahead and beat out their competition with a sleek, kayak-inspired design during the Cardboard Boat Regatta, Saturday April 26 and Ferry Landing.

'Hello, Goodbye' 525th holds transfer of authority

Story and photos by Sgt. Kenneth Tucceri
Webmaster, thewire@jftgtmo.southcom.mil

"Thank you for attending today's ceremony as we bid farewell to the 613th Military Police Company and extend a welcome to the 420th Military Police Company," said Army Lt. Col. Darcy Overbey, commander of 525th MP Battalion.

The most recent transfer of authority ceremony at Naval Station Guantanamo Bay was between the 613th MP Company and 420th MP Company, an Army Reserve unit based out of Salt Lake City, at Bulkeley Field Tuesday, April 22.

As the Puerto Rico-based 613th prepare to return home, the ceremony was highlighted by reminiscent remarks of their time in GTMO.

"The 613th MP Company has touched the lives of all vigilant Warriors," said Overbey. "They shared their time, enthusiasm and their culture ... their stories are now part of our history."

During the ceremony, Army Capt. Edwin Romero, 613th commander, congratulated his unit on the job well done and that, through their hard work, they have left their mark on the history of Guantanamo Bay and the United States Military Police Corps.

"To my Mighty Ones, thank you for your support, dedication and for bringing into Guantanamo Bay our Latin flavor," said Romero.

Overbey, a frequent keynote speaker

left the 613th with some last words.

"Each of you began this mission with a goal to make a difference," said Overbey. "You have done an outstanding job in a challenging environment with the eyes of the world watching. Be proud of your service, and be proud of your contributions to this strategic mission."

The 420th MP Company's commander, Army 1st Lt. Jeffrey Gabriel Jr., spoke of his gratitude towards the smooth transition to GTMO thanks to the leadership of the 525th and the professionalism of the 613th. He also added to "take pride in what you are and what you stand for."

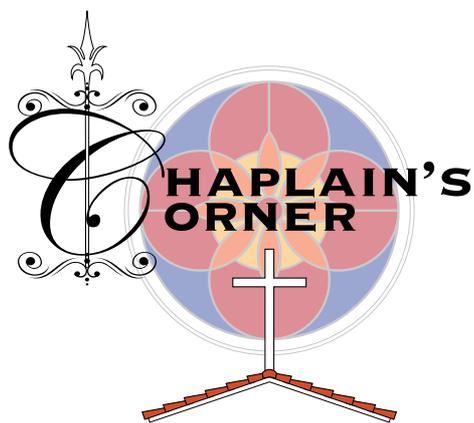
"I'm very excited about this opportunity we have being down here to execute this mission," said Gabriel. "This is a mission I know is suited perfectly for the 420th, the Gorillas. I know we'll have challenges ahead of us, but we'll overcome those challenges and work well together."

In the ceremony's invocation, Army Capt. Brady Frederick, 525th MP Battalion chaplain, provided poignant words for the outgoing 613th and words of encouragement for the new 420th.

"May their time here be marked by personal and moral courage and wise leadership, and may they be stronger, physically and emotionally and spiritually, from their time here," said Frederick.



The 420th Military Police Company stands ready to receive mission responsibility from the outgoing 613th Military Police Company at the transfer of authority ceremony Tuesday, April 22.



Complete Restoration

By Army 1st Lt. Raymond Lowdermilk
JDG Chaplain

An apology is defined as a “regretful acknowledgment of an offense or failure.” When there has been an offense, apologizing is often an incomplete process to restoring a fractured personal or professional relationship. When “sorry” is overused and generalized it loses its

meaning. After personal conflicts, if there is any apology, it is sometimes expressed in this way: “I am sorry you are hurt by what I said or did to you.”

Responding in this way is not really an apology. Rather it turns “sorry” into an insult. Instead of accepting personal responsibility for the offense, this is an attempt to hold the offended party responsible for feeling wronged. When we have unjustly caused someone else pain by unprofessional or immature means, a proper process of reconciliation must occur or the relationship will suffer.

What is reconciliation? It is the restoration of a relationship after division has occurred. How does it take place? First there must be personal awareness and conviction that our unjust or wrong behavior has offended someone. This awareness may come through confront-

tation with the person offended or from others sharing their observations or concerns. Next a humble confession of wrong-doing is needed to the offended party. This is a transaction that requires two parties. It is now up to the offended person to respond with forgiveness. If they cannot immediately forgive, then they ought to progress toward a willingness to forgive.

This process does not eliminate consequences, but it provides a path toward restoration of relationships. Now both parties have the ability to move forward toward doing good things for each other. It’s not only about stopping the hurtful actions, but about starting positive behaviors. This process brings reconciliation, whereas saying “sorry” falls short of true restoration.

The JSMART Spot

By Navy Petty Officer 3rd Class Keith Reau
JSMART Advertising Coordinator

Do you ever feel angry, embarrassed, sad or stressed? It’s likely that those emotions are caused, at least in part, by your own irrational thoughts, aka stinkin’ thinkin’. Magnification and minimization are common ways we all do stinkin’ thinkin’. We may exaggerate the importance of bad things we do or mistakes we make. We may also inappropriately shrink our desirable qualities or the positive impact our achievements have on the mission. In order to avoid some of our negative feelings we must monitor our thoughts and ensure we are not irrationally magnifying the bad or minimizing the good. For more information on stinkin’ thinkin’ come to JSMART for a chat or email us to get some great book references.

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FM.

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THIS
WEEK
IN



The oldest U.S. Navy base located outside the continental U.S. is Naval Station Guantanamo Bay. Located on the southeast coast of Cuba, the base is approximately 500 nautical miles away from Miami. The naval station provides logistics support to the U.S. Navy and Coast Guard ships and aircraft, as well as to the Joint Task Force Guantanamo units.

The Cuzco Wells Cemetery is the historic site of the Battle of Cuzco Wells during the Spanish-American War. Hundreds of American Service members, Cuban nationals and civilians are buried at the cemetery, which serves as Guantanamo’s only burial ground. The cemetery is open for tours on Memorial Day weekend.

GTMO had over 40 anchorages and the port could accommodate the largest ships in the U.S. Navy. Within a mile from the mouth of the bay, the ocean floor drops to 100 fathoms deep, or .11 miles; there are 880 fathoms in one mile for all my non-water educated brethren.

GTMO is home to one of nine remote seismic stations in the Caribbean that are used to monitor seismic activity in the region.

The famous Northeast Gate is the only entry and exit point to mainland Cuba. It has been closed to base personnel since the United States broke off diplomatic relations with the Cuban government prior to the Bay of Pigs invasion in 1961.

movie reviews wanted

Send us your movie reviews and have them printed in the next issue of The Wire!

Only reviews for **NEW** movies will be considered.

Reviews must be submitted by noon the following Monday.

Email reviews to thewire@jftgftmo.southcom.mil



Northeast Gate Tours

Every third Friday of the month 11:00 a.m. - 1:00 p.m.

Sign up at the Marine Hill Whitehouse



For more information call MCSFCO Operations at 2279

Super Heroes Field Day

We can all be super heroes in preventing child abuse

Adult Team Registration

Open until May 7

6 Person Teams with 2 alternates

Super Hero Events!

Costume Contest

Limited Edition sports bottle for each participant

Saturday, May 10
4:00 - 9:00 p.m.
Cooper Field



For Registration Forms: Stop by FFSC at Bldg 2135, call 4141, or Email kristie.traver.ctr@gtmo.navy.mil or emily.kolenda.civ@gtmo.navy.mil

Fitness & Figure Competition

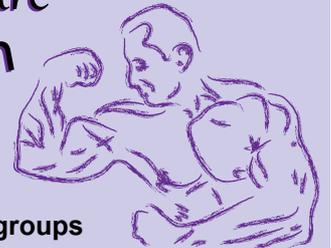
Saturday, May 10 6:00 p.m.

Windjammer Ballroom

4 poses ~ 1 routine ~ 4 age groups

\$15.00 registration fee includes a T-shirt and sports bag.

Attire must be approved. Details available at Denich Gym.
Call 2065 for more information



Bottles are displayed on a windowsill of GTMO's Lighthouse Museum. The image cleverly exposes the history and unique location of the base while provoking thought as to the journey of the glass bottles in this colorful image taken by Petty Officer 2nd Class Greer A. Boyd.



PHOTO OF THE WEEK

Send your best photos to thewire@jftgftmo.southcom.mil