



THE WIRE

The Official Publication of Joint Task Force Guantanamo

BASKETBALL
LEAGUE CHAMPIONSHIP

**GTMO's
GREATEST
RACE**



Crazy Horse *rides in*



AROUND THE BAY

MOTIVATOR OF THE WEEK

HM3 Daniel Rodriguez
Joint Medical Group

PFC Robert Reeder
342nd Military Police Company



Cover photo: New arrivals from various units and Alpha Troop, 1st Squadron, 3rd Cavalry Regiment who will take over security operations for Joint Detention Group, disembark from their plane after arriving at Naval Station Guantanamo Bay. Full story on page 10.

Photo by Sgt. Spencer Rhodes

Run to Home Base Shadow Run

The Run to Home Base Shadow Run is a 9k run (5.6 miles) that follows the Run to Home Base conducted in Boston, Massachusetts. The run in Boston begins and ends at Fenway Park, allowing runners to cross home plate as they finish. The GTMO run provides runners a similar experience. Runners will begin on Central Magazine Road and end crossing the home plate of Softball Field 1 at Cooper Field Sports Complex. Registration is the day of the race at 7:00 a.m. at Cooper Field. For more information call 8653.

Eid Mubarak

Eid Prayer will be on Monday, July 28 from 7:00 to 7:30 a.m. in room two at the Naval Station Guantanamo Bay Chapel.

FEATURES

8 • Greatest Race

Teams from Naval Station Guantanamo Bay and the Joint Task Force competed in a series of activities designed to test both physical and mental strength and endurance.

11 • Army Ten-Miler

Soldiers of the 525th Military Police Battalion recently competed in the 2014 Army Ten-Miler tryouts for the U.S. Army South team. Sixty-nine runners total gave it their all to compete in the 30th annual event being held later this year in Washington, D.C.

12 • 525th CoC

Army Lt. Col. Darcy Overbey, outgoing commander of the Joint Task Force Guantanamo's 525th MP Battalion, received the Meritorious Service Medal during a change of command ceremony held at Bulkeley Field July .

CORRECTIONS

In the last issue, Spc. Shawn Babin with the 3-89th Cavalry Regiment was miss-identified. Please report all corrections to thewire@jftgmo.southcom.mil.



Photo by Sgt. Christopher Yamy/ The Wire

Effective immediately, the speed limit on Kittery Beach road from Roosevelt gate until the Lateral Hazard golf course has increased to 35 mph. Gators and Mules and must pull over to a stop and allow faster moving vehicles to pass.



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The Wire is an authorized publication for members of the Department of Defense. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF-GTMO. The contents of The Wire are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army, Air Force, Navy, Marines or Coast Guard. The editorial content of this publication is the responsibility of the Joint Task Force Guantanamo Bay Public Affairs Office. The Wire is printed weekly by the Defense Logistics Agency Document Services with a circulation of 1,250. It is distributed free to all personnel assigned to the Joint Task Force and is published online.

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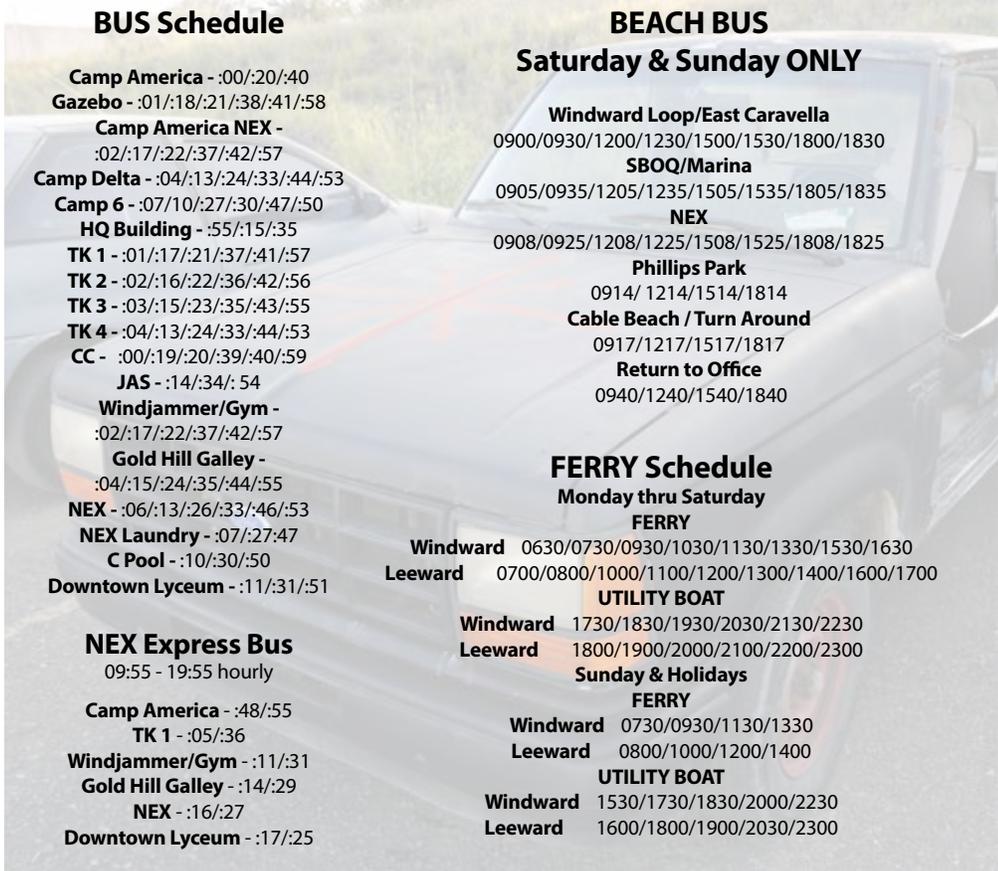
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Religious Services



<p>NAVSTA Chapel</p> <p>Catholic Mass Mon.-Thur. 1730 Saturday 1700 Sunday 0900</p> <p>Protestant Services General Protestant Sunday 1100 Gospel Worship Sunday 1300</p>	<p>Chapel Annexes</p> <p>Pentecostal Gospel Sunday 0800 & 1700 Room D</p> <p>LDS Service Sunday 1300 Fellowship Hall</p> <p>Islamic Service Friday 1315 Room 2</p> <p>Seventh Day Adventist Friday 1900 Room 1 Sabbath School: Saturday 0930 Room 1 Sabbath Service: Saturday 1100 Room 1</p> <p>Iglesia ni Cristo Thursday: 0500, 1900 Room 1 Sunday: 0530, 1900 Room 1 Tuesday (Bible Study): 2000</p>	<p>New Troopers' Chapel</p> <p>Protestant Worship Sunday 0640 Sunday 0900 Sunday 1900</p> <p>Bible Studies Monday 2000 Cuzco block J Wednesday and Friday 1900 New Troopers' Chapel</p> <p>Chapel Annexes Cont.</p> <p>Liturgical Protestant Sunday: 0930, Room 1</p>
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Transportation Schedules



<p>BUS Schedule</p> <p>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</p> <p>NEX Express Bus 09:55 - 19:55 hourly</p> <p>Camp America - :48/:55 TK 1 - :05/:36 Windjammer/Gym - :11/:31 Gold Hill Galley - :14/:29 NEX - :16/:27 Downtown Lyceum - :17/:25</p>	<p>BEACH BUS Saturday & Sunday ONLY</p> <p>Windward Loop/East Caravella 0900/0930/1200/1230/1500/1530/1800/1830</p> <p>SBOQ/Marina 0905/0935/1205/1235/1505/1535/1805/1835</p> <p>NEX 0908/0925/1208/1225/1508/1525/1808/1825</p> <p>Phillips Park 0914/ 1214/1514/1814</p> <p>Cable Beach / Turn Around 0917/1217/1517/1817</p> <p>Return to Office 0940/1240/1540/1840</p> <p>FERRY Schedule Monday thru Saturday FERRY</p> <p>Windward 0630/0730/0930/1030/1130/1330/1530/1630 Leeward 0700/0800/1000/1100/1200/1300/1400/1600/1700</p> <p>UTILITY BOAT</p> <p>Windward 1730/1830/1930/2030/2130/2230 Leeward 1800/1900/2000/2100/2200/2300</p> <p>Sunday & Holidays FERRY</p> <p>Windward 0730/0930/1130/1330 Leeward 0800/1000/1200/1400</p> <p>UTILITY BOAT</p> <p>Windward 1530/1730/1830/2000/2230 Leeward 1600/1800/1900/2030/2300</p>
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Project Management

By Navy Capt. Tom Gresback

Director, JTF GTMO Public Affairs

Walt Disney, one of America’s most successful 20th century business leaders, once said, “Of all the things I’ve done, the most vital is coordinating the talents of those who work for us and pointing them towards a certain goal.”

While good project management is important to business leaders like Disney, it’s even more vital to those of us in the U.S. Military.

As members of the armed services, we’re part of the world’s most complex organization, the U.S. Department of Defense, with over 3.2 million military and civilian employees. The stakes of our missions are high, and the need for team-work is crucial.

Whether you’re a corporal, senior



Capt. Tom Gresback

enlisted leader or senior officer, learning and applying good project management skills to organize the work of your people will play a key role in determining your success throughout your career.

With this in mind, take the time to consider and ask yourself if you’re doing all you can to manage and lead effectively. Here are some principles of good project management for your consideration:

• **Delegation:** When you think about your current task load, are you delegating the right tasks to the right people? Have you figured out what you can relinquish to a subordinate or a peer and what you must complete on your own?

• **Accountability:** Do you recognize that as a leader, you are ultimately responsible for all the work you delegate? And have you empowered your team

with the tools and resources they need to be successful?

• **Authority:** Are you making clear the scope of delegated authority; are your subordinates clear on what decision rights they own and what decisions must be passed further up the chain of command?

• **Deadlines:** Are you setting aggressive but realistic timelines for all tasks that will sync with mission goals and other work-streams?

• **Follow-Up:** Are you adequately checking on progress to ensure work isn’t falling behind schedule? Are you pitching-in and providing additional resources where you identify areas of risk?

To quote the philosopher H.E. Luccock, “No one can whistle a symphony. It takes a whole orchestra.” Do your part in ensuring you are doing everything you can to conduct the JTF orchestra in the most organized and effective manner possible.

Battling complacency

By Army Command Sgt. Maj. Shawn McLeod

JTF GTMO Joint Detention Group

Through my experience and now third deployment, I have come to the realization that one of the greatest concerns that we have as leaders is complacency in our Troopers. The last couple of months of a deployment are when our Troopers are at the greatest risk for complacency to creep in both on and off duty.

There are three distinct phases during a deployment. During the first phase Troopers are new to the job and excited to learn your duties and the mission they are going to perform. They read all of the standard operating procedures to gain an understanding of exactly how things are to be done.

In the second phase, Troopers look at all the procedures in their section and decide if there are any changes that need to be made to SOPs or other procedures that are going to benefit the mission and make things better. They continue to improve on the mission in hope of leaving things better than when they arrived.

During the final phase comes the last month or two of deployment where they can see the end coming. This is where we are all at the highest risk for complacency to set in. Complacency can set in without realization. You may be working in a camp or at an access control point and deviate slightly from an SOP because you think it is easier to take a short cut and do things a different way. You may have been handling a weapon for seven months and instead of having your supervisor or buddy check to see if your weapon is cleared you ignore protocol and clear it yourself resulting in a negligent discharge. Violating any of the SOPs or procedures can have disastrous results.

The one thing that keeps many senior leaders up at night is the safety of our

Troopers. As a command sergeant major I can preach about complacency all day long but it takes our most junior noncommissioned officers to fight this battle head on. I charge all of you team leaders and squad leaders out there to battle complacency within the ranks.

During duty hours, ensure that SOPs and procedures until the day when you get on the plane to head home. Since complacency doesn’t just happen during duty hours, continue to keep your Troopers engaged with MWR activities and keep them active during their off-duty time.

Complacency is a battle that can be won but it takes everyone working together to make it happen and ensure that everyone goes home safe at the conclusion of their tour.



Command Sgt. Maj. Shawn McLeod

Building & developing effective team: *a recipe for success*

By Army Maj. Clarke Rogers

JTF Primary Hand Receipt Holder

A team is a small number of people, with complementary skills, who are committed to a common purpose, performance goals and approach for which they are mutually accountable. There are a few key elements which are the very makeup of truly effective teams, and I consider the following to be the most critical.

• ROLES, RULES & RESPONSIBILITIES

We have all certainly at one time or another heard the common expression of setting “ground rules.” Each member of the team understanding their specific role on the team and their specific responsibility to the team is essential for successful and effective team building. Without this shared understanding among members of the team, the result would be similar to that of a rowing team in which each member is rowing his/her hardest but in a different direction or with a different rhythm than the others.

• OBJECTIVES

Having clear, shared and agreed upon objectives, missions and goals is the next key ingredient in the makeup of effective teams and is what sets the tone for what the expected and desired outcomes of the team will be. Work without objectives, however, is like a golf course without the holes; just imagine what it would be like playing golf on a course without holes. What would be the point? How would you know which direction

to aim for? Or whether you were at the 9th or 18th hole? How would you measure your success or proficiency as a golfer?

• RELATIONSHIPS

Building solid relationships is critical in the development process of building a truly effective team. Team members must come to know each other personally and professionally to better understand each other’s strengths, weaknesses and how they interrelate to each other and to the task, goal or objective at hand. They must also learn to trust and respect each other if they are to become efficient and effective as a team, and they must build what we all know as ‘esprit de corps.’ There is a time for work and a time for play, but if both can be effectively assimilated into your work day, week or quarter, a successful team will form and you will have happier and more productive Soldiers, Sailors, Airmen, Marines or Coast Guardsman on your team.

• COLLABORATION

Without collaboration it would be difficult for a team, let alone an effective team, to exist. While it is very important to have subject matter experts (SMEs) on your team and have individuals with exceptional skills and talents, it is even more important that they are able to effectively collaborate and work well together to meet the objective of the team. When a team is operating at peak performance, is running smoothly,

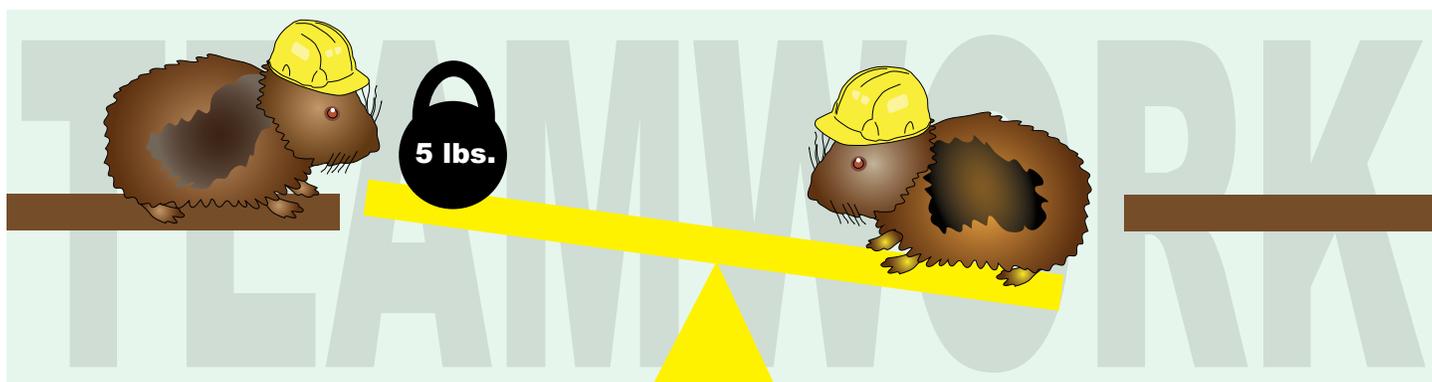
effectively, and efficiently and is collaboratively firing on ‘all cylinders,’ then it has attained an even higher level of collaboration that produces synergy or what I like to call a “symphony of synchronization.”

• COMMUNICATION & FEEDBACK

If effective teams are ever to achieve the sort of “symphony of synchronization” discussed above, they would clearly need to have a high level of candid, open, honest and effective communication and continuous feedback among each of the team members. They must all actively and collaboratively encourage and seek unique solutions to unique problems, and they must always show a high level of respect for each of their team member’s views and ideas, lest they stifle their creative juices.

• RECOGNITION

Finally, it is absolutely imperative that team members of an effective team are properly recognized for their collective accomplishments; all too often these days, however, one hundred things well done will go unnoticed or unrecognized, whereas one thing done wrong will be punished. We have all certainly heard the expression that you get more with honey than you do with vinegar, and this is why recognition of team success is so vital; people are inherently and innately motivated by a sense of appreciation and value.



THE FAULT IN OUR STARS

When I was in high school a wretched sob fest of a film, “A Walk to Remember,” hit theaters. This sappy drama was essentially about a slowly dying girl falling in love with the perfect combination beef cake and sensitive boy from the wrong side of the tracks. He sees past the whole dying thing and ends up falling in love with her before she meets her untimely demise. Emotional teenagers constantly on the brink of exploding tears of anger, sadness, etc., ate it up.

While “The Fault in our Stars” had all the makings of a potentially one dimensional tear-inducing romance, the cast, direction and plot made the film excel far beyond its stereotype, both delighting in humor and entertainment.

Based on the teen novel by John Green, the tale is about Hazel (“Divergent’s” Shailene Woodley), a girl suffering from an aggressive cancer that has left her permanently attached to an oxygen tank.



Isolated from kids her own age, her parents encourage her to join a support group where she meets almost unbelievably charming and articulate Gus (Ansel Elgort), an amputee currently in remission. Together they share an appreciation for life that is well beyond their years.

After briefly willing against their feelings of attraction, the young couple eventually set off on an excursion to Amsterdam to meet the author of Hazel’s favorite novel “Imperial Affliction.” Her obsession with the book’s abrupt ending poses a parallel to her own concern for what will happen to her loved ones after she is gone from this life.

The pair’s romance is deep

and thoughtful, with moments of wit and charm not often seen in the teenage drama department, and the plot’s focus on more than just the impending loss moves the film forward between Kleenex breaks. Despite the often unbelievably poignant dialogue and sometimes too forceful tear-jerking moments, the chemistry between the actors feels genuine.

For exceeding expectations I give this film four banana rats (sob).



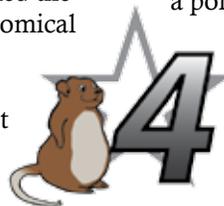
DAWN of the PLANET of the APES

Review by Sgt. Spencer Rhodes

Copy Editor, thewire@jtfgtmo.southcom.mil

Thefreedictionary.com lists the definition of humanity as: the quality of being humane, benevolence. Holding onto said attribute and finding personal redemption are two core themes running through the weekend’s highly anticipated release of “Dawn of the Planet of the Apes,” setting itself apart in the sci-fi genre. Fox’s new film started its weekend with an impressive \$76 million, far surpassing its predecessor, “Rise of the Planet of the Apes.” The new film series possesses the potential to out-shine the original 1960s science fiction plot by an exceeding margin.

Nearly 10 years after the “Rise of the Planet of the Apes,” a virus called the simian flu has wiped out astronomical amounts of the global human population, and Caesar, the beloved chimpanzee protagonist is now the leader of a thriving ape colony outside of



San Francisco. As those left in the now derelict city find themselves in desperate need of power, their reserves quickly running out, a conflict between humans and apes arises. A man named Malcolm and a small party of people, with the permission of Caesar and his family, seek to restore power to the city via a local river dam, while others within San Francisco plan to kill the apes and take the dam anyway. Malcolm must try to gain Caesar’s trust and restore power to the city, and in so doing is offered the chance for him and his family to maintain their own humanity while dealing with a colony of apes who struggle to decide whom to trust. Despite the differences in the two species, each struggle with the exact same issues in a poignant way, often without using excessive dialogue.

The latest in the Planet of the Apes franchise, which has strongly been hinted at becoming a trilogy but not

confirmed, is as rewarding as trailers made it out to be. While containing an in-depth plot and strong character development, it breaks the lulls with intense action scenes that are brimming with aesthetically stunning CGI. It’s exactly what a successful modern science-fiction movie should be: an epic story that balances action and excitement with a plot profound enough to be enticing in its own right. Albeit a remake of a an older film, it is destined to be a classic in its own right. Four banana rats for “Dawn of the Planet of the Apes.”



525th offers farewells and welcomes



Story and photos by Sgt. Christopher Vann
Staff writer, thewire@jftgmo.southcom.mil

Joint Task Force Guantanamo's 525th Military Police Battalion Color Guard presents the colors during the 525th MP's change of command ceremony at Bulkeley Field July 9.

Standing tall with the knowledge of a job well done, Army Lt. Col. Darcy Overbey, outgoing commander of Joint Task Force Guantanamo's 525th Military Police Battalion, received the Meritorious Service Medal during the 525th change of command ceremony held at Bulkeley Field July 9.

"This award represents everything you have done," Overbey said while addressing the battalion. "I have merely sat back and watched and helped push you in the right directions. I want to tell you from the bottom of my heart, thank you for everything you do, every single day."

Army Col. David Heath, Joint Detention Group commander, who talked of her accomplishments said, "During my short time here at GTMO, I see you have not lost that spirit of dedication, focus and cooperation," said Heath. "I see your leadership everyday when I talk to your Soldiers at the Kittery Café, when I interact with them in the camps and the way you and your husband have benefitted the GTMO community."

Before coming here, Heath said he researched the work that the 525th has done during Overbey's tenure, and one of his main sources of information was

the JTF news magazine "The Wire." In it he found examples of leadership and the positive impact the 525th has made on this community including events like the Pig Bowl, Truck or Treat and their contributions to the Army Ball.

Overbey spoke of her tenure at GTMO with much joy and delight as well as her heartfelt appreciation towards the battalion and their achievements. "Over the past two years I have served alongside you, I have been a witness as you have accomplished historic feats," said Overbey.

Aside from the historic win at the 2012 War Fighter competition for having the best MP

team in the Army, the Bataan Memorial Death March teams who placed in the top three for two consecutive years and earning the title of Best Warrior at multiple levels: battalion, JTF and Army South, Overbey was more proud of the character of the Soldiers.



Army Col. David Heath, the Joint Task Force Joint Detention Group commander, pins the Meritorious Service Medal on Army Lt. Col. Darcy Overbey, the outgoing commander of the 525th Military Police Battalion, during the 525th MP's change of command ceremony at Bulkeley Field July 9.

MOWHOTS

NOW SHOWING

MOWHOTS

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CAMP BULKELEY DOWNTOWN	Think Like a Man Too (New) PG13, 8 p.m. Down of the Planet of the Apes PG13, 10 p.m.	The Fault in Our Stars PG13, 8 p.m. Transformers: Age of Extinction PG13, 10:15 p.m.	Planes: Fire & Rescue (New) PG, 8 p.m.	X-Men: Days of Future Past (LS) PG13, 8 p.m.	A Million Ways to Die in the West (LS) R, 8 p.m.	Jersey Boys R, 8 p.m.	Edge of Tomorrow PG13, 8 p.m.
CAMP BULKELEY DOWNTOWN	Planes: Fire & Rescue (New) PG, 8 p.m. The Fault in Our Stars PG13, 10 p.m.	Think Like a Man Too (New) PG13, 8 p.m. Down of the Planet of the Apes PG13, 10 p.m.	X-Men: Days of Future Past (LS) PG13, 8 p.m.	LYCEUM CLOSED	A Million Ways to Die in the West (LS) R, 8 p.m.	LYCEUM CLOSED	22 Jump Street R, 8 p.m.

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

* Concessions closed until further notice *

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

GREATEST RACE

teams test knowledge and physical endurance in various challenges

Story and photos by Staff Sgt. Carmen Steinbach
Editor, thewire@jftgmo.southcom.mil



Army Sgt. Maj. Brian Barkins, Joint Task Force Guantanamo's senior enlisted leader for J-4, lines up to make a shot blindfolded in the ninth event of the Greatest Race Saturday.

Few competitions can bring co-workers and families together like a race - not merely a run from point A to point B, but an endurance trial for the mind and body. In this type of competition team members are divided up by events, contributing their own unique talents to bring home a victory.

To help build that sense of camaraderie and trust, three teams from around Naval Station Guantanamo Bay and Joint Task Force Guantanamo participated in GTMO's Greatest Race Saturday.

One of the race officials, Army Lt. Col. Jerrie Muir, said this event was geared towards not only bringing together different organizations for friendly competition, but to stimulate minds and bodies.

Locals might remember a race several weeks ago modeled after the popular TV show "The Amazing Race." The visionaries behind the Greatest Race enjoyed their predecessor, but wanted to take the event one step further.

"We decided to put together a similar event but to make it much more physically and mentally challenging," said Muir.

Beginning at Cooper Field, the Greatest Race was comprised of ten stations spread out around GTMO. A team member or members, depending on the activity, had to complete one event before moving on to the next.

The fireman's carry kicked off the race, followed by a run up John Paul Jones Hill and a bike ride to Cable Beach and back to the starting line.

Spc. Kevin Palomera, a human resources specialist with JTF's J-1, excelled particularly well in the running events for his team 1-4-3, a group comprised of members from JTF's J-1, J-2 and J-3 sections. He is no stranger to speed challenges and said it was the competitive nature of the Greatest Race that drew him to participate.

"The event is awesome! It's very competitive," said Palomera. "All three teams are competing for this win. You see one [team] in the lead, then you see another one, and next thing you know,



Army 1st Sgt. William Schultz with the 342nd Military Police Company swims a leg of the 1,000 meter swim challenge at Marine Hill Pool during Guantanamo's Greatest Race Saturday.



From left to right: Army Lt. Col. Catherine White swims 1,000 meters for her team 1-4-3 during the Greatest Race Saturday. Team FOMBIC works together to complete a quiz on U.S. history and military, and Army Staff Sgt. Eric Oreilly balances a tray of plastic cups for his team, the Berserkers, eighth challenge.

we're in the lead ... it's all very exciting."

Once the bikers returned, team members combined their knowledge for a military and U.S. history quiz, followed by a basketball free-throw and a soccer ball kick from 50-yards. Traveling to the Marine Hill pool for the next event, the competitors had to complete a 1,000 meter swim, either with a single participant or trading off laps as a group, like team Berserker. By dividing up the task, they were able to work together to accomplish their objective, a skill that is very useful in their organization.

"This is an excellent opportunity to continue team building," said Army 1st Sgt. William Schultz with the 342nd Military Police Company. "It's very well organized. The events are of a wide variety. It encompasses a lot of different activities and necessary skills sets."

The final activities took place at the Bay View. First was a government quiz, then the billiard shot or cup carry (decided by a coin toss) and finally a flag quiz. When team FOMBIC, composed of members from the FBI and the Office of Military Commissions and their dependents reached the eighth challenge, they were in a comfortable lead. However, it was the cup carry/billiard shot that evened the playing field, and put the Berserkers in the top spot.

After completing the treacherous plastic cup carry with no restarts, 342nd MP Company Commander Capt. Stephen Hizer and his Soldiers 1st Sgt. William Schultz, Sgt. 1st Class Todd Reed, Staff Sgt. Eric Oreilly, Staff Sgt. David Pelsnik and Spc. Corey Stevick, were named the champions. Teams FOMBIC and 1-4-3 took second and third places respectively.

It was a long day of competition but

victor Schultz said he will definitely plan to engage in similar activities in the future with more of his unit members.

"If more of these team events come up where we have to create teams within our companies and come and compete ... we'll be all over this every time," said Schultz. "It's nice to have an environment that is low stress; its focus is all about having fun. Whether you win or lose, it's a good time."



The champions of the greatest race, the Berserkers from the 342nd Military Police Company.

New arrivals ready to take mission in stride

1-3 Cav assumes JDG security operations

Story and photos by Sgt. Spencer Rhodes

Copy Editor, thewire@jftgftmo.southcom.mil

The ebb and flow of new faces at Joint Task Force Guantanamo never ceases; meeting people new to the GTMO “island” is a common occurrence. Among the familiar faces here, those of Avenger Troop, 3rd Squadron, 89th Cavalry Regiment are being replaced with new ones found in Crazyhorse Troop, 1st Squadron, 3rd Cavalry Regiment from Fort Hood, Texas.

The Regiment of Mounted Riflemen have a unique history with Cuba. The 3rd Cavalry Regiment was deployed to Cuba in 1898, during the Spanish American War.

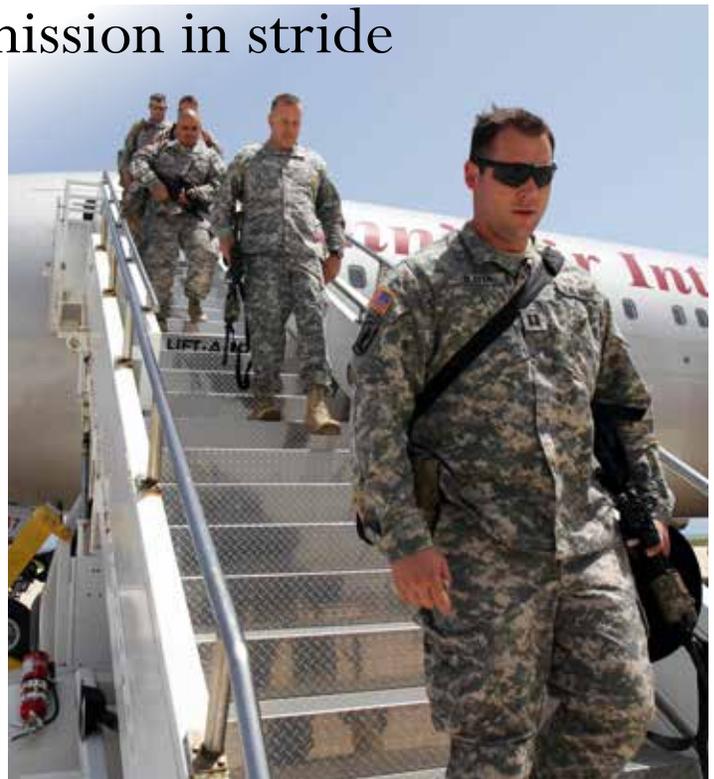
Army 1st Lt. Joshua Mendez, the executive officer for Crazyhorse Troop, says their regiment has sent Soldiers to unique places all over the globe, including Egypt and Afghanistan. Now Cuba will be added to that list as well.

Army Sgt. 1st Class Jeremy Robertson, the Troop First Sergeant, has high hopes for the accomplishments and productivity to be had here, for the troop and for the individual Soldiers.

“Our troop should leave here with a better understanding of joint operations and a better appreciation for our sister services, specifically the Coast Guard, Marine Corps, and Navy,” said Robertson. “Additionally, we are going to work very hard to complete our deployment here with a level of MOS proficiency comparable with our 1st Squadron, 3rd Cavalry Regiment counterparts serving in Afghanistan, through continued training at the infantry squad and team level.”

Army Capt. Andrew Oliver, the Commander for Crazyhorse Troop, sees their mission here as two fold. “All Soldiers, noncommissioned officers, and officers are focused on the professional execution of their mission here. In addition to that, Crazyhorse troopers are dedicated to returning from this mission more operationally ready and resilient through comprehensive soldier and family fitness.

Passing time while on deployment can be a hassle at times, everyone’s experience is often what they choose to make of it



Army Capt. Andrew Oliver, commander of Crazy Horse Troop 1st Squadron, 3rd Cavalry Regiment leads his Soldiers off the aircraft as they step onto the airfield at Naval Station Guantanamo Bay.

provided their resources. While the incoming unit will be busy performing the important mission of area security operations for the Joint Detention Group, Soldiers will still have the many amenities and resources of GTMO to help pass their time here, a luxury most tours don’t normally allow.

Spc. Benjamin Kelley, a light-wheel mechanic, says he’d gotten a pretty good idea of what to expect as far as climate and living conditions went prior to coming, and wants to make the most of his time here, when not contributing to the success of the JDG mission.

“It’s pretty much what I’d expect it to be like. I’m definitely going to look into getting my scuba certification while I’m here too. I just want to make the most of our tour here,” said Kelley.



New arrivals to Joint Task Force Guantanamo inventory their sensitive items for accountability purposes before being transported to their new barracks at Camp America.



Fresh off the plane at Naval Station Guantanamo Bay, a Soldier with Crazy Horse Troop, 1st Squadron, 3rd Cavalry Regiment waits in line to inventory his gear before moving on to Joint Task Force GTMO.

Army Ten-Miler

JTF holds try outs for D.C. race



Soldiers throughout JTF GTMO competed for a spot on Army South's 10-miler team for this year's race in Washington D.C.

Story and photos by Sgt. Ronnie Patrick

525th Training NCO, thewire@jtfgtmo.southcom.mil

On a warm sunny morning on July 2, Soldiers of the 525th Military Police Battalion competed in the 2014 Army Ten-Miler tryouts for the United States Army South Team. Tryouts ran twice a day through July 3, starting at 7 a.m. and 7 p.m. each day. Sixty-nine Soldiers competed vigorously for what could be their once in a lifetime chance to participate in the annual Army Ten-Miler. This race is the third largest 10-mile race in the world and the second largest 10-miler in the United States, being held in Washington, D.C. This year marks the 30th annual Army Ten-Miler.

From its first race in 1985, the Army Ten-Miler has grown fiercely from having only 1,379 competitors to having 35,000 registered participants in 2013. Since the Army Ten-Miler began, more than 292,000 runners have competed, including more than 75 wounded Warriors and wheelchair athletes. While the history of the Army Ten-Miler is undoubtable, Soldiers across the world compete every year to either add their name to the roster with a shining victory or to have that once in a lifetime experience in their books that any Soldier would be lucky to have.

Soldiers try out for events like this for many different reasons, from passing time, boosting morale, to even testing their body's limit and having an intense feeling of adrenaline rush throughout their muscles. For the first place female runner, Spc. Andrea Nein, a Soldier with the 420th Military Police Company who ran the 10-mile tryout in 1:12.40, running is more than just a challenge.

"It's only ten miles," said Nein. "People can do anything they set their mind to. It will give you a sense of accomplishment. It might hurt during and after but it will make you a stronger person in the end and pain is only temporary."

For other Soldiers like Maj. Carrick McCarthy, executive officer for the 525th and a competitor in the 10-miler tryouts, participation in these types of events can boost morale and foster unit cohesions.

"I think it's very important for Soldiers to try out for events like this for several reasons," said McCarthy. "First, these types of events build esprit de corps in a unit and foster healthy competition amongst the companies and their Soldiers. The other reason I think Soldiers should try out for events like these is because competition pushes us to go beyond what we think we can do. There were a lot of Soldiers running those 10 miles against themselves, and I think they should be extremely proud of their efforts."



525 Military Police Battalion Command Sgt. Maj. Janet Harris encourages an enthusiastic runner in the last few steps as he crosses the finish line for the Joint Task Force Guantanamo Army Ten-Miler tryouts.

WORLD CUP 2014 WEEKLY UPDATE

Story by Capt. Jesse Manzano

PAO Operations OIC

A great World Cup deserved a great final, and Brazil 2014's final match between Argentina and Germany lived up to the hype and expectations. With several clear scoring opportunities throughout the game and playing a strong, physical defense that brought the feared German offense to a standstill for most of the game, the Argentineans came close to staging an upset. Luck, however, was not on their side.

For a long time, soccer fans have joked about soccer being a game where two teams of 11 players face each other for 90 minutes and, at the end, the Germans always win. This year more than ever, that statement rings true. Not only was Germany the most effective and consistent team in the tournament, but they also brought a new offensive and beautiful style of play to the pitch. Their championship is certainly a well deserved one.

On the Argentinean side, however, there was disappointment and a sense of unfulfilled promise. Lionel Messi, the great player that has captivated fans with his ability to do the impossible with the soccer ball, left us wanting more. But a sport's team at this level of competition can't rely on only one player for its success - just look at Brazil's debacle after Neymar's injury. Argentina's team of forwards - Higuain, Palacio, Lavezzi and Aguero - stars in their own rights in Europe's competitive leagues collectively scored only 1 out the teams 8 goals in the tournament.

At the end of every World Cup there will always be endless debates over what could or should have happened, what teams were expected to play better and which ones should have not made it to the next rounds. However, at the end of this tournament one thing is true: as long as Germany can keep playing the way they did this year over the next four years, it will be a Herculean task for any nation to dethrone them at the next World Cup in Russia

Story and photos by Sgt. Christopher Vann
Staff writer, thewire@jftgmo.southcom.mil

4,3,2,1! As the buzzer sounded, Naval Station Guantanamo Bay crowned its newest Morale, Welfare and Recreation basketball champions, the Ghosts at the Denich Gym July 10.

After a long season with plenty of ups and downs, the Ghosts battled from tenth place in the standings and a 4-point deficit at halftime in the final game against a formidable Joint Medical Group team to emerge victorious.

Coming into the game, their plan was simple: defense and motivation.

"Our game plan was to come in with a lot of motivation, play hard and stick together," said Marine Staff Sgt. Daryl Walker, an NCO with Joint Task Force Guantanamo's J2 section. "We knew they would make a run, we just had to stick to our plan and it paid off."

The JMG, who started the playoffs three games behind the first place team, would take a 4-point lead heading into halftime and maintain it until the final minute of the game. Two key free throws would tie the game at 46-46, a defensive stop and a layup by the Ghosts, followed by a desperation

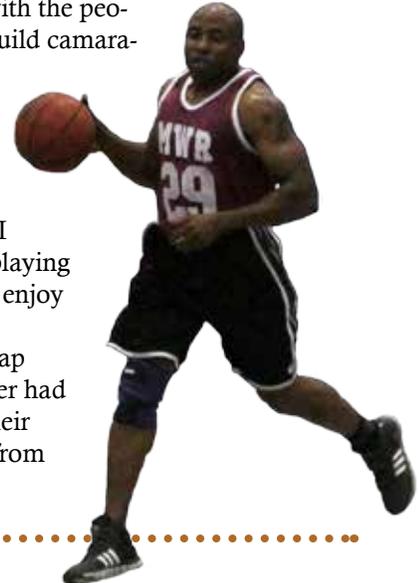
3-pointer that clanked off the front end of the rim was all that it took to see JMG's season come to an end.

Army 1st Lt. Seth Bernard, a Soldier with the 342nd Military Police Company, expressed mixed emotions about the loss. "It's disappointing to lose, obviously, but we played hard," said Bernard. "I enjoyed playing with these guys."

Although Bernard has only been in the JTF a short amount of time, he felt that playing basketball was a great way for him to interact with the people of the community and to build camaraderie.

"This is a great way to meet new people that I wouldn't normally run into, from different branches and different jobs," said Bernard. "I enjoyed coming out here and playing ball with a bunch of guys who enjoy the game also."

Borrowing from a popular rap song by the artist Drake, Walker had a simple phrase to say about their arduous journey. "We started from the bottom, now we here!"



Ghost 'ship

'Ghosts' wins GTMO b-ball championship



The Ghosts, winners of the MWR basketball league championship, pose for a group picture while holding their first place trophy at Denich Gym, July 9.



Treasures and Trivia hosts Fourth of July cookout

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



The Fourth of July cookout, put on by Treasures and Trivia's donations and profits, enjoyed a continuous crowd from 11 a.m. to 2 p.m. Activities included a karaoke contest, raffles and, like Navy Petty Officer 1st Class Vermon Penaflor pictured above, a strong showing of patriotic pride.

A large crowd of Naval Station Guantanamo Bay residents gathered by the Downtown Lyceum from 11 a.m. - 2 p.m. Friday, July 4 for a cookout put on by Treasures and Trivia. There were two large tents for shade, two long rows of tables, grills going that helped facilitate lunch and a karaoke contest began when the dining tapered off.

The event featured folks from the widest variety here at GTMO: Service members, contractors, third country nationals and families. During a holiday that celebrates the independence of perhaps the most diverse nation on earth, it made for a relevant way to spend the late morning and early afternoon.

"This is a volunteer and customer appreciation event," said Jennifer Beaty, the manager of Treasures and Trivia. "It is made possible from all the donations that come from the community here at Treasures and Trivia. The money that we have raised - this is our way of giving back to the community."

Celebrating volunteerism is nothing

new to Beaty and Treasures and Trivia, GTMO's version of your hometown's thrift shop, but this Fourth of July event, which had her customers in mind, was their biggest to date.

"We've done volunteer appreciation parties at the store," said Beaty. "This is the first one that we actually did as a customer appreciation event ... this is



one of the largest events we've done for the store."

Taking the profits from her store and coupling it with one of the most spirited holidays created the perfect opportunity for Beaty to show her thanks to her customers.

"It's Fourth of July and I wanted to

make sure I said thank you to all the people who choose to spend their hard-earned money in our store," said Beaty.

Throughout the entirety of the cookout, the tables were packed, the food line was continuous and the karaoke was sung loud and proud.

"I am super pleased with how the event has gone," said Beaty. "It has been awesome. I've had more of a turnout than I anticipated. The volunteers that have showed up, I think we've had over 100, I couldn't have asked for more."

If you have yet to stop by Treasures and Trivia, it is located across from the Downtown Lyceum on the corner of Bay Hill Road and Rogers Street. It may have that missing element of décor that your Cuzco needs, or perhaps something to complement your wardrobe.

"We have a lot of the foreign nationals who shop at our store," said Beaty. "We have a lot of the Navy and Army personnel. Pretty much everybody in the community shops [here]. Everybody stops by to see what kind of treasure they can find."



Refuse to lose, hit the gas

Story by Sgt. Debra Cook

Staff Writer, thewire@jftgtmo.southcom.mil

“Determination is a powerful force. It realizes dreams, builds legacies, shakes up established norms and sublimely violates conventions.”

Those words are from a popular sports car advertisement in Travel and Leisure magazine. They are strong words for a car, but appropriate since cars get us where we’re going.

When we’re young and get our driver’s license we gain independence from our parents. Suddenly we get to push the gas pedal ourselves and go wherever our minds can conceive (and our parents allow). It’s a new found freedom to go

wherever we want and have control over our own destiny.

As we age, cars remain a cornerstone of accomplishment, achievement and dreams realized. Many of us have a ‘dream car’ we are working towards purchasing. According to Wikipedia, “One American cultural stereotype of a man going through midlife crisis is that he buys a sports car.”

Racecar drivers have a lot to say about the powerful force of determination. Being a NASCAR driver may look easy but there is a lot of physical and mental stress that drivers go through in races. The driver has to be able to think and react to different situations quickly. They have to be aware of the cars surrounding them at all times and know what to do in order to take the lead and maintain it.

Dale Earnhardt, who won 76 races

throughout his career is considered one of the best NASCAR drivers of all time. He said, “The winner ain’t the one with the fastest car it’s the one who refuses to lose.”

But dreams don’t just happen. It takes work to achieve them. Mario Andretti, a retired Italian American world champion racing driver, whose career spanned over three decades said, “Circumstances may cause interruptions and delays, but never lose sight of your goal. Prepare yourself in every way you can by increasing your knowledge and adding to your experience, so that you can make the most of opportunity when it occurs.”



So get in your (insert name of favorite sports car here) and push the gas pedal. “All that happens if you wait,” according to Mario Andretti, “is that you get older.”

Meat and egg balls

Ramadan recipe part 2

Story by Sgt. Debra Cook

Staff Writer, thewire@jftgtmo.southcom.mil



Courtesy Amy with Joint Task Force Guantanamo

According to the Ramadan Healthy Eating Guide at altmulimah.com, smart eating is essential to reaping the full benefits of Ramadan. Recipes should keep those fasting full, alert and healthy

as they go through days of work and nights of prayer.

Protein sustains energy and metabolism as well as improves cognitive function. That’s why many recipes include meat and eggs. This week combines both and is provided by Amy with Joint Task Force Guantanamo. It’s often one of the dishes served in Iraq when Muslim’s break their fast during Ramadan.

The recipe is similar to Scotch eggs found in Irish restaurants in the states.

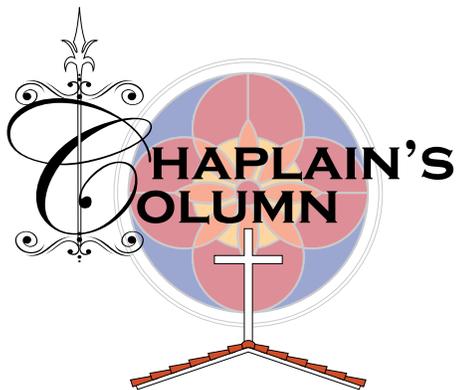




Recipe

Ingredients:
 1 doz. boiled eggs, 1 1/2 lb. 95% lean ground beef, 3 clove minced garlic, 1 1/2 tsp salt, 1 tsp black pepper, 1/2 tsp red pepper or cayenne pepper, 1/3 c. bread crumbs or flour, 4 tbs vegetable oil, fresh cilantro or parsley for garnishing

Directions:
 Combine meat, garlic, bread crumbs, salt and pepper. Form batches of meat into the shape of a golf ball. Make a hole in the middle of the meat-ball and stuff with a boiled egg. Make sure the egg is covered entirely with meat. Heat oil in a nonstick pan and cook until the meat is done. Cut in halves, place on serving dish and garnish with cilantro or parsley, then serve. It can be served hot or cold.



Our religious independence

By Navy Cmdr. Thomas Taylor
Joint Task Force Chaplain

After 64 games spread over a month's time, the 2014 World Cup has come to an end. The tournament provided some great excitement, some dramatic moments, and far more examples of peaceful friendly competition than one might expect.

Did you ever notice what happens in a soccer game when a player is injured? Whoever has the ball kicks it out of bounds so the medical help can come on the field. When play is resumed, the team awarded the throw-in immediately gives the ball back to the other team. No one takes advantage of the opportunity created by an injury; rather, they recognize that even in sport we can still do the right thing.

"Do the right thing" is an expression we have heard since we were children. Sometimes it is quite obvious what is right and wrong. Sometimes we have parents, or commanders, or laws, which make it clear what we should or should not do. But what about those other times? What about the times when it seems like there are two good alternatives and we must choose? Or two bad alternatives?

When it's not easy to determine what the "right thing" to do is, we have a great resource to which we can turn: our faith. Every major religion has a set of values and beliefs which guide its members; usually they are found in a large book such as the Bible, the Qur'an or the Book of Mormon. Every major religion has leaders who are ready and willing to help members do the right thing. The next time you are faced with a dilemma, try bringing your faith into the equation. A little prayerful reflection might help you to find the right thing to do.

The JSMART Spot

Sleep deprivation

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

Most of us are familiar with Wes Craven's "A Nightmare on Elm St.," in which teenagers are haunted by an entity that attacks them in their sleep. While Freddy may make you afraid to sleep, the scariest consequences occur from not sleeping.

In 1963, the U.S. Navy aided Randy Gardner in his sleep deprivation experiment where he stayed awake for 11 days. During the experiment he suffered paranoia, visual and auditory hallucinations, severe concentration difficulties, and periods of vision loss. Research has



also linked lack of sleep to diabetes, obesity, heart problems, depression and car accidents. Sleep is the key to health, good judgment and safety. Special Forces refer to sleep as a weapon that needs to be maintained.

To get quality sleep, create an environment conducive to sleep that is cool, dark, quiet and comfortable. You should also avoid bright lights and computer activities for at least a half-hour before sleep. Avoid the nightmare! Visit JSMART and sleep like a Warrior.



Courtesy Stacy Byington



Photo by Maj. Reinaldo Montero/The Wire

The first Marines set foot in the area known as Guantanamo Bay (also at Fisherman's Point, what is now the Ferry Landing) on July 18, 1741.

The Marines were recruited in the American colonies for service with the British West Indies Squadron, commanded by Adm. Edward Vernon.

The British fleet consisted of a flag-



Susan
5 rounds for time
Run 200 m
10 Squats
10 Push-ups
OR
Invisible Fran
21-15-9 for time
Squats
Push-ups

Courtesy Navy Petty Officer 1st Class Andrew "Biff" Murray

ship with 80 guns, eight ships of the line, one intermediate ship, eight frigates and some 40 transports carrying 3,400 troops.

The bay was used as a base of operations to launch both land and sea attacks against Santiago de Cuba. Their mission to launch an over-land attack against their opposition, which was located 40 miles to the west, failed.

Ultimate Frisbee League

League begins on July 28

Games held 7, 8 & 9 p.m. nightly

Register at Denich Gym by July 23

Open to all hands 16+

Coaches meeting July 24



Meet MMA/UFC Fighters

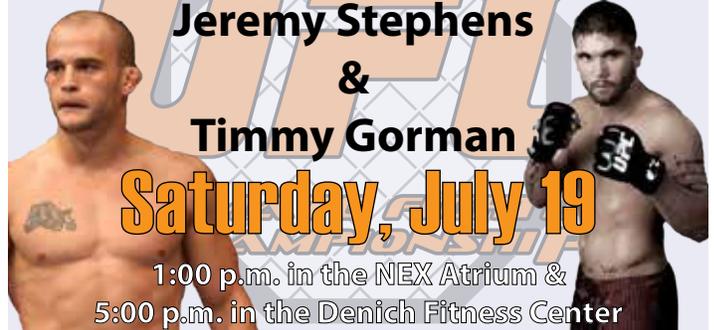
Jeremy Stephens

&

Timmy Gorman

Saturday, July 19

1:00 p.m. in the NEX Atrium &
5:00 p.m. in the Denich Fitness Center



Need volunteer hours? Like working outside?

We need your help!

Please contact Jimmy Lange for details
JLANGE180@gmail.com



The Institute for Regional Conservation

A butterfly is caught resting on some brush in this photograph by Fernell Pelican.



PHOTO OF THE WEEK

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