

Volume 16, Issue 25

August 8, 2014



THE WIRE

The Official Publication of Joint Task Force Guantanamo



Photography contest

AROUND THE BAY

MOTIVATOR OF THE WEEK

SPC Joshua Mubarak

Crazyhorse Troop, 1st Squadron, 3rd Cavalry Regiment

SrA Patrick Dwight

Base Emergency Engineering Force



Cover photo: An up-close view of a sea urchin of rich, deep red coloring on a light brown-yellow rock is focused brilliantly in this photo composition taken in the bay.

Photo by Air Force Master Sgt. James Powers

Godkin family fundraiser

This family fundraising event's proceeds will go towards the Godkin family in honor of Victoria Godkin, who is currently combating osteosarcoma. Put on by the Chief Petty Officers Association, August 9 at 9 a.m. in the Navy Exchange atrium participants can volunteer to get their heads shaved for donations. If you do not want to shave your head, you can donate to pie a Coast Guardsman in the face.

Facilitate your competitiveness

Looking to compete with your peers this month? Well, here are some options for you: Sunday, August 10, 6 p.m., 6 v 6 volleyball tournament. Thursday, August 14, 6 p.m., ping pong tournament. Monday, August 25, 6 p.m. pool tournament - all at the Camp America Liberty Center. Good Luck!

FEATURES

8 • JVB distinguishes itself

The nature of GTMO's mission requires additional awareness towards cohesiveness which is paramount for the Soldiers of JTF's Joint Visitor's Bureau - the liaisons for the distinguished guests that come to tour GTMO.

9 • Coast Guard MEDEVAC

From offshore patrols to emergencies within the bay, the MARSECDET is ready to respond but not without joint training that keeps them on their toes.

10 • Coast Guard birthday

Coast Guardsmen from two separate commands came together to celebrate the Coast Guard's birthday Saturday in a well attended and organized weekend cookout.



Photo by Sgt. Spencer Rhodes/The Wire

A food specialist from the USCG Tampa, a cutter ship from Virginia that was in port over the weekend, created a birthday cake celebrating the Coast Guard's birthday at Saturday's cookout, hosted by the Port Security Unit 312.

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

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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 1300 Fellowship Hall

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 Cristo

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 2000

Cuzco block J

Wednesday and

Friday 1900

New Troopers' Chapel

Chapel Annexes

Cont.

Liturgical Protestant

Sunday: 0930, Room 1

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

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



Everyone needs their sleep

Navy Capt. Daryl K. Daniels

Commander, Joint Medical Group

Sleeping is a basic human, biological need, like breathing, eating and drinking. Just like these other needs, sleeping is a vital part of the foundation for good health and well-being through a lifetime. Sleep is a body's weapon, and like any good weapon it must be maintained to operate efficiently. Sleep is critical for sustaining the mental abilities needed for any military member to succeed.

The average adult requires seven to eight hours of good quality sleep during every 24-hour period to sustain operational readiness. Sleep is also incredibly restorative. It helps the body repair itself, it builds resilience by boosting the immune system, and it gives people a foundation to help them tackle their tasks each day. Getting enough regular sleep also improves learning, memory and performance.

Insufficient sleep takes a toll on a person's energy, mood and ability to function during the day. It can lead to physical and mental health problems, injuries, loss of productivity and even a greater risk of death. Lack of sleep may result in slower reaction times, poor concentration, a weakened immune system, negative moods and lack of motivation, and impaired memory and judgment.

Most people need seven to eight hours of sleep for maximum sustained alertness and cognitive functioning. However, many people don't get that amount. The body cannot be trained to need less sleep than the normal baseline amount. Many individuals can function well on little sleep for short durations (i.e. one night of restricted sleep) – particularly with caffeine or other stimulants – but some cannot. However, limited sleep over the long-term will impair functioning. Sleep is not dependent on individual characteristics – all individuals who sleep only four to five hours each night will experience some loss of performance.

Experts say that after being awake for 18 hours, a person's "mental and motor skills deteriorate as much as they do when a person is drunk on alcohol." Sleep deprivation is a condition that occurs when someone does not get



Capt. Daryl K. Daniels

enough sleep. With total sleep deprivation, performance typically declines by 25 percent every 24 hours (depending on the type of performance being measured).

Sleep deficiency is a broader concept and can occur if a person tries to sleep at the wrong time of day (they get out of sync with their body's natural clock), if they don't sleep well or don't get the type of sleep their body needs.

Exercise is one of the most effective ways of combating sleeplessness. Even stretching and isometric exercises can help. However, experts warn that a vigorous, sweaty workout at the gym within one to three hours of bedtime is not recommended.

Many people find it helpful to relax for a period before bedtime. Relaxing activities can be reading, listening to relaxing music, working on a hobby or possibly taking a warm shower. Most importantly, put down

the video game, turn off the television, and try to go to sleep at a regular time each night.

Here are several tips that will help with getting a good night sleep:

- Limit daytime naps, they can make sleep at night more difficult.

- Eat regular, healthy meals, and eat at the same time of day. Three to four small meals are better than one to two large meals.

- Do not drink coffee, tea, sodas or cocoa after noon. These all contain caffeine and can interfere with normal sleep.

- Do not drink alcohol after dinner or use over-the-counter sleeping medications. Although a person might fall asleep faster, the sleep is shallower and not as restful. Alcohol and over-the-counter sleeping medications can also make snoring and sleep apnea worse.

- For those who tend to worry about things or try to plan their next day after going to bed, make a habit of trying to do these things before going to bed.

Good sleep hygiene is something we should all practice. For those who might be concerned that they are not getting enough sleep, don't hesitate to reach out to a health professional at the Joint Troop Clinic (3395) or JSMART (2321).

Please discuss any sleep concerns with a healthcare provider before beginning a regiment of supplements or other sleep aids. Sleep is the key to health, good judgment and safety.

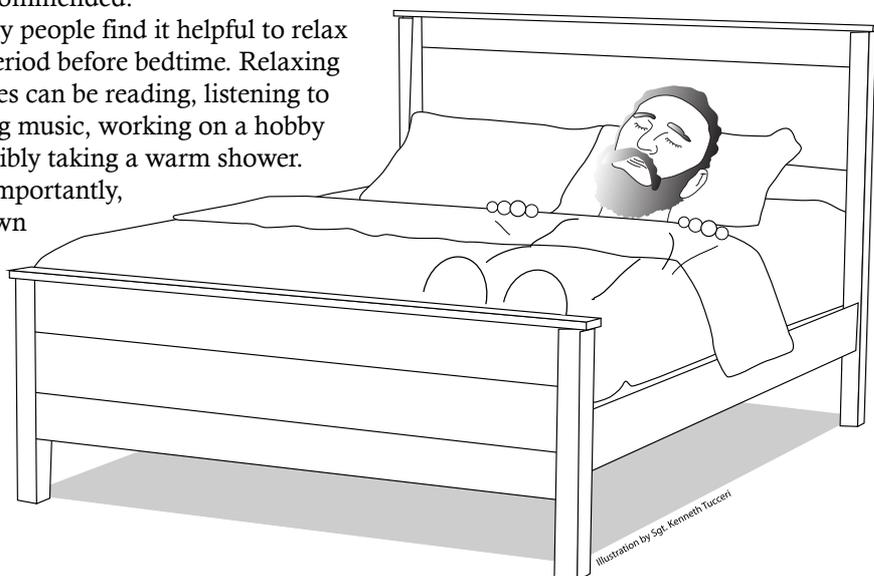


Illustration by Sgt. Kenneth Tuzcent

Review by Sgt. David Kirtland
Staff Writer, thewire@jftgmo.southcom.mil

TAMMY

“Tammy” is yet another road trip movie to add to Melissa McCarthy’s resume, and its jumbled assembly over-complicates its painfully simple plot. After totaling her clunker, losing her job at a fast food restaurant and coming home to find her husband cozying up with a neighbor, Tammy, played by McCarthy, searches for a much needed escape.

Without resources of her own, Tammy’s only option is to take her crude, heavy-drinking grandma, Pearl (Susan Sarandon), and her car to Niagara Falls. Of course, the trip doesn’t go as planned causing Tammy and her grandma to get sidetracked with some misadventures.

It turns out her grandma is more in need of a baby-sitter than a travel companion. Their journey takes them to finding love in a bar, robbing a Topper Jack fast food restaurant and even destroying the evidence of the crime in flames with the help of her grandma’s wise and wealthy cousin, Lenore (Kathy Bates). The comedic style is as crude as

you would expect from McCarthy but the plethora of her trademark snarky one-liners mostly fall flat. There are some incredibly tender moments that seem to suck you in and show off McCarthy’s surprising acting chops. Even with stars like Toni Collette, Gary Cole and Dan Akroyd rounding out the cast, the material just doesn’t

dazzle, and for that I give Tammy two banana rats.



GET ON UP

Review by Sgt. Christopher Vann
Copy Editor, thewire@jftgmo.southcom.mil

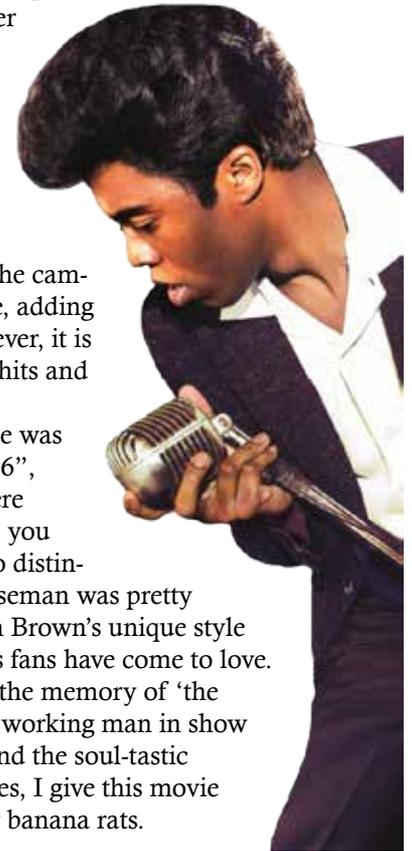
“Get on Up” is the biographical film about the life of James Brown played by Chadwick Boseman from 2013’s well received Jackie Robinson biopic, “42.” It gives an insight to the man known as ‘Soul Brotha #1’ that the masses would not otherwise have known.

Beginning with his very meager beginnings to his rambunctious early twenties and culminating with the superstar singer that he had become, the audience gets to see the transformation of the man who had music in his veins. Starting as the lead singer of the gospel group Gospel Starlighters, the group would later be called the Famous Flames before Brown parts ways with the group (probably due to their unfortunate name) to pursue his own career.

Throughout the movie there were many embellishments and even scenes of James talking to the camera, breaking the fourth-wall rule, adding some humor to the scenes. However, it is packed with some of his biggest hits and their inspirations.

My only gripe about the movie was the fact that Brown only stood 5’6”, and Boseman is 6’, but if you were to close your eyes and just listen, you wouldn’t be able to distinguish the two. Boseman was pretty dead on with Brown’s unique style that his fans have come to love.

For the memory of ‘the hardest working man in show business’ and the soul-tastic dance moves, I give this movie three funky banana rats.



NOW SHOWING

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CAMPBUCKLEY DOWNTOWN	Teenage Mutant Ninja Turtles (New) PG13, 8 p.m. The Purge (New) R, 10 p.m.	Guardians of the Galaxy (New) PG13, 8 p.m. Into the Storm (New) PG13, 10:15 p.m.	How to Train Your Dragon 2 (LS) PG, 8 p.m.	Think Like a Man Too (LS) PG13, 8 p.m.	Get On Up PG13, 8 p.m.	Tammy R, 8 p.m.	Hercules PG13, 8 p.m.
CAMPBUCKLEY	Guardians of the Galaxy (New) PG13, 8 p.m. Into the Storm (New) PG13, 10:15 p.m.	Teenage Mutant Ninja Turtles (New) PG13, 8 p.m. The Purge (New) R, 10 p.m.	Get On Up PG13, 8 p.m.	LYCEUM CLOSED *	Think Like a Man Too (LS) PG13, 8 p.m.	LYCEUM CLOSED *	Tammy 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!

Galleria del PHOTOGRAPHY
G T M O CONTEST



"New Divide"
By: Andrew Embestro Jr.



"Lion Fish"
By: Sgt. 1st Class Larry N





"Early Morning Lightning"
By: Petty Officer 3rd Class David Valdez



"Brand-New Butterfly"
By: Petty Officer 1st Class Vernon Penaflor



ry Nilmeier

"Juvenile Sharpnose Puffer"
By: Chief Warrant Officer 3 Sean Hitchcock



JTF's Joint Visitor's Bureau distinguishes itself as exemplary

Story by Sgt. Kenneth Tucceri

Webmaster, thewire@jtfgtmo.southcom.mil

During Navy Rear Adm. Cozad's first all-hands call as Joint Task Force Guantanamo's commander last week, he stated, "I am incredibly impressed with how the entire team - internal and external to the JTF - all come together every day to support one joint mission."

The nature of the mission here requires additional awareness towards cohesiveness. There is no exception to this for the Soldier's of JTF's Joint Visitor's Bureau who, in coordination with all directorates of JTF, are the liaisons for the distinguished guests that come to tour Naval Station Guantanamo Bay.

For Sergeant 1st Class Melissa Black, the JVB's deputy director and noncommissioned officer in charge, the task is nothing new. Prior to arriving at GTMO, she was an enlisted aide to the post commander at Camp Roberts, California, a training center for the National Guard.

"I did their tours for them," said Black regarding Camp Roberts. "I toured the sergeant major of the army, I've toured all kinds of congressmen, senators, FBI, anybody and everybody that wants to come train at Camp Roberts."

Though Black's prior experience prepped her for her responsibilities here,



Sgt. 1st Class Melissa Black sits aboard a helicopter on the USS America naval ship that docked at GTMO for a 24-hour stay July 21.

GTMO provides a different element for Black and the JVB team.

"Doing it there, it was a little bit more low key, plus we didn't have the detention facility ... Here, it's not just in your little post, your little state," said Black. "This is the world. So it's a lot bigger scale. Also, the joint environment, this is the first time I've ever worked in a joint environment. So learning all the different customs and courtesies of the different branches, that was different for me."

Since Black's time here, visitors have ranged from Sergeant Major of the Army Raymond Chandler to the FBI's current director Mr. James Comey to Navy Adm. James Winnefeld, vice chairman of the Joint Chief of Staff, and other high-profile visitors. The purposes of their visits vary, but one prevalent theme reflects highly on our military and nation's leadership.

"One of the biggest surprises of why some of them come is they want to know how the Soldiers are, the welfare of the Soldiers, and how they are living, if they are getting taken care of, which I never expected to be honest. So a lot of them really care about the Soldiers that are working in the camps and also the staff."

An additional observation of Black's pertains to the remarks of many of the distinguished guests.

"The majority go through the camps, most of them are just amazed at the professionalism of all the junior Soldiers," said Black. "You've got E-2s, E-3s, E-4s, E-5s, and they're just amazed at the amount of hours that they work and how professional they are at such a young age."

This facet of JVB tours is rewarding for Black and her colleagues, said Black.

"There is a lot of stuff in the news, a lot of negative press about this place and every single person, not just one, but every single one of them



Sgt. 1st Class Melissa Black and the FBI's current director, Mr. James Comey, stand by the bay during a distinguished visitor tour at Naval Station Guantanamo Bay.

Photo by Petty Officer 1st Class Tyler Dunn/The Wire

that has come here, has been like, 'Wow, I did not know it was like this. I am very impressed, and I was very misinformed,'" said Black.

The JVB team is comprised of four personnel. In addition to Black, there are two drivers, Army Sgt. Candice Goode and Spc. Patricia Williams and Army Col. Michael Wise, the group's director.

"It's a lot of work for four people," said Black. "If I had it my way, there'd be at least six people in this section ... it is what it is. You do what you have to do."

Winding down her time here, Black is near the point in which she can reflect on lessons learned and begin looking towards her next assignment with the California National Guard's 100th Troop Command's G1section in Moreno Valley, California.

"You come here on a nine month rotation, and it's been very, very busy for me," said Black. "I feel like I've grown a lot more as an NCO, as a leader ... I've done a lot, and I feel like when I go back home to California working for the brigade that I'll be able to contribute something to them."

A Coast Guardsman with the MARSECDET stands ready on a Port Security boat to support MEDEVAC training in the bay July 31.



MARSECDET

conducts

MEDEVAC

training

Story and photos by Pvt. Kourtney Grimes
Staff Writer, thewire@jftgmo.southcom.mil

Out on the bay, the list of duties of Joint Task Force Guantanamo's Maritime Security Detachment, Port Security Unit 312 are many. From offshore patrols to emergencies within the bay, the MARSECDET is ready to respond. One of the most important duties of the MARSECDET is responding to medical emergencies that require an escort across the bay. To prepare for these emergencies, the MARSECDET conducts bi-monthly training with the Marine Corps to ensure efficiency.

Beginning with a call and ending when the "injured" Marine is transported to the U.S. Naval Hospital Guantanamo

Bay, this high-speed drill is one that must be conducted with the highest level of accuracy.

"We'll receive information from the Marine Corps, usually that will come through our hammerhead and will come via nine-line MEDEVAC," said Coast Guard Lt. Michael Henson, operations officer with the MARSECDET. "Once we receive that information we will respond to one of three locations on the Leeward side. So the Marine Corps will take the Marine to one of our landing sites where we can then proceed in. They are placed on a stokes litter when we bring them on board and we will then transport them over to the Navy

hospital for care."

While the training is necessary for the working experience of responding to a MEDEVAC, it is also crucial to the working relationships of those in the bay.

"We found many deficiencies when we first arrived at GTMO, primarily our interoperability with the radios. We're now able to communicate directly with the field supervisors with the Marine Corps," said Henson. "With that we can respond much quicker with the valued information that we need to respond on."

A single drill requires the effort of many Service members from different branches. It takes a crew of four Coast Guardsmen to occupy one boat, the Marine point of contact, his men and a vehicle as well as the Coast Guard logistics team that works in the hammerhead to successfully accomplish this training exercise, said Coast Guard Petty Officer 2nd Class Curtis Clinton.

Because the unit that occupies the MARSECDET is a reserve port security unit, they haven't had the chance to do training like this before.

"Primarily, the training that we do back home is anti-terrorism force protection, but we're not primarily working with other services. So giving us the opportunity down here to work with the Marine Corps and the Army just gives us a much broader respect to our mission down here," said Henson.



Marines carry another "injured" Marine on a stokes litter to load him onto a MARSECDET Coast Guard boat to transport him to the U.S. Naval Hospital Guantanamo Bay during a MEDEVAC training drill July 31. The MARSECDET does this training bi-monthly with the Marines.

Coast Guard birthday:

Cutter and PSU come together for cookout

Story and photos by Sgt. Spencer Rhodes

Photo Editor, thewire@jtfgtmo.southcom.mil

Military branches celebrate their birthday in a variety of ways, such as dinners or annual 5k runs to commemorate the special day. Joint Task Force Guantanamo's Port Security Unit 312 went with a more laid back approach for the United States Coast Guard's birthday: a weekend cookout. They weren't alone though, as the USCG Tampa, a medium endurance cutter out of Virginia that had arrived shortly before the celebration, combined resources with the 312 for the cookout's festivities.

Coast Guard Petty Officer 1st Class Michael Canning, who is usually found in the planning or organizing of unit events for the 312 pointed out that the combined efforts resulted in a well attended birthday cookout that was abundant in freshly-grilled food.

According to Coast Guard Chief Petty Officer Jose Castro, the ship's senior enlisted leader, the Tampa's morale officer had originally contacted the MWR looking for assistance in setting up a

Coast Guard birthday event. That is when they were alerted to JTF GTMO's resident PSU and their own preparations. A short time later the two commands were speaking and agreed to come together and combine their resources to provide the best available celebration. Coast Guardsmen from both missions were found talking and enjoying the Windjammer pool while waiting on the grill masters to announce that the food was ready.

"The Coast Guard birthday is about the history of the service, and all the missions that the service does that many don't know we accomplish," said Castro. "To see guys from two different commands that have never met each other, and just come together for this and get along so well is awesome. It lets everyone relax and share completely different sea stories."



Naval Station Guantanamo Bay's command chief, Master Chief Petty Officer Jeffery Tidwell, helps man the grill at Saturday's Coast Guard birthday cookout. Both the USCG Tampa and GTMO's resident PSU 312 supplied the food.

Among the camaraderie building and sea-story swapping, a reminder that the military was a small community occurred as well. Coast Guard Chief Petty Officer Carl Sette was completely unaware that the commanding officer of the Tampa was Cmdr. Clinton Carlson, who as it turns out, has known Sette's family for years from serving in the military.

"My whole family has been in the Coast Guard, and the military is already a small world. The CO [commanding officer] knows both my dad and my father in-law from past commands. Fourteen years later we get here and we see each other and we have this, 'hey, I know you!' moment," said Sette.

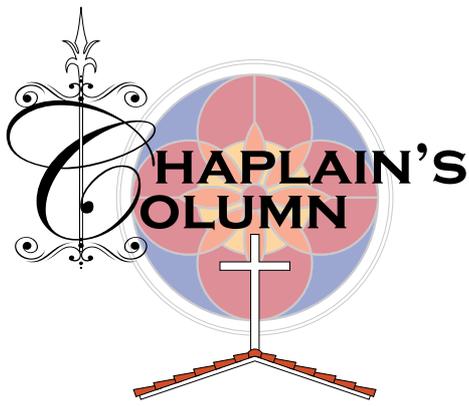
Over 50 people were in attendance, many coming and going to stop by and celebrate with food and drinks, including the JTF command staff. As is tradition at many celebrations involving food, the oldest and youngest serving members commemorated the event by cutting the cake. A success for both commands, Saturday's cookout showed what esprit de corps is supposed to look like.



Coast Guardsmen play a frisbee game at Saturday's celebratory cookout for the Coast Guard's birthday. Port Security 312 combined resources with the crew of the USCG Tampa, who were in port for the weekend, allowing for a very well-attended cookout that was abundant in freshly cooked food and story swapping.



Coast Guard Chief Petty Officer Ken Kawamura, with Joint Task Force Guantanamo's Port Security Unit 312, cuts the cake at the celebratory cookout Saturday in honor of the Coast Guard's birthday, which is August 4. The event was co-hosted by the crew of the USCG Tampa, a medium endurance cutter in port for the weekend from Virginia.



The 'dog days'

By Navy Cmdr. Thomas Taylor
JTF Command Chaplain Chaplain

We have all heard the term “the dog days of summer,” and know it refers to the hot, sticky days between the Fourth of July and Labor Day. The origin is celestial; it referred to the period surrounding the conjunction of the dog star Sirius with the sun (when they rise at the same time). The reference began in the times of the ancient Greeks and is still used today.

Especially in the times before air conditioning, the dog days were times when activity was kept to a minimum, especially in hot weather. If you had to do work, it was completed early, and the rest of the day was devoted to trying to stay cool and refreshed. We definitely have dog days, weather wise, at GTMO.

Churches experience the “dog days of summer” too. Attendance typically drops, partly because of vacations and travel plans, and partly because people like to enjoy the lazy days of summer without many plans or commitments (or in some cases, because the church still lacks air conditioning!). Some churches buy into this, by canceling church school classes and other activities, as if acknowledging that people will not come. I prefer instead to challenge it.

Summer is a great time for us to refresh ourselves with the word of God, with the fellowship of others who share our faith and with the uplifting message of hope that we usually hear at worship services. It is a time when we should be open to filling our days with good things, and I can think of nothing better than working on our relationship with God. So think about going to church this weekend. I'll be at my usual 9:30 a.m. service at the NAVSTA chapel annex. I'll save a seat for you – and the air conditioning works great!

Command Financial Specialists Course graduates

Story and photo by Mike Rivera

Personal Financial Manager FFSC, michael.rivera@gtmo.navy.mil

Fleet and Family Support Center (FFSC) recently conducted a five-day Command Financial Specialists (CFS) course that is designed to help command representatives provide financial education and training, counseling and information referral at their command. The OPNAV instruction 1740.5B is the regulation, which outlines the responsibilities and functions of the CFS.

This rigorous and intensive financial training and information course is designed to help Service members successfully provide financial strategies and enhance the education of their command and their military members. The CFS is the first line of assistance and sometimes defense for the military member who has questions or issues concerning their financial readiness. If the CFS cannot assist the military member, they are referred to Mr. Michael Rivera, the Accredited Financial Counselor (AFC) and the Personal Financial Counselor and Educator at the naval station's FFSC.

Money is one of the main reasons personnel experience stress on the job and it is one of the top things couples fight about. By helping individuals achieve financial success we can foster confidence in facing their finances and alleviate many of these stressors. Also, DoD promotes sound financial practices, personal integrity and responsibility among its members.

PFM is a key Quality of Life (QOL) readiness and retention program. FFSC offers a variety of services and workshops that are free as part of your benefit while on-board NAVSTA GTMO. These include: One-on-one or couples financial counseling, credit report

review, consumer awareness, retirement planning, paying for college, insurance, credit considerations, budgeting, and Command Financial Specialist training; just to name a few.

As one of the graduates stated, “Finances are a very critical part of life learning. I plan to implement what I have learned within my command and definitely my personal life, specifically my kids to help guide them to financial success.”

It is our goal at the FFSC to provide personal financial education, training, counseling, and information and referral



NAVSTA GTMO's Fleet & Family Support Center Director with Command Personal Financial Specialist Course graduates.

to active duty/retired/reserve Service members, their families, DoD employees, contractors and third country nationals on NAVSTA GTMO. These courses are FREE to everyone residing on base.

“The Full Steam section of the electronic financial planning worksheet is an amazing tool that uses the members' numbers from their indebtedness to find them the greatest savings and knock out those debts quicker and more efficiently. The best part is that the numbers don't lie because it shows the member when, who and how much to pay,” said Joint Medical Group Hospital Corpsman Chief Petty Officer Kevin Graham.

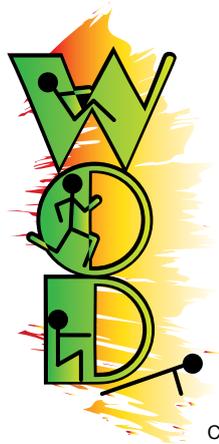
For additional information on other available financial classes, please contact FFSC at 4141 / 4153.

**Kickball
Tourney**

A Labor Day Celebration

Monday 1 Sept @ 9 a.m.
Located at
the Softball Fields
REGISTRATION IS FREE!!

Register by 27 Aug
Coaches meeting is 28 Aug at 6:30 p.m.
in the Denich Gym classroom
FMI call 2213



**Three rounds
for time:**
20 jumping jacks
20 burpees
20 squats

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



Banana Rat
Gothic

A leopard flatworm was seen at Windmill Beach in this photograph by Chief Warrant Officer 3 Sean Hitchcock.



PHOTO OF THE WEEK

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