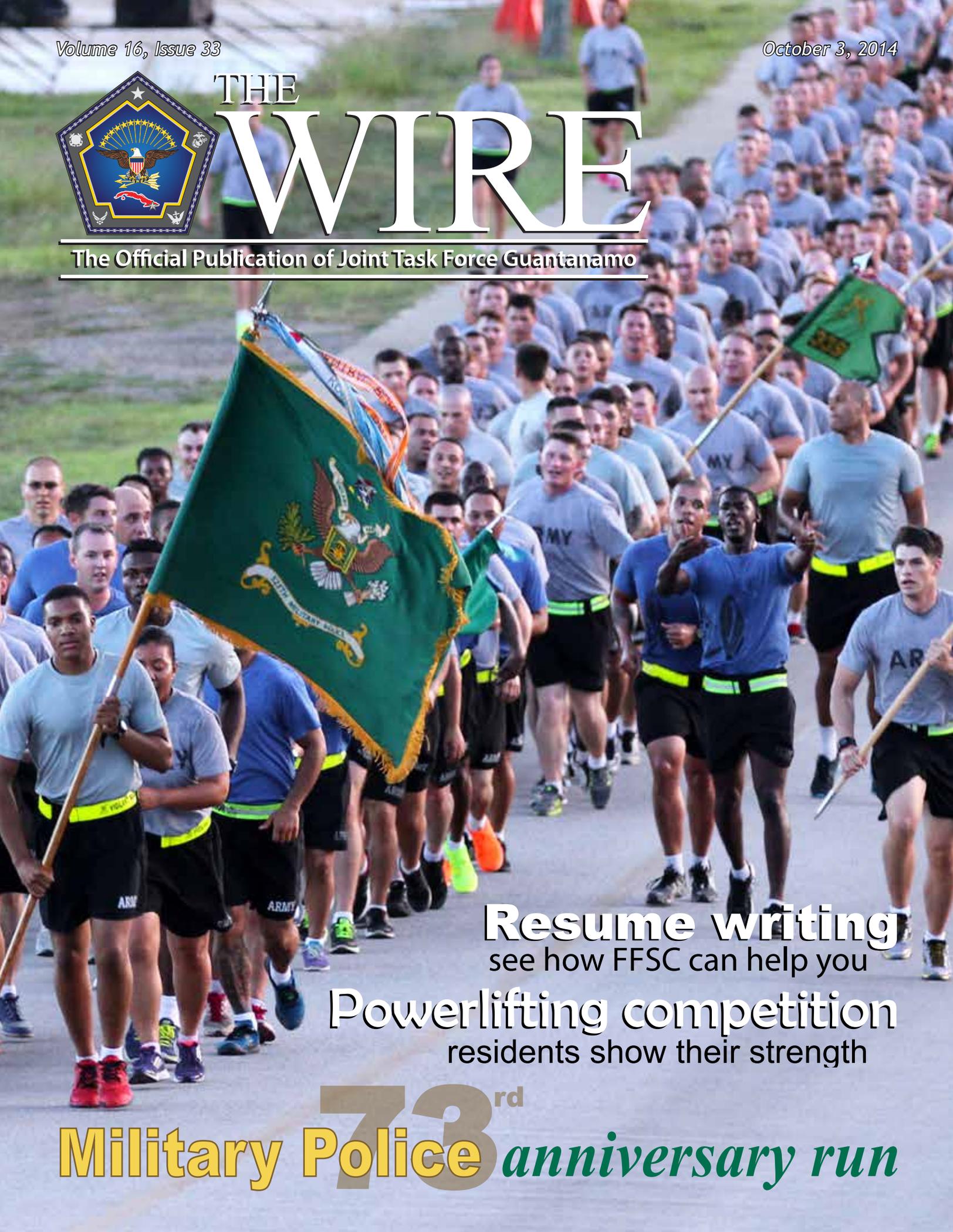




# THE WIRE

The Official Publication of Joint Task Force Guantanamo



**Resume writing**  
see how FFSC can help you

**Powerlifting competition**  
residents show their strength

**Military Police** **73<sup>rd</sup>** *anniversary run*

# AROUND THE BAY

## MOTIVATOR OF THE WEEK

**SGT Yannis Hadjiyannis**  
391st Military Police Company

**HM2 Maricel Sullivan**  
Joint Medical Group



**Cover photo:** Each Sept. 25 marks another year the Military Police Corps has been a vital part of the U.S. Army. The Soldiers of Joint Task Force Guantanamo's 525th Military Police Battalion ran a total of 73 miles for this year's birthday celebration.

Photo by Army Staff Sgt. Carmen Steinbach

## Sisters in Arms brunch postponed

The Sisters in Arms brunch has been postponed to October 12 at the Bay View restaurant from 10 - 11 a.m. During this time of good food and fellowship, they will be discussing concerns, ideas for future growth of the organization and the JTF community as a whole. This event is open to all ranks, male and female. Cost is \$12 for the meal, transportation may be provided if needed. Contact Army Maj. Victoria Wilcox at victoria.l.wilcox@jtfgtmo.southcom.mil., if you would like to attend.

## WOA hosting Bowl Off

Does your team have what it takes to compete in this year's Bowl Off sponsored by the Army Warrant Officer Association? If you think you can beat the competition, register your team at the bowling by Friday, to compete in the event Tuesday beginning at 6:30 p.m. A team registration fee of \$25 is due the day of the competition. Funds go to establish the first GTMO Youth Mentorship Program.

# FEATURES

## 7 • GTMO Oktoberfest

Residents enjoyed an evening of authentic German food and the musical stylings of the Swing-ing Bavarians during the GTMO Oktoberfest Saturday night in the Windjammer Ballroom.

## 8 • Powerlifting

Athletes of all different ages and weight classes pumped some iron at the MWR-sponsored Powerlifting competition held Saturday morning at G.J. Denich Gym.

## 12 • Resume writing

The Fleet and Family Support Center hosts several seminars geared towards preparing Service members for a return to civilian employment. One very important step in landing the perfect job is fine-tuning a simply stellar resume.

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



Photo courtesy Staff Sgt. Sara Wade

In the Naval Station Guantanamo Bay Ultimate Frisbee Championship game Sept. 24, the BEEF beat Iguana GTMO Frisbee 8-5 to finish second in the league. Number one seed Iguana GTMO Frisbee still finished in first place, a position they held the entire season.

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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

### Christian Fellowship

Worship Service  
Sunday 1800  
Small Group Ministry  
Sunday 2000, Fellowship Hall  
Prayer Meeting  
Tuesday 1900, Room 19  
Bible Study  
Wednesday, 1900,  
Fellowship Hall

### 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**  
Saturday 1900  
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

# Leadership styles in action

By Coast Guard Lt. Pete Schroeter  
Support OIC, MARSECDET

Does an effective leader possess certain personality traits? What about a great leader? I believe it depends on the situation and what or whom they are leading. To determine if one personality trait is more effective at leading than others, an Internet search revealed four theoretical proto-psychological temperament types: choleric, sanguine, phlegmatic and melancholic.

1. The goal of the “choleric” leader is to dominate others using authority and any other form of legitimate power available to do so.

This is the task oriented, strong-willed leader who rushes in with a big idea that thinks should be implemented right away. They want bottom-line answers and quick results.

2. The goal of the “sanguine” leader is to influence others through persuasion. This leader is the outgoing person who inspires, is generous, influential and socially confident. This leader is dramatic, emotional and impulsive and may struggle with following tasks all the way through.

3. The “phlegmatic” leader’s goal is to bring everyone on their side democratically. They are willing to sacrifice assertiveness to achieve consensus. They are patient, supportive and considerate. They are easygoing and dependable and want everyone to get along. However, they are also seen as deliberate and too concerned with other’s feelings. Phlegmatic leaders can be considered “softies,” accused of caring too much.

4. The “melancholic” leader’s primary goal is to stay out of trouble. They tend to be analytical, diplomatic and a stickler for policy and procedure. These leaders may appear serious, introverted, cautious or even suspicious. They prefer process and order, are accurate, conscientious and correct all your spelling and grammar mistakes.



Lt. Pete Schroeter

Considering leadership styles and how they relate to the four temperament types and what motivates them, I concluded that the most effective leader is the kind of person that, given any leadership task, has the ability to recognize individual personality traits and where they fit in to effectively motivate a group or organization toward a goal. The great leaders also recognize leadership as a servant’s position that distinguishes those who lead for their own benefit from those who serve something greater than themselves.

Depending on the leadership situation, all four temperament types can be considered effective and great leaders. Each brings weaknesses as well as strengths. The reality is, effective and great leaders have a combination of styles, some stronger in one area than others.

The possible key to effective and great leadership is being aware of your own style and adapting your personality to others’ styles. This accommodation can be uncomfortable and take a lot of energy, but it is worth it when improved leadership is the result.

Leaders should also understand that motivating through fear, intimidation, etc., can seem very effective in prompt action, but intimidation only motivates for the short-term; when the leader is gone the enthusiasm is gone. Motivation by effective delegation and coaching can be very effective in inspiring for long periods of time. Also, motivators can be quite different from one person to the next. Some are driven by more money, others by more recognition, time off from work, promotions and opportunities for learning, socializing and relationships, etc. Therefore, when attempting to motivate people, it’s important to identify what stimulates them. Ultimately, long-term motivation comes from people motivating themselves.



Story by Staff Sgt. Robert Ponder  
Media Relations, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

Week four in the NCAA was a slow one; not very many high-profile games were played. It almost had that season opener feeling to it.

Starting off the week, the No.11 UCLA Bruins traveled to Sun Devil Stadium to play Arizona State. The Sun Devils played hard the first quarter, but it was an uphill battle from then on. The Bruins took a commanding lead, beating the Sun Devils 62-27.

The Tennessee Volunteers made their way to Athens for the No.12 Georgia Bulldogs’ first home conference game of the season. The Vols came out of the gate with an early lead but were unable to hold the Bulldogs. Heisman hopeful, Todd Gurley, made all the difference for the Bulldogs, rushing for over 200 yards and scoring two touchdowns, to give Georgia a 35-32 win over the Vols.

No.1 Florida State Seminoles played NC State Wolfpack. The past few years, NC State has been able to pull off upsets against the Seminoles, and this year the game started off like it was going to happen again. The Wolfpack pulled ahead of the Seminoles with a first half lead, trying to keep the reigning champs from a 20 game winning streak. But in Seminole fashion, FSU came out in the second half and pulled it together to beat NC State, 56-41.

If you’re anything like me and prefer college football over the NFL, this is the weekend to watch. There are a lot

of top ranked teams playing one another, all hoping to make it into the top four playoffs.

College Top 25

- |                        |                     |
|------------------------|---------------------|
| (1) Florida State      | (14) Stanford       |
| (2) Oregon             | (15) LSU            |
| (3) Alabama            | (16) USC            |
| (4) Oklahoma           | (17) Wisconsin      |
| (5) Auburn             | (18) BYU            |
| (6) Texas A&M          | (19) Nebraska       |
| (7) Baylor             | (20) Ohio State     |
| (8) UCLA               | (21) Oklahoma State |
| (9) Notre Dame         | (22) East Carolina  |
| (10) Michigan State    | (23) Kansas State   |
| (11) Ole Miss          | (24) Missouri       |
| (12) Mississippi State | (25) TCU            |
| (13) Georgia           |                     |

# The Pilgrimage (Hajj)

By JTF GTMO's Strategic Cultural Consultant



Hajj is a pilgrimage to Mecca, at least once in a lifetime and it is obligatory upon every Muslim male and female who is mentally, physically and financially fit. It is the largest annual convention of faith on earth (in 1989: 2.5 million).

Peace is the dominant theme. Peace with Allah, with one's soul, with one another, with all living creatures. To disturb the peace of anyone or any creature in any shape or form is strictly prohibited.

Muslims from all walks of life, from every corner of the globe assemble in Mecca in response to the call of Allah. There is no royalty, but there is loyalty of all to Allah, the Creator. It is to commemorate the Divine rituals observed by the Prophet Ibrahim and his son Ismail, who were the first pilgrims to the house of Allah on earth: the Ka'bah. It is also to remember the great assembly of the Day of Judgment when people will stand equal before Allah.

Muslims go to Mecca to glorify Allah, not to worship a man. The visit to the tomb of Prophet Muhammad at Madena is highly recommended but not essential in making the Hajj valid and complete.

## World Muslims celebrate Eid ul Adha

Muslims all over the world celebrate the annual festivity of Eid ul Adha, which coincides as a religious injunction with the climbing of Mount Arafat by Muslim pilgrims to the Holy Land Mecca in Saudi Arabia.

Muslims kill rams; symbolic of Prophet Ibrahim's obedience and strict compliance with his promise to Allah the Almighty to use his only son, Ismail, as a sacrifice to Him.

Just before carrying out the covenant with Allah on using his son, Prophet Ismail as sacrifice, Allah the Almighty sent Prophet Ibrahim a beautiful huge white ram to sacrifice instead of his son.

Allah did this in acknowledgment of our Holy Prophet's faithfulness and obedience to Him. Since then, Muslims commemorate this great and historic incident by killing rams.

What Muslims learn from this incident is that it is not enough to slaughter rams to mark such monumental Islamic anniversary, but to follow such obedience exhibited by Prophet Ibrahim in his dealings with Allah, and to express it in our individual and collective lives in a time where mutual suspicion has become the order of the day, where wives barely trust their husbands.

This allegiance showed by Prophet Ibrahim to Allah is now lacking between the government and the governed, between the people and the Almighty Allah, and between families as well.

Relationships between families are devoid of this type of trust between Prophet Ibrahim and his family.

May the fruits of obedience and trust, which the Eid ul Adha teaches, prevail and continue after celebrating this blessed day.

## New mosquito virus threatens the Americas: Combating Chikungunya

By Petty Officer 2nd Class Kevin Justice

Navy Entomology Center of Excellence

It is summer in the Caribbean and the time of year when mosquitoes seem to be at their peak level. Perhaps mosquito-borne illness is not the first thing that comes to mind when we think of fun in the sun, but it is important to be aware of disease-transmitting mosquitoes - especially given the new threat of the Chikungunya virus to the Americas.

Chikungunya is transmitted by mosquitoes and the symptoms generally begin three to seven days after being bitten by an infected mosquito. Fever and joint pain are the most common symptoms, however one may also experience muscle pain, joint swelling, headache or a rash.

Chikungunya means "contorted," referring to the arthritis-like pain associated with the disease that causes those

affected to curl up in a twisted position. This illness rarely results in death and most patients will feel better in a week.

According to the Centers for Disease Control (CDC), a total of 130,941 cases of Chikungunya have been reported this year from 17 countries with 4,486 confirmed cases. As of June 10, a total of 39 cases were reported in the United States, and none have been locally acquired.

The Navy Entomology Center of Excellence (NECE), at NAS Jacksonville, is the only Department of Defense activity dedicated to providing operational entomology support to include consultation, training, developing and evaluating novel products and application technologies to better protect deployed forces from blood feeding insects and other arthropods that transmit human diseases.

"Historically NECE has been tasked

to be subject matter experts for surveillance and control of mosquito-vectored disease such as West Nile virus," said Capt. Eric Hoffman, officer in charge, NECE. "Since 1999, the Navy and DoD partners have conducted a multidisciplinary vector surveillance and response effort to protect force health and readiness."

Applying 25-30 percent DEET or 20 percent picaradin on exposed skin and treating clothing with permethrin are two methods to prevent mosquito bites.

More information can be found at the CDC website: <http://www.cdc.gov/chikungunya/>.

For questions concerning mosquitoes, ticks or other pests, contact NECE by emailing NECE-FleetSupport@med.navy.mil or checkout their Facebook page at [www.facebook.com/pages/Navy-Entomology-Center-of-Excellence/203419229695639](http://www.facebook.com/pages/Navy-Entomology-Center-of-Excellence/203419229695639).

# AS ABOVE SO BELOW

Review by Staff Sgt. Carmen Steinbach

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

Courtesy Ignition



Once upon a time, moviegoers would jump at the chance to see a new horror flick. Grabbing their most protective-feeling friends, they looked forward to an evening filled with an assortment of spooky specters, insane plot twists and creepy singing children that evoked goose bumps out of even the bravest audience member. Unfortunately, like

many of its recent predecessors, "As Above, So Below" possesses none of these elements. It's not for lack of trying, however. The film starts out with a sure-fire way to induce fear, under the streets of Paris, where there actually are millions of dead bodies stored in catacombs. Throw in a handful of handsome-looking grads in search of the Philosopher's Stone and it would be kind of hard to screw up the plot, right? Wrong.

Director John Erick Dowdle must have been watching too much "Blair Witch Project," because any hopes of making something creepy happen underground is lost in the constantly moving, shaky cam. How long is this "found footage" type of horror niche going to last?

Once the audience is fully nauseated and tired of keeping up with the many personal fears and back stories of the mediocre characters involved, they couldn't care less when something dark and mysterious starts picking them

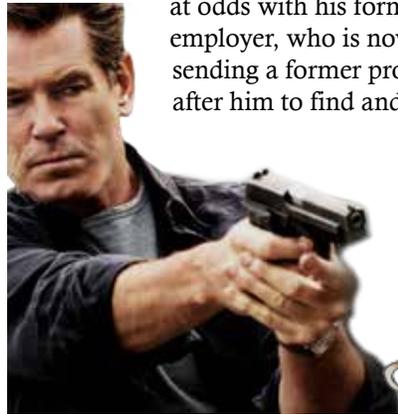
off one by one. I give "As Above, So Below" one banana rat for adding another nail in the coffin of horror movies.



# THE NOVEMBER MAN

Combine 2004's "Hitman" and 2009's "Taken," but with a better plot and lead role played by a former James Bond man and you get "The November Man," the most recent Pierce Brosnan film about a former CIA agent forced out of retirement.

Peter Devereaux is a retired CIA spy doing his best to enjoy his new quiet life in the hills of Switzerland who, of course, is forced out of retirement when connections to his past and people he cares about come to light through an old colleague. His world is turned upside down, and he eventually finds himself at odds with his former employer, who is now sending a former protégé after him to find and



Courtesy Relativity Media

Review by Sgt. Spencer Rhodes

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

possibly kill him. If that wasn't enough, he is doing his best to protect a local social worker, played by Olga Kurylenko (also a James Bond alumni), who may have the key to why things have gone awry and who is behind it. Together they avoid both the CIA and the Russian government who are doing their best to find and kill them with more and more players being added to the equation as the movie progresses.

This addition to Hollywood's action niche that lovingly revolves around aging killers is a cut above the rest, albeit still not destined to be a classic or even memorable a few years from now. People are messy, life isn't black and white and Devereaux's choices and personality seem to reflect this, which might make viewers struggle with deciding if they like him or not. Brosnan saves the movie, as his performance is excellent, and his character seems to be the only one who was developed with any real effort. It's a fun movie, especially for

the GTMO price of \$FREE, but its failure to fulfill the amount of potential it actually had gives it three banana rats instead of the four.



# THE BOXTROLLS

Kid's

Review by Meridyth Clark

Age 7

Before the movie my friends and I had a picnic, and we bought cotton candy at the theater. My favorite boxtroll was Fish, and he was like a daddy to the little boy boxtroll, Eggs. The movie was exciting and silly, and there were very funny jokes. Make sure you listen to their names, and look at the pictures on their boxes. I give the movie five banana rats in boxes.



Courtesy Ignition

Kid's

Review by Olivia Clark

Age 9

The movie "Boxtrolls" started in a village full of people that like cheese. Then a little boy got taken by boxtrolls. Boxtrolls are good inventors. They sneak out of their home underground to find gadgets in the village to build things. The bad guy tried to convince the village that the boxtrolls were bad and exterminate them. I give the movie five banana rats.



# Oktoberfest ist Wunderbar!



Photo by Sgt. Christopher Vann/The Wire

Story by Sgt. Christopher Vann

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

**O**m Pah! The Naval Station Guantanamo Bay community was treated to authentic Bavarian food, fun and music as the Swinging Bavarians entertained the masses for hours at the Windjammer Ballroom during the GTMO Oktoberfest Sept. 27.

The Swinging Bavarians are a German Bavarian band based in central Florida that performs in authentic and traditional Bavarian attire known as lederhosen and dirndls. To complete their wardrobe, they wore their Miesbacher hats and feathers, Wadlstrümpf (2 piece socks) and their fully decorated beer steins. Their entire wardrobe is imported from Germany and Austria.

Bill Schoenfeldt is the leader of the band (kapellmeister) and the eldest of the Schoenfeldt siblings who were born in Nürnberg, Germany. He started the group with his brothers, Curt and Dave, and close family friends, and now the band has grown to include his three adult children. Also, he was a former member of the National Guard Army

Band and retired after 22 years.

They founded their own German band to bring an upbeat zeal back to German polka music while also including a wide variety of tunes to cater to a diverse audience.

“It’s a great opportunity to be able to come out here to GTMO and perform for the troops with my family,” said Bill.

This year marked the third time the Swinging Bavarians have played all their favorite and traditional songs of the Oktoberfest season at GTMO, as well as a wide variety of musical genres for all audiences to enjoy.

Bill’s daughters, Katrina and Krissy, have been performing since they were toddlers and have even added Katrina’s husband, Starr, to the band.

Katrina, known for playing cowbells and singing, said she enjoys being able to perform with her family and friends for the GTMO residents.

“We feed off of the energy of the crowds,” said Katrina. “When you have a crowd like the one we had here, that are willing to get up and dance, it lets us know that we are doing a great job.”

Navy Petty Officer 1st Class Daniel

Balderamos, a mail clerk for Joint Task Force Guantanamo, has been deployed to Germany and enjoyed the authentic feel of the GTMO Oktoberfest.

“The food was just how I remembered,” said Balderamos. “I enjoyed watching the band play and the people dancing.”

The energy-infused styling of the chicken dance was a crowd favorite as patrons young and old gathered on the dance floor and joined the performers for a smile-filled Bavarian good time.

For more information or to contact the Swinging Bavarians, you can visit their web page at [www.swingingbavarians.com](http://www.swingingbavarians.com).



Photo by Sgt. Christopher Vann/The Wire

## NOW SHOWING

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CAMP BULKLEY DOWNTOWN	<b>Gone Girl</b> <i>(New) R, 8 p.m.</i>	<b>The Boxtrolls</b> <i>PG, 8 p.m.</i>	<b>Chef</b> <i>(New)</i> <i>R, 8 p.m.</i>	<b>The Giver</b> <i>(LS) PG13, 8 p.m.</i>	<b>Let's Be Cops</b> <i>(LS) R, 8 p.m.</i>	<b>The Expendables 3</b> <i>(LS)</i> <i>PG13, 8 p.m.</i>	<b>Planes: Fire &amp; Rescue</b> <i>PG, 8 p.m.</i>
	<b>The November Man</b> <i>R, 10:30 p.m.</i>	<b>As Above, So Below</b> <i>R, 10 p.m.</i>					
CAMP BULKLEY DOWNTOWN	<b>Chef</b> <i>(New) R, 8 p.m.</i>	<b>Gone Girl</b> <i>(New) R, 8:00 p.m.</i>	<b>Let's Be Cops</b> <i>(LS) R, 8 p.m.</i>	LYCEUM CLOSED *	<b>The Expendables 3</b> <i>(LS)</i> <i>PG13, 8 p.m.</i>	LYCEUM CLOSED *	<b>The Boxtrolls</b> <i>PG, 8 p.m.</i>
	<b>As Above, So Below</b> <i>R, 10 p.m.</i>	<b>The November Man</b> <i>R, 10:30 p.m.</i>					

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!



Army Sgt. Antwan Byrd, competes in the deadlift category of Saturday's powerlifting competition, pushing for an impressive 600+ pounds, the highest of the day.

Weightlifting, it's not a competition that initially comes to mind when thinking of exciting spectator sports, like football or basketball. However, that is exactly what Naval Station Guantanamo Bay residents were given when the MWR hosted its second powerlifting competition of the year.

Athletes of varying ages and weight classes were seen stretching and warming up Saturday morning, as they prepared to test their strengths and see where the fruits of their labor would stand.

Joseph Belt, the fitness coordinator for MWR, noted that the attendance from athletes and spectators were significantly higher than the previous competition held in February. Belt says the success of the event doesn't come from just the athletes.

"You have all these people coming together and helping each other out, regardless of weight class," said Belt. "The

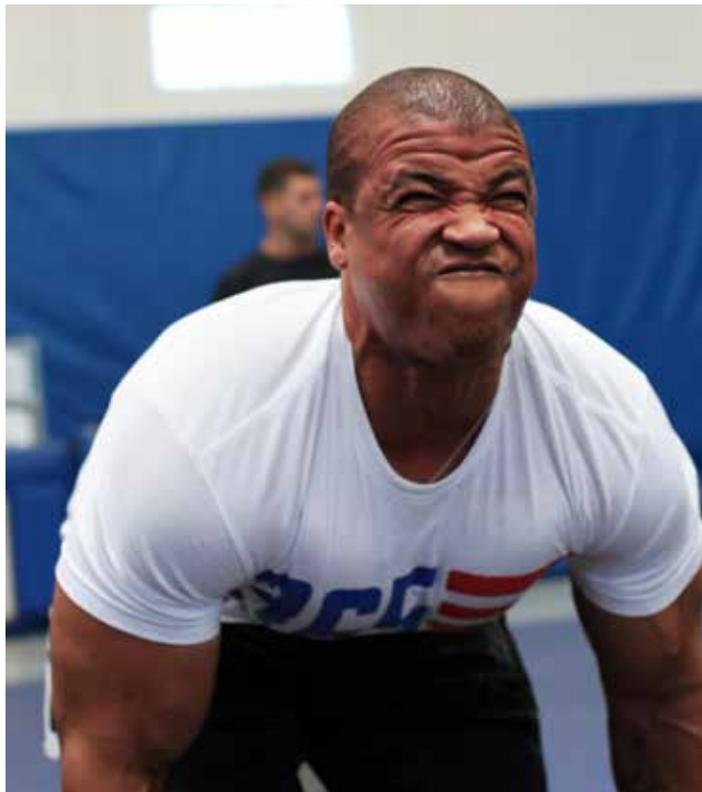
camaraderie doesn't just come from the athletes, it's the volunteers, the spectators, it comes from all of it."

All contestants had to participate in three events: squats, bench press and dead lift. Each event had three rounds, with three attempts per weight increase. If on the second round a contestant was pushing for 225 pounds and failed to succeed, they would still have two more attempts to attain their goal, otherwise they would be forced to go with the last completed weight.

Army 1st Sgt. Davin Butler achieved a personal record in the squat event with 480 pounds.

"These kids man," Butler laughed jokingly, "they get riled up, it gets me to push for higher and higher weight."

The sound of cheers from the spectators could be heard through the late morning and early afternoon as those attending watched in anticipation, curious to see if an individual had it



Left: Army 1st Sgt. Davin Butler with the 525th Military Police Battalion, dead lifts 475 pounds. Right: Kritsten Volk, overall champion for the female category, competes in the bench press event during Saturday's powerlifting competition held at G.J. Denich Gym.



Joint Task Force Guantanamo Soldier, Sgt. Luzdelis Roman and Naval Station Guantanamo Bay Chaplain, Navy Lt. Baron Miller, push themselves to their limits in Saturday's powerlifting competition hosted by the MWR.

in them to find the strength they needed. Regardless of success, strength or weight class, the competitors were as much an inspiration to each other as the applause of the audience, as they pushed each other to new strengths with encouragement or tips on technique.

Butler, when going for 377 pounds in the bench press event, was unsuccessful on the first attempt, but found what he needed on the next try.

"Just seeing the next guy get their weight, it pushes you to make sure you get yours," said Butler. "Everyone is talking to each other, helping each other out, so that helps too. One of the guys, for example, told me what I could do better, what I needed to do with my elbows to improve my lift, stuff like that."

Needless to say, the lighter weight classes were not to be outdone by their heavier rivals, with some of the strongest pound for pound athletes weighing less than 120 pounds, and deadlifting over 225 pounds. It was a day for



Army Lt. Amanda Chen with Joint Task Force Guantanamo prepares to increase her limit in the Squat category of Saturday's power lifting competition.

everyone, of every body type, age and size to come out and pursue the attainment of strength. Even the NAVSTA chaplain, Lt. Baron Miller, an avid lifter, set a personal record for himself. Miller, who only started training for powerlifting about a year ago, says he's made some definite progress towards his long term goals, but isn't quite there yet.

"I'm not interested in winning or anything like that right now. It's different and I enjoy being around the camaraderie that is built through men and women who pursue strength," said Miller. "I did not do as well as I would have liked, personally, but everything I do, I do unto the Lord, therefore I'm proud of everything I do."



Story by Sgt. Christopher Vann

Copy editor, [thewire@jftgfm.southcom.mil](mailto:thewire@jftgfm.southcom.mil)

In week 4 of the National Football League, fans were treated to some upsets while some games went as expected. The Oakland Raiders and Jacksonville Jaguars lost (no surprise there), the Baltimore Ravens steam-rolled past wide receiver Steve Smith's former team, the Carolina Panthers, and the Philadelphia Eagles had their perfect record wiped away by the San Francisco 49ers, leaving the Arizona Cardinals and Cincinnati Bengals as the league's only undefeated teams.

The Houston Texans' defensive end J. J. Watt had an 80-yard interception return for a touchdown, Minnesota Vikings quarterback Teddy Bridgewater picked apart the Atlanta Falcons defense for the first professional win of his rookie season, and the Dallas Cowboys routed the New Orleans Saints in a lop-sided victory. The Green Bay Packers decimated their division rival the Chicago Bears in the longest standing rivalry in professional football.

#### Thursday's games

Giants 45, Washington 14

#### Sunday's games

Dolphins 38, Raiders 14

49ers 26, Eagles 21

Packers 38, Bears 17

Colts 41, Titans 17

Lions 24, Jets 17

Buccaneers 27, Steelers 24

Ravens 38, Panthers 10

Texans 23, Bills 17

Chargers 33, Jaguars 14

Falcons 28, Vikings 41

Cowboys 38, Saints 17

#### Monday's games

Chiefs 41, Patriots 14

# MP Corps turns 73

## Battalion run kicks off celebration



Photo by Staff Sgt. Carmen Steinbach/The Wire

Joint Task Force Guantanamo Soldiers with the 525th Military Police Battalion celebrated 73 years of dedicated service of the Military Police Corps. While each company was responsible for one leg of 73 total miles, the event kicked off Sept. 25 with the entire battalion running together for three miles.



Photo by Staff Sgt. Carmen Steinbach/The Wire

### Story by Staff Sgt. Carmen Steinbach

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

The Military Police Regiment has been celebrating its birthday with a running event for the last 73 years. Units participating run one mile for each year the military police have been serving. Each September 25, this run kicks off Regimental Week, which often includes a military police ball, war fighter competition and several other events.

While deployed to Joint Task Force Guantanamo, the Soldiers of the 525th MP Battalion chose to commemorate this momentous occasion with no frills, just good physical training and a little old school rock blaring from the loud

speakers over Camp Bulkeley Thursday night.

“What we basically have to do is get our battalion together and run a total of 73 miles,” said Army 1st Sgt. Jerry Kennedy with the 189th MP Company.

They start off together, running the first three miles as an entire battalion. Once they return, each unit of the battalion is responsible for running 11.6 miles. They can either elect an individual or select up to 15 Soldiers to complete their leg of the run.

This event has been planned down to the final detail, allotting each company a specific start time and running route that exits Camp America and continues

Command Sgt. Maj. Janet Harris, 525th Military Police Battalion’s command sergeant major, ran alongside her formation, motivating the Soldiers for the full three miles.

Photo by Sgt. 1st Class Fernando Hurdle /525th MP Battalion



Photo by Staff Sgt. Carmen Steinbach/The Wire



PROT



Army Lt. Col. John Fivian, commander of the 525th Military Police Battalion, concluded the three-mile run with an impromptu speech, praising the motivation of his troops.

*Photo by Staff Sgt. Carmen Steinbach/The Wire*



*Photo by Staff Sgt. Carmen Steinbach/The Wire*

along main roads around Naval Station Guantanamo Bay.

“The first company is HHC [Headquarters and Headquarters Company], they start at 6:00 p.m., then we go on until 6:30 in the morning,” said Kennedy. “So at zero six-thirty, all of the command team will be here to cheer on the couple of runners that’s running the last leg of the 73 miles.”

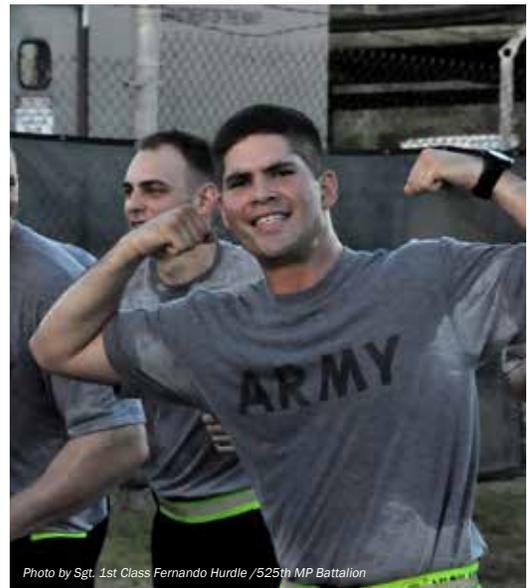
Kennedy continued that this event is meant to build camaraderie and esprit de corps, an important component for the military police. Excelling in their mission to provide safe, humane, legal and transparent care and custody of the detainees here, they may not always get

the opportunity to do something together as an entire battalion.

“Seeing you guys on the field makes my day. I love being around Soldiers. I love being able to do stuff like: come together as a family and go for a run,” said Army Lt. Col. John Fivian, commander, 525th MP Battalion, while addressing his formation.

Army Sgt. Scott Carter, a Soldier with the 339th MP Company, called the run “motivational,” and a great way to bring the Soldiers closer together.

“It was nice to see the whole battalion get together,” said Carter. “There was a little competition going with the cadences. It was a good time.”



*Photo by Sgt. 1st Class Fernando Hurdle / 525th MP Battalion*

Throughout the three-mile long battalion run that kicked off the Military Police Regiment’s 73rd birthday, Soldiers of the 525th MP Battalion kept their motivation levels high by singing cadences.

*Photo by Sgt. 1st Class Fernando Hurdle / 525th MP Battalion*



*Photo by Staff Sgt. Carmen Steinbach/The Wire*

# Do you have a resume?

Fleet and Family Support Center offers resume writing class to JTF Troopers

Story and photos by Sgt. Spencer Rhodes

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

Naval Station Guantanamo Bay, despite its size, has the population of a small city. A majority of that community is comprised of Troopers assigned to Joint Task Force Guantanamo, often reservists or Guardsmen working alongside their active duty counterparts. There is a constant ebb and flow of new faces, many of whom will be doing their best to find a new job or a better job than the one they currently have back home while they're here. Whether it's through bettering themselves with continuing education, or just networking from a distance, there is one resource that has the potential to help each one of these individuals: a resume.

Sara Van Gorder has only been a GTMO resident since January and an employee with the Fleet and Family Services Center since March, but it didn't take her long to realize there was a need to be met that wasn't quite getting the attention it deserved. This wasn't through any lack of desire or intent, but the locations of JTF and the FFSC hasn't always been convenient, nor has it always been advertised to the Service members working there. It's one thing to make your presence known to a permanent population, it's another to continually reach out to men and women who are stationed here for limited amounts of time. With the changing of leadership, job roles and faces in general, it's easy for Troopers to lose track of the plethora of opportunities and resources available here.

"I noticed that we weren't always getting a lot of people from JTF," said Van Gorder. "I just wanted to make sure that we were always accessible for them to attend a class or tutorial at their convenience, so I started teaching hour-long classes every two weeks or so at the Troopers' Chapel. Attendance has fluctuated, and I'm still trying to find the best way to make it known that it's free and easily accessible."

Van Gorder, who has an eclectic

range of skills and experiences in addition to her college education, is very passionate about what she teaches because she knows it will help others succeed. A resume, Van Gorder says, is an essential tool for finding a job, and she loves to help people create their own in a way that caters to their needs.

"I don't like to



## Types of resumes

### Functional resume

Good for those who have large date gaps in employment or are looking to enter a new career field. Concentrates on experience and skillsets, not dates.

### Chronological resume

Provides organized list of dates and employment history. Not recommended for those with less experience, e.g. recent college graduates

### Combination resume

Allows you to choose attributes from both styles for what suits you best. Highlights skills and dates



## Things to remember

- ★ Your total life work history isn't always important, keep it relevant.
- ★ Stay away from "responsible for ..." End results are more important.
- ★ Keywords: computers are more likely the first to see your resume. Increase the likelihood mission statement to include in your resume.

hear myself talk, I genuinely love to help people and see them succeed. Hearing back from someone months later that they got the job they wanted and knowing that I was able to help them reach the path to get there is an awesome feeling,” said Van Gorder.

There are all different types of resumes, each suitable for a unique job history or lifestyle. A chronological resume is excellent for those who have been employed for lengthy times and with fewer gaps between employments. It allows a job recruiter to see the details they are interested in, and in a formulated manner that shows the growth and strengths of an applicant. For a parent who chose to stop working to stay at home for a while, this may not be best, as the specific dates will show larger gaps.

A combination or functional resume will alleviate this and present the opportunity to articulate skillsets and characteristics, along with previous jobs that an applicant has, without highlighting negatives.

Just learning about types of resumes isn't all the classes have to offer though. Van Gorder sets up attendees with the know-how to format and write their own resumes, what should be included and what can be left out

“A resume, especially a civilian one, should really play out like an advertisement, or a movie trailer. It gets your interest, and it contains the most critical and worthy information about a person,” said Van Gorder. “Whereas a federal resume will look more like an actual movie review, they [employers] will want to have a complete history and the ability to make the decision based on what they see before going any further.”

## LinkedIn



If you wouldn't do or say it at an in-person networking event, don't do or say it on LinkedIn.

Allows you to join groups where you can keep in contact and network alongside those searching within the same career field

Does not require constant attention; an hour or two per week is fine

It's an excellent tool for extending the reach of your networking efforts, but is not imperative to have.

of a human seeing it by looking for keywords on a company website or

# Resume myths vs facts

## Myth

## Fact

Grade point average is a top consideration.

What I am more interested in is examples of your work as a showcase of your ability.

Shelli Dallacqua, President, Shelten Media

Resumes should be one page.

One page just isn't enough, unless you are right out of school.

Jill MacFadyen, Career Coach

Achievements should be highlighted in a separate section.

Showcase your achievements by bulleting them in relevant sections.

David Hardtke, Chief Data Scientist

Resumes should have your entire work history.

If you've been working for 30 years and the first few years were in an outside field, you can drop selective things.

Tiffani Murray, Resume Writer

Your resume should be general to increase your chances of getting a job.

Do extensive research to understand the required skills, expertise, experience and qualifications for the job target.

Abby Locke, Executive Career Architect

Don't include social media information.

Recruiters are now visiting publicly available social media profiles.

Eric Semon, Director of customer success

White lies are OK.

Many companies will use outside firms to perform verifications with prior employers and schools.

Lynne Sarikas, Director, MBA Career Center

A PDF is better than a Microsoft Word document.

A few grammatical errors or typos are expected.

PDFs - in essence can make you invisible.

Megan Pittsley-Fox, Resume Writer, Recruiter

I can use the same resume for multiple job targets.

Color makes a statement and is an extension of your personal brand.

Tina Nicolai, Resume Writer

SOURCES: [www.businessnewsdaily.com](http://www.businessnewsdaily.com). [www.forbes.com](http://www.forbes.com)



Story by Sgt. Debra Cook

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

“Are you excited to go home?” I asked Army Brig. Gen. Marion Garcia, the former deputy commander for Joint Task Force Guantanamo Bay, as her deployment was coming to an end.

She thought before responding, “You know, it really hasn’t hit me yet.”

“Wow, that’s really living life in the moment,” I said.

“Yes, I really try to live one day at a time,” she answered as she walked off to her next meeting.

People have different ways of dealing with how long they’re on deployment. Some count down their final days. One Navy corpsman lined his walls with sticky notes, each one representing the number of days left on island. Every morning he’d take one down knowing he was one day closer to leaving.

When our time to return home gets closer, some of us have said it couldn’t

## HOW MANY DAYS DO YOU HAVE LEFT?

come fast enough while others wish their time here would last longer.

Psychologists at Harvard University did a study and found that reminiscing, thinking ahead or daydreaming tends to make people more miserable, even when they are thinking about something pleasant. The Science Journal states: “A human mind is a wandering mind and a wandering mind is an unhappy mind. The ability to think about what is not happening is a cognitive achievement that comes at an emotional cost.”

It’s been proven over and over that living in the moment really does make

Mindfulness was considered such a powerful stress reliever that in 1979 the University of Massachusetts Medical School launched a program called Mindfulness-Based Stress Reduction (MBSR). Since that time the physical and mental health benefits of mindfulness have inspired other programs to adapt and teach the techniques. Research shows it to have benefits even after a few weeks of practicing.

One way to start cultivating mindfulness in your life is to avoid worrying about the future and focus on the present. Pay close attention to your

“Forever is composed of nows.”

— Emily Dickinson —

people happier. Ralph Waldo Emerson, the famous poet, said, “Write it on your heart that every day is the best day in the year.” Author Emily Dickinson said of living in the moment, “Forever is composed of nows.”

To help people live in the moment, Buddhist meditation teaches mindfulness. According to [berkeley.edu](http://berkeley.edu), mindfulness is the practice of maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment.

surroundings throughout your day in each moment. It’s tuning your thoughts into what you’re sensing in the present moment rather than rehashing the past or imagining the future.

Living in the moment is simple, but like anything with rewards it takes practice. The first place award for living in the moment goes to Winnie the Pooh who asked, “What day is it?”

“It’s today,” squeaked Piglet.

“My favorite day,” said Pooh.



Story by Sgt. Debra Cook

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

Savor the present with these easy pulled pork sandwiches that can be made using a crock pot, compliments of [livinginthemoment27.com](http://livinginthemoment27.com).

### Directions:

1. Mix all spices in a small bowl.
2. Slice onions and garlic into thin slices and add to the bottom of the crock pot.
3. Pour chicken stock over onions and garlic.
4. Rinse and pat pork shoulder dry

with a paper towel, rub with spices.

5. Place on top of onions and garlic.
6. Cook on high for 6-8 hours.
7. Remove pork shoulder from crock pot and place on cutting board.
8. Strain and keep juice.
9. Shred pork with two forks and add

back to the crock pot with the strained juice adding barbecue sauce to your liking.

10. Cook for another hour on low.

11. Add to buns with more barbecue sauce and enjoy!

PULLED PORK SANDWICH

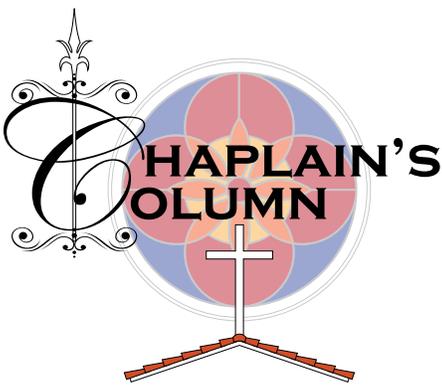


Recipe

### Ingredients:

3-5 lbs pork shoulder, 1 lg yellow onion, ½ head garlic, 1 cup chicken stock, ¼ tsp cinnamon, ½ tsp cumin, 1 tbs brown sugar, 1 tbs chili powder, 1tbs salt, barbecue sauce.

Courtesy [iamsimplyta.com](http://iamsimplyta.com)



# CHAPLAIN'S COLUMN

## One thing doesn't change

By Navy Cmdr. Thomas Taylor  
Joint Task Force command chaplain

The month of October has arrived, and in some parts of the world that means the season is changing. I have already seen Facebook pictures of trees with leaves in bright reds and yellows. I know the deer hunters are getting ready to hit the woods to bring home a trophy. The cottages up north are being closed as people prepare for the winter days to come. In my home state of Florida, they will soon be seeing the sign that fall has arrived there: the license plates change colors as the snow birds arrive.

Some people deal very well with change; in fact some people thrive on change. They find it exciting, exhilarating and inspiring. But others dread change; they find it emotionally stressful or they are simply afraid. They will do anything to avoid change. We see them stay in bad jobs or abusive relationships. We see people who would rather suffer unspeakable harm rather than risk change.

Here at Naval Station Guantanamo Bay we face change every day. There is a reintegration brief I do every Tuesday for those who are going home. We have a welcome brief about once a month as well, where we welcome hundreds of new people. The people are constantly changing, but our mission does not. We are here for a purpose, and we know what it is.

In life, there is a lot that will change, but one thing will never change, and that is the love which God has for each and every one of us. Whether we believe it or not, whether we go to church or not, whether we pray or not, God loves us. That means God loves you. So the next time you face an unwanted change, a challenging moment or a personal tragedy – please remember that God loves you, and nothing will change that.

# The JSMART Spot

By Navy Petty Officer 2nd Class Arianna Loaiza  
JSMART Advertising Coordinator

JSMART is currently undergoing a time of transition as we say goodbye to our therapy dogs, Charlie and Teddy, as well as the rest of the Chepenik family. We will not forget Charlie, nudging our arms for endless petting sessions, or Teddy “playing rug” in his calm and soothing manner.

On behalf of the JSMART team and

all those who have grown to love their time with the dogs, we wish the Chepenik Family “Fair Winds and Following Seas.”

JSMART is open Monday through Friday from 6 a.m. - 5 p.m.



Courtesy Stacey Byington

## October 1741

There was a medical presence in Guantanamo Bay more than 100 years before the Spanish-American War, when British troops established a hospital on a large island in the bay in October 1741 during a time when the British and Spanish were engaged in one of their frequent wars, growing out of trade conflicts in the new world. More than 100 years later, in 1854, a British warship, HBMS Buzzard, utilized Hospital Cay to isolate and treat crew members suffering from yellow fever. All the victims of the fever recovered except one, E. N. Harrison, paymaster, R.N., who died

on 1 December 1854, and according to records was buried on the cay's south end. The cay has since been known as Hospital Cay.

During the Spanish-American War, in 1898, the United States established a Naval Station at North and South Toro Cays (directly behind the current hospital). A dispensary was built on North Toro Cay, locally referred to as the “hospital.” The staff consisted of one medical officer and a few corpsmen. When the Naval Station relocated from South Toro in 1913, the dispensary was reestablished on “Upper Flats,” now known as Hospital Point. All dispensary facilities were located in one building. The staff was still one medical officer and a couple of corpsmen, but during the winter periods when the Fleet was present, additional medical officers and corpsmen were assigned from the Fleet.

## GTMO sports standings



### Beach Volleyball

1. BEEF	13-2
2. That Guy Plus 1	12-2
3. Banana Rat	12-2
4. Z Team	11-4
5. The Team	9-6
6. JMG	8-6
7. SOGO	7-7
8. Hellhounds	7-8
9. MisFits	7-8
10. Regulators	6-8
11. Woosah	6-9
12. Danger Zone	5-9
13. The Chowderheads	4-10
14. PWD	3-11
15. B. Ugliers	3-11
16. CCR	2-12

### Softball

AMERICAN LEAGUE	
1. Husker Doos	5-0
2. GTMO Latino+	4-0
3. The Black Sheeps	4-1
4. MisFits	2-1
5. Red Apple	2-2
6. The Leftovers	2-2
7. Nailed It!	1-3
8. Poker Jokers	1-4
9. Non-Jerks	0-4
10. PT-Romanians	0-4
NATIONAL LEAGUE	
1. Here Come the Runs	4-0
2. Outcasts	3-0
3. 391st Paladines	2-0
4. Boondoggles	3-1
5. GTMO Goonies	2-1
6. Puddle Pirates	1-3
7. WMPA	1-3
8. Jerks	0-3
9. Swift Justice	0-3
10. React to Extract	0-2



## Rough Rhodes

- Warm Up
- 800m run
- 20 Min AMRAP
- 20 Mountain Climbers
- 8 Burpies
- 5 L Pull ups
- 10 Split jumps
- 15 Push ups
- 200m Sprint

Courtesy Staff Sgt. Karen Kozub

# ARMY TEN-MILER

## GTMO SHADOW RUN

SATURDAY OCTOBER 11<sup>TH</sup> 0700 HOURS - WINDJAMMER PARKING LOT. SAME DAY REGISTRATION STARTING AT 0600 HOURS. OPEN TO ALL HANDS.

OFFICIAL 2014 ARMY 10 MILER T-SHIRTS FOR THE TOP 100 FINISHERS. SUPPORT THIS GREAT ARMY RACE, TAKING PLACE IN WASHINGTON DC THAT SAME WEEKEND.

VOLUNTEERS NEEDED FOR REGISTRATION AND WATER POINTS. VOLUNTEERS PLEASE ARRIVE AT THE WINDJAMMER PARKING LOT AT 0530 HOURS.



CONTACT WILLIAM C. SCHULTZ@JTFGTMO.SOUTHCOM.MIL FOR MORE INFORMATION.



13<sup>th</sup> Annual Customer Appreciation Weekend  
October 4-5, 2014 • Guantanamo Bay, Cuba

**Congressional Medal of Honor recipients**  
Autograph & photo opportunity *Saturday 1-2 p.m.*

Mike Hardin & Sarah Simington of "DINERS, DRIVE-INS & DIVES"  
Autograph session NEX Atrium *Saturday 2-3 p.m.*

**STREET DRUM CORPS**  
Performance at Tiki Bar *Friday 10-11 p.m.*  
Autograph session NEX Atrium *Saturday 2-3 p.m.*  
Performance at Windjammer *Saturday 10-11 p.m.*

**team ROOTBERRY**  
Performance at Tiki Bar *Friday 8:30 - 9:30 p.m.*  
Autograph session NEX Atrium *Saturday 2-3 p.m.*  
Performance at Windjammer *Saturday 8:30 - 9:30 p.m.*

**UFC fighter Rich "Ace" Franklin**  
Autograph session NEX Atrium *Saturday 2-3 p.m.*

**SIDESWIPE**  
XTREME MARTIAL ARTS PERFORMANCES  
Demos & performances NEX Atrium *Saturday 12 - 1 p.m.*  
Autograph session NEX Atrium *Saturday 2-3 p.m.*  
Performance at Windjammer *Saturday 8 - 9 p.m.*

**HUMVEE PULL** NEX Atrium *Saturday 5 p.m.*

Prizes awarded to 1st and 2nd place teams.  
*\$5 entry fee*  
Players are responsible to pay for their rental cart.*FMI call 77288*

*Navy birthday two man scramble*  
Lateral Hazard golf course  
October 13 8:00 a.m. - noon  
*Shotgun start*  
Register by Friday, Oct. 10 at the golf course  
Open to all hands and golfers of all ages  
All participants need to be at the golf course by 7:30 a.m.

Photo taken by Air Force Staff Sgt. Terrell Pretlow at sunset on Naval Station Guantanamo Bay's Glass Beach.



PHOTO OF THE WEEK

Send your best photos to [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)