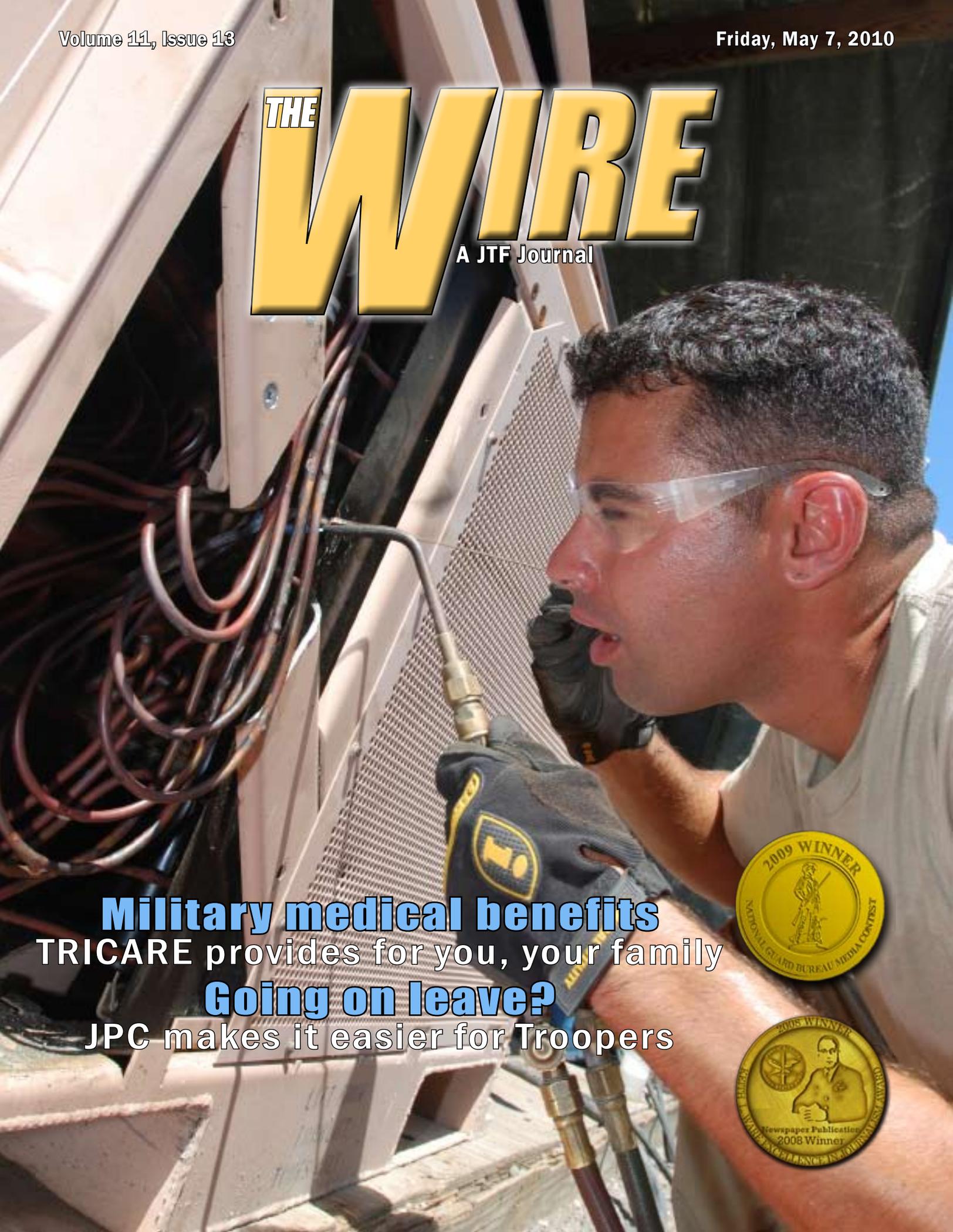


THE WIRE

A JTF Journal



Military medical benefits
TRICARE provides for you, your family
Going on leave?
JPC makes it easier for Troopers



Physical fitness

Army Master Sgt. Henry Warner

JTF-J3 Operations Non-Commissioned Officer-in-Charge

I have been deployed five times and can attest to the uniqueness of Guantanamo Bay. There are so many different activities that you can engage in while stationed or deployed here. You can take classes at the college, participate in Morale, Welfare and Recreation activities, go on a hike or scuba dive, to name a few.

I have chosen to take personal physical fitness to the next level with a couple of my friends. Some people may not want to be here because they are away from their family. You might go back to your living quarters at the end of the work day feeling sorry for yourself. That, along with all the great food at the galley, can easily play havoc with your physical fitness.

If you are carrying an undesired extra 10 or 15 pounds of body weight, this is a great time to start working it off. Also, if gaining a better score on the physical fitness test has been a long standing goal, GTMO is the place to start and maintain your physical fitness and health.

Physical fitness is fundamental to being a Trooper. It is the Troopers' responsibility to keep fit and stay within the height and weight standards dictated by their respective branch of service. We must be ready to react to any military situation. When that happens, being physically and mentally fit are paramount.

To accomplish your goal, willpower and discipline are important. When developing a personal fitness improvement program, the following should be considered: cardio respiratory endurance, muscular strength, flexibility and a healthy lifestyle, which includes good nutrition and the avoidance smoking or the use of alcohol or illegal drugs.

There are three phases to fitness: preparatory, conditioning and maintenance.

The preparatory phase is for those Troopers who are not as physically fit, to help the cardio respiratory and muscular systems get used to exercise. The conditioning phase includes progressive activities, focused on reaching your desired fitness level. The maintenance phase sustains the high fitness level achieved in the conditioning phase. If you are unsure of about where to start, take a look at your last physical fitness test score.

To increase fitness levels, Troopers should adhere to four principles of training: frequency, intensity, type and time. Frequency means maintaining a steady physical regimen of at least three to five times a week, preferably five. Five days of fitness training works well for me, which includes three days of cardio and two days of weight training. Here at GTMO, you can even throw in a few of those great MWR activities, such as swimming or basketball, to increase your cardio respiratory endurance.

Weight training gets you leaner and stronger, and with the great gym facilities we have here, you might as well put them to use. Some people spend up to two hours in the weight room. A good way to save time is supersets, where you perform two exercises in a row with no rest in between.

As we get older, we become more concerned about looking and feeling youthful. Weight training is as close as we can get to the fountain of youth. ★



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COVER:

Air Force Staff Sgt. Chad Correia, 187th Civil Engineering Squadron of the Mississippi Air National Guard, repairs a broken air conditioning unit, May 3. - JTF Guantanamo photo by Marine Corps Lance Cpl. Justin R. Wheeler

BACK COVER:

A boat from the mid-1990s rests in the courtyard next to the lighthouse. - JTF Guantanamo photo by Army Spc. Tiffany Addair

The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regard to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Document Automation & Production Service with a circulation of 1,000.



Navy Lt. Alisha Hamilton (left) and Navy Lt. Caleb McDow look over the calendar of events for the day at Joint Task Force Guantanamo headquarters, April 30. McDow recently took over for Hamilton as flag-aide to Navy Rear Adm. Tom Copeman, JTF Guantanamo Commander. – JTF Guantanamo photo by Navy Mass Communication Specialist 2nd Class Zachary Harris

Behind the scenes

Navy Mass Communication Specialist 2nd Class Zachary Harris
JTF Guantanamo Public Affairs

One of the greatest things about getting promoted is, of course, the pay, but with the increase in rank, more responsibility is bound to follow. As that list of responsibilities grows, the number of people dependent on you for leadership and guidance also increases exponentially. When you reach the upper echelons of the military officer rank structure, you will get a bit of relief: you'll get a flag-aide.

The responsibilities of the flag aide range from keeping the commander and deputy commander of Joint Task Force Guantanamo on schedule to ensuring that logistics for the execution of that schedule are in place.

"I normally get to the office around 7 a.m. and do what I call the 'dailies,'" said Navy Lt. Caleb McDow, flag aide to Navy Rear Adm. Tom Copeman, Commander of JTF-GTMO. "I ensure everything is in order, and I also peruse the morning news for articles that are specific to GTMO or [the] JTF."

The duties of the flag aide extend into the area of the JTF's robust distinguished visitor program. These responsibilities can encompass everything from ensuring enough time is allotted in the commander's schedule to scheduling transportation between Naval Station Guantanamo Bay's Leeward and Windward sides.

"We support the commander," said Navy Lt. Alisha Hamilton, out-going flag-aide to Copeman. "We ensure he knows what's going on and is properly prepared for DV visits."

The officers who come to JTF-GTMO to serve as the flag aide are expected to hit the ground running and gain competency in the position almost immediately, no matter what their background.

"I've been very fortunate to have two really sharp junior officers, from different warfare communities, support me during my tour here at GTMO," Copeman said. "The job is challenging and is often their first opportunity to serve in a joint capacity, but I think it's a significant professional milestone that will serve them well as they progress in their careers."

"I'm [on temporary orders] from my current [assignment] as a flight instructor," said McDow, a naval aviator. "Working in an office instead of in an airplane is something that I'm not used to."

Hamilton is a surface warfare officer on her way to Department Head School, and from there will proceed to USS Momsen (DDG 92), where she will serve as the operations officer.

According to Hamilton, her experience at GTMO has had its ups and downs, but has been rewarding overall. "The biggest challenge has been the separation from my family and friends," she said. "But, I think it's incredible to work in a joint environment and gain a greater understanding of it."

For McDow, the separation from his airplane may be hard, but the end result of his work is still gratifying.

"I think the thing I like most [about my job] is the satisfaction I get from supporting [the rear admiral]," McDow said. "If I can do anything that makes his job easier or help him execute the mission and do so effectively, that is very rewarding for me." ☆

JPC tweaks leave process

Navy Mass Communication Specialist 3rd Class
Joshua Nistas
JTF Guantanamo Public Affairs

Getting out the door for that special trip is no easy task. Between making flight arrangements, covering all the bases with work related issues and deciding how much clothing you need for your trip, time can slip away in the blink of an eye.

The Joint Personnel Center understands the hassles that come along with traveling and is here to provide Joint Task Force Guantanamo Troopers with the smoothest transition possible.

Members of the JPC started a program to ease the efforts of signing in and out to go on leave. The program allows Troopers to either call or visit a Web site to take care of that task.

"The new system was initiated for the customer," said Air Force Tech Sgt. Heather Roberts, receptions and accountability non-commissioned officer-in-charge at the JPC. "We know that a lot of people are busy and can't make it here to sign in or out for leave. This program makes it a lot easier for the customer."

Army Sgt. Jenelle Looby, customer

service non-commissioned officer-in-charge at the JPC, said that one of the main things the JPC does is deal with leave for the Troopers, as well as visitation requests for friends and family visiting GTMO.

GTMO affords Troopers one free rest and recuperation flight annually, but some criteria must be met.

"The GTMO R&R program is an entitlement for all Troopers that are deployed here for more than 180 days," Looby said. "[The program] is funding that GTMO provides for Troopers to travel to Naval Air Station Jacksonville, NAS Norfolk and Baltimore-Washington International airport."

Also, a Trooper has to have been on island more than 60 days to book their free flight to the above locations.

With any new procedures comes hesitation and apprehension.

"[Looby] was a little skeptical at first," said Air Force Capt. Nate Williams, officer-in-charge of the JPC, "but she's found the new system has been a big improvement for both the Trooper and the JPC."

After settling into the system, Looby gave insight on her favorite new feature of the program.

"The coolest addition to me is that you can go onto the Intranet homepage and sign in and out for leave," Looby said. "[The system] sends a message to the JPC and you'll have officially signed in or out of leave."

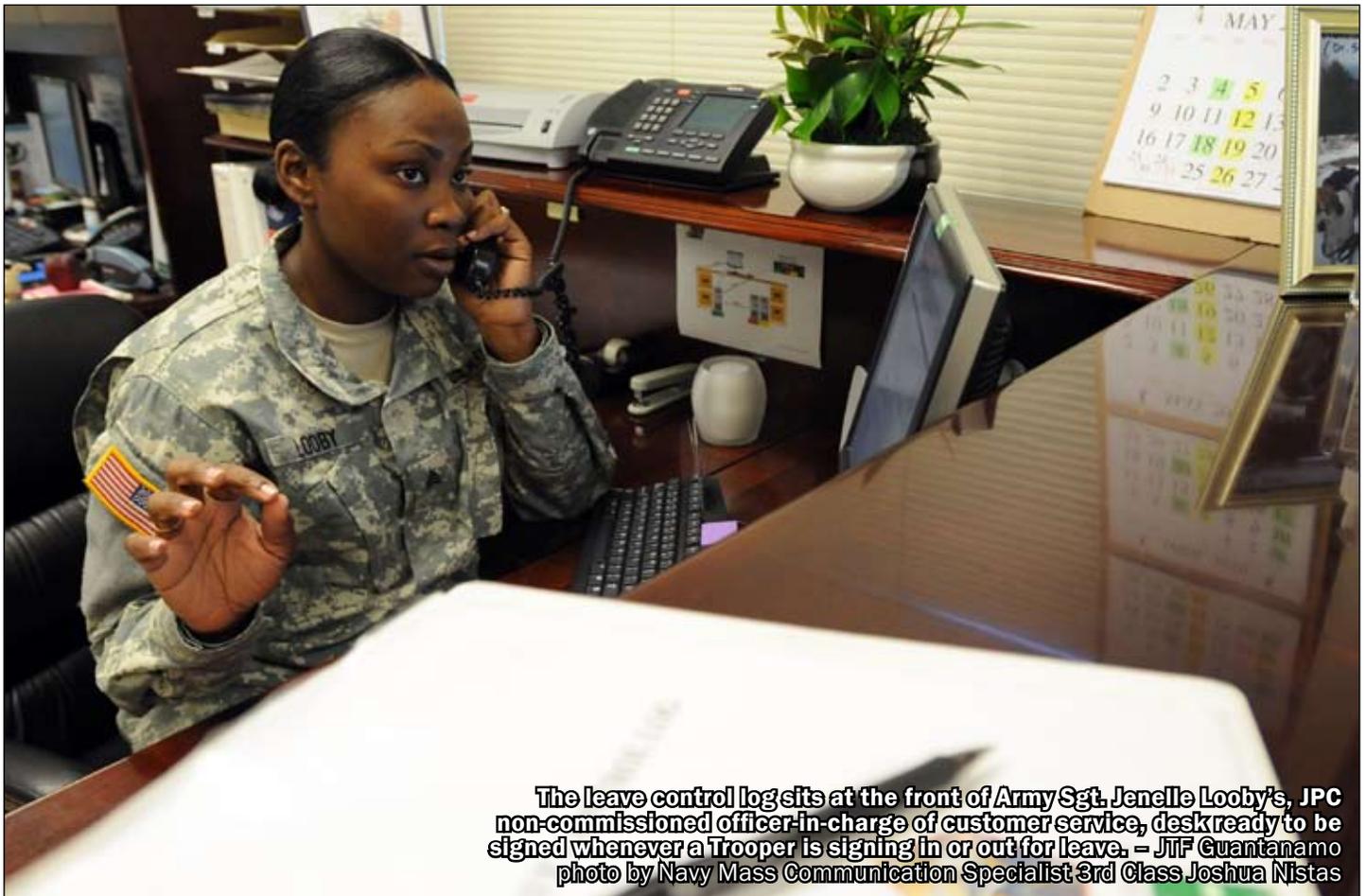
You can sign out for leave by calling ext. 8081 or by visiting the J-1 Web site on the Intranet (<https://intranet/j1/leave.html>). Once you are on the site, click "sign in/sign out e-mail link." In the subject line type "signing in for leave" or "signing out for leave," whichever is applicable. The remainder of the instructions are self-explanatory.

"Both of the additions are great tools," Looby said, "because it eliminates the hassle of having to come to the JPC to sign in and out."

Williams added that his team has adapted well to the new system, but he is not surprised.

"The team here at the JPC has taken up the new system like they do with everything else," Williams said. "They're all hard working and dedicated. Whatever we need them to do, in any situation, they will do it."

Looby thinks the R&R program is great, saving Troopers time and money. ✦



The leave control log sits at the front of Army Sgt. Jenelle Looby's, JPC non-commissioned officer-in-charge of customer service, desk ready to be signed whenever a Trooper is signing in or out for leave. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas

Army Command Sgt. Maj. Gary Fowler (far right), outgoing JDG command sergeant major, and Navy Damage Controlman Chief Noel P. Gaon take Army Command Sgt. Maj. Mark Porrett, incoming JDG CSM, on a walk through of Camp 6 to show him the facility, May 3. – JTF Guantanamo photo by Army Spc. Tiffany Addair



Farewell to Fowler

Army Spc. Tiffany Addair
JTF Guantanamo Public Affairs

Army Command Sgt. Maj. Mark Porrett assumed the role of command sergeant major of the Joint Detention Group from Army Command Sgt. Maj. Gary Fowler during a ceremony May 7 at Naval Station Guantanamo Bay.

The JDG trains and equips both Army and Navy Troopers to support the overall Joint Task Force Guantanamo mission of safe, humane, legal and transparent care and custody of detainees.

Fowler assumed the role of JDG command sergeant major in February 2009 and has proudly served in the Army for more than 25 years. After departing GTMO, he will head to Washington, D.C.

“My next assignment is at the Pentagon,” Fowler said. “I will be the senior enlisted advisor to the provost marshal general, [Army] Brig. Gen. Colleen McGuire.”

Fowler led the JDG through eight Navy Expeditionary Guard Battalion companies and three rotations of Army National Guard units. On any given day he was responsible for approximately 1,100 Soldiers and Sailors. Over his two years he never took this challenge lightly. He noted that one of the most trying tasks was keeping his

Soldiers’ and Sailors’ heads held high.

“The most challenging task I’ve had to deal with here has been the political aspect of the camps,” Fowler said. “It’s challenging to keep the troops’ motivation up doing the mission they are doing. In spite of what sometimes seems to be a negative opinion [in the media], it’s tough to keep them proud of what they are doing.”

Fowler commended his troops for their continued efforts and a job well done, despite the complicated mission at hand.

“The most rewarding part of my job here is working with the Soldiers and Sailors every day, and seeing them do the great job that they do,” Fowler said. “They remain professional no matter how they are treated and continue to do what they are tasked to do. It doesn’t matter what they get in return. They treat the detainees professionally and how they would want to be treated. We have a remarkable, exceptional bunch of young people working for us.”

The JDG is multi-faceted, comprising military members from different service branches and civilians, and Fowler strived to keep the team working together smoothly. “During my two years, I tried to keep the team together, focused and moving in the right direction,” Fowler said.

Porrett, the incoming JDG CSM, has been in the Army for more than 25 years as

well, and is coming from the 14th Military Police Brigade at Fort Leonard Wood, Missouri.

He has been a command sergeant major for five years and thinks his duties are awesome.

“Not only am I the senior enlisted adviser to a commander at the battalion or brigade level, but I am also an advisor to first sergeants, company commanders and officers,” Porrett said. “I get to affect the training, lives and missions of all the units I am assigned to.”

Porrett believes the JTF mission is an important one and affects not only our nation, but the world’s position on the war on terror. Porrett feels honored to have been selected to come down here and be a part of the task force.

“It is a privilege to not only lead Soldiers, but to be a part of the joint world,” Porrett said.

Porrett gave words of encouragement to the Troopers and praised them for the tough job they do.

“Embrace the mission and the impact you are having, because every day you make history,” Porrett said. “Few will know what you are doing, few can do what you are doing and most would not want to

Summer, MWR sports

Navy Mass Communication Specialist 1st Class Edward Flynn
JTF Guantanamo Public Affairs

Summer will soon be upon us and Morale, Welfare and Recreation is prepared. MWR is sponsoring a host of exciting athletic opportunities for Joint Task Force Guantanamo Troopers and the Naval Station Guantanamo Bay community.

Although being on a remote military installation with a diverse community can often present unique challenges, MWR continues to make great strides to provide a broad range of activities for residents.

"I believe everyone should make the most out of their tour here and participate in all opportunities you can for personal, physical, emotional and spiritual growth," said Army Capt. Nicholas Pacheco, company commander of the 115th Military Police Company, Rhode Island Army National Guard. "Sports and physical fitness allow you to build esprit-de-corps, develop a sense of teamwork, increase your physical stamina and pass the time here in Guantanamo."

The extensive list of upcoming tournaments and sporting events planned over the next few months includes a basketball and volleyball tournament and road race to be held over the Memorial Day weekend, a soccer and softball league and a 1-pitch softball tournament held on our country's birthday, July 4th. Other athletic activities that will take place later in the summer include a power lifting and weightlifting competition, and even a family fun day at the Windjammer pool.

"Sporting events divert the community's attention from boredom and homesickness and also allow them to relieve stress," said

Robert Neuman, MWR sports coordinator. "They also encourage sportsmanship, unit cohesiveness and are a way to get or stay fit."

Staying in good physical condition is also an integral part of mission readiness and a great way to take your mind off the everyday grind.

"Playing sports is a great outlet to relieve stress," said Navy Lt. Cmdr. Joshua Kenton, a member of an MWR sponsored softball team and Joint Stress Mitigation and Restoration Team officer-in-charge. "MWR offers a wide variety of options and it appeals to everyone."

Other sporting activities or facilities managed by MWR include access to their marina, sailing center, paintball course, nine-hole golf course, nine-hole disc golf course, bowling center, football field and track, baseball fields, swimming pools, batting cages, a skate park, putt-putt golf course, go carts, tennis facilities, beach volleyball courts, racquetball, weight and cardiovascular rooms, water sport rentals, indoor and outdoor basketball courts, fitness classes, hiking/biking trails and playgrounds.

Additionally, through the recent work and funding provided by MWR, state-of-the-art athletic equipment was installed at G.J. Denich Gym. The new equipment includes approximately 38 pieces, including cardiovascular equipment and free weights. Immediately following this improvement project, more than 50 new pieces of similar equipment were also installed at Marine Hill. This equipment will allow for a complete workout of all body parts, utilizing fitness, sports, bodybuilding and rehabilitation techniques.

For more information about future MWR sporting events, contact Robert Neuman at ext. 2113. ☆



Joint Task Force Guantanamo Troopers with the Rhode Island Army National Guard's 115th Military Police Company and the 525th Military Police Battalion practice their football skills at Cooper Field Sports Complex, May 3. – JTF Guantanamo photo by Navy Mass Communication Specialist 1st Class Edward Flynn



A break from the ordinary

Navy Mass Communication Specialist 2nd Class

Zachary Harris

JTF Guantanamo Public Affairs

All choices have consequences, whether they are positive or negative. For Phil (Steve Carrell) and Claire Foster

(Tina Fey) one seemingly innocent choice leads to a night of surprises at every turn. In "Date Night," Phil and Claire attempt to break out of a rut in their normal married life, which leads them down a path that changes their lives forever.

The Fosters lead a quiet life. Phil is an accountant, Claire is a realtor, both professions that are typically not exciting and compliment their routine lifestyle.

Between dealing with their children and a full day of work, the romance in their relationship is stagnant and leaves both parties wondering if this is what the rest of life together will be like.

After learning that another married couple they know is getting divorced, Phil sets out to avoid the same fate by breaking from their ordinary date night routine by taking Claire into New York City for a dinner at a new exclusive restaurant.

When they are unable to get a table at the trendy restaurant, Phil decides to claim the reservations of a couple that seems to have disappeared. This small, seemingly insignificant choice sets the stage for the rest of their night.

The couple is approached by a pair of gentlemen, Collins (Common) and Armstrong (Jimmi Simpson), who the Fosters assume work for

the restaurant. Claire and Phil are taken into the alley behind the restaurant and quickly realize they are in trouble for more than just taking another couple's reservation. Collins and Armstrong question the two about a missing flash drive that contains important information that is of concern to the local organized crime boss.

While leading the pair of thugs on a wild goose chase, Phil and Claire break free from captivity and head into Manhattan in an attempt to get help. At a police station, the Fosters learn that Armstrong and Collins are in fact corrupt cops. Detective Arroyo (Taraji P. Henson) attempts to take their statement, but the Fosters manage to slip away when she leaves her office momentarily.

At this point, Phil and Claire decide that they have to clear their names on their own. This leads the couple on a journey through the city with many hilarious scenarios playing out through the rest of the film. Carrell and Fey are funny together, but the rating of the film makes it hard to take the humor to the level of "The 40 Year Old Virgin" or "The Hangover." There are numerous scenes where an adult rating could have made the movie more entertaining.

The situational comedy in this movie is pretty funny due to Carrell's reactions and outbursts. Fey manages to play the nerdy, seemingly naïve wife well and is a good pairing with Carrell. While the PG-13 rating limits some humor in the movie, Carrell and Fey still manage to use quick wit to elicit a laugh from the audience. ☆

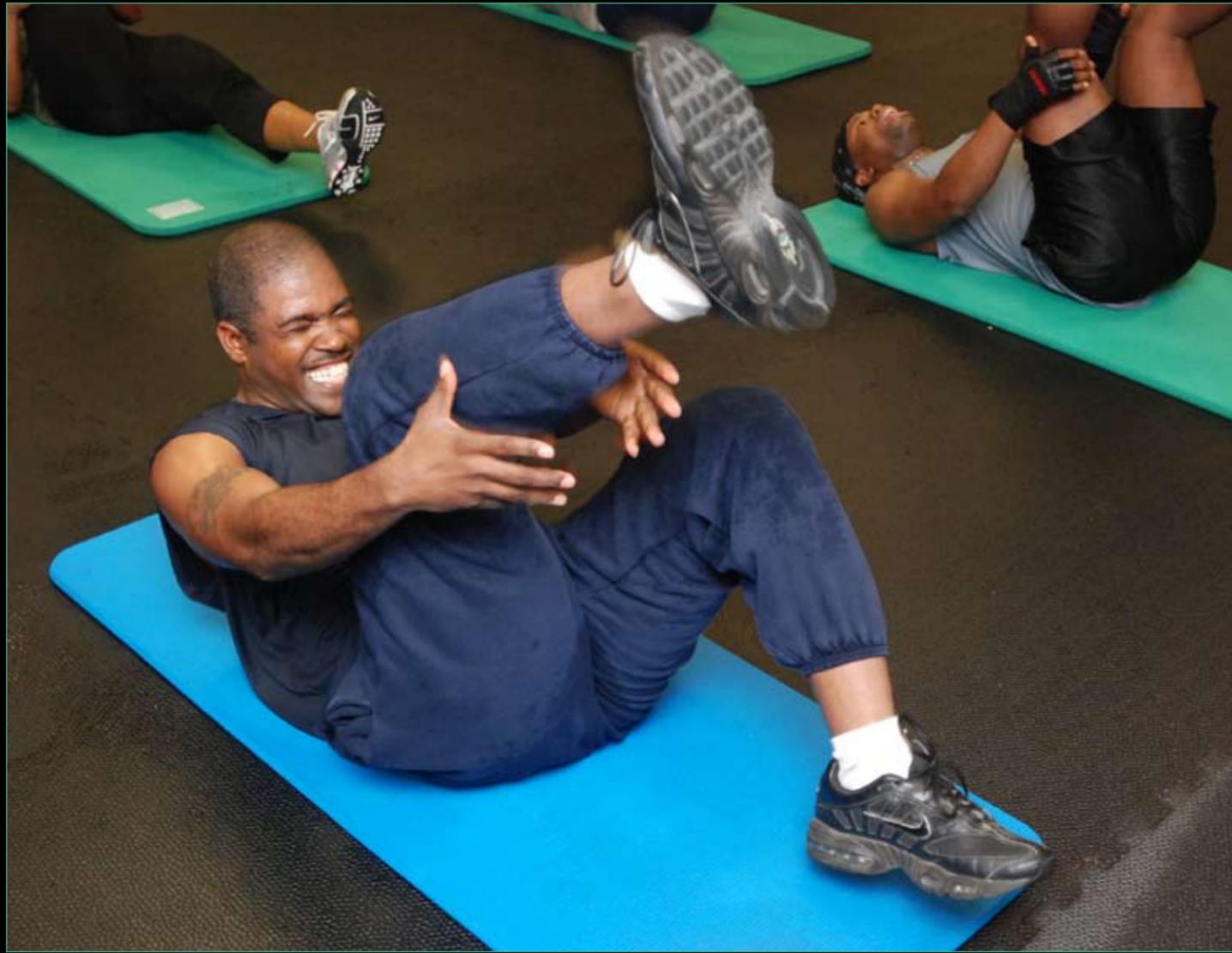
PG-13

88 minutes

Rating: ★★☆☆☆



FEEL THE BURN



JTF Guantanamo photos by
Marine Corps Lance Cpl.
Justin R. Wheeler and Air Force
Staff Sgt. Angela Ruiz

Troopers of Joint Task Force
Guantanamo participate in a
cardio kick boxing workout.
This 60 minute non-stop
cardio workout aids JTF
personnel by ensuring their
operational readiness is up
to speed by keeping them
physically fit. Cardio kick
boxing is offered Monday,
Wednesday and Friday at 6
p.m., and Thursday at 11:30
a.m. at Marine Hill Fitness
Center.



Benefits of TRICARE

Marine Corps Lance Cpl. Justin R. Wheeler
JTF Guantanamo Public Affairs

Any Trooper, whether active, Guard or Reserve, is eligible to receive TRICARE, but benefits vary depending on the sponsor's military status.

TRICARE is the health care program for the military.

"You won't have to worry about you or your family's medical problems," said Connie Schiltz, TRICARE beneficiary service representative for the Naval Station Guantanamo Bay hospital. "You have TRICARE. You can be sure that you're all taken care of."

However, TRICARE is not automatically given to service members and their families, she said.

The first step necessary to receive benefits is to register with the Defense Enrollment Eligibility Reporting System or DEERS. Without each individual name listed in the DEERS system, certain family members can go uninsured.

"Always keep DEERS updated," Schiltz said. "It's your responsibility. If we do not have the individual's information in DEERS, we cannot help."

Information should be updated when

a service member moves, gets married or divorced, or has a child.

After eligibility is covered, service members, retirees and dependants have the option of several plans offered to them based on their location and status. Among these, two health plans are used primarily: TRICARE Prime and TRICARE Standard.

"Service members with prime receive medical care for free," Schiltz said. "With Prime, however, you're also assigned a doctor, whereas with Standard you're allowed to choose."

TRICARE Prime does not, however, charge service members an out-of-pocket cost, but TRICARE Standard charges an annual fee with rates varying based on how many family members are enrolled.

For retired service members, TRICARE automatically changes their enrollment to Standard, but retirees do have the option to revert back to Prime.

Service members who've been discharged, and are not military retired lose their TRICARE benefits. Only under certain circumstances can those service members continue receiving benefits. Those circumstances are through the Continued Health Care Benefit Program.

"While you're looking for a new job after your service, the CHCBP can keep you covered," Schiltz said.

The CHCBP was designed to act as a bridge between military health benefits to a civilian health plan. The benefits of CHCBP are the same as TRICARE standard, although premiums have to be paid in order to enroll.

Those eligible under certain circumstances are: former active duty service members released from active duty and their eligible family members, former spouses who aren't remarried and were eligible for TRICARE before the date of divorce or annulment, children who did not meet the requirements to be an eligible family member and were eligible for TRICARE on the day before ceasing to meet those requirements and certain unmarried children by adoption or legal custody, according to the official TRICARE Website.

These CHCBP benefits range from 18 to 36 months, depending on the circumstances.

For more information about CHCBP call 1-800-444-5445. For more information about TRICARE in general call ext. 72017. ☆

This is NOT a suggestion!

Avoid restricted areas!

When hiking or biking around GTMO, obey posted warnings and stay on approved trails.

WARNING
RESTRICTED AREA - KEEP OUT
AUTHORIZED PERSONNEL ONLY

Happy Mother's Day

Marine Corps Lance Cpl. Justin R. Wheeler
JTF Guantanamo Public Affairs

"She is my motivation," said Army Sgt. Sonaina Singh, 525th Military Police Battalion, about her mother. "My mom is my sister, best friend and also my mother at the same time."

The recognition of a national tribute to mothers began May 9, 1905, when Anna Jarvis tried to fulfill her late mother's dream of having a memorial mother's day by campaigning the idea.

Nearly a decade later, President Woodrow Wilson issued a proclamation asking Americans to celebrate a day for mothers, according to the library of congress Website.

Americans and more specifically service members still carry out this tradition of the early 1900s and make efforts to please their mothers on

Mother's Day. This is all due to the positive contributions that mothers have made in society and throughout history, said Singh.

With the month of May upon us, Troopers draw attention away from their normal off-time activities and dedicate time to their mothers.

In America, Mother's Day is every second Sunday in May, this year it falls on May 9.

"It's to show appreciation to all the mothers everywhere," said Air Force Tech Sgt. Kevin Dyess, 186th Civil Engineering Squadron, Base Emergency Engineering Force, Joint Task Force Guantanamo. "It's our mothers who brought us into this world."

Everyone has their own way of showing affection on this day.

"I normally give a card to my mom and show her appreciation," Dyess said. "I buy my wife roses, and take her out to dinner."

For Singh, catching her mother off guard with surprises is her way of celebrating the day.

"First I would surprise my mom by going home without her knowing," Singh said. "Afterward I would take her to a place where she'd always dreamt of going, and later take her shopping for her favorite stuff."

Singh takes this approach because of her close relationship with her mother.

"My mom is my hero and my best friend," Singh said. "She does everything for me. I am very lucky to have my mother in my life!"

Dyess thinks that Mother's Day should be celebrated throughout the year to show extended thanks to moms.

"I think you should always do something special for her," said Dyess. "She raised me to have high morals and good standards. I'm repaying her for that." ★



FOWLER from 5

do what you are doing.”

He also applauded Fowler’s leadership and efforts over the past two years.

“Fowler has done a phenomenal job here,” Porrett said. “I can only try to add on where he left off.”

As Fowler’s time in GTMO comes to a close, he reflects back and gives final words and advice to his fellow non-commissioned officers and his JDG team.

“To the NCOs, I part with letting you know there is no knowledge like hands-on knowledge, so get out there and spend time with your troops and see what they are doing,” Fowler said. “There are certain responsibilities that we as NCOs are obligated to accept and take action on. To the Soldiers and Sailors, I am extremely proud of having been here for two years, being a part of history and seeing the magnificent job that you do under trying circumstances.”

Porrett and Fowler have followed each other side-by-side throughout their careers. They both came into the Army in 1984 and met each other in 1996. They attended the advanced non-commissioned officers course together and the sergeant major academy together. And, now, their paths cross once again – briefly – in GTMO.

Fowler ended his speech with words of

encouragement and admiration for Porrett.

“Good luck, [Command] Sgt. Maj. Porrett,” Fowler said. “I have known you for a long time and I know you will do a great job of leading and caring for these Troopers, looking out for our officers and tending to operations like a pro.”

Army Col. Donnie L. Thomas, JDG Commander, has worked with Fowler for a little over two months. Thomas spoke well of Fowler’s leadership and his untiring dedication to the mission.

“CSM Fowler’s consummate professionalism, tremendous leadership and wise counsel had a positive impact on this command,” Thomas said. “He spent thousands of hours inside the detention facilities and attended hundreds of guard mounts, each time offering critical review, and serving as a technical resource to the command. He was my most trusted adviser and Sailors’ and Soldiers’ tireless champion. He will be missed, and I wish him the very best at his next assignment.” ☆



Navy Damage Controlman Chief Noel P. Gaon displays the sink feature inside of an empty cell to Porrett at Camp 6, May 3. – JTF Guantanamo photo by Army Spc. Tiffany Addair

Did you know?



5 oz.



12 oz.



1 1/2 oz.

All the above contain the same amount of absolute alcohol. Drink responsibly. Designate a driver or call a taxi at ext. 75586.



Weathering the storm

Navy Culinary Specialist Senior Chief Patrick A. Campbell, the battle watch commander for Naval Station Guantanamo Bay's Emergency Operations Center, briefs naval station and Joint Task Force Guantanamo personnel during a basewide condition of readiness exercise at Bulkeley Hall, May 4. The EOC coordinates naval station and JTF Guantanamo operations in response to emergencies including natural disasters. – JTF Guantanamo photo by Army Sgt. Cody Black

Boots on the Ground

by Army Sgt. Cody Black

How are you showing your appreciation for Mother's Day?

Army Pfc. Kyle J. Wojcik

Navy Lt. Cmdr.
Joshua Kenton

Air Force Senior Airman
Kimberly R. Edmonds

Army Chief Warrant
Officer 2 Jessica Joseph



"I'm sending a bouquet of roses, a card and a gift certificate to Applebee's."



"I am giving my wife a full day spa and massage package at the Lacosta Resort."



"I'm sending a Mother's Day bouquet and a card, to show her how much I appreciate her."



"I will be spending the day with my daughter and mother in Texas."

Limiting your language

Air Force Lt. Col. William B. Ferrell
JTF Guantanamo Command Chaplain

I recently left GTMO for a week to get some medical tests done at the Navy Hospital in Jacksonville, Fla. My wife and daughter surprised me by driving down from South Carolina to spend three days with me while I was there.

On their last evening we went out on the large deck behind the Gateway Inn and Suites on the base, overlooking the St. John's River, to watch the sun go down. We

sat down at one end of the deck close to the water. The only other people out there were two men sitting near the middle of the deck. One was on a cell phone, and was talking loud enough for us to easily overhear what he was saying. It wasn't long before I heard him use the "f" word.

Normally if it's just me, I don't confront people about their language, but with my wife and daughter there, I got up and started walking toward him after he used the word a second time. By the time I reached him he had used the word two more times. I asked

him if he would please not use that kind of language around my wife and daughter and he apologized and did not use the word again.

I have read that Clark Gable was quite proud of the fact that he was the first person to use profanity in a major motion picture; his last line in "Gone with the Wind." I wonder if he would still be proud to see the extent to which vulgar and profane speech has become so normal that it is hardly noticed anymore.

The last time I confronted people about their speech was a group of teenagers on prom night. One of them grudgingly asked me if I didn't know this was a free country. My question is: Is that all you want to use your freedom of speech for?

I would strongly encourage you to aim higher. Profanity doesn't make you sound cool or more mature, and it adds nothing to what you are trying to say. The language you use really does matter. It says a lot about who you are and what you value.

As a chaplain I need to be very careful about the language I use when I pray or speak at staff meetings or other official military functions. Even though I am a Christian, I usually avoid using the name of Jesus or other specific Christian terms in my prayers in those settings, because I want to be respectful and inclusive of those whose beliefs are different from mine. I have to be aware of the setting and the audience and use language that is appropriate. I accept that limitation, because without it I wouldn't have the opportunity to speak or pray at all in a lot of settings.

I want to encourage each of you to be aware of your setting and audience, and use language that is appropriate. It isn't my place to tell you that you shouldn't use profanity, but you need to be aware that there are a lot of people who don't care to hear it.

When you indiscriminately use vulgar and profane speech in public, you are being disrespectful of those in range of your voice who don't want to be subjected to that kind of language. If you want to be shown respect, you have to be respectful of others as well. ☆



GTMO Religious Services

Daily Catholic Mass
Mon. - Fri. 5:30 p.m.
Main Chapel
Vigil Mass
Saturday 5 p.m.
Main Chapel
Mass
Sunday 9 a.m.
Main Chapel

Protestant Worship
Sunday 9 a.m.
Troopers' Chapel
Islamic Service
Friday 1:15 p.m.
Room C
Jewish Service
FMI call 2628
LORIMI Gospel
Sunday 8 a.m.
Room D

Seventh Day Adventist
Saturday 11 a.m.
Room B
Iglesia Ni Cristo
Sunday 5:30 a.m.
Room A
Pentecostal Gospel
Sunday 8 a.m.
Room D
LDS Service
Sunday 9 a.m.
Room A

Liturgical Service
Sunday 10 a.m.
Room B
General Protestant
Sunday 11 a.m.
Main Chapel
United Jamaican Fellowship
Sunday 11 a.m.
Building 1036
Gospel Service
Sunday 1 p.m.
Main Chapel

GTMO Bay Christian Fellowship
Sunday 6 p.m.
Main Chapel
Bible Study
Wednesday 7 p.m.
Troopers' Chapel
The Truth Project Bible study
Sunday 6 p.m.
Troopers' Chapel



Army Sgt. Barbara Guishard, Virgin Islands National Guard, covers potato salad at the Cuzco barracks kitchen, April 25. Guishard cooks breakfast and lunch every Sunday for her extended military family, feeding and building the morale of more than 20 service members. – JTF Guantanamo photo by Air Force Staff Sgt. Angela Ruiz

A dedicated chef

Air Force Staff Sgt. Angela Ruiz
JTF Guantanamo Public Affairs

What started out as an 8-year-old girl cooking a surprise dinner for her family is now a Cuzco barracks tradition of Sunday meals with an extended military family.

Army Sgt. Barbara Guishard, from the Virgin Islands National Guard, assigned to the staff judge advocate office with Joint Task Force Guantanamo, started cooking at 8 years old out of a coal pot (Caribbean charcoal cooking device), and now commands any kitchen like a seasoned chef. For this, she has earned her 15 minutes of fame.

After a full work-week in the SJA office, Guishard starts every Sunday at 5:30 a.m. in the kitchen and cooks breakfast and lunch for more than 20 service members and close friends deployed here.

Guishard was already working in a medial career field when she joined the military, but didn't want to pursue the same job in the National Guard.

"I already love to cook," Guishard said. "So when they told me that I could become a cook in the military, I just thought 'why not?'"

Guishard is a nurse and a dental assistant

when she is a civilian, and is one year of college away from her nursing degree. The college classes that she needs to complete her degree require time in a hospital and hands-on training, so being deployed here has put her degree on hold. However, she still continues to educate herself with other online classes.

"I'm [taking] a criminal justice course, which is going pretty well," Guishard said. "I should have my associate's by November."

Later this year Guishard is scheduled to take the first phase of the Basic Non-Commissioned Officer Course School. Along with teaching the basics of being a NCO, the course will incorporate her primary Military Occupational Specialty, food service specialist.

"Back home I cook for my niece, nephew and myself. Since being here, every Sunday I get up and cook," she said. "And every Sunday lunch is different. It's not the same dish every weekend."

Guishard enjoys trying new things when it comes to cooking even if she isn't the one to eat it.

"I don't eat meat, but I'll cook meat."
Her hardwork does not go unnoticed.

"I come and eat every Sunday" said Navy Religious Program Specialist 2nd Class Castonia Lee. "Where I'm from, we cook fish and chicken a whole lot different, so it's nice to taste the different spices and see how it can be cooked differently."

Lee added that on top of the food being delicious, it is cooked with heart and soul.

"It's nice to have someone here that cares about food so much," Lee said. "You can tell when you eat it that she puts her heart into it. It's so nice to have a home cooked meal."

Cooking brings back memories for Guishard. She picked up basic cooking skills by watching her family members. Guishard always loved to eat and she believes if you love to eat, you should learn to cook.

"[Cooking] sometimes reminds me of my grandma," she said. "I just stood up and watched my grandmother in the kitchen, that's where I learned to cook."

Guishard loves to cook and never gets tired of being in the kitchen.

"I enjoy doing it, so I just get up and start cooking, she said. "I know every weekend every body looks forward to that meal." ☆



Coast Guard Machinery Technician 1st Class Martin A. Bowley (left), Coast Guard Machinery Technician 3rd Class Milo A. Serrano (middle) and Coast Guard Boatswain's Mate 3rd Class A.J. White, all deployed to Joint Task Force Guantanamo with Maritime Safety and Security Team 91103, replace an air conditioner generator on a Response Boat Small-Charlie Class patrol boat, April 29. - JTF Guantanamo photo by Army Sgt. Cody Black



Army Spc. Edward L. Jones, combat medic with the Joint Medical Group, conducts a routine medical check-up on Navy Operations Specialist 1st Class Don L. McGowan, May 3. - JTF Guantanamo photo by Army Sgt. Cody Black



Newly frocked Navy Electrician's Mate Master Chief Petty Officer Carl A. Stewart, operations lead chief petty officer for the Navy Expeditionary Guard Battalion, is pinned by Navy Chief Warrant Officer Marcus K. Watkins (left) and Navy Machinist's Mate Senior Chief Jesus Magana (right) in Camp Delta, May 3. - JTF Guantanamo photo by Army Sgt. Cody Black

Around the

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