

THE WIRE

A JTF Journal



New 'sheriff' in town
525th welcomes new leadership
Air Force fitness test
BEEF pushes to meet standards



Military bearing

Air Force Senior Master Sgt. Larry McQueen
474th ECES Electrical Supervisor

Military bearing is a standard we use throughout the armed forces to keep us focused on good discipline and sound ethical choices. It is an integral part of every uniformed Trooper's ethic and is essential in conducting daily operations and duties with the utmost respect and order.

Many factors comprise good military bearing, such as professionalism, respect, integrity and honor. Instilling these traits in our work and our daily lives can help to maintain a positive and strong sense of military bearing.

Professionalism in the workplace is an extremely desirable trait. It is directly associated with a well-educated, competent, and goal-oriented individual. Being a professional also means a service member is loyal and trustworthy. Professionalism not only defines one as a skilled member of one's field, but elevates one to a higher echelon of diligence and leadership. It allows Troopers to operate in a manner that is essential in daily job skills and office organization. Professionalism helps not only in an office environment, but in the field as well. It allows Troopers to maintain a good sense of military bearing no matter the situation at hand.

It is also important to understand the aspect of respect in relation to military bearing. To command respect and to give respect is one of the oldest military traditions we have. Respect is a key element in the rank structure of our armed forces that allows us to operate within the chain of command. Without the proper respect all military bearing would be lost. Having respect for oneself, as well as one's peers, demonstrates how our armed forces operate and are held to a greater standard than other organizations throughout the world.

Having good integrity is a defining characteristic of a service member's military bearing. It is his or her job to perform duties to the best of his or her ability and to the highest standards that are set forth by the respective branches. Integrity is a measure of one's honesty and willingness to perform to a high set of morals and values. It is important not to let anyone compromise one's integrity by acts of dishonesty, fraud or abuse of resources.

Honor is often associated with words such as glory, distinction and dignity. It is a word that describes Troopers who display the utmost respect and class. To have honor, you have to be a strong-willed and truthful individual. Honor is a quality that is synonymous with military bearing and principle, and should be held to the greatest degree by all service members.

There are, indeed, many factors that weigh in on a service member's ability to possess solid military bearing. These are just a few good examples of traits to adhere to which will help keep it intact. It is everyone's duty to express the proper military bearing at all times, but it is ultimately the individual's actions which defines him or her as a good Trooper. 🇺🇸



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COVER:

A Soldier with the Rhode Island National Guard's 115th Military Police Co. watches from an observation tower at Camp Delta, July 7. - JTF Guantanamo photo by Air Force Tech. Sgt. Michael R. Holzworth

BACK COVER:

A vulture takes flight, June 7. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas

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.

Keeping JTF rolling

Army Sgt. Tiffany Addair
JTF Guantanamo Public Affairs

One by one, the J-4 motor pool transportation office is replacing old vehicles with new ones. The motor pool provides Joint Task Force Guantanamo Troopers with vehicles to get from one point to another, and ultimately, to accomplish their mission.

Recently, the J-4 signed a new contract which allotted replacement vehicles for some older ones.

"All the vehicles that we have are under either several different contracts or Joint Task Force Guantanamo owns them straight out," said Army Staff Sgt. Louin E. Chung, J-4 motor pool non-commissioned officer-in-charge. "The majority of the vehicles are through contracts. The contract expired and we opted not to renew the contract. A lot of the vehicles have high mileage and have endured simple wear and tear, so we opted to change out the contract."

According to Carol Hale, a licensing and dispatch agent with J-4, there are 162 new vehicles coming on island to replace older vehicles. Fifty-three have already arrived and the rest are coming in waves. Newer vehicles will yield less of a wait time when it comes to maintenance.

"Because we are getting new vehicles with a lot less mileage, they spend a lot less time at BREMCOR for maintenance, and the newer vehicles are less susceptible to breakdowns or maintenance failures," Chung said.

Although the motor pool provides Troopers with the luxury of a set of wheels, vehicles do not come without responsibility.

Once the owner signs for a vehicle, it is his or her responsibility to conduct weekly preventative maintenance checks and fill out the forms provided by the motor pool, maintain the cleanliness of the vehicle and immediately report any damage to a vehicle. The JTF vehicles are required to be brought to the motor pool every 60 days for a re-dispatch. The vehicles brought in, whether for re-dispatch or maintenance, need to be clean. Due to a high number of damaged and dirty vehicles, the motor pool is cracking down on vehicle appearance and upkeep.

"Our biggest problems are cleanliness and accident reporting," Chung said. "Right now I am up to about \$27,000 in statement of charges initiated by this office with damage to our vehicles."

Chung emphasized the importance of reporting an accident to the naval station master-at-arms.

"A lot of drivers or Troopers get into an accident and they either don't report it or they don't notice it, say it is on the blindside, but you are supposed to look at your vehicle at least once a day and report it as soon as possible," Chung said. "The master-at-arms won't do a report for an accident after 48 hours. So, after 48 hours a report won't be filed and that is the tool I use to figure out who should be charged and who shouldn't be charged. That leaves me no choice but to charge the person who signs the dispatch."

If a driver is found liable for damages to a vehicle after the report has gone through the proper channels, the money to fix the damage comes from his or her pay.

For Troopers with vehicles needing fluids, a jump-start for a dead battery or put air in the tires, the motor pool is ready.

"We provide all fluids, except gasoline," Chung said. "We have windshield washer fluid, brake fluid, coolant and engine oil. So, you just come in and tell us you need fluid and that is it, we give it to you."

Chung reminded Troopers of their responsibility of taking care of the vehicles signed out to them.

"The last set of vehicles we turned in were in really bad shape, so remember when you sign the dispatch you are responsible for that vehicle," Chung said. "It doesn't matter if you lent it to someone and they got in an accident, you are responsible for it. Take care of your vehicle and follow all the procedures and everything will be alright."

To dispatch or turn-in a vehicle for service, visit the motor pool from 7:30 a.m. to noon. If picking up a vehicle, getting a license issued or any other administrative needs, visit them from 1 p.m. to 4:30 p.m. 🇺🇸



Army Spc. Lindon Dagou, J-4 vehicle control officer, lifts the hood of a vehicle to perform preventative maintenance, July 12.
- JTF Guantanamo photo by Army Sgt. Tiffany Addair

525th changes command

Marine Corps Lance Cpl. Anthony Ward Jr.
JTF Guantanamo Public Affairs

The 525th Military Police Battalion held a change of command and change of responsibility ceremony at Windmill Beach, June 13.

Joint Task Force Guantanamo Troopers and the Soldiers of the 525th MP Battalion said goodbye to Army Lt. Col. Alexander Conyers, outgoing commander, and Army Command Sgt. Maj. Steven M. Raines, outgoing senior enlisted leader, and welcomed Army Lt. Col. Christopher V. Wynder, incoming commander, and Army Command Sgt. Maj. Daniel F. Borrero, incoming senior enlisted leader.

The Soldiers of the 525th MP Battalion are among the most dedicated and professional Soldiers in the Army, said Col. Donnie Thomas, commander of the Joint Detention Group.

Thomas credits the 525th's steadfastness, attention to detail and honor-bound mentality to the leadership of both Conyers and Raines.

Wynder was commissioned in 1992 as a second lieutenant in the Military Police Corps and served as platoon leader for the 188th MP Company, 728th MP Battalion in Taegu, Korea, as well as various other commands.

Wynder also has served as plans and readiness officer, deputy division provost marshal, executive officer, deputy commanding officer and joint doctrine developer.

Upon receiving command of the 525th MP Battalion Wynder stated that "it is an honor to lead America's finest young men and women, and I thank you for your service and consider it an honor to serve with each of you."

"It truly has been an honor," Conyers



Army Command Sgt. Maj. Steven M. Raines holds the Army NCO sword before passing it to Army Lt. Col. Alexander Conyers. - JTF Guantanamo photo by Air Force Tech. Sgt. Michael R. Holzworth

said about serving with the Soldiers he has commanded for the last 24 months.

The South Carolina native enlisted in the Army in 1983, was on active duty for two years and later spent four years as a unit supply specialist for the South Carolina National Guard.

After receiving his commission of second lieutenant, he joined the Army Military Police Corps.

Conyers served in a variety of positions from platoon leader and professional development officer to aide-de-camp and company commander.

Throughout his career Conyers has come across Wynder's path, relinquishing command to him four times at four separate

commands.

The responsibility of leading and taking care of these Soldiers's well-being will fall not only to Wynder, but also to Borrero.

Borrero, born in Manhattan, N.Y., in 1969, joined the Army in 1987.

Originally awarded the military occupation specialty nuclear weapons specialist, he attended reclassification training in 1993 and was given the military policeman MOS and proceeded to receive further training to become a corrections non-commissioned officer.

He has held many different duty assignments and positions, from special reaction team member and force cell move team leader to assistant non-commissioned officer-in-charge and senior enlisted adviser.

"I look forward to the fellowship and challenges ahead," Borrero said.

Borrero assumes duties as command sergeant major from Raines, whom he credits for setting him up for success of the 525th MP Battalion.

Raines, a Weston, W.Va. native, entered the Army in 1985 and completed basic training and advanced individual training for military police at Fort McClellan, Ala.

Raines has held positions as military police patrolman, patrol supervisor, operations NCO, training NCO, platoon sergeant and chief, company first sergeant and command sergeant major.

Raines will head to the 705th MP Battalion, Fort Leavenworth, Kan., and Conyers will assume command as the MP Branch Chief for the Human Resource Center, Fort Knox, Ky. ★



Soldiers with the 525th Military Police Battalion present arms for colors during a change of command and change of responsibility ceremony. - JTF Guantanamo photos by Air Force Tech. Sgt. Michael R. Holzworth



TOTAL ECLIPSE

**Navy Mass Communication Specialist 2nd Class
Shane Arrington**
JTF Guantanamo Public Affairs

Eclipse, the latest movie in the Twilight saga, makes two hours feel like four. Those interested in the series can skip this movie without having missed any of the story. With the exception of one admittedly epic fight scene, the movie drags on like a run up John Paul Jones Hill.

The movie opens up with a vampire, Edward Cullen (Robert Pattinson), and his human love interest, Bella Swan (Kristen Stewart), in a field of flowers. Their conversation sounds like a scene out of Hamlet: to turn into a vampire, or not to turn into a vampire. This scene starts what will be the standard shot throughout the movie, extreme close-up. Within the first five minutes you can count the number of freckles around each actor's mouth. If director David Slade thinks he is covering up the horrifically lazy screenplay with substandard cinematography, he is sadly mistaken.

Edward and werewolf Jacob Black (Taylor Lautner), spend the entire movie verbally sparring for the affection of Bella, who spends the entire movie being a tease and never knowing what she wants. So for two hours you find yourself wondering why they don't leave her in the middle of the woods to fend for herself and just go about their lives.

Underneath the back-and-forth childish love triangle, there is a point to the movie, even if it is difficult to find.

A fiery red-head vampire beauty, Victoria (Bryce Dallas Howard), is trying to kill Bella to avenge Edward's killing of her lover. She is raising an army of "newborns," freshly made, super strong vampires, to plow through Edward and his family to end Bella's life.

It's this threat that brings together Edward and his family, who are all vampires, and

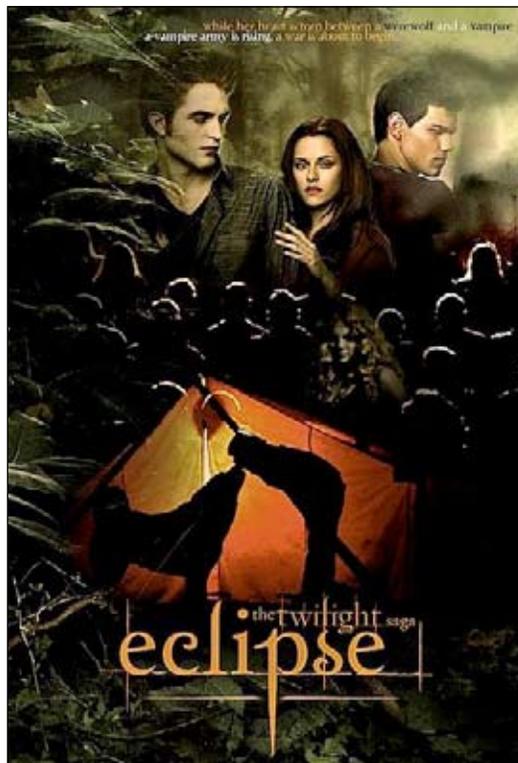
Jacob and his pack. Bella is portrayed as an idiotic child who can't make a decision to save her life, but she does cause two ancient enemies to come together to protect her. If nothing else she is great at using people for her own benefit.

At this point comes the best two minutes of the movie. Vampires and huge werewolves going at it is pretty awesome to watch. It's a shame it doesn't last longer. Once the fight is over it goes back to the same old boring story.

Since Bella, Edward and Jacob are the main characters, and teens and soccer moms everywhere would cry if any of them died, you can guess which side prevails.

The movie ends with Bella and Edward back in the flower field. I would like to take a moment to point out that in this world, the only negative to being a vampire is they sparkle in the sun. Well the sun is out both times they are in this flower field and there wasn't one sparkle. I guess the budget is so depleted after overpaying the talentless actors they could not afford a little body glitter.

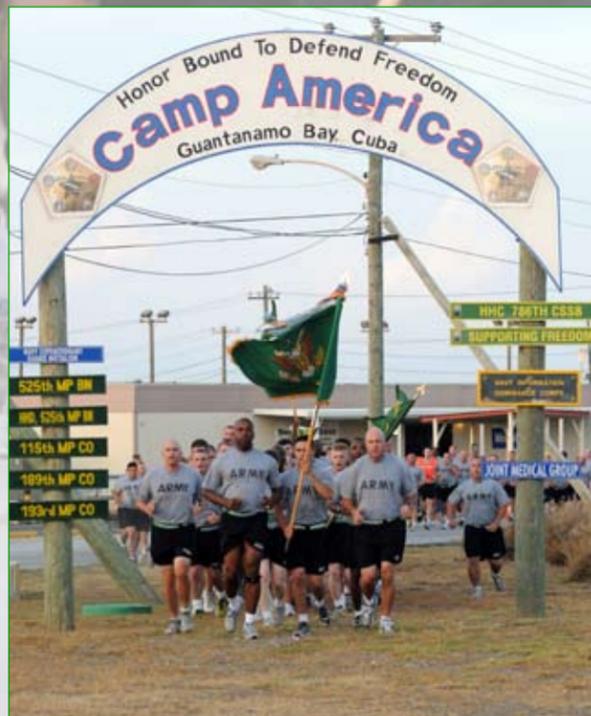
That is just one example of the sheer laziness that makes this movie not worth watching. The first two are decently put together, but there is no excuse for Eclipse. ☆



R
124 MINUTES
RATING: ★★☆☆☆

525TH MP BATTALION RUN

JTF Guantanamo photos by
Air Force Tech Sgt. Michael R. Holzworth
and Navy Mass Communication
Specialist 3rd Class Joshua Nistas



New standards spark motivation



Air Force Troopers with the 474th Expeditionary Civil Engineering Squadron do flutter kicks during a physical training session at Cooper Field, July 8. – JTF Guantanamo photo by Army Sgt. Tiffany Addair

Army Sgt. Tiffany Addair
JTF Guantanamo Public Affairs

In 2004, the Air Force replaced its physical fitness test with an annual test consisting of four components: body composition, one and a half mile run, pushups and sit-ups. On Jan. 1, 2010, the Air Force again revamped its fitness program and the 474th Base Emergency Engineering Force created a physical training (PT) program to help Airmen meet the mark.

Under the new standards, Airmen will be tested twice a year and have to achieve a minimum passing score in each component, and receive a total score of at least 75 out of 100.

The BEEF is made up of Airmen from two National Guard squadrons, the 186th Civil Engineering Squadron out of Mississippi and the 102nd Civil Engineering Squadron out of Massachusetts. Comprising 41 personnel, supports the unit Joint Task Force Guantanamo by maintaining the Expeditionary Legal Complex and Camp Justice facilities and infrastructure.

The new PT program was implemented at the beginning of February and had its challenges at first.

“The toughest part about starting the PT program was getting everyone on board, as far as this was the thing to do, and get everyone in shape,” said Air Force 2nd Lt. Bobby Threatt, deputy commander of the 474th. “Once they started losing weight and getting into shape, pretty much everyone jumped on board.”

The BEEF conducts formal PT three days a week, working on three of the four components of the fitness test, which all work toward the final component: body composition. In total, they have lost 475 pounds and have watched inches drop from their waists. In addition to organized work-outs, they had a nutritionist come speak to the Airmen in March and have seen significant improvements in their health.

“The health benefits have been [huge],” said Air Force Chief Master Sgt. Tullus Johnson, chief of operations. “Some of our guys have been taken off blood pressure medication and their cholesterol numbers have dropped dramatically. That is the best benefit of all.”

Johnson has shed 40 pounds and lost eight inches around his waist line.

The Airmen have had encouragement across the board, from Air Force Lt. Col. David M. Kennard, commander of the 474th, Threatt and Johnson, but ultimately it has been the individual work put in that has produced the results.

“The commander, [Threatt] and I, all we have done is just encourage and educate the guys and try to motivate them,” Johnson said. “They have done it themselves. In the evenings they go out and do PT on their own.”

A few members have taken it one step further beyond the formal PT sessions.

“Some guys, including myself, walk five to eight miles in the evenings Monday through Friday and on Saturdays we walk 15 and a half miles,” Johnson said.

Threatt commended all the Airmen on a job well done and expressed his satisfaction with the results that were achieved.

“I am very proud of everyone,” Threatt said. “They have done an excellent job. Doing PT three times a week is a good thing in all, but they have really taken it upon themselves to do it on their own time. I am just real proud of them and all the hard work they have done.”

Before the new program was established, many of the Airmen would not have met the new standards. Now, five months later, the majority of the BEEF is meeting or exceeding the standard. Approximately 25 percent of the Airmen are scoring excellent on their fitness test. ☆

Maintaining security

Navy Mass Communication Specialist 3rd Class Kellie Bliss
JTF Guantanamo Public Affairs

Standing watch is an important part of every military command. Whether on a ship, in the field or at the desk of the Joint Task Force Guantanamo headquarters building, the watch stander must devote his or her full attention to the duty.

The JTF quarterdeck watch is a stationary watch located at the main entrance to the JTF headquarters building. Quarterdeck watch standers are comprised of JTF personnel ranking E-6 and below. While on duty, watch standers must manage the orderly flow of activity and maintain the professional appearance of the quarterdeck.

Higher ranking personnel are labeled as watch standing officers and make sure shift changes run smoothly and that watch standers receive proper relief for breakfast, lunch and dinner.

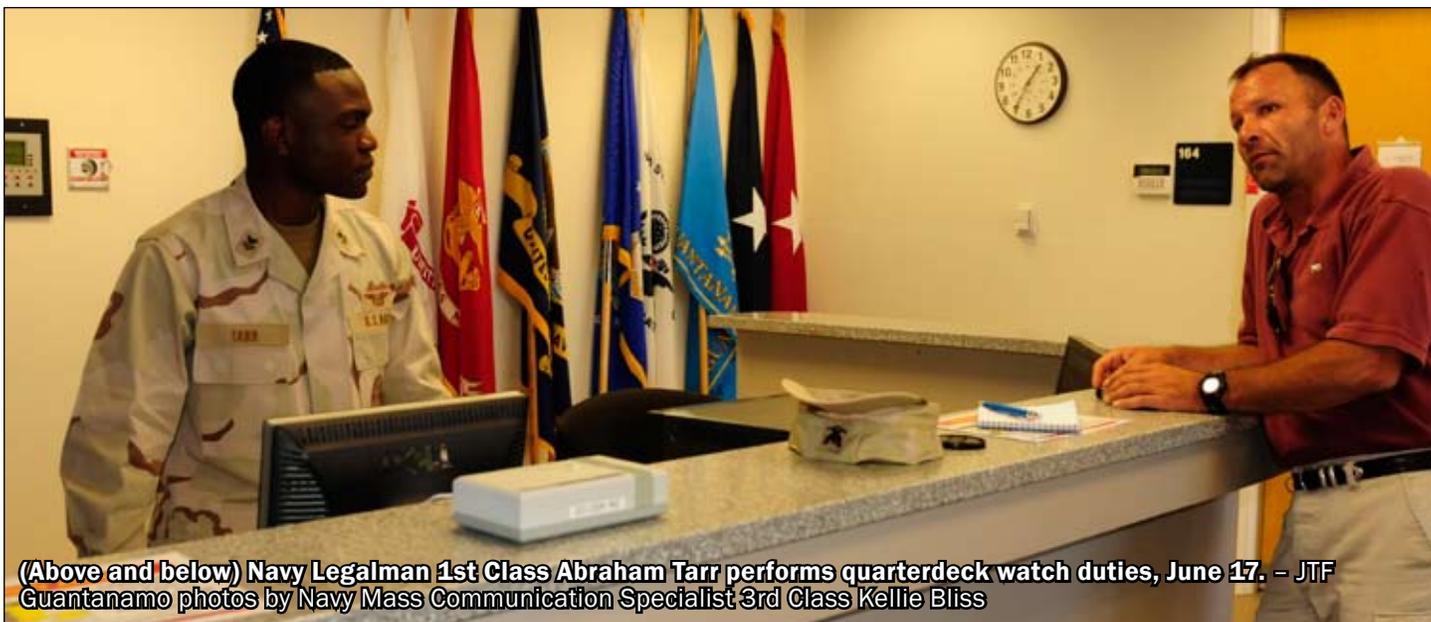
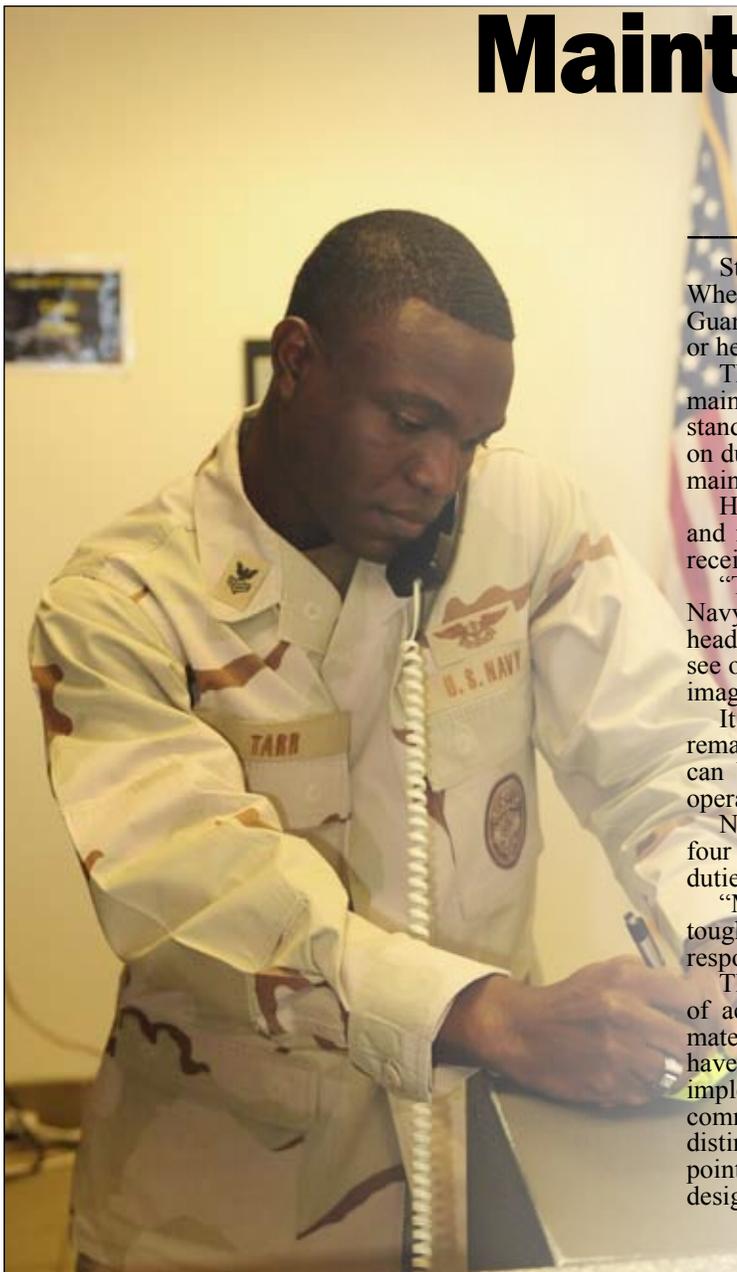
“The watch standers are the eyes and ears of the command,” said Navy Intelligence Specialist 1st Class Bradley Timmington, JTF headquarters watch bill coordinator. “They are the first thing people see once they come in this building and it’s important to have a good image.”

It is important for every watch stander to maintain vigilance and remain courteous during the duration of the watch. Sometimes this can be a difficult task for service members during peak hours of operation.

Navy Legalman 1st Class Abraham Tarr has had quarterdeck watch four times since being stationed at JTF-GTMO. He finds some of the duties more challenging than others.

“Multitasking and staying alert to everything going on is the toughest part of standing this watch,” Tarr said, “other than that, the responsibilities are easy and clear.”

The shifts have many responsibilities, including the control of access to JTF Headquarters spaces and making sure classified material is handled properly. The watch stander ensures all personnel have proper identification before entering the building. He or she also implements emergency procedures, serves as a conduit for urgent communications and renders proper honors and courtesies to all distinguished visitors. Watch standers assist visitors in identifying points of contact within the facility and provide other support as designated by higher authorities. 🇺🇸



(Above and below) Navy Legalman 1st Class Abraham Tarr performs quarterdeck watch duties, June 17. – JTF Guantanamo photos by Navy Mass Communication Specialist 3rd Class Kellie Bliss

Water Safety Tips

- * Perform an equipment check before engaging in boating, diving, snorkeling or any other water activities
- * Swim in safe areas only
- * Never swim alone
- * Be cautious at all times, especially when swimming at unguarded beaches
- If in doubt, DON'T GO OUT!

If caught in a rip current:

- * Remain calm to conserve energy and think clearly
- * Never fight the current
- * Swim out of the current, in a direction following the shoreline
- When out of the current swim at an angle away

For more water safety and summer safety tips, visit the JTF GTMO Intranet homepage.

Boots on the Ground

by Navy Mass Communication Specialist 3rd Class Kellie Bliss

What is your random quote of the day?

Navy Legalman 2nd Class
Sundae Lewis



"Nothing in this world happens to you, it happens for you."

Army Pfc. Charone Shivers



"He who sits on a hot stove shall rise again."

Navy Lt. Gilbert Saenz



"Love thy enemy."

Air Force Master Sgt.
Thomas Irby



"Today is yesterday's tomorrow."

God's dimension

Air Force Maj. Kenneth D. Brown
Deputy Command Chaplain

“For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord. “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts,” Isaiah 55:8, 9.

I once read a book entitled Flatland. Flatland is set in a two-dimensional world. The citizens of Flatland could see forward and back, left and right, but had no understanding of up or down. Imagine a world in which one could not see the sun, moon, stars, rain, or for that matter, trees and flowers. In Flatland, even objects we would consider short would be invisible. Such a world seems strange indeed for those of us accustomed to a three-dimensional world that any other type of existence is difficult to conceive.

In the course of the book, one of the characters gained an understanding of up and down and an entire new world opened up for him. He began to understand why there is light during the day and darkness at night. He was able to explain why the ground was sometimes wet and sometimes dry. He was even able to look down into people's homes and to observe the daily patterns of life. Such a freedom gave him a sense of joy he had never experienced. He was so excited with his new understanding he decided to share his newfound discovery with his fellow inhabitants. The people of Flatland rejected his message and accused him of being a troublemaker, and began blaming him for some of the problems and difficulties which arose in their land. Eventually they put him in prison sentenced him to death.

The people of Flatland had an understanding of their world that was far too simple, a view which denied reality. They began finding fault with one who possessed greater knowledge and understanding than themselves. And so it is in our understanding of God. He possesses knowledge and understanding so much greater than our own we cannot conceive its dimension. He

understands the problems and difficulties we encounter and wants to share His joy and freedom with us. Yet so often we reject Him and accuse Him of causing trouble in our life and blame Him when we experience distress and despair. Such is not reality. God stands ready to help us whatever our circumstance or need. The prophet Jeremiah states in the Old Testament, “Call upon me and I will answer you, and I will tell you great and mighty things, which you do not know,” Jer 33:3. Have you called on God lately? He is waiting to show you some amazing things. ☆



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

Catholic Mass

Saturday 7:30 p.m.

Troopers' Chapel

Sunday 7:30 a.m.

Troopers' 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 Christo

Sunday 5:30 a.m.

Room A

Pentecostal Gospel

Sunday 8 a.m.

Room D

LDS Service

Sunday 10 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



Coast Guard Electronics Technician 1st Class Ted Williams, with Maritime Safety and Security Team 91104, changes a spark plug on an outboard boat engine, July 12. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas



Air Force 2nd Lt. Bobby Threatt, deputy commander of the 474th Expeditionary Civil Engineering Squadron, hammers a nail into a support beam for a vehicle checkpoint structure, July 6. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas

Around the

JTF

Army Spc. Anthony Berkowitz gives religious items to a detainee inside Camp Delta, July 7. - JTF Guantanamo photo by Air Force Tech. Sgt. Michael R. Holzworth

