

The WIRE

GOING THE DISTANCE

GORE COMES OUT ON TOP
IN FIRST GTMO MARATHON

SOMETHING DISTANT
THREE SHOWS BRING BAND
CLOSE TO TROOPERS

TROOPER FOCUS: BUTLER REFLECTS ON FOUR TOURS AT GTMO



COMMAND CORNER

CAPT. RICHARD STOLTZ
 COMMANDER, JOINT MEDICAL GROUP

It has been a great honor for me to serve as commander of the Joint Medical Group and commanding officer of U.S. Naval Hospital Guantanamo Bay for the past two years.

The mission of Joint Task Force Guantanamo is historic and much more complex and difficult than most people realize. Throughout my tour, I've been impressed by everyone's hard work and dedication to this important assignment. Your efforts have inspired me, and I've learned and grown from working with you.

The leadership team at JTF has been outstanding. They take the time to listen to our concerns and advocate for our needs. Across JTF, it's been a pleasure to work with so many talented professionals. Our medical team has consistently received helpful assistance with daily operations and in planning for the long term healthcare needs of our population.

In particular, I have developed a great admiration for all who work directly with the detainees on a regular basis. Under adverse circumstances, your characters have been tested in ways that many of us never experience. Despite this, you retain your composure and professionalism and do the calm and prudent things necessary to maintain everyone's safety, security, and health. Your ability to hold the high moral ground and routinely display courage and integrity is most commendable.

I also greatly appreciate the tremendous support our medical team has received from

the naval station. Whether it was helping with medical evacuation flights, managing to find housing for our visitors, assisting with movement of lab samples, or effectively responding to numerous facility and personnel issues, the naval station staff has persistently been an enormous help to us. The staff of the Marine Corps Security Force Company, which guards the fenceline, and those involved in migrant operations have also been a pleasure to work with. We are grateful for the cooperation and support you have given us.

The leadership team at JTF has been outstanding. They take the time to listen to our concerns and advocate for our needs. Across JTF, it's been a pleasure to work with so many talented professionals.

It has been the duty of our medical team to provide the full spectrum of healthcare services for everyone at GTMO, from prevention to inpatient care, and to ensure that all are ready for operational and disaster response. Under our banner of protecting public health, we have routinely tested for mold, checked mosquitoes for disease, analyzed the water for a variety of tropical infec-

tions, executed food safety inspections, and dispensed immunizations to keep residents from contracting preventable illnesses. When individuals presented any healthcare concerns, whether they were minor aches and pains, serious symptoms, or major injuries, we have sought to provide the highest quality of care we can with the resources we have.

As I prepare to depart, I am confident that the medical staff will continue to strive to meet everyone's healthcare needs and further improve our services. It has been an honor for all of us to care for you.



JTF Guantanamo

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JOINT TASK FORCE GUANTANAMO

SAFE • HUMANE • LEGAL • TRANSPARENT

NEWS FROM THE BAY

PROTECT YOUR INFO!

OPSEC

ALERT What is an adversary?

People or groups who mean to do us harm are called a "threat," but to be an adversary they have to have two things - capability and intent. Have you ever heard someone give a threat? Unless they can actually act on it, it's just that - a threat. But, if someone can act, then that makes them an "adversary." There are many threats to our information, so we must always use OPSEC and common sense to protect it before someone can act. If an adversary doesn't know the plan, then they can't try to stop it. Knowing what information a potential adversary knows, or wants to know, helps to keep them from acting against us. Don't give information to an adversary. Be safe. Use OPSEC!



Liberty Program

Unaccompanied Troopers are encouraged to check out this month's Liberty calendar to see what events are going on around the base. Upcoming activities include Saturday's Cache In, Trash Out, an Earth Day-themed geocache tournament. Sign up your team of three or four by today, and meet at Deer Point Liberty Center at 9 a.m. Volunteer hours will be given, and the fastest team through the trek and the most amount of trash by weight wins. Also on tap are night fishing today at 6 p.m., a pool tournament on Tuesday at 7 p.m., a throw back movie night on April 29 at 8 p.m., and a sunset cruise and photography lessons on April 30 at 6 p.m. There is also free bowling every Wednesday at 6 p.m. and a free kayak trip every Thursday at 9 a.m. For more information, contact 2010 or libertygtmo@yahoo.com.

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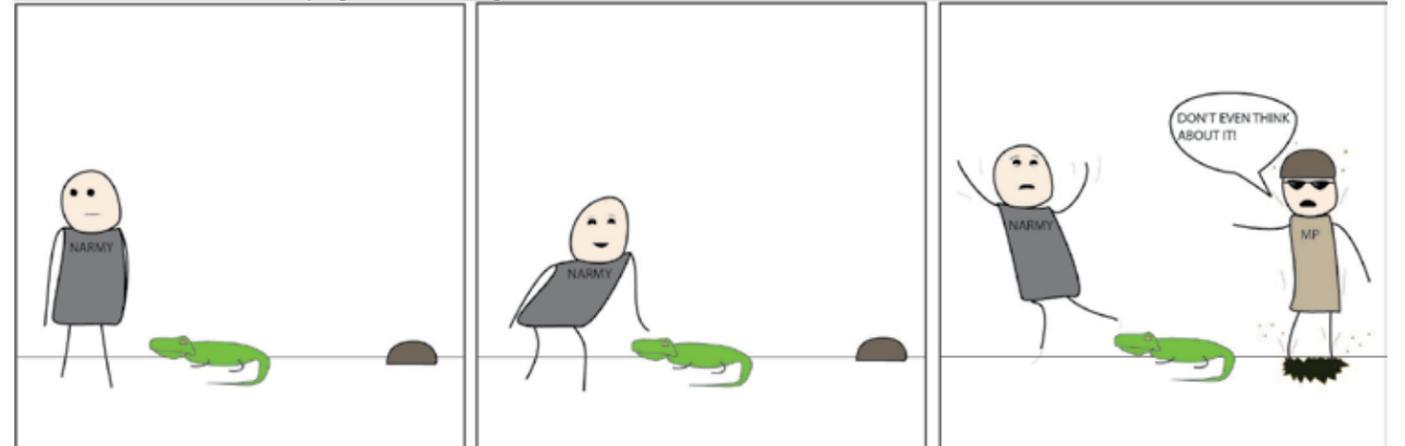
The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. This DoD news magazine is an authorized publication for the members 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 Defense Logistics Agency Document Services with a circulation of 1,250.

Photo Of The Week

by Mar Andrew Embestro



ONLY AT GTMO by Spc. David Marquis



42



Movie Review

PG-13
128 min.



By Army Staff Sgt. Michael E. Davis Jr.

Sixty-six years ago, a man achieved something that many thought was impossible or not viable in a segregated world. Monday marked the 66th anniversary of the day Jackie Robinson set foot on Ebbets Field as a Brooklyn Dodger and became the first black man to play Major League Baseball. He broke the baseball color line and contributed significantly to the Civil Rights Movement.

Therefore, what a great time to produce a major motion picture that honors Robinson's legacy and major achievement.

"42" tells the life story of Jackie Robinson and his history-making signing with the Brooklyn Dodgers under the guidance of team executive Branch Rickey.

Despite the conflict and anguish Robinson may have endured, this biopic doesn't display fast car chase scenes, intense 10-minute brawls or cinematic low camera angles, layered over a great score to display triumph after depression, but this film does show you his fight to win.

However, it's a different kind of fight – you will see Robinson's (Chadwick Boseman, "The Kill Hole") guts to not fight back – more accurately said to him by Branch Rickey (Harrison Ford, "Cowboys and Aliens").

"42" glorifies the life of Jack Roosevelt Robinson and displays him as a hero who goes through struggles. What's triumphant about the film is the portrayal of his will to overcome adversity. And because of that, I believe this film has and will continue to receive much respect amongst both movie critics and regular popcorn munchers.

Yes, Jackie Robinson is known for being the recipient of the inaugural MLB Rookie of the Year Award in 1947, selected for six consecutive All-Star Games, and inducted into the Baseball Hall of Fame in 1962 to name a few. "A Knight's Tale" director Brian Helgeland, however, took this opportunity to focus on Robinson's journey before and during his rookie days with the Brooklyn Dodgers.

Helgeland did well in discouraging racism and emphasized how, based on his talents, Robinson's jersey number should have been the main focus during that time in history – hence the title of the film.

With the help of Robinson's wife, Rachel Robinson, as a consultant in the film, Helgeland did a great job at showing what life was like for a black man during the days of Jim Crow Laws and what Robinson went through as an athlete playing in an all-white male sport at that time in history.

Despite the struggles in the film, Helgeland makes a lot of room for humor and gives balance to the two.

I felt Helgeland's approach in humanizing Robinson was a success. Similar to his story line and direction in "A Knight's Tale," Helgeland focused more on the characters in the film and the dreams and struggles they possessed. There were many subtext elements in the film.

The acting for the most part made the film believable. Boseman's portrayal of Robinson was great; I'm quite sure he had a lot of help from Rachel. Ford was almost unrecognizable as Rickey. Also, as unlikeable as he was in this film, Alan Tudyk (Abraham Lincoln: Vampire Slayer) did well in playing the role of Ben Chapman, then manager of the Phillies.

Although I felt the movie was a bit too long, it gives a lot of historical information about Robinson, Major League baseball in 1947 and what transpired from the combined history. It is definitely an inspirational film.

And what better reference to relate to Robinson's life than Brooklyn – a part of a city where they say if you can make it there, you can make it anywhere.

This is an all around great film. I give "42" four banana rats.

T MWR holds flag football T o u r n a m e n t



A team member of Militia, a flag football team, dodges a leaping opponent during the Morale, Welfare, and Recreation sponsored flag football tournament Saturday.

Story and photo by Spc. Cody Campana

Like a medieval battle, Naval Station Guantanamo Bay residents charged at one another Saturday during a Morale, Welfare, and Recreation flag football tournament.

The participants seemed determined to earn the respect that could only be won on the field against the other teams. Though most of the teams seemed high spirited, some teams were not able to show up and fight for the glory.

"We had a total of 11 [teams] register, but unfortunately we had a couple of teams that had command commitments come up last second, so they had to drop out," said Jim Holbert, the MWR sports coordinator. "We are starting today with seven [teams]."

Even though some of the teams were unable to contend, the remaining seven teams were as competitive as ever.

"There is a lot of rust we have to shake off," said Navy Petty Officer 2nd Class Justin

Hamilton, captain of the team Militia. "We're going to have to score more points if we're going to win. Some of these people put points up right and left, and we are going to have to keep up with them."

Just past noon, the first game began with the tropical heat beating on each player. Luckily, the games were not very long for onlookers, but for the players the heat may have dragged the games on forever.

"It's single elimination, because it's hot out here, it's during the day, and with flag football you're out here running around a lot. [... The games are] two 20-minute halves, and it's a running clock until the last two minutes of the second half," Holbert said. "The clock will stop on dead balls and time-outs. We give them a five-minute half time so each game runs an average of about 50 minutes."

The rules for the flag football teams seemed to compliment the toughness of some of their military members' football style yet were strict enough to keep participants safe.

"It is just the basic flag football rules, but there are a couple of small things we have changed for Guantanamo Bay, but it's nothing that someone would really notice," Holbert said. "We follow rules that are for college sports, and they don't let you have any contact when you block, but here we let that go a little bit."

The rules may have had a few changes, but the prize for winning is what nearly all would expect.

The only difference is that the prizes have become more exclusive.

"The winning team gets one team trophy," Holbert said. "Usually, we have some for individuals and second place, but due to the budget cuts we can't purchase any more trophies."

Excitement seemed to conquer the day, but bragging rights would eventually go to team Militia after winning the tournament.

"We came here to win, not to lose," Hamilton said.



Top: Marines with the 1st Marine Battalion raise the flag at Guantanamo Bay on June 10, 1898, after forcing the Spanish to retreat out of the area. This invasion of Cuba through Guantanamo Bay marked the beginning of conflicts in the Spanish-American War. Right: Teddy Roosevelt stands tall, while in "Rough Rider" gear. The soon to be president led a group of volunteers, assisting in key victories during the Spanish-American War in 1898.

How did the US acquire GTMO?

After Christopher Columbus' discovered the America and European nations colonized much of the two continents, Spain controlled most of South America and the Caribbean islands. Cuba, especially held great value to the Spanish, and remained a Spanish colony for centuries.

Several attempted Cuban revolutions in the 1800's were shut down by the Spanish. This allowed President William McKinley and Congress to defend the U.S. "Monroe Doctrine," which forbid further colonization by European nations in the Americas, and justify the U.S. to declare war on Spain in 1898.

In June of 1898, the Spanish-American War began when U.S. forces attacked Guantanamo Bay, from the sea with a fleet led by Rear Adm. William T. Sampson, and on land with a Marine battalion under the command of Col. Robert W. Huntington. After the invasion, the Marines secured the bay and the U.S. moved on, alongside Cuban forces, to help liberate Cuba from the Spanish.

The Spanish-American War lasted a relatively short amount of time, with the two nations coming to an agreement in August of 1898. The war took place in several theatres, which also included the Philippines and Puerto Rico.

One reason the war in Cuba would be remembered, aside of U.S. occupation of Guantanamo Bay, were soon to be president, Theodore "Teddy" Roosevelt and his "Rough Riders." This was a cavalry group of volunteers, led by Roosevelt, which assisted in several key victories in the war.

After Cuba was rid of Spanish rule, the Republic of Cuba was created, with U.S. forces still stationed at Guantanamo Bay. The United States and Cuba would soon enter into an agreement, regarding the sovereignty of the area.

In 1903, the U.S., under the leadership of now President Roosevelt, leased the area from the Republic of Cuba with certain conditions. These conditions included that the U.S. will use the area "for coaling and naval stations," Cuban trade vessels will have free passage through the waters, and the U.S. is to pay an annual lease fee of \$2000 in gold.

Several additional agreements over the years, along with the Treaty of 1934, would amend parts of the agreement. Regardless of Cuba's change in government, the treaty still stands and U.S. service members remain at what now is known as Naval Station Guantanamo Bay.



Hutson's History
by Spc. Chalon Hutson



2013 Day at the Bay

FERRY LANDING BEACH

Saturday, April 27

2 - 6 pm

CONTESTS:

- Cardboard Boat Regatta (Sign-up by 4/15 at the Marina)
- Sand Castle Building
- Surf Board Judging

FREE:

- Entrance
- Kayaks, Paddle Boats & Paddle Boards
- HUGE Water Slides & Bouncers
- Face Painting

FOOD:

- Food Vendors (Call 55371 to sign up)
- Drink Tent (Soda, Water, Beer)
- Coolers are welcome and encouraged

EXTRAS:

- Craft Fair
- CYP Dance Team
- Music
- Lifeguards on Duty

FMI, 75294

*Celebrating
Month of the Military Child*



Getting to know the Band: Q & A

Interview and Photos by Spc. Jessica Randon

Q: Who are all the members of the band?

A: There's myself the lead singer, Jeff Congo, and then you have our second vocalist, Ted Kypreps, our lead guitarist, Mike Long, our drummer, Tim Crawford and our Bass guitarist Mike Crowe.

Q: How long have you all been playing together?

A: Well the band has been around since 2005 and this specific group of guys going on 2 years.

Q: Over the many years that this band has been around, would you say your music has evolved?

A: Well we started out as more of a 90's rock band, and we actually recently signed with an agent out of LA who has us going in more of a rock/country direction. Some of our favorite country artists to cover are Jason Aldean and Luke Bryan.

Q: At what other venues have you guys performed?

A: We tend to stay local and play within Jacksonville, Florida, but we also travel to Nashville. And actually we'll be at Doc McGee's in June, and we have other upcoming shows at the Hard Rock in Boston, as well as Tootsies and Honky-tonk both of which are in Nashville.

Q: Are you all Musicians full time?

A: We all still have day jobs but we are continuously working on building the band's name.

Q: With juggling day time jobs and playing in a band, how many albums have you guys release?

A: So far we have officially released one album, back in 2006 and it was self titled. We are currently working to release another in late fall sometime.

Q: Do you have an album title just yet?

A: No name ideas just yet

Q: So we covered your different performances stateside, is this your first time here to Guantanamo Bay Naval Station?

A: No the last time we were here was January of last year and we were here for a couple fourth of July shows before that.

Q: Why do you continue to come here to GTMO?

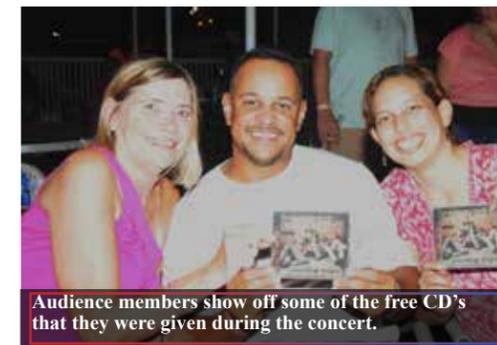
A: We love coming down here for the troops. They're here for six, nine, twelve months and some even longer and we know they can't always leave to go somewhere or they're only given a few days so we definitely love coming to give them some good entertainment.



Lead singer Jeff Congo, gets the crowd going while getting down on the guitar.



Second vocalist, Ted Kypreps takes the lead while covering Maroon Five's "Moves like Jagger".



Audience members show off some of the free CD's that they were given during the concert.



Bass player Mike Crowe add to the cool sounds of Something Distant.



Something Distant has audience members sign a poster they brought as a souvenir.



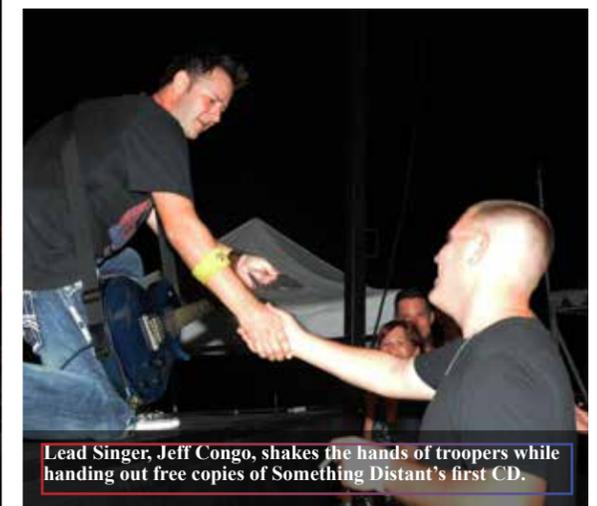
Congo tells troopers how much he appreciates they're service and all they do here at GTMO.



Lead Guitarist Mike Long, gets down on a solo riff for audience members.



Drummer, Tim Crawford, tears up the drum set during, Something Distant's, Friday night performance.



Lead Singer, Jeff Congo, shakes the hands of troopers while handing out free copies of Something Distant's first CD.



Petty Officer 2nd Class Kevin Hasbun, left, chats with Army Staff Sgt. Casey Gore at Cooper Field on Saturday after the two won the half marathon and marathon respectively. A total of 157 runners competed in Saturday's events, which included Naval Station Guantanamo Bay's first-ever full marathon. Photo by Army Sgt. Jonathan Monfiletto



Petty Officer 2nd Class Manuel Urbina takes off with the pack from the start line on Sherman Avenue at the start of Naval Station Guantanamo Bay's first full marathon on Saturday. Photo by Army Sgt. Jonathan Monfiletto



A runner takes a drink of water while crossing the North East Gate and heading along the fenceline near the halfway point of Naval Station Guantanamo Bay's first full marathon on Saturday. Photo by Army Sgt. Jonathan Monfiletto



Spc. Louis Smith gives two thumbs up as he runs past the Tierra Kay housing area on Kittery Beach road toward the end of Naval Station Guantanamo Bay's first full marathon on Saturday. Photo by Spc. Raechel Haynes



Army Staff Sgt. Casey Gore enters the homestretch on Recreation Road closes in on the finish line at Cooper Field, en route to winning Naval Station Guantanamo Bay's first full marathon on Saturday. Photo by Spc. Jessica Randon

Off and running

Gore wins first-ever GTMO Marathon

Story by Army Sgt. Jonathan Monfiletto

In a memorable scene in the 1992 film "A Few Good Men," Marine Col. Nathan Jessup warns a military lawyer that she cannot make him nervous: "I eat breakfast 300 yards from 4,000 Cubans who are trained to kill me." After Saturday at Naval Station Guantanamo Bay, 35 runners can make a similar declaration – I ran a marathon 300 yards from 4,000 Cubans who are trained to kill me. GTMO Morale, Welfare and Recreation hosted the naval station's first full-length marathon Saturday, along with a half marathon. The event had a total of 157 participants register for the event – 35 took on the 26.2 miles, while 122 went for the 13.1-mile distance. The event was already unique because it makes GTMO one of the only bases to host a marathon with a route completely on the base. The marathon made GTMO stand out even more because approximately half of the race was run along the fenceline that separates the naval station from communist Cuba. "How many people do you know that can

say that they ran a marathon on the fenceline between Cuba and Guantanamo Bay?" MWR Fitness Coordinator Dennis Anthony said before the race. "If you're not a Marine that's out there guarding the wire, I don't know that there are a lot of people that'll be able to say that." Army Staff Sgt. Casey Gore can say that he ran a marathon along the fenceline, and he can also say he was the winner of GTMO's first marathon. Gore crossed the finish in about 3 hours and 51 minutes and well ahead of his nearest competitor. At the finish line on the track at Cooper's Field, Gore said he was exhausted and had started cramping at mile 17. He had been slowing down since that point, but he was still fast enough to come in first place. "It feels great," Gore said, adding that this was his first marathon. "My goal was to finish in under four hours, which I did. After awhile, it felt good just to finish." Though it was his first marathon, it seemed like a natural progression for Gore. He said he starting out running MWR 5K races then

moved up to a 10K and then a 15K and finally a half marathon before participating in and winning MWR's first marathon. "It hasn't set in yet," Gore said of winning the first marathon. "It's just real with just finishing and, to top it off, finishing first." Gore and the rest of the marathon runners started their 26.2-mile journey at approximately 5 a.m. Saturday, starting from the corner of Sherman Avenue and Central Magazine Road near Cooper Field. From there, they completed the first five miles of the race straight down Sherman Avenue as far as they could until they reached the North East Gate. They took a left down a road that runs along the fenceline as far as they could until reaching the water. They turned around, came back to the North East Gate, and ran up another road that goes along the fenceline on the right side of the gate. Once again, they went as far as they could and turned around, coming back to the gate and back down Sherman Avenue. Just past the gate, runners reached the 19-mile mark, and at about the 22-mile point,

they turned left at the Nob Hill housing area and went down Skyline Drive. At the end of Skyline Drive, they took a right turn on Kittery Beach Road. The last two miles took runners all the way to a left turn on Recreation Road, past the Windjammer, and then a left turn on the emergency vehicle route at Cooper Field. On the homestretch, runners circled the outer track and then came into the field and onto the inner track and under a blow-up arch that marked the finish line. In the half marathon, which started at 6:30 a.m. Saturday, runners went all the way down Sherman Avenue to the North East Gate and turned left down the fenceline. They turned around and then went back up Sherman Avenue rather than continuing on the fenceline. They turned left at the Nob Hill housing area and went down Skyline Drive before making another left onto Kittery Beach Road. Their homestretch was the same as the marathon. They came onto the outer track then onto the inner track and across the finish line. Coming across the finish line first in the

half marathon was Navy Petty Officer 2nd Class Kevin Hasbun, completing the distance in just over 1 hour and 20 minutes. Like Gore in the marathon, Hasbun was competing in his first half marathon. "I'm just really sleepy and kind of hungry," Hasbun said after the race. "I've never run that far before actually." While Hasbun has been deemed "the fastest man in GTMO," he insists the nickname applies only to his accomplishments on the island. "GTMO is a small world," he said. "Olympians can run a half marathon in half my time." As the one who got the marathon ball rolling shortly after arriving on the island in February 2012, Anthony said the day before the race that he looked forward to seeing his plan put into action. "I'm excited about it," he said, adding the event drew the largest turnout of any MWR race. "I think that it's a rather unique experience for everyone. ... I'm very surprised and excited at the numbers of people we got for this."

As Gore took refuge in the shade at Cooper Field with a cooler full of ice, he reflected on his achievement – running 26.2 miles in less than four hours. He said the key to good fitness is to "train as you fight" – with good nutrition, discipline and maintenance. Besides that, he credited MWR for the abundant running and fitness opportunities that have helped him get in the best shape of his life and said he doesn't plan on stopping just because he won a marathon. "This is awesome," Gore said. "It's the most I've ever run. It's the best [shape] I've ever been in. I'm looking forward to more." For Anthony's part, he said such opportunities work because of GTMO's tropic weather and its isolation – people run because they can do so year-round and they don't have much else to do. "In GTMO, people PT' more than they do anywhere else in the world," he said. "It's a great place where you've always got warm climate. You're not going to freeze to death. Generally, it's not going to rain on you most of the time. ... It's a great place to run, a great place to get in shape."

TROOPER FOCUS

Q&A

Interview & Photo by
Army Sgt. Ferdinand Thomas



EVERYONE HAS A UNIQUE STORY ON WHERE THEY WERE DURING 9/11. NAVY PETTY OFFICER 1ST CLASS JOLI BUTLER IS TOURING GTMO FOR A FOURTH TIME AND HER STORY MIGHT BE ONE OF THE MOST UNIQUE EVER.

Q. Where are you from?

A. "Fair Bluff, N.C."

Q. How many years have you been in the military?

A. "18 years"

Q. I understand you've been to GTMO four times. Why do you keep getting deployed here?

A. "I have no idea. Guess it's just a base for psych techs. I was stationed here as a dental tech and then I came back three more times as a psych tech. This is a big mental health billet."

Q. What are your best memories about working at GTMO?

A. "The people that I meet here. You meet a lot of different people here because of working joint service. In the Navy you don't get to work joint ser-

vice often. We don't get to work with the Army, the Air Force and the Coast Guard."

Q. What is something you'll never forget about GTMO?

A. "I'll never forget working at Camp X-Ray. That was definitely different."

Q. What was it like working at Camp X-Ray?

A. "Camp X-Ray was still fresh when I got here. I was here when September 11th happened. So I was here when they decided to bring the detainees to Cuba. GTMO went from a small town to a big town over night. [Camp X-Ray became the place they housed the detainees.] We had to go out there and do medical and dental on the detainees. We were all scared because we didn't know what was going on. It was like a shock to us."

Q. What was your experience like when 9/11 happened?

A. "I was here when the first tower hit. I was doing a root canal and someone came in and said, "A plane just hit the World Trade Center." So we were stunned but continued working. He came back minutes later and said, "Another plane hit the second tower." At that point we stopped and went to watch it on tv. We didn't know what was going on. GTMO instantly went into Delta."

Q. What's the timeline of when you've been here?

A. "I was stationed from 2001 – 2003 then I left. Then I came back in 2007 for six months. Then I came back in April 2009 and left in October. I came back this year in January and I'm supposed to leave in October." ■





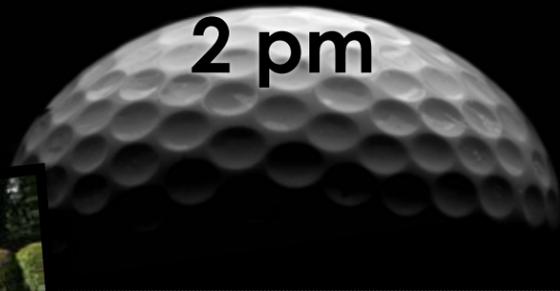
SNAG

starting new at golf



GOLF CLINIC

Sunday, April 21, 2013
Cooper Football Field
2 pm



Pre-Registration
is Required.
Call 2010 to Sign Up!

Liberty events are for
unaccompanied, active duty only



Respect in, profanity out

Assistant I.G. explains negative language effects in office

Story and photo courtesy of
Army Master Sgt. Laura German
Assistant Inspector General, JTF-GTMO

General George Patton's famous speech, known as "Patton's Speech," inspired his troops of the Third Army in 1944, prior to the Normandy invasion known as D-Day, to use profanity. It was a means to motivate his men in preparation for war, knowing that many of them would not return and would make the ultimate sacrifice to their country.

One famous quote:

"No bastard ever won a war by dying for his country. He won it by making the other poor dumb bastard die for his country."

In today's military, we are a diversified service of multiple cultures with expecta-

tions of how interactions should occur in regards to communication. When profanity is used by leadership as demeaning, humiliating or insulting, it's a reflection of the character, which subordinates will emulate as acceptable.

According to the Punitive Articles of the UCMJ, Article 134, indecent language is punishable when the accused orally or in writing communicates to another person certain language that was indecent, and under the circumstances, the conduct of the accused was to the prejudice of good order and discipline in the armed forces or was of a nature to bring discredit upon the armed forces.

Something to consider:

"Use of profanity is a reflection of an

individual's intellectual level and their inability to communicate effectively."

"You can be an effective leader without the use of profanity."

"Know your audience."

Two famous quotes:

"Your thoughts become your words, your words become your action, and your actions become your character."

— Margaret Thatcher

"Communication is a skill that you can learn. It's like riding a bicycle or typing. If you're willing to work at it, you can rapidly improve the quality of every part of your life."

— Brian Tracy



Army Master Sgt. Laura German poses with the Joint Task Force Guantanamo value of the week.

I CAN'T SAY “I CAN'T”

Column by Army Sgt. Jonathan Monfiletto

I can't say "I can't."

That's what I tell myself when I'm preparing for a daunting challenge, from my Army Physical Fitness Test (push-ups are my weak point) to the MWR 15K I ran last month. It's what I tell others also – and encourage them to tell themselves – when they're faced with a similar challenge, physical or mental.

If you say you can't, I tell them, then you won't.

I learned a long time ago that "I can't" is not a statement of fact but a barrier to accomplishment. "I can't" is the biggest self-fulfilling prophecy, and it's probably the worst thing you can tell yourself, especially when you have eyes on a goal and see only the obstacles in the way.

I'm not perfect by any means. I used to say "I can't" a lot, and the only thing it ever did for me was hold me back from realizing my potential. "I can't join the military – I'm just not cut out for it." "I can't run three miles – that's just way too much." "I can't lose this weight – maybe I'm just meant to be this way."

As I said, the only thing saying "I can't" did for me was hold me back. Then, a friend of mine convinced me – OK, more like borderline forced me – to stop saying it. And, wouldn't you know, that's when things started turning around for me.

I wish you had known me before I joined the Army National Guard almost three years ago. I was a senior in college, and I was rather overweight at nearly 220 pounds. On a 5-foot-8-inch body, that's neither healthy nor attractive. I was eating junk, drinking more than I should, not sleeping well at all, and exercising once in awhile when I was bored or managed some shred of motivation. I knew I needed a change, but I just didn't know how to do it – especially when I kept saying "I can't."

Then, my friend – who is now a first

lieutenant in the National Guard – told me quite bluntly, "You're fat, and you need to work out." That stung a little, I admit, but I'm forever grateful for the change he helped me achieve. I credit him not only for helping me turn my life around but possibly saving my life as well. He convinced me to do the ROTC physical training as a gym class at our college, and even though I was still telling myself "I can't," I did it anyway



I'm making a triumphant toast at the finish line of the MWR 15K - my first ever - last month. I said "I can" and then I did, and I was exhausted at the end but I felt great. Photo by Spc. Chalton Hutson

because I trusted him and knew he could help me.

Saying that the first week was tough would be an understatement. It became quite clear how out of shape I was, and I was ready to give up because I was still saying "I can't." But, I refused to give up – mostly because I was afraid of what my friend would think knowing I had let him down. By the

second week, though, I was getting the hang of it. I started to see that I was keeping up with a group of future Army officers. Before I knew it, "I can't" became "I can," and I wondered what else I could do.

To make a long story short, by the time graduation came around, I had dropped 45 pounds, ran a three-mile race, made a goal of enlisting in the National Guard, and started wondering what else I could do – all because I stopped saying "I can't," started saying "I can," and put my eyes on goals instead of obstacles.

I've accomplished so much more since then, simply because I started believing in myself. I made it through basic training and Advanced Individual Training and excelled on my APFT (minus those darn push-ups, of course). Before I came to GTMO, I ran my first two 5K races and then ran three more once I got here. I signed up for a 15K race back home and participated in one here to get ready. My next goal will be either a 10-miler or a half marathon. There is no limit to your goals when you say "I can."

But, that's enough about me. I'm writing this to encourage you, my fellow Troopers, to stop saying "I can't" and start saying "I can." Set a goal, and do your best to achieve it. Maybe you have a goal in mind, but you don't think you can do it. You can. No matter what obstacles you see, the only thing in the way of you and your goals is you. If you believe in yourself and your ability, you can do anything.

Maybe you want to run all the way up John Paul Jones Hill, simply finish a 5K or even compete in a marathon. Maybe you want to get a college degree, earn your next rank, or find a good civilian job when you get out of the military. Whatever you want to do, you can do it – I believe in you, even if you don't believe in yourself yet.

You don't need any superior physical strength or mental abilities to achieve your goals. You just have to stop saying "I can't" and start saying "I can."

GTMO SAYS...

Which restaurant back home do you miss most?



AIR FORCE MASTER SGT. GIGI POST SAYS -
Cracker Barrel for
the Sunrise Sampler

ARMY STAFF SGT. RICH GARCIA AND SGT. HECTOR RODRIGUEZ SAY -

White Castle for
the original and double-cheese sliders



ARMY SGT. RYAN LEE SAYS -
Cheddar's for
the overall great food

ARMY SGT. 1ST CLASS' EMMA WILLIAMS

AND SGT. 1ST CLASS TRACY CARTER SAY -

Joe's Crab Shack for
the crab, crawfish, and shrimp



Trooper to Trooper

Sexual assault - the story of Jane

MASTER CHIEF PETTY OFFICER
WAYNE NORTH

SENIOR ENLISTED LEADER,
PORT SECURITY UNIT 311

April is Sexual Assault Awareness month. The fact that we have to have a month set aside to bring people's awareness to the problem of sexual assault disturbs me. What is even more disturbing is the fact that sexual assault is a problem in our military.

All five military branches, all with core values, all of which stress values like honor, respect, integrity and courage, all who teach us to watch each other's backs, have to address this problem. As service members, we place a great deal of trust, and sometimes our lives, in the hands of others. And yet, we have to set a month aside because some of our own spit upon our core values and betray those that should be able to trust them the most.

According to one Department of Defense fact sheet, (<http://www.defense.gov/news/sexualassaultannualreportfact-sheet.pdf>), "The military services received a total of 3,192 reports of sexual assault during fiscal year 2011. Of the 3,192 reports of sexual assault, 2,439 were unrestricted reports and 753 were restricted reports. This represents a one percent increase since fiscal year 2010, when there were 3,158 reports of sexual assault, consisting of 2,410 unrestricted reports and 748 restricted reports."

That disturbs me. That means over 3,000 of our fellow service members were violated and betrayed by those they should trust the most. And remember, that is just the assaults that have been reported. If that does not disturb you, let me try to make the numbers a little more personal.

I admit, I am not a sexual assault counselor, I am not a psychologist, and I have never experienced the continual anguish that a victim of sexual assault can feel. But, I do have a very dear friend who has experienced it first hand and now prides herself on being able to help others who have been victimized. I'll call her Jane. Jane has shared with me more than once what she experienced and what the impact of a sexual assault had on her and her life.

Years ago, Jane went to college at a very prestigious university. It was her first time away from home, and like all first-year college students, she wanted to make new friends. Jane was invited to a sorority party one evening by some of her new friends. Jane drank a little, enjoyed the music, met new friends, and especially enjoyed the



I encourage everyone to learn more about sexual assault, its impact upon victims, how to support victims of sexual assault, and more importantly, how to combat sexual assault. I encourage everyone to start taking care of and protecting one another.

attention she was getting from some of the young men at the party. After all, Jane is a smart, engaging and attractive woman.

The next morning, Jane woke up in one of the upstairs bedrooms only partially dressed. Evidence in the bed told her something had happened to her the night before. It didn't take long for her to figure out she had been sexually assaulted. Jane was devastated. Her world as she knew it had changed forever. Jane never reported the assault because, as she has told me, she was ashamed and the individual (I refuse to refer to him as a man) that assaulted her was well known and well respected on campus.

Everyone loved this (expletive deleted). "What a great guy he is," people would say. She felt at the time that because she allowed herself to get drunk, she was at fault. She felt, at the time, that because she was openly friendly to her new "friends," it was her fault. She felt that what she wore that night, what she drank, what she may have said when she was intoxicated all made it her fault. None of this was true, of course, but it is how she felt at the time. She hoped she could just move on and it would get better.

Then the rumors and gossip started. The vile things people said about her and the labels they applied to her angered, embarrassed, and hurt her deeply. Already damaged

by what happened, already doubting herself, she now had to defend her name and reputation on account of something that clearly was not her fault. Jane never finished her first semester at that prestigious university. She quit school and moved home. But, that night followed her for years to come.

Jane explained to me that, in her case, the man who sexually assaulted her had hurt her physically that night, but what was even more devastating was he had taken so much more from her. He took her trust, her faith, her self-worth and her reputation. Those losses do not return overnight.

As Jane has told me many times, this attractive, outgoing, trusting, religious young lady turned into someone who disliked herself. She abandoned her friends and refused to make new ones because she could not trust anyone. She abandoned her religion because she could not trust her God. She went out of her way to hide her looks and to dress, as she describes it, as a "frump" because she did not want to be attractive.

For various psychological reasons I cannot begin to explain (she's the therapist, not me), she ended up in several dysfunctional relationships that led to two dysfunctional marriages with verbally and psychologically abusive spouses (I refuse to refer to them as men).

Years later, she was finally able to come to grips with what happened and slowly regain what she lost. She regained her faith and actually found the strength to forgive her attacker (Jane is a better person than me). She finally rebuilt her self-esteem and her life. She is now a strong, confident woman again who counsels other sexual assault victims and helps them heal.

To think that in my military, the finest military in the world, we have thousands of victims, male and female, like Jane disturbs me. To think that we have so many offenders within our ranks that take so much from us upsets me. What I learned from Jane is that sexual assault is not a one-time assault on the body. It can be a long-lasting assault on the mind and psyche of the victim. And it is an assault on all of us and upon all in which we believe.

I encourage everyone to learn more about sexual assault, its impact upon victims, how to support victims of sexual assault, and more importantly, how to combat sexual assault. I encourage everyone to start taking care of and protecting one another. I encourage everyone to make sure there are no more stories like Jane's.

	19 FRI	20 SAT	21 SUN	22 MON	23 TUE	24 WED	25 THU
Downtown Lyceum	Admission (NEW) (PG-13) 8 p.m. Olympus Has Fallen (NEW) (R) 10 p.m.	Oblivion (NEW) (PG-13) 8 p.m. 42 (PG-13) 10:30 p.m.	The Incredible Burt Wonderstone (PG-13) 8 p.m.	Jack the Giant Slayer (Last showing) (PG-13) 8 p.m.	Dark Skies (Last showing) (PG-13) 8 p.m.	Snitch (Last showing) (PG-13) 8 p.m.	21 and Over (R) 8 p.m.
Camp Bulkeley	Oblivion (NEW) (PG-13) 8 p.m. 21 and Over (R) 10:30 p.m.	Admission (NEW) (PG-13) 8 p.m. Olympus Has Fallen (NEW) (R) 10 p.m.	The Call (R) 8 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further noticed.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further noticed.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further noticed.	42 (PG-13) 8 p.m.

Call the movie hotline at 4880 or visit the MWR Facebook page for more information.

GTMO RELIGIOUS SERVICES

For more information, contact the NAVSTA Chaplain's Office at 2323 or the JTF Chaplain's Office at 2309

NAVSTA MAIN CHAPEL

Daily Catholic Mass
Tues.-Fri. 5:30 p.m.

Vigil Mass
Saturday 5 p.m.

Mass
Sunday 9 a.m.

Spanish-language Mass
Sunday 4:35 p.m.

General Protestant

Sunday 11 a.m.

Gospel Service

Sunday 1 p.m.

Christian Fellowship

Sunday 6 p.m.

CHAPEL ANNEXES

Pentecostal Gospel

Sunday 8 a.m. & 5 p.m. Room D

LDS Service

Sunday 10 a.m. Room A

Islamic Service

Friday 1 p.m. Room 2

JTF TROOPER CHAPEL

Protestant Worship

Sunday 9 a.m.

Bible Study

Wednesday 6 p.m.

GTMO BUS SCHEDULE

All buses run on the hour,
7 days/week, from 5 a.m. to 1 a.m.

Bus	#1	#2	#3	
96 Man Camp	:31	:51	:11	
NEX	:33	:53	:13	
Gold Hill Galley	:37	:57	:17	
Windjammer/Gym	:36	:56	:16	
West Iguana	:39	:59	:19	
TK 1	:40	:00	:20	
TK 2	:43	:03	:23	
TK 3	:45	:05	:25	
TK 4	:47	:07	:27	
KB 373	:50	:10	:30	
Camp Delta 1	:52	:12	:32	
IOF	:54	:14	:34	
NEX Trailer	:57	:17	:37	
Gazebo	:58	:18	:38	
Camp America	:00	:20	:40	

GTMO Beach Bus Schedule

Saturdays and Sundays only

Location	Run #1	Run #2	Run #3	Run #4
Windward Loop/ East Caravella	0900	1200	1500	1800
SBOQ/Marina	0905	1205	1505	1805
NEX	0908	1208	1508	1808
Phillips Park	0914	1214	1514	1814
Cable Beach	0917	1217	1517	1817
NEX	0925	1225	1525	1825
Windward Loop/ East Caravella	0930	1230	1530	1830
SBOQ/Marina	0935	1235	1535	1835
Return to Office	0940	1240	1540	1840

SAFE RIDE – 84781



WANTED

THE DIRTY GRINGOS

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LIVE IN GTMO FOR 3 SHOWS!
ROOF RATTLING ROCK AND ROLL

Fri Apr 19th - 2000 Tiki Bar
16 and UP - Local Talent Night

Sat Apr 20th - 2200 Tiki Bar
21 and UP

Sun Apr 21st - 1100 Bayview
All Ages - Live Band Karaoke

