

THE WIRE



The Official Publication of Joint Task Force Guantanamo

Reboot and reconnect

New Internet servers coming to
Guantanamo

Rock you like a hurricane

Getting prepared for hurricane
season 2013

Celebrating Liberty!

AROUND THE BAY

AND IN OUR PAGES



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JTF's J4 gets Task Force ready for hurricane season



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Sports keep Coast Guardsman fit for duty



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Softball tournament results



Cover Story

Cover photo by Spc. Lerone Simmons

Troopers and U.S. Naval Station Guantanamo celebrate Independence with a bang. PAGE 10

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BAY WIRE REPORT

Fair Winds and Following Seas



Joint Task Force Guantanamo will send off Rear Adm. John W. "Boomer" Smith Jr., and his wife, Maple, July 16, in a formal ceremony at the Windjammer.

On behalf of all Troopers stationed at JTF-GTMO, thank you sir, and Godspeed. It was a pleasure following your lead.

Patrick Wharburton coming to GTMO

USO brings Patrick Wharburton from "Family Guy" and "Rules of Engagement" to Guantanamo Bay for a hand-shake tour. Check the MWR GTMO Facebook page for details on the July 16, event.

Water outage Friday July 12

A planned water outage is scheduled for Friday July 12 beginning at 8 a.m. and will affect those in Camp America.

Water will be restored upon completion of maintenance and should take approximately two hours.

Worship Musicians Needed

The Chaplain's Office is looking for worship musicians – keyboards, guitars, bass, trumpet, drums, and vocals – to help bring worship to life during services.

Contact a chaplain or chaplain's assistant to sign up. Get much-needed musical experience and help others worship.

Call 2218 for more information.



CORRECTIONS Please report all corrections to thewire@jftgmo.southcom.mil

The following information was printed incorrectly in the July 5, print issue of The Wire:

Sorry! The ink didn't come in on the barge last week, so The Wire was in black and white. You can see it in color on the Web! Just go to www.jftgmo.southcom.mil to see all the photos in full color!

Page 11: The Coast Guardsmen who participated in the Olympic Triathlon were improperly identified in the standings graphic as Navy personnel.



THE WIRE

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Religious Services

NAVSTA Chapel

Catholic Mass

Tues.-Fri. 5:30 p.m.
Saturday 5 p.m.
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

Seventh Day Adventist

Friday 7 p.m., Room 1

Sabbath School-

Saturday 9:15 a.m., Room 1

Sabbath Service-

Saturday 11:15 a.m., Room 1

JTF Trooper Chapel

Protestant Worship

Sunday 9 a.m.
Sunday 7 p.m.

Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40

Gazebo - :02, :22, :42

NEX trailer - :03, :23, :43

Camp Delta - :02; :06; :26, :46

KB 373 - :10, :30, :50

TK 4 - :12, :32, :52

JAS - :13, :33, :53

TK 3 - :14, :34, :54

TK 2 - :15, :35, :55

TK 1 - :16, :36, :56

West Iguana - :18, :38, :58

Windjammer/Gym - :21, :41, :01

Gold Hill Galley - :24, :44, :04

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

Beach Bus

Sat. and Sun. only - Location #1-4
Winward Loop - 0900, 1200, 1500, 1800

East Caravella

SBOQ/Marina 0905, 1205, 1505

NEX

0908, 1208, 1508, 1808

Phillips Park

0914, 1214, 1514

Cable Beach

0917, 1217, 1517

Winward Loop

0930, 1230, 1530

NEX

0925, 1225, 1525, 1825

SBOQ/MARINA

0935, 1235, 1535

Return to Office

0940, 1240, 1540

JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



Face adversity on all fronts using your principles

By Col. John V. Bogdan

Joint Detention Group commander



Col. John Bogdan

We all experience challenges in our life both professionally and personally. Sometimes that challenge presents itself as the enemy assaulting our unit – its times like these that our metal is truly tested and we gain a respect for the meaning of fight or flight.

This, Warriors, is adversity.

The first time I was in a true firefight, I was serving as a platoon leader in Somalia. My platoon was just engaged, and as we took cover, I lay there for what seemed like hours, but was only seconds. I realized somebody has to do something; somebody has to get these Soldiers to fight back.

That's when I realized that "somebody" was me. With more than just a little trepidation I mustered my strength, stood up and began to shout commands to get my platoon to reorganize and return fire. My NCOs jumped in and we took the fight back to the enemy.

As professional Warriors, we are trained to react to situations like these, but until you are in the crucible you really don't know how you might react. But often, in our daily lives, the crucible isn't an enemy ambush; if only we could run head-long into our problems shouting and shooting – that would be

an easy answer. But life just isn't that easy and the problems we face on a daily basis are often much more complex.

Often, our challenges seem much larger and more difficult to handle than those of our peers – but that is simply bias based on our own view of the problem. The fact is that Warriors, young and old, face challenges daily and find the strength to succeed. The difference between the successful Warriors, the successful leaders and those still struggling is often the core of their response. When your metal is tested and you're faced with a difficult decision.

The braches of service have taught us that we MUST draw on our core values to succeed. For example, it takes true personal courage to make an on-the-spot correction. This can be as simple as a uniform or haircut violation, your integrity is on the line. You must realize that to not take action would be a win for the enemy, so you muster strength and speak up.

So the next time you're faced with a situation, one that would be easier to walk away from, ignore or go along with, remember your service creed.

Often I find it helps to ask myself, would I want to write a letter to my mom telling her how I responded to a difficult situation. If that answer is yes, than I'm certain the Army would agree. Draw on guiding principles and remember that to succeed as a team we must not allow anyone or anything to degrade that team.

TROOPER TO TROOPER

Let the values lead you to an excellent career

By 1st Sgt. Daniel Kalagian

812th Military Police Company first sergeant

As you drive through the Joint Task Force Guantanamo area of operation, you will see signs that display one of the seven Army Values of the week.

Loyalty, duty, respect, selfless service, honor, integrity and personal courage. Our brothers and sisters in the Marines, Navy, Coast Guard and Air Force also share these values with us for this mission, in addition to their own core values not already mentioned above: commitment, devotion to duty, service before self and excellence in all we do.

These values provide a foundation for the level of excellence that each and

every one of us should be continuously striving for. They must be acknowledged for their true importance. If you display these values in everything you do, you will prove to be the best Soldier, Sailor, Marine, Airman or Coast Guardsman you can be.



1st Sgt. Daniel Kalagian

On this deployment, it is imperative you live these values for our mission success. We are in a highly visible AO with a very important mission that includes the safe and humane treatment of detainees. This is how we successfully honor and defend our country, and whether you realize it or not, we use each of these values every day when we conduct our duties.

When each of you walk through the

sally port for your guard duty, open a medical record for a detainee or fellow Trooper, assist someone with their paperwork or restock a pallet of water, your values should be leading you. When you are off duty, enjoying the MWR facilities or interacting socially with your buddies, your values should be leading you.

Our values provide us with an opportunity to be the best Trooper we can be, but also to be role models who set a higher standard of moral code for all those we come in contact with – whether it's our brothers and sisters in arms or civilians at home.

If you live the values and strive to uphold them each day, you will be successful and you will achieve excellence in your career.

Plan B: SECDEF details strategy to take DOD into 2014 warns Senate leadership of impending cuts

By Jim Garamone

Armed Forces Press Service

If sequestration continues into fiscal year 2014, the Defense Department will be forced to consider involuntary reductions-in-force for the civilian workforce, draconian cuts to military personnel accounts and a virtual halt to military modernization, Defense Secretary Chuck Hagel said in a letter to Senate leaders July 10.

The senators requested detailed information on how continued sequestration could affect the military.

In the letter, Hagel detailed the “Plan B” the department must confront if Congress does not pass legislation that averts sequestration in fiscal 2014. If the process continues, DOD will be forced to cut \$52 billion more from the budget that year.

Hagel stressed in the letter that he fully supports President Barack Obama’s fiscal 2014 budget request and noted that if sequestration remains in effect, “the size, readiness and technological superiority of our military will be reduced, placing at much greater risk the country’s ability to meet our current national security commitments.”

Congress gave DOD some flexibility to handle the cuts need for fiscal 2013, but more than 650,000 DOD civilians must still be furloughed without pay for 11 days. However, the cuts in 2014 are too great even for flexibility within accounts to handle.

DOD hopes to avoid furloughs in 2014, the defense secretary said, but if sequestration remains in effect, “DOD will have to consider involuntary reductions-in-force to reduce civilian personnel costs.”

Readiness has already been diminished this year, Hagel said, and it will continue to decline if sequestration continues in 2014. Hiring freezes will also continue and facilities maintenance funds will further erode, he added.

If the sequestration mechanism is applied to military personnel funding, “DOD could accommodate the required reduc-



Photo by Marine Sgt. Aaron Hostutler, DOD

Defense Secretary Chuck Hagel points out changes to the secretary’s office to U.S. Rep. Walter Jones of North Carolina during a meeting at the Pentagon, July 10. Hagel also sent a letter to the senate July 10, outlining the effects of sequestration in 2014.

tions only by putting into place an extremely severe package of military personnel actions including halting all accessions, ending all permanent-change-of-station moves, stopping discretionary bonuses and freezing all promotions,” Hagel wrote.

He called on Congress to work with the department to avoid sequestration in fiscal 2014 and to approve the president’s defense budget request.

The president’s budget request slows military pay raises and raises fees for some military retiree’s health care. It also looks to retire older Air Force and Navy assets and calls for a new base realignment and closure program.

“If the cuts continue, the department will have to make sharp cuts with far-reaching consequences, including limiting combat power, reducing readiness and undermining the national security interests of the United States,” Hagel said. 🇺🇸



Photo by Sgt. David Bolfony/The Wire

MPs conduct TOA ceremony

Command elements from the 428th Military Police Company prepare to transfer authority at the 357th Military Police Company at Trooper Chapel, July 11. The 428th was praised for its ability to operate fluidly and surpassing expectations during its nine month security and detention operations mission at U.S. Naval Station Guantanamo Bay, Cuba in support of Joint Task Force Guantanamo.



OH NO Silver! "Lone Ranger" rides into the sunset with 3 rats

By Sgt. Katherine M. Forbes

JTF-PAO, thewire@jftgtmo.southcom.mil



Hollywood loves to remake old TV shows, even though they're bad at it. I hoped "The Lone Ranger" was an exception. After all, it was made by the same team that turned Disney's Pirates of the Caribbean ride into a four-movie franchise.

The movie has all the right elements: action, villains, a girl and Johnny Depp. It functions as an origin story for the Lone Ranger (Armie Hammer), told to us through the memories of Tonto (Depp). You're taken back to the building of the trans-continental railroad. Train tracks are being built to forge our great country together. For the first half of the film I was onboard, but somewhere in the middle, the movie loses steam. This would have been a decent summer film if the plot hadn't become so plotting.

For running out of track halfway through, I give this film three banana rats. 🍌



Courtesy Walt Disney

Thoroughly Despicable

Story by Staff Sgt. Aaron Hiler

Graphics Editor, thewire@jftgtmo.southcom.mil



When I say "thoroughly despicable," I mean that in a good way. "Despicable Me 2," the sequel to the wildly popular debut, is a truly wonderful film.

The devious Gru (Steve Carell) and his host of hilarious minions join the super-secretive Anti-Villain League to help locate a stolen secret formula. Meanwhile, Gru's three adopted daughters are

pressing him to find them a mother.

What follows is a great story filled with more of the hilarious goings-on of the original film. I would even say this film is better than

the original. I haven't laughed this hard in a quite some time.

I give "Despicable Me 2" five well-earned minions... errr... I mean, five banana rats. 🍌



Courtesy Universal and Illumination Entertainment

Wilson & Vaughn too predictable in



The Internship

Courtesy 20th Century Fox

By Staff Sgt. Lorne Neff

Staff Writer, thewire@jftgtmo.southcom.mil



Not a remake of an old TV show like "The Lone Ranger", but nothing you haven't seen before. Owen Wilson and Vince Vaughn team up once again as out-of-work salesmen who are selected to compete for full-time employment at Google against hoards of other, younger hopefuls.

The movie is sort of a modern-day revenge of the nerds. Wilson and Vaughn work with a group of rejects and are constantly one-upped by the cool nerd and his team. Will Vaughn and Wilson fit in? Will the rejects overcome their individual social awkwardness and learn to work as a team? If you've seen any film ever made, you know the answer. If you are a Vaughn or Wilson fan, this should be enjoyable, otherwise, maybe you can better spend the time on the Internet...Googling something. I give the movie two banana rats. 🍌

Intensity runs focus on heart and lungs

By 1st Lt. Brian Pennington

Command Information OIC, thewire@jftgmo.southcom.mil

This week's 'Workout of the Week' focuses on the heart and lungs. The only equipment needed is a stop watch, treadmill (optional) and good running shoes.

Troopers get stuck in physical training ruts; they can't seem to score above 85 percent on their run. Troopers will run more miles, but they still can't break through the training plateau, eventually leading to burnout.

In order to get past this, you must stimulate your system. An amazing way to accomplish this is to conduct interval training. The goal is to keep moving, but push yourself as hard as you can during the sprint phases

of this workout. If you want, you can get similar effects by riding a bike and really "spinning" during each interval.

Some people have heard of this method as the 60-120s. I prefer 45-second sprint intervals with 1 minute walk periods. If you keep moving for 26:15 minutes (a total of three intervals), you will surely be forced outside of your comfort zone. If you feel you still need more pain, do a fourth or fifth cycle.

In addition to the conditioning, this workout will increase your resting metabolism, causing your body to be a fat-burning furnace.

Don't forget to hydrate, warm-up and cool-down properly. I hear

Morale, Welfare and Recreation has some new Yoga classes that would help you get that perfect stretch after this type of training.

If you're not accustomed to a rigorous plan, talk with a medical professional to make sure the workout is safe for you. 🌟



Graphic by Staff Sgt. Aaron Hiler/The Wire

Now Showing!

at the Downtown and Camp Bulkeley Lyceums

Call the Movie Hotline at 4880 or visit the MWR Facebook page for more information

12	FRIDAY	13	SATURDAY	14	SUNDAY	15	MONDAY	16	TUESDAY	17	WEDNESDAY	18	THURSDAY
This is The End (New) R, 8 p.m. The Purge R, 10 p.m.		Pacific Rim (New) PG13, 8 p.m. The Lone Ranger PG13, 10:30 p.m.		Despicable Me 2 PG, 8 p.m.		The Hangover III (LS) R, 8 p.m.		The Internship PG13, 8 p.m.		Masters University* G, 8 p.m. *Family Night at Downtown Lyceum		Fast & Furious 6 (LS) PG13, 8 p.m.	
Pacific Rim (New) PG13, 8 p.m. The Lone Ranger PG13, 10:30 p.m.		This is The End (New) R, 8 p.m. World War Z PG13, 10 p.m.		The Internship PG13, 8 p.m.		CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.		CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.		CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.		The Purge R, 8 p.m.	

Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

(LS) = Last Showing

Graphic by Staff Sgt. Aaron Hiler/The Wire



Master Sgt. Albert Rockhold, Joint Task Force Guantanamo logistics warehouse noncommissioned officer in charge, discusses movement of supplies with Sgt. Lindsay Ruska, Camp America commandant July 9 in preparation for destructive weather plans. The warehouse coordinated movement of water, food and other essentials in preparation for Tropical Storm Chantal.

Hunkering down

Troopers take precautions, prepare JTF-GTMO for hurricane season

Story by Sgt. 1st Class Gina Vaile-Nelson

Editor, thewire@jtfgtmo.southcom.mil

When Tropical Storm Chantal churned towards Cuba earlier this week, the Joint Task Force Guantanamo operations center and logistics division kicked into full-steam-ahead preparations to protect the Troopers, JTF civilians and detainees who work and live within the JTF-GTMO, Naval Station Guantanamo Bay, Cuba.

“Right now, we’re preparing for this storm, but we are prepared for the long term too,” said Master Sgt. Albert Rockhold, J4 warehouse noncommissioned officer in charge, 177th Military Police Brigade.

“The hurricane season runs from June to November, so we are prepared to do what we have to do to make sure the Troopers are safe,” he said.

On July 9-10, Rockhold and other logisticians from throughout the JTF moved pallets of water, Meals Ready to Eat, cots and other provisions to ensure Troopers are ready for the worst.

Rockhold and his Soldiers moved shelter-in-place packages throughout Camp America and other locations in anticipation of the storm. The packages are meant to sustain personnel for three days.

“I’ve been using my two trucks to help get water, MREs, flashlights, trash bags and other general supplies that are going to be needed if we shelter in place or evacuate to certain areas,” said Sgt. Lindsay Ruska, J4 administrative noncommissioned officer and Camp America commandant, 177th MP Bde.

“We’ve had rehearsals for weather disasters,” she said. “This is the first time we’ve had to load up the supplies and take it to places.”

Ruska said that even if Chantal turns or loses strength before reaching Guantanamo Bay, the movement of the thousands of pounds of supplies was a good test of the JTF’s abilities.

“It’s good that we go through this

process,” she said. “Even if the storm avoids us all together, it’s better to be safe than sorry.”

And while the JTF J4 has bases covered with shelter areas, it is up to individual Troopers to also remain prepared.

In the event that Troopers are required to evacuate to a designated shelter, food and water will be provided. But Troopers must come prepared with three-days-worth of clothing, hygiene products, medicine and comfort items.

“Troopers must bring their JTF Badge and their military I.D.,” said 1st Lt. Edward B. Thompson, JTF chief meteorologist.

He said it is a good idea to pack a

bag or backpack with your gear, have a pillow and sleeping bag or blanket ready for quick movement.

“We’ve had everything from a tropical storm to a category 3 hurricane,” he said.

“In your spare time, I would definitely advise coming up to speed on your knowledge about hurricanes and find out as much as you can because you are in the midst of hurricane season,” he said.

“It’s most important to listen to your chain of command,” he said. “Listen to your leadership and take all of their instructions.” 🌟

■ Staff Sgt. Lorne Neff and Sgt. David Bolton contributed to this story

HURRICANE DO’S AND DON’TS

DO:

- ✓ Limit your survival gear to one bag of a 3-day supply of clothing, hygiene and medicine
- ✓ Keep bottled water and non-perishable food in your quarters for shelter-in-place
- ✓ Keep important papers, I.D.’s and other necessary documents in one area and in your survival bag
- ✓ Get a flashlight with extra batteries
- ✓ Bring your pillow and blanket or sleeping bag to the shelter
- ✓ **LISTEN TO INSTRUCTIONS FROM LEADERSHIP**

DON’T:

- ✗ Bring your TV to the shelter
- ✗ Wander alone in storms



A little TNT

Thunderstruck delivers bombastic performance

Story and photos by **Spc. Lerone Simmons**
Staff Writer, thewire@jtfgtmo.southcom.mil

Service members, families and friends celebrated Independence Day by taking a trip back in time; enjoying music from the legendary rock group AC/DC's cover-band Thunderstruck, during their 4th of July concert at U.S. Naval Station Guantanamo Bay, Cuba.

"This is what we do to say thanks to the military," said Dyna Shirasaki, lead singer of Thunderstruck.

"We try to show that we respect and appreciate the service that the military provides by playing these concerts."

This comes as part of the band's annual military concert tour and was sponsored by Armed Forces Entertainment, USAA bank, United Service Organizations, and the Morale, Welfare and Recreation program. The band shares its name with one of AC/DC's chart-topping songs, Thunderstruck. This time around Thunderstruck, usually known as Thund-HER-struck, for being all female, had a slight change due to their lead drummer not being able to make it, opening the door for Carlos Villalobos to fill-in, becoming their token male.

Since its inception in 2002, they have played on bases in Japan, Germany, Belgium, Bosnia, Kosovo, Afghanistan, Iraq, Uzbekistan, Kyrgyzstan, Kuwait, Qatar and El Salvador, and have many memorable moments from being on tour.

"Our usual crowd surfing became contagious to others while performing at a concert in Camp Sharana, Afghanistan, leading to everyone else joining in," said Tina Wood, lead guitarist.



"People back home don't usually get to see the good, all you hear is the bad."

The band was given a tour of the naval station where they went to the Northeast Gate, which serves as the formal division line between the U.S. and Cuba. They also were able to partake in some of the restaurant services provided on base.

The band received a special form of notoriety in 2006 when Chris Slade, AC/DC drummer for five years, filled in and toured with them, playing in Afghanistan.

When not on tour, each member has their own avenues of employment ranging from; running a guitar shop, songwriting, bookkeeping and personal assistant, working at a candy company, and biochemist.

They usually perform weekends in the U.S. when not doing their military tour. The Bahamas, Greenland, Honduras and Curacao remain on their tour. ♡



Dyna Shirasaki, leader singer of Thunderstruck, USO and MWR.



erstruck, serenades the crowd July 4 at the Independence Day concert sponsored by the

Family Fun at festival



David Sare, a public works officer, participates in hula-hooping activities with his daughter during the Morale, Welfare and Recreation Fourth of July activities, July 4, at U.S. Naval Station Guantanamo Bay, Cuba.

Story and photo by Sgt. Cassandra Monroe

Staff Writer, thewire@jtfgtmo.southcom.mil

Guantanamo Bay families gathered at Deer Pointe July 4, for the GTMO Freedom Festival 2013 at the park.

Sponsored by the Morale, Welfare and Recreation office, children were treated to a fair-like atmosphere with bouncy houses, inflatable games, face-painting and family-centered fun.

“Events like this bring the community together to help celebrate the Fourth of July,” said Master Sgt. Chris Fick, 189th Military Police Company, Joint Task Force Guantanamo Bay, who celebrated with his son at the festival.

“Military kids have a hard time as it is with always moving around, and this event helps bring them out,” he said.

Even though Guantanamo is miles away from the mainland, that didn’t stop the military and contracting communities from enjoying the weather, festivities and food to celebrate America.

That was the goal of the MWR for the day’s activities.

“It’s important to enjoy the holiday with one another because everyone here is fighting for America’s freedoms,” said Stephen Prestesater, community activities director for MWR.

“Today was about relaxing and enjoying our independence,” he said. “It is important for the kids to be able to have a good time just the same way they would’ve if they were in the U.S. It helps them forget they are in a different country.” 🇺🇸



A young child tests his strong arm at a festival game July 4 at the Independence Day Family Festival sponsored by the USO and MWR.

Pushing the limits

Coast Guardsman attempts and wins GTMO triathlon

Story and photos by Spc. Lerone Simmons

Staff Writer, thewire@jftgtmo.southcom.mil

Petty Officer 3rd Class Tyler Kuhn puts in a long day at the office.

With shifts of 12 hours – six on a boat and six on land – his days as a machinery technician assigned to Joint Task

Force Guantanamo are laborious. He's responsible for driving the boat, line handling and scanning his sector.

Each member on patrol is expected to do their job, whether at the bow or the stern, and it takes a physically and emotionally fit Coast Guardsman to get the job done.

"Working on a boat can get fatiguing, so being in shape is huge part of our job," said Kuhn. "It's also a lifestyle."

A lifestyle that Kuhn, a California native, is used to. He's been active his whole life, he said, swimming and surfing the coastline of his home state. He has his parents, Steve and Nancy, to thank for starting him at an early age with physical activities.

"My mom and dad are really active, they made sure I was fit while growing up," he said.

And now, years later along a different coastline, Kuhn has found himself maintaining the lifestyle his parents pushed him toward.

"Life's a race, you have to show up and participate, because if you don't, you'll never win," he said.

And win he did.

Kuhn recently medaled as the champion of the male entrants in the Naval Station Guantanamo Bay, Cuba's Morale, Welfare and Recreation Olympic Triathlon, June 29.

While most Service members simply work on their fitness to pass the required physical fitness tests, Kuhn pushed to see just what he could do.

"It's here, when else are you going to do it?" he asked. "It's hard to do a triathlon back at home; I have all the time here, so that's why I decided to do it."

He trained for three months to prepare for the grueling course that wended the roads of the naval station and cut through the choppy bay waters. Using strength and interval-cardio training, he put events together as he went along to ensure he would be ready.

After pushing himself in the 1.5km swim, 25km bike ride and 10km run, Kuhn finished with a time of 2:24:44 in his first-ever triathlon attempt.

"Looking back now, the training that I went through was hard work, but definitely worth it," he said.

His mom is also proud of his hard work.

"She found out that I won on Facebook, and commented that she was very proud," he said.

Dennis Anthony, MWR fitness coordinator, encouraged Kuhn to sign up for the triathlon and test himself.

"Tyler has had great training, so I was confident in him," said Dennis Anthony, MWR fitness coordinator.

"He always trained with some of our staff and had that drive to win. His mindset was there," he said.

For Kuhn, his next plans are to remain active, and he said MWR is a good way for any Trooper to stay physically fit and to challenge yourself.

"Staying active by playing sports, especially with MWR is a great way to stay in shape," he said. 🍌



Petty Officer 3rd Class Tyler Kuhn, Coast Guard machinery technician and tactical crewman assigned to Joint Task Force Guantanamo, shows off his first place medal at the Olympic Triathlon awards ceremony June 29.



Street Sweepers

Troopers conduct volunteer hours with Adopt-A-Road initiative

By Sgt. David Bolton

Copy Editor, thewire@jftgmo.southcom.mil

More than two dozen Troopers took to the streets of U.S. Naval Station Guantanamo Bay, Cuba, July 6, to pick up cigarette butts, McDonalds cups and bags, metal brackets, plastic bottles, tissue paper and soda cans in an effort to clean up trash. The clean up was part of an Adopt-a-Road initiative set up by Navy Petty Officer 1st Class Kenneth Spry, an administration specialist with Periodic Review Secretariat.

“Adopt a Road is a way to get the community involved and keep the community clean,” said Spry. “You’re helping your community out, you’re helping the environment by taking trash off the streets.”

Volunteers were surprised to see the amount of trash they collected during the clean up. Many of their garbage bags were filled within the first half hour of the refuse roundup.

“Judging by the amount of trash in my bag, there is obviously a need,” said Sgt. Christian Hiner, Leeward point of contact driver with the Joint Visitors Bureau. “It just makes the place look nicer and more enjoyable for everyone who runs along this path.”

Picking up trash is a simple task, but the implications and repercussions of engaging in such an activity, can have a very encouraging effect on the population of a given area.

“By helping to clean up the environment we live in, it creates a positive atmosphere for the people who live here,” said Army Sgt. Lindsay Hruska, J4 housing office. “Picking up trash is one small thing I can do to boost morale.”

Volunteers stationed at GTMO were also keen to point out that, although there isn’t much here, what they had was worth putting in the extra effort to make it look nicer and be more environmentally conscious.

“This is all we have, so if we’re walking around with trash everywhere, it’s not as good as it should be,” said Navy Petty Officer 1st Class Thayne Thomas, a cryptologic technician interpretive with JTF-GTMO.

Adopt-a-Road isn’t about convincing people not to throw out trash along the road because it probably

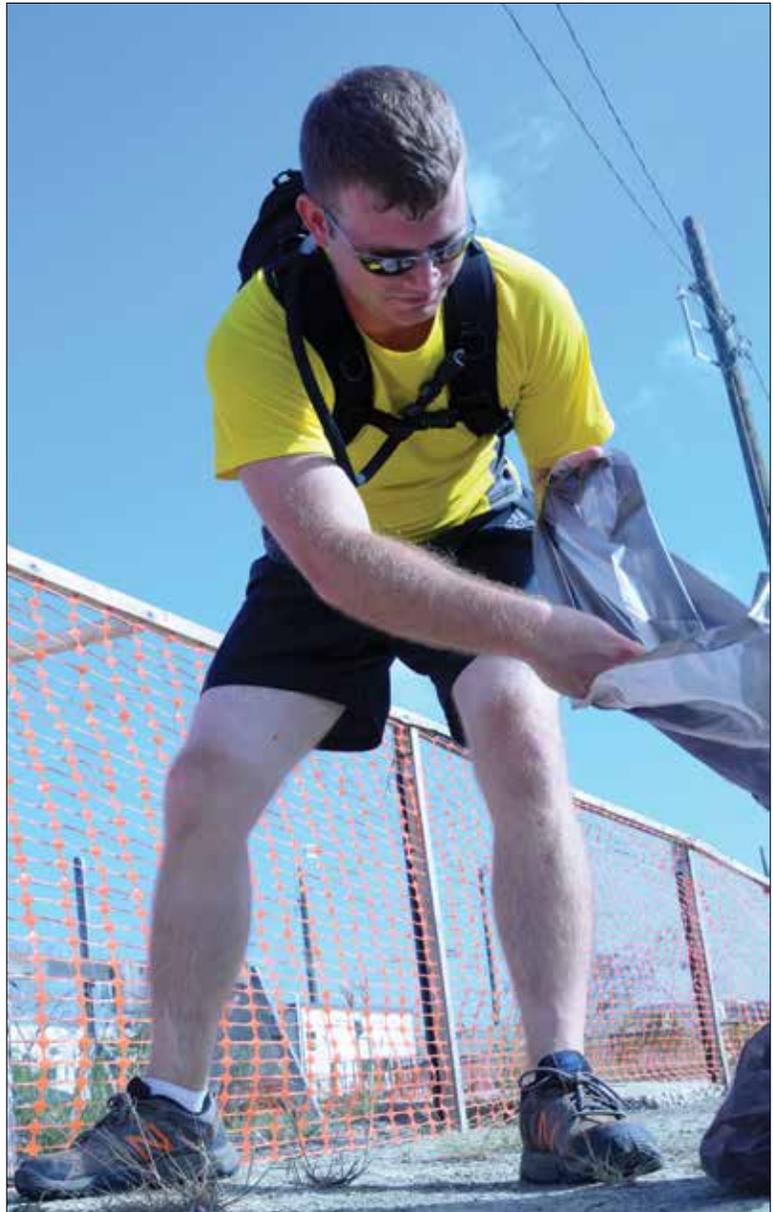
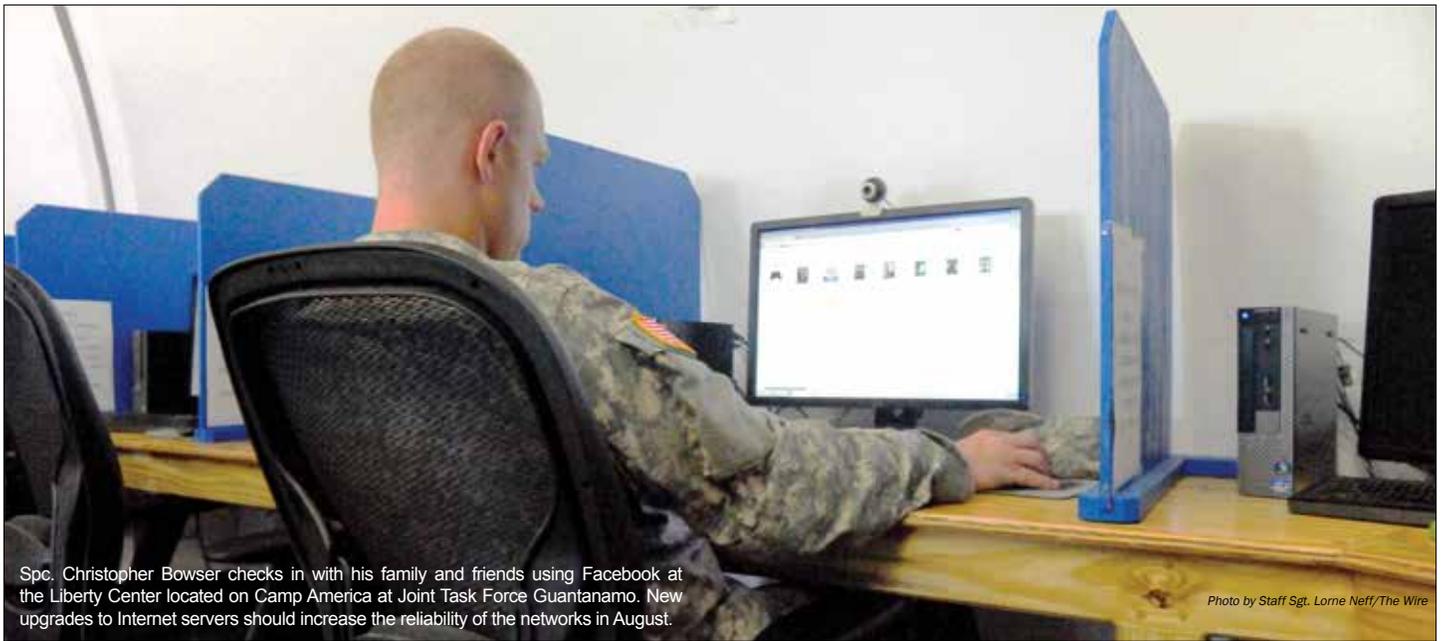


Photo by Sgt. David Bolton/The Wire

Navy Petty Officer 1st Class Thayne Thomas, a cryptologic technician interpretive with Joint Task Force J2, tosses garbage into his bag near the Windjammer July 6, 2013, during an Adopt-A-Road cleanup effort.

won’t happen. However, with volunteers picking up trash, drivers may think twice before they throw that soda can or plastic bottle out the window.

“At the end of the day, being at GTMO, it’s taking responsibility for the base,” said Spry. “It’s having pride in where you live and where you stay. We’ll clean up the roads at GTMO one street at a time.” 🗑️



Spc. Christopher Bowser checks in with his family and friends using Facebook at the Liberty Center located on Camp America at Joint Task Force Guantanamo. New upgrades to Internet servers should increase the reliability of the networks in August.

Photo by Staff Sgt. Lorne Neff/The Wire

GTMO 2.0 : new servers to hit by August

By Staff Sgt. Lorne Neff

Staff Writer, thewire@jtfgtmo.southcom.mil

Spc. Christopher Bowser visits the Camp America liberty center almost every day to hop on the Internet. The military police officer with the 357th Military Police Company said he uses it to keep in touch with his family back in the states, but that's not always possible because, often times, the Internet is down.

"The recent outages upset a couple Soldiers, but I figure having access to the Internet is a bonus, so if it goes down, it's not a problem for me," said Bowser.

But the frustrations sweeping across Camp America and other places around the Joint Task Force Guantanamo and Naval Station Guantanamo are something that leadership and the Morale, Welfare and Recreation office has taken note of.

"We know that is very frustrating for everyone, it is frustrating for us," said Tara Culbertson, MWR director.

"We've purchased a new \$25,000 server we hope to have up-and-running by August," she said. "The old server was designed for a place like a hotel with multiple locations located nearby one another, but we have out-grown that.

"The new server is modeled off



We are buying well over \$500,000 in Internet bandwidth per fiscal year.

— **Tara Culbertson**

Director, Morale, Welfare & Recreation



a college campus because we have more than 30 wireless hotspots here at Guantanamo," she said.

The new server is designed to improve the service to Troopers rotating in and out. Leadership, Culbertson said, knows how much Troopers rely on the Internet to stay in touch with friends and family.

"The new server is really going to help us so that you can use it to Facebook or for Skype," she said. "But I do want to caution our customers, that I don't have any expectation that it is going to improve the speed, but it is going to improve the reliability."

According to Culbertson, speed is a separate issue.

"We are buying well over \$500,000 in Internet bandwidth per fiscal year," said Culbertson. "That's pretty incredible and expensive, but it's also the number-one issue for morale for our troops, so it's incredibly important for us to provide that."

Culbertson says MWR on base shares 12 megabytes per second. She said the base is buying as much connectivity as is available currently, but it's not just iTunes or Skype that steals bandwidth.

"It's not just the Wi-Fi and the computers in the liberty centers, it's shared with the credit cards in the clubs and how we run our warehouse network. It's a large and complex network that we run," she said.

MWR started purchasing bandwidth from SCSI about two years ago. They previously used a satellite service, but were able to get more bandwidth for less money through SCSI.

"There was a rumor that we were snatching Internet capabilities from people who purchase it in their barracks or their homes," said Culbertson. "But that is not the case, it's a separate pipe that we use."

Currently, there's not much you can do if the Internet goes down, but MWR says you can help mitigate the lag time.

"Everyone wants to get on at the same time in the evening and it gets very slow," said Culbertson. "If you can time your call over lunchtime or during your break you will probably get higher speeds." 🌟

Gold Hill Galley
will be
CLOSED
to patrons **WITHOUT** meal cards
July 8-23

Gold Hill Galley will close for repairs July 8-23. Only Troopers with Meal Cards will be able to eat at the Gold Hill Galley during this time.



Coming up at the
Fleet & Family Support Center
Call ext 4141

Watch Your Savings Grow
Fri., July 19, 10:30-11:30 a.m.

This class is part of a weekly, collaborative series with Navy Federal Credit Union to assist individuals with their finances. This week's topic focuses on saving, here in GTMO and beyond! Come with questions, and if you would like more information on this particular topic or other classes in the series, please contact Walter Barrett at ext. 4050 or ext. 4141.



Join
The Wire's Team

The Wire is always looking for story ideas, writers, and photographers to help us bring JTF Guantanamo to life.

Do you have a story that GTMO needs to hear?

Did you snap a photo that you want to share?

Drop us a line at
thewire@jftgtmo.southcom.mil
and let us know!

The Wire

CLASSIC CORNER

Casual Chaos

Have you ever started a conversation with "you didn't hear this from me ..."

If you answer yes, then you're not practicing safe OPSEC. And you may be fueling the rumor mill.

Whether you're in uniform, around family, friends, media or other base visitors, you are a Trooper 100 percent of the time.

Monitor your casual conversations and remember that divulging sensitive information could put your career in jeopardy. Don't share information you've been entrusted with and you won't be the casual chaos starter.

Chaplain's Word of the week:

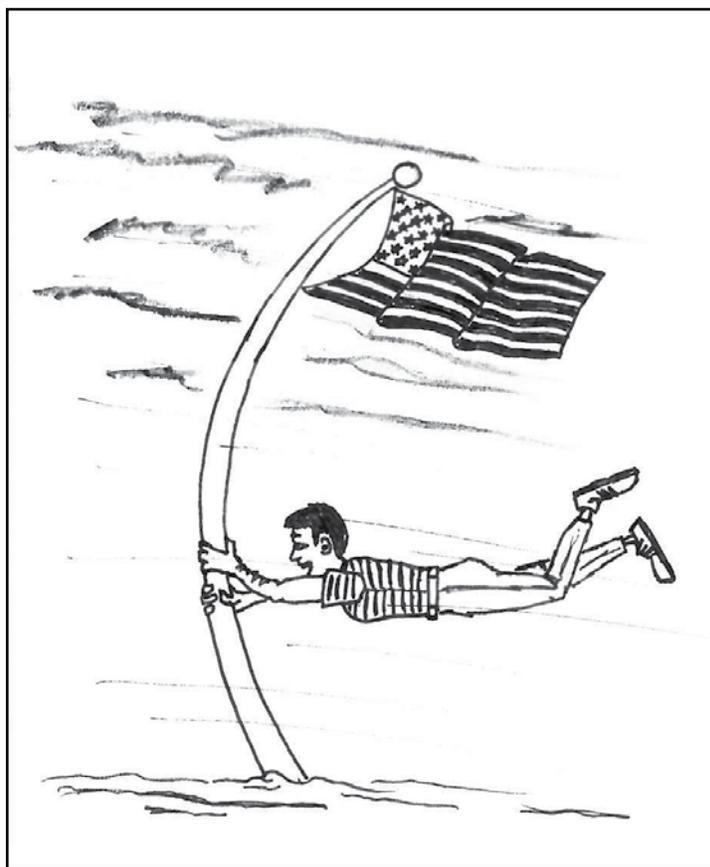


"Goodbye"

Saying "Goodbye" to friends is more than just uttering a word – it is a way of saying thank you for being a part of your life. It's saying "I'm a better person for having you in my life, and hopefully you are a better person because I was a part of yours."

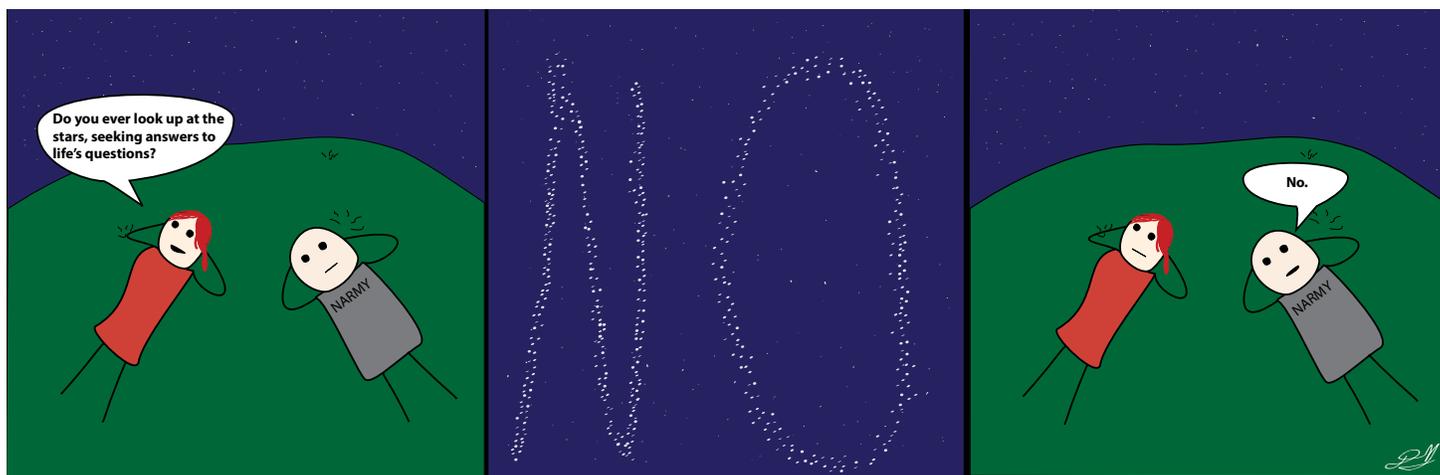
THE DOWNSIDE UP

by Sgt. Darron Salzer



"Do NOT try this at GTMO."

GTMO JOE by Spc. David Marquis



"The Sluggers" softball team lifts the Independence Day Softball Tournament trophy at home plate July 6. Soldiers from the Army Reserve's 602nd Military Police Company and 428th Military Police Company made up the championship team.



Sluggers win

Participation knocked out of the park at MWR tournament

Story and photos by Staff Sgt. Aaron Hiler

Graphics Editor, thewire@jftgmo.southcom.mil

There is nothing more quintessentially American than going to the ballpark over the Fourth of July holiday. The crack of the bats rang across Cooper Field as the Guantanamo Bay Morale, Welfare and Recreation department-sponsored softball tournament took over Saturday, July 6.

"I'm thrilled about this year's turnout," said Jim Holbert, MWR Sports Coordinator. "Where I expected to get a maximum of around 10 teams for this year's tournament, we actually got 13 teams participating."

Softball teams from every service branch and many of the civilian support offices around GTMO fought the heat and strong winds for a full day of sportsmanship.

The championship match took place around 10:30 p.m. between the "Alabama Assassins" of the Alabama National Guard's 128th Military Police Company and "The Sluggers" of the Army Reserve's 602nd and 428th Military Police Companies out of Bossier, La., and South Bend, Ind.

"This has been a great experience for us," said Spc. Jason

Polovich, who coached "The Sluggers."

Polovich and his fellow Soldiers have been regular participants in the MWR sports leagues and tournaments, but had not made it into the finals until tonight. Their patience and perseverance has been rewarded.

With a final score of 16-4, The Sluggers prevailed over the Alabama Assassins and claimed the tournament trophy.

"We are so excited to have finally won a tournament here," said Army Staff Sgt. Jeffrey Whitacre, another member of the "Sluggers" team. "This is particularly important to us as we start returning home this next week."

Whitacre will receive another honor later this fall after returning home. He has been asked to sing the national anthem at the Cincinnati Reds baseball game at Great American Ball Park in Cincinnati, Ohio.

Trophy in hand, the Soldiers of the 602nd and 428th MP Companies will leave Guantanamo Bay and return home. 🇺🇸



Navy Ensign Chad Saylor hits to left field July 6, during the Independence Softball Tournament.



Spc. Lee Newville of "The Sluggers" bats during the championship game of the Independence Softball Tournament.



Meals with MONROE

This recipe was adapted from www.foodnetwork.com, and originally called for lamb meat. One thing I will say with this recipe is that traditionally, smaller or average-sized eggplants work better than the ones sold here at the Navy Exchange. So that being said, I would probably switch this recipe to work with smaller stuffed peppers. This works well paired with rice pilaf, greek yogurt and a tomato, pepper, cucumber and vinaigrette side salad.

Peel **4 eggplants** lengthwise in 1/2-inch strips, “zebra-style,” leaving a 1/2-inch strip of skin between each peel. Trim off long stems so eggplant will fit in pan. Heat **1 cup vegetable oil** in a large, deep frying pan. In batches, fry eggplant until golden all over and beginning to soften, turning frequently. Transfer eggplant to a baking dish, placing them side by side, and cut a deep slit lengthwise in each eggplant. Set aside.

Heat **2 tablespoons butter** in the skillet, add **2 finely chopped onions** and sauté until soft, about 5 to 7 minutes. Add 1 pound of seasoned ground beef and cook for 10 minutes. Add **3** peeled, seeded and chopped **tomatoes**, **2** seeded and **2** chopped and seeded **bell peppers** and **salt** (to taste), and sauté until all the juices are absorbed or about 5 more minutes. Adjust seasonings if needed and remove

from heat.

Preheat oven to 350 F then stuff the eggplants tightly with the ground beef mixture, enlarging the opening with your hand. Add a little water to the baking dish, cover, and bake for 30 to 40 minutes, or until eggplants are very tender. I added a little bit of warm tomato sauce on top of the stuffed eggplants once finished.



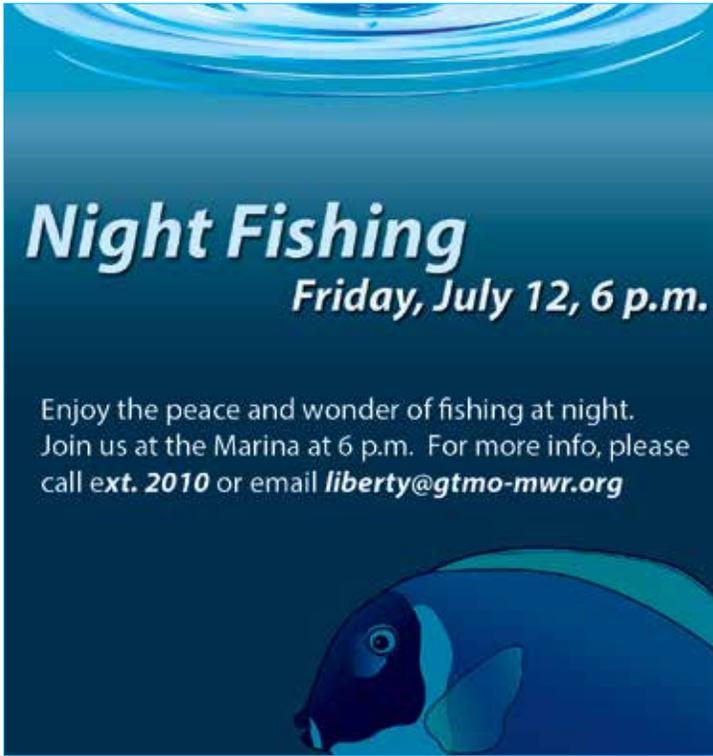
STUFFED EGGPLANTS



p.s.
(one last thing)

I want to hear from you! Did you try my recipe and loved it? Did you try my recipe and hated it? Well... that's too bad, but email me anyways! If you have a recipe you'd like for me to try, **contact me!**
cassandra.l.monroe@jftgtno.southcom.mil

Looking for something to do this weekend or early next week? Check out these events brought to you by the Morale, Welfare and Recreation office:



Night Fishing
Friday, July 12, 6 p.m.

Enjoy the peace and wonder of fishing at night. Join us at the Marina at 6 p.m. For more info, please call **ext. 2010** or email liberty@gtmo-mwr.org

The poster features a blue background with a stylized fish at the bottom and a wavy blue line at the top representing water.



LIBERTY
GUANTANAMO BAY, CUBA

Sunday, July 14	Woodshop Sunday Woodshop • 1-4 p.m. <i>Call ext. 2010</i>
Tuesday, July 16	Water Ski / Wakeboard Marina • 5:30 p.m. <i>Call ext. 2010</i>
Friday, July 19	Madden '13 Video Game Tournament Camp America • 7 p.m. <i>Call ext. 2010</i>

The calendar is framed in a decorative blue border and includes an illustration of an iguana at the bottom right.



Air Force Maj. Lacy Croft snapped this shot of a shrimp near the Mike Barge at Philip's Dive Park.

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

PHOTO OF THE WEEK