

THE WIRE

The Official Publication of Joint Task Force Guantanamo

Keep your feet off!

Tierra Kay housing gets new furniture

***Getting out there
with the Troopers***

Seeing GTMO through the eyes of EO

***Former commander visits
Camp X-Ray***

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AND IN OUR PAGES



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BAY WIRE REPORT

Safe travels and a million thanks



On behalf of all Troopers stationed at Joint Task Force Guantanamo, thank you Brig. Gen. James C. Lettko for your tireless service and dedication to the mission here.

We wish you and your family all the best in the future.

A night of dance

Capitol Movement, a professional dance group, will perform Aug. 6, at 6 p.m., at the Elementary School Lyceum. Everyone is welcome to this free event. For more information, contact Ted at ext. 55371.

MWR Doggie Meetups

Missing your pooch? Head out to the MWR Dog Park Wednesdays from 6 p.m. to 7 p.m. Great way to meet people and get some K-9 love.

Sign up to clean up

Saturday, August 3, at 1 p.m.

Join the Beach Brigade August 3, and clean up Windmill Beach. To earn volunteer hours, call ext. 4882 to sign up.

Keep GTMO classy!



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



THE WIRE

IOF Building, Camp America
Guantanamo Bay, Cuba
Commercial: 011-5399-3651
DSN: 660-3651
E-mail: thewire@jftgmo.southcom.mil
www.jftgmo.southcom.mil/wire/wire.html

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Staff

Editor

Army Sgt. 1st Class Gina Vaile-Nelson

Copy Editor

Army Sgt. David Bolton

Graphic Designer/Webmaster

Army Staff Sgt. Aaron Hiler

Photo Editor

Army Sgt. Darron Salzer

Staff Writers

Army Staff Sgt. Lorne Neff

Army Sgt. Cassandra Monroe

Spc. Lerone Simmons

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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.

Chapel Annexes

Pentecostal Gospel

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

LDS Service

Sunday 10 a.m., Room A

Islamic Service

Friday 1:15 p.m., Room 2

Seventh Day Adventist

Friday 7 p.m., Room 1

Sabbath School-
Saturday 9:30 a.m., Room 1

Sabbath Service-

Saturday 11:00 a.m., Room 1

JTF Trooper Chapel

Catholic Mass

Sunday 7:30 a.m.

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



Make the most of GTMO because time flies at the JTF

Brig. Gen. James C. Lettko

Joint Task Force Guantanamo Deputy Commander



Brig. Gen. James C. Lettko

It's hard to believe that after 22 months as the Deputy Joint Task Force Commander it is now my time to depart. I have seen multiple rotations and waves of great Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and civilian employees all focused on the Joint Task Force mission.

We, collectively, along with our predecessors, have strived to uphold our service values and perform our part of the mission.

Our guard force, medical professionals and others who have daily contact with the detainees have a very challenging job. When new Troopers rotate into JTF GTMO I explain at the new comers brief that the detainees demonstrate daily that they are still in the fight. It is our Troopers and civilians who have daily contact with the detainees and remain professional, treating them humanely despite the taunting and assaults.

The rest of the JTF team plays an important supporting role to the detention mission, as well as the intelligence collection and support to military commissions. At the JTF Command level, everyday is different; everyday brings a great example of how our team members strive to overcome challenges, whether in the

Joint Detention Group, Joint Medical Group, J-codes, Special Staff or Coordinating staff, everyday there is a new challenge to solve. Every day you demonstrate your professionalism, creativity and commitment to the mission.

Our partners who support us from NAVSTA GTMO continue to provide us exceptional services. From MWR, Fleet & Family Services, the NEX, PWD, port operations, the air terminal, galley staff, dependent schools and on-Island contractors all provide support to our operation that is very challenging. The Naval Hospital Commander performs exceptional as the Joint Medical Group Commander, ensuring all of our Troopers and detainees get the best health care available. The dive shop and dive club provide great services from equipment, classes and a place to socialize with other divers.

I recommend newly arriving Troopers and civilians embrace the joint working environment and small-town attributes NAVSTA has to offer. You will have an opportunity to interact and learn from fellow Troopers from all of the services as well as our interagency partners and civilians. Learn from them. Get to know them. The diversity of our workforce brings out the best in all of us and contributes to the continued success of the team in performing the mission.

I am proud to have served on the JTF-GTMO team, proud to have worked with so many professionals both past and present. My tour here at JTF-GTMO will be the most memorable military experience of my career.

Honor Bound!

This is Honor Eight signing off the NET.

TROOPER TO TROOPER

Troopers must know the dangers of energy drinks

By Command Sgt. Maj. Jeffery Credle

327th Military Police Battalion, command sergeant major

When you head to the NEX and you take a sip of that favorite energy drink that you think keeps you going throughout the day, do you actually read the label? Have you taken the time to do your research on energy drinks and the side effects they have on your body?

Rapid heartbeat, irregular heart rhythms, increased blood pressure, seizures, chest pains and dehydration. Doesn't sound very energetic does it? What about the extreme case of heart attack or sudden death?

The high amounts of caffeine (most energy drinks equal two cups of coffee or more), and taurine — an amino acid



Command Sgt. Maj. Jeffery Credle

known to boost your heart rate — only gives you that energetic high for a bit. The sugars loaded in the can, some have more than 60 grams per can, usually max out your daily recommended intake of sugars as recommended by the FDA.

All of the symptoms of your fast rapid high from the drinks could be exacerbated if you have a heart condition. Is this worth it to you?

Apparently this craze has reached our Armed Forces,

because recent articles published in Stars and Stripes noted that energy drinks are now the top-selling cold beverages at Army and Air Force bases worldwide.

This, Troopers, is a problem that could impact our mission.

If you are drinking these energy drinks, you are putting yourself at risk

for caffeine overdose, reactions to the ingredients, dehydration, obesity and dental problems.

Each of these health issues is preventable by simply not drinking energy drinks, getting more rest and staying hydrated with water.

Here at Joint Task Force Guantanamo, many of you experience long days in the sun and heat working at gates, sally ports or on details. Some of you feel you need a burst of energy before your physical training.

But this could be a devastating combination Troopers. Take warning that your moments of energy will come to an end, and your crash will be even worse than the tiredness you felt before.

Make yourself knowledgeable about what is in the beverages you consume. And for more information visit www.hrpc-online.org.

Motorcycle and ATV safety

SMA challenges NCOs to adhere to safety after NCO fatalities



By Sgt. Maj. of the Army Raymond Chandler

It's summer and historically that means the number of vehicle fatalities, especially those occurring off duty, statistically will increase. Although

the total numbers are down this year, the Army Combat Readiness Safety Center is reporting disturbing trends.

My concerns are that 45 percent of the Army's fatal motorcycle accidents are indiscipline-based, that noncommissioned officers comprise a majority of those fatalities and that ATV fatalities are rising.

These are all NCO leader issues.

As of July 7, 2013, the Army has had 22 motorcycle Soldier fatalities this fiscal year. As previously noted, nearly half of those accidents were indiscipline-based and, of these, 68 percent occurred between Friday and Sunday.

Most troubling to me, however, is the fact that 14 of the 22 motorcycle fatalities involved Soldiers in the ranks

of E-5 to E-7.

As NCOs, we are the standard-bearers in our units. We look out for our Soldiers and their Families. We enforce regulations to ensure success and safety. But, we also ensure every NCO has someone to check his or her compliance with these responsibilities.

Statistics show that over 60 percent of motorcycle fatalities are NCOs. That means the messages we NCOs deliver are not effectively reaching other NCOs who are directly influencing junior enlisted Soldiers. This is a poor example for young Soldiers to follow.

To date in this fiscal year, we also have experienced five ATV fatalities, compared to none in FY12 and FY11. Two of these were on-duty accidents.

One incident was a rollover during a training exercise, but the second was a staff sergeant not wearing an appropriate safety helmet – another example of indiscipline.

The NCO Creed states, "My two basic responsibilities will always be



uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers."

We must teach our Soldiers, no matter what their rank, to do the right thing and to appropriately consider comprehensive risk management practices. By doing this, we mitigate safety concerns with activities both on and off duty.

As an NCO and leader, I expect you to set, enforce, and abide by these standards. I also expect that you will ask a commander, battle buddy or peer to keep you honest in all these efforts.

Remember, NCOs are the Backbone of the Army.





“The Wolverine” slices up some good times

Review by Spc. Christopher R. Bowser
357th MP Co., thewire@jftgtmo.southcom.mil

The film “X-Men” laid some great ground work for the character of Logan but never really allowed him or any of the team to move past the most basic information about them. This is understandable in an ensemble piece, but the character of Logan, on screen, always felt a little flat to me. Thanks to this movie, that is no longer the case.

“The Wolverine” really explains the character of Logan well; giving us more insight



on him and the aftermath of the San Francisco incident featured in “X-Men 3.” As it turns out the guy is kind of a softy when it comes to killing the love of his life. Logan (Hugh Jackman), haunted by dreams of Jean Grey, uses his free time to wander and get in touch with his pacifist side, swearing off violence. That is until an old friend from his past asks for a simple favor. He soon finds himself protecting his friend’s daughter, Mariko (Tao Okamoto) which makes him realize the soldier he has always been.

This film has some great direction, a solid script that isn’t bogged down by needless character cameos that previous “X-Men” films had and is a great summer film. If you have watched the previous films or just know about the character, give it a watch. Don’t bother if you have no knowledge of Logan, this isn’t a good jumping on point. Make sure you watch the credits for some extras. I give this film four out of five banana rats. 🍌



Courtesy Marvel Entertainment and 20th Century Fox

Buddy-cops bring on



Bullock and McCarthy shine in comedy about lady cops

Review by Sgt. Katherine Forbes
JTF-PAO, thewire@jftgtmo.southcom.mil

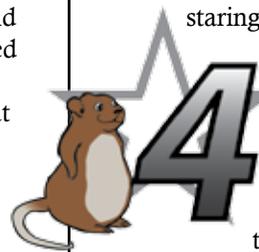
The buddy-cop movie is a long-standing tradition, from “Lethal Weapon” to “21 Jump Street.” There are certain expectations built up around this sub-genre of film.

The two cops have to be reluctant partners at first. They should be opposites, but bond for some common cause. They need to learn to trust each other while staring death in the face and overcome great odds to be successful in the end. “The Heat” does all this with one significant twist—the buddy cops are women. Sarah Ashburn, played by Sandra Bullock, is a know-it-all FBI agent. She’s after a huge promotion in the bureau and the only way to get it is to catch the ruling drug lord of Boston. Shannon Mullins, played by Melissa McCarthy, is a trash-talking mess of a police officer who grew up in the community Ashburn is investigating. Needless to say, their investigations into the drug world of Boston intersect. They are forced to “team-up” and hilarity ensues.

The device to use women as the buddy cop team works well in the hands of director Paul Feig, whose credits include “Freaks and Geeks,” “The Office” and “Bridesmaids.”

The chemistry between Bullock and McCarthy is solid and their comedic talents shine with this well-written script. This film took on a formulaic buddy-cop plot and made it funny and fresh.

For beating the odds, I give it four banana rats. 🍌



LUNGING FORWARD to a buffer you

Leg days prove to be the key to your workout

By Army 2nd Lt. John-Charles Bautista
Contributing writer, thewire@jtfgtmo.southcom.mil

If you are one of those individuals trying to gain muscle mass, you are probably on a four or five day split.

This means working different parts of the body on different days.

Which one of the five days is most important to building a bigger upper body?

As counter intuitive as it may seem, the leg day is the most important. Squatting and dead-lifting increases muscle growth throughout your body. These exercises are compound movements, and therefore, burn a tremendous amount of calories during the exercise.

Approximately half of your body is made up of your legs. With all that added muscle from doing a hard leg work-out, your metabolism will increase and your body-fat percentage will significantly

Leg Day Load Out

Squats	4x10
Dead lift	4x10
Walking lunges	4x10
Seated calf raises	4x15
Leg extensions	4x15
Leg curls	4x15

be lowered.

Please keep in mind the decrease in body-fat percentage will only happen with a balanced diet. Due to the leg work out being a critical part in developing more mass, I would recommend squatting or dead-lifting a second time on that fifth day of lifting. The more frequently you do a particular exercise, the faster your body will adapt to that particular load, creating a stronger and bigger body in a shorter amount of time.

Warming-up and stretching out before any exercise, especially on a leg day, will assist with preventing injuries as well as an increased range of motion.

With greater range of motion comes added stress on your muscles, which causes for greater results. If you use the example of a balanced leg day program, you will see results that make you feel better and stronger. 🍌

Now Showing!

at the Downtown and Camp Bulkeley Lyceums

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

02	FRIDAY	03	SATURDAY	04	SUNDAY	05	MONDAY	06	TUESDAY	07	WEDNESDAY	08	THURSDAY
	Smurfs 2 (New) PG, 8 p.m. The Heat R, 10 p.m.	The Wolverine PG13, 8 p.m. The Lone Ranger PG13, 10:30 p.m.	White House Down PG13, 8 p.m.	Pacific Rim PG13, 8 p.m.	This Is The End (LS) R, 8 p.m.	Man of Steel (LS) PG13, 8 p.m.	Monsters University G, 8 p.m.						
	The Heat R, 8 p.m. The Wolverine PG13, 10:30 p.m.	Smurfs 2 (New) PG, 8 p.m. White House Down PG13, 10 p.m.	Pacific Rim 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.	Despicable Me 2 PG, 8 p.m.						

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

(LS) = Last Showing

Less paperwork, more people work

JTF Equal Opportunity rep makes his presence known with Troopers

Story and photos by Sgt. Cassandra Monroe

Staff writer, thewire@jtfgtmo.southcom.mil

If an equal opportunity issue were to arise between co-workers, commands and individuals, most may not have a good action plan in place to assist with the correction of these issues, especially if the issues are within the command.

For those serving with Joint Task Force Guantanamo, there is a voice listening here at U.S. Naval Station Guantanamo Bay. Air Force Master Sgt. James M. Bonner, the equal opportunity manager for JTF-GTMO, is a representative that is here to help.

Bonner handles cases involving discrimination and disparate treatment. He offers mediation, facilitation, and team building and communication sessions. He also visits Troopers throughout JTF and the Naval Station, interacting with them and asking about any concerns that may affect their quality of life.

“I like to go out and talk to the Troopers because it gives me a way to better gauge how they are doing here,” he said. “It also provides an opportunity for them to talk with me without having to come to my office, and they are more relaxed and the conversations are more open and honest.”

Topics discussed between himself and the Troopers range from the overall morale of Troopers during their shifts to issues between male and female Troopers at public areas, such as base gyms.

Sgt. Jay Craycraft, an external security force noncommissioned officer with the 128th Military Police Company, Alabama National Guard, feels that the presence that Bonner brings to the JTF force is strengthening the morale and makes Troopers feel as if someone is listening to their concerns.

“It actually makes you feel pretty good





Air Force Master Sgt. James M. Bonner, the equal opportunity manager for Joint Task Force Guantanamo, discusses topics Soldiers may face, such as providing separate female gym hours on base, with Spc. Ciara Hall, an external security force noncommissioned officer with the 128th Military Police Company, July 25.



Air Force Master Sgt. James M. Bonner, equal opportunity manager for Joint Task Force Guantanamo, frequently visits Troopers such as Army Sgt. Jay Craycraft, external security force noncommissioned officer, 128th Military Police Company, and discusses living and working conditions with them.

knowing that your leadership actually cares about the Troopers he said. “It makes it easier to bring issues up now that we know that there’s someone we can talk to.”

If Troopers do have an equal opportunity issue, there are ways to handle them. Bonner recommends speaking with the alleged offender first because individuals sometimes don’t realize their behavior is offensive. The next level would be your immediate supervisor and then your first sergeant.

“We prefer to give your leadership first opportunity to handle your concern within your unit before we take it to the next level of supervision,” said Bonner. “If leadership is the basis for their concern they can come directly to my office and we can discuss a plan of action and how we can rectify the situation.”

After the issues are brought up to his equal opportunity office, depending on the severity of the issue, the commander will personally take care of the issue or he will appoint an investigative officer. JAG will also get involved, and with the commander, will recommend further actions against the perpetrator.

Although these processes may take time, Bonner wants Troopers to know that he does try to take the complaints further up the chain as quickly and swiftly as he can.

“I want the troops to know that they are being heard and I do bring their concerns to the proper level of leadership,” said Bonner. “The troops are our most valuable resource and I want them to know everything they do is important to leadership and to the mission.”

Bonner also urges Troopers to know their audience when joking with friends and with colleagues. Although the issue of equal opportunity may bring bad news, Bonner has reasons to find positives in his job every day.

“One of the things I like about my job is I get to see the results of my work and how it hopefully has improved that Trooper’s life,” he said. “I look forward to meeting troops from all the branches of service and learning how their jobs fit into the mission we do here in the JTF. This maybe the only time I will be in this type of setting where all branches are represented and are working together to accomplish the same goal.”

A look at Camp X-Ray as seen by first commander

Story and photos by **Sgt. Cassandra Monroe**
Staff Writer, thewire@jftgtmo.southcom.mil

Former Joint Task Force Guantanamo Joint Detention Group Commander, retired Col. Terry Carrico, visited JTF-GTMO July 26, nearly 10 years after taking command of Camp X-Ray in 2002.

“He was one of the guys who was a part of growing the Military Police Corps from the early days, left his mark and made a difference in the whole corps of officers and noncommissioned officers,” said Col. John Bogdan, JDG commander.

“That’s one of the reasons why we’re lucky to have him here. I hope that afterwards, Colonel Carrico’s visit generates some discussion. Listening to him speak is another point in professional development that continues conversations and discussions well after this is over.”

Carrico toured what remains of Camp X-Ray with a group of JTF-GTMO leadership, often pointing out key areas of the camp where the detainees arrived, where they were searched and where they were held at the temporary holding facilities.

He described the detainees as docile, with no



problems or issues and wanted them to remain under positive control with firm and fair treatment.

He also discussed his feelings toward jumping into the mission with such little notice.

“The base and the environment haven’t changed a whole lot . . . but from a mission standpoint, I think it’s night and day,” Carrico said. “The facilities that they’re operating out of and the processes and procedures are well developed and in place; while, back then, we were operating with the ‘learn as you go’ mentality.”

Following the tour, Carrico spent separate time with the Joint Detention leadership and then went straight into the new facility camp tours. There, he had a chance to discuss past and present detainee operations with the current camp officers-in-charge.

Once inside the camps, Carrico observed the newer facilities’ detainee cell blocks as well as the communal detainee wards; engaging with camp personnel and medical staff.

The last major stop for Carrico was a group session at the Bayview Inn on base. Here, he addressed the group

on his version of the history of Camp X-Ray and the Guantanamo Bay he knew, what life was like at the camp, as well as difficulties the senior leadership faced against the civilian media, especially with photographs taken out of context.

Overall though, the retired colonel said he was happy to have the opportunity to come back to Guantanamo Bay and feels appreciative toward the Troops that are here now.

“When you’re the first at anything and you see it evolve and mature, I think there’s a satisfaction in seeing that process and the professionalism that continues to build something into what it is today,” he said.

“I’m very appreciative toward the Troops, they have a very tough job and don’t get told ‘thank you’ enough. I feel pride being a former Soldier and seeing Troops is always delightful,” Carrico said.

“If I imparted anything on the people who were here today, if they learned one little tidbit, then I did my job.” 🌟



Former Guantanamo Bay Joint Detention Group Commander, retired Col. Terry Carrico, tours Camp X-ray, July 26, 2013, at U.S. Naval Station Guantanamo Bay, Cuba. The current JDG and Military Police leadership of Joint Task Force Guantanamo invited Carrico to come back and provide a historical perspective from his time at JTF-GTMO in 2002.





Photo by Staff Sgt. Rebecca Wood/JTF-PAO

Petty Officer 1st Class Peter Ellison, master of arms and chief of security for commissions at Joint Task Force Guantanamo, holds a flag that he personally flew over Camp Justice for his co-workers of the Nassau County Police Department.

Courage, Honor, Commitment

MA spends life devoted to service at home, abroad

Story by Staff Sgt. Rebecca Wood
JTF-PAO, thewire@jtfgtmo.southcom.mil

On Sept. 11, 2001, Peter Ellison was at his home recovering from knee surgery when he woke up like any other day, performed his morning routine and turned on his television.

Terrorists had attacked U.S. soil and it was taking place in a city he called home his entire life. And his brothers with the New York City Police Department were in harm's way.

That day, he immediately made sure his family was safe and accounted for. He knew

others were suffering and in need of his help. His knee could heal later, he thought, so he suited up and went back to work helping wherever he could.

His dedication to service hasn't quit. Now, he's a member of the Bureau of Special Operations, also known as SWAT, for the Nassau Police Department.

"Working on the SWAT team is a very mature assignment," he said. "It takes a lot of restraint and knowledge to differentiate when to sit back and wait, or when to act."

His strong sense of duty comes



Photo courtesy Peter Ellison

Peter Ellison, a member of the Nassau County Police Department SWAT Team, stands with a fellow officer during training at Joint Base McGuire-Dix-Lakehurst, N.J., Oct. 3, 2010. Today, Ellison is a master at arms first class and the chief of security for the Commissions liaison Office for Joint Task Force Guantanamo.

from a long lineage of policemen and firefighters — a continuing tradition he can trace back to 1905.

“Two out of four of my children are now police officers,” said Ellison. “I have a son who works in Manhattan as one and a 22-year-old daughter who is in the academy. I’m proud of all of my children, but it means something special to me that these two followed in my footsteps.”

After seven years in the Marine Corps, Ellison rejoined the Navy Reserves following the 9/11 attacks. With his master’s degree in Criminal Justice and bachelor’s in management, his skills were put to use with the Navy Security Force, Naples, Italy, via his Reserve unit in Long Island, New York.

“I often trained Reservists about basic law enforcement, because base MAs need to know how to speak to people, how to react to situations,” he said. “You can’t just keep throwing somebody on the deck all the time,” he said.

That knowledge and expertise he learned with the SWAT team is something that Ellison was able to bring with him to his military career. But lessons learned in the Navy and Marine uniforms are just as crucial to his civilian career.

“Restraint and discipline,” Ellison said, is what he’s learned from the military and applied to his street time with the police department.

“Especially after being in the Marine Corps and a MA, you learn to be very disciplined. You can’t just jump out of your car, sometimes you have to sit there and just watch for hours,” he said.

“In the SWAT world, if you don’t have that discipline, you don’t make it,” he said.

Today, as Petty Officer 1st Class Peter Ellison, master at arms and chief of security for the Commissions Liaison Office for Joint Task Force Guantanamo, is still learning lessons.

“My take-away from this deployment is that I helped Commissions run more smoothly and safely,” he said. “There is a lot of old, broken-down equipment here, but my goal is to leave this place better than when I found it.”

But also, there is sentimental value for this patriotic patrolman. He’s flown more than 250 flags since he arrived here, more than 100 of which were requested to be flown on 9/11. As a New Yorker, and man of the shield, Ellison is proud of this mission.

“I take a lot of pride in flying the flags for people on McCalla Hill,” he said. “As a former Marine serving in the Navy, I consider McCalla Hill sacred ground because of all the Marines who died there.

“Just like what’s going on today, the events then shaped a lot of the history of our country, the Navy and the Marine Corps,” he said.

“It’s truly an honor,” he said. 🌟

New Catholic Mass

The JTF Chaplain's office will begin a new Catholic mass

Sundays at 7:30 a.m. at Trooper Chapel

beginning Sunday, August 4. Mass will be led by Navy Chaplain Gabe Mensah from the NAVSTA Chapel. For more information, please visit the Chaplain's page on the JTF SharePoint or call ext. 2218.



Volunteers Needed!

Saturday, August 3, 5 a.m.

MWR needs 25 volunteers to help with their Sprint Triathlon on Saturday, August 3. If you want to help and would like to earn volunteer hours, join the MWR crew at Denich Gym at 5 a.m. See you there!



Changes to rotator schedule

Days of flights change Oct. 1, Troopers should plan accordingly

Staff Report

thewire@jftgmo.southcom.mil

In order to ensure successful travel, Troopers must:

- ◆ Arrange all travel through the unit administrator
- ◆ Fill out a Travel Passenger Request Form (PTR) prior to leaving. Do not use this form for Space-A travel
- ◆ All Temporary Duty (TDY), Liberty Leave and R&R Requests must be submitted 20 days prior to scheduled flight
- ◆ PCS requests must be submitted 60 days prior to scheduled flight
- ◆ All Service members planning a 96-hour pass must use the rotator. Travel will only take you to Jacksonville, Fla., or Norfolk, Va. All other commercial travel will be arranged for and paid by the Service member
- ◆ Cancel requests must be submitted within two business days of scheduled flight
- ◆ Submit AMC reservation requests to J-4 Travel e-mail box with a copy of your orders
- ◆ For more information, see your unit administrator. For unit administrators, contact jftgmo-j4-travel@jftgmo.southcom.mil



Troopers celebrate birthdays in style at Seaside Galley

Story and photo by Spc. Lerone Simmons

Staff Writer, thewire@jftgmo.southcom.mil



Army Maj. Gladys Lanier, Joint Detention Group chaplain, and Army Staff Sgt. Emanuel Perry, motor sergeant with the 128th Military Police Company, enjoy birthday cake July 25, for a special July birthday meal at Seaside Galley.

The troopers at Joint Task Force Guantanamo are often used to sacrificing a lot during their deployment; whether it be time, the comfort of home, or missing family. However, looking forward to an upcoming birthday can make all the difference.

Sam Y. Scott, assistant project manager for the Pentad Corporation, a contracting company at the Seaside Galley, and her staff make sure that Troopers are able to enjoy their birthday by preparing a special meal for them during their birthday month.

“This is something we can do for the troops,” she said. “For a few minutes we can make that Service member feel special while celebrating their birthday with a nice meal.”

Lobster and steak are the prime choices for the birthday meal. The

galley provides reserved seating, a birthday cake and a decorated birthday sign in the dining facility.

For Maj. Gladys Lanier, a chaplain assigned to the Joint Detention Group JTF-GTMO, the birthday meal was appreciated.

“Troopers get a chance to offset their daily routine and get recognition for their special day,” she said. “There are many things that can distract people from celebrating life, but eating a good meal among friends is something that anyone can benefit from.”

Lanier celebrated her birthday July 15.

Sign-up sheets are available in the dining facilities for upcoming birthdays and signing up in advance is the best way to guarantee a great free birthday meal. 🍕



Tierra Kay upgrades welcomed

MPs move new furniture and appliances into housing units

Photos and story by Staff. Sgt. Lorne Neff

Staff Writer, thewire@jtfgtmo.southcom.mil

Battling mold has been an ongoing problem for residence of the Tierra Kay housing area. But on July 20, Soldiers from the 189th Military Police Company assisted housing officials with removing and replacing old moldy furniture and bad appliances.

“It makes me feel like I’m helping out, getting soldiers squared away,” said Pvt. Matthew Martinez, an internment resettlement specialist for the 189th MP Co.

Martinez knows the conditions in the TKs, he lived in an old unit before moving to a renovated one.

“It’s much different, it’s much better,” said Martinez. “The mold is not as bad like it used to be. It’s good for everyone, it helps morale and I’m glad to help out to boost it up.”

The TK’s are in the middle of a three-phase project.

“We are doing this ultimately for the health and welfare of the troopers,” said Petty Officer 1st Class Bobby Cast, Joint Task Force Guantanamo facilities manager.

“Whenever they did the inspections, they found the mold growing and that comes with some serious health consequences. We wanted to make sure that gets resolved now before everyone gets sick from it,” he said.

According to Cast, contractors replaced the HVAC systems to remove humidity in the air as well as dust particles. He said each housing unit will get

a dehumidifier and the systems should be able to better cool the houses as well.

“It’s moving fast, I’m lucky to have a detail like today; many hands, extra help, less stress, I like it,” said Marine Cpl. Mark Daoud, assistant noncommissioned officer facilities manager. Daoud directed the Troopers moving the furniture.

The TK’s have three and four bedrooms in each unit.

“My goal is to put one soldier in each room,” said Sgt. 1st Class Tracy Carter, housing NCO in charge for Headquarters and Headquarters Company, 525th MP Battalion. “Before, they had two Soldiers in each room. This should be better. They will share a kitchen, laundry and bathrooms.”

Carter lived in the tents in Camp America during a previous tour for 15 months and wants to help alleviate the problem for others.

“My ultimate goal is to move some of the Soldiers from over there (Camp America) so J4 can have it as transient housing,” said Carter. “That would help morale at Camp America. This would give them privacy. It’s a better opportunity for our Soldiers.”

“It’s good, everyone needs something better, nicer, and if I’m part of the process to help out, I’m cool with that,” said Spc. Andrew Stark a corrections specialist for the 189th MP Co.

Cast says they will complete renovations by summer of 2014. 🌟



Pvt. Matthew Martinez, 189th Military Police Company, helps to move out old moldy furniture from Tierra Kay Housing July 20.



MAIL CALL
IMPORTANT NOTICE

The JTF GTMO Post Office will be closed **Aug. 12-15** and will reopen on Aug. 16 at 12 p.m. The NAVSTA Post Office will be closed on Aug. 12 and will reopen on Aug. 13 at 12 p.m. If you need to send mail Aug. 13-15, please take it to the NAVSTA Post Office.

All Post Offices will continue to hold Mail Call on all days.

New JSMART Hours!

The Joint Stress Mitigation and Restoration Team (JSMART) helps Service members assigned to JTF Guantanamo deal with the stress and strain of their deployment. To better serve JTF Troopers, JSMART would like to announce their new hours:

Camp America Hours:
M-W-F: 6 a.m. to 5 p.m.
T-Th: 6 a.m. to 8 p.m.
New evening clinic!

Our JTC Hours:
M-W-F: 8 a.m. to 12 p.m.



The Wire

Shred it or regret it

CPSIEC CORNER

The Joint Task Force has a 100 percent shred policy both at work and in the housing areas.

This means that *all paper materials* should be shredded. Nothing should reach the dumpster.

No trashcan or dumpster is safe to discard FOUO, PII or sensitive information. Documents that are work related should never be taken to housing areas.

If it's paper, remember to shred it, no hesitation.



UNITED THROUGH READING

Connect with your children! Bedtime stories are never so important as when you're deployed. Record a video of you reading a book to them and send it home. They get to see and hear you and know that you love and miss them.

Contact the **JTF Chaplain's Office** to schedule your appointment by calling 2571 or by email (thomas.e.trocino@jftgmo.southcom.mil)

Chaplain's ext. 2218 WORD OF THE WEEK



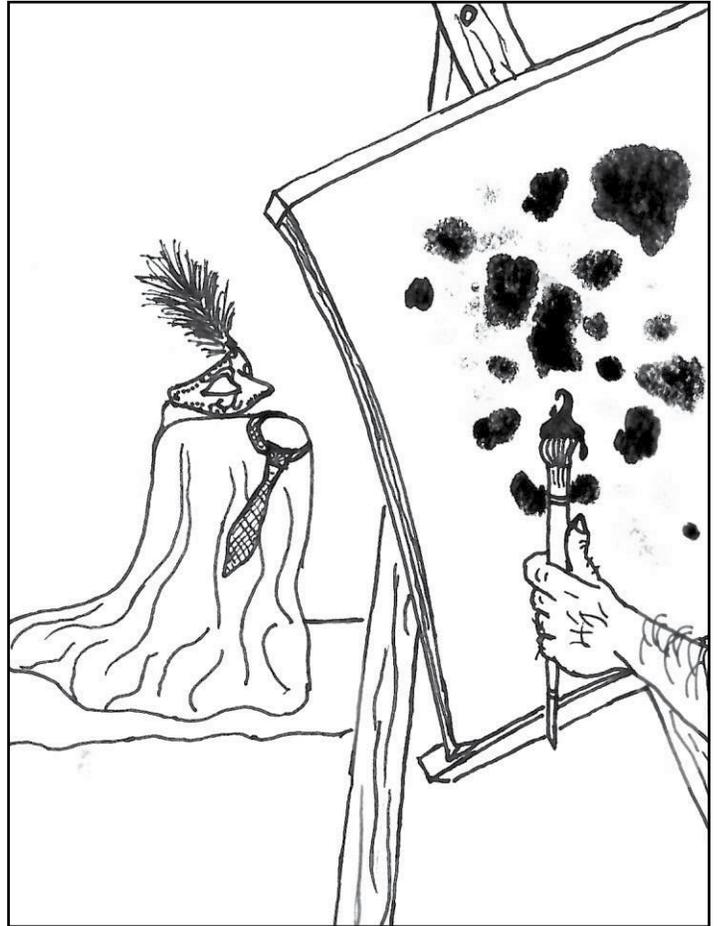
"Compassion"

Compassion is the sometimes fatal capacity for feeling what it is like to live inside somebody else's skin. It's the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you too.

Photo by Marine Cpl. Jonathan G. Wright/ DVIDS

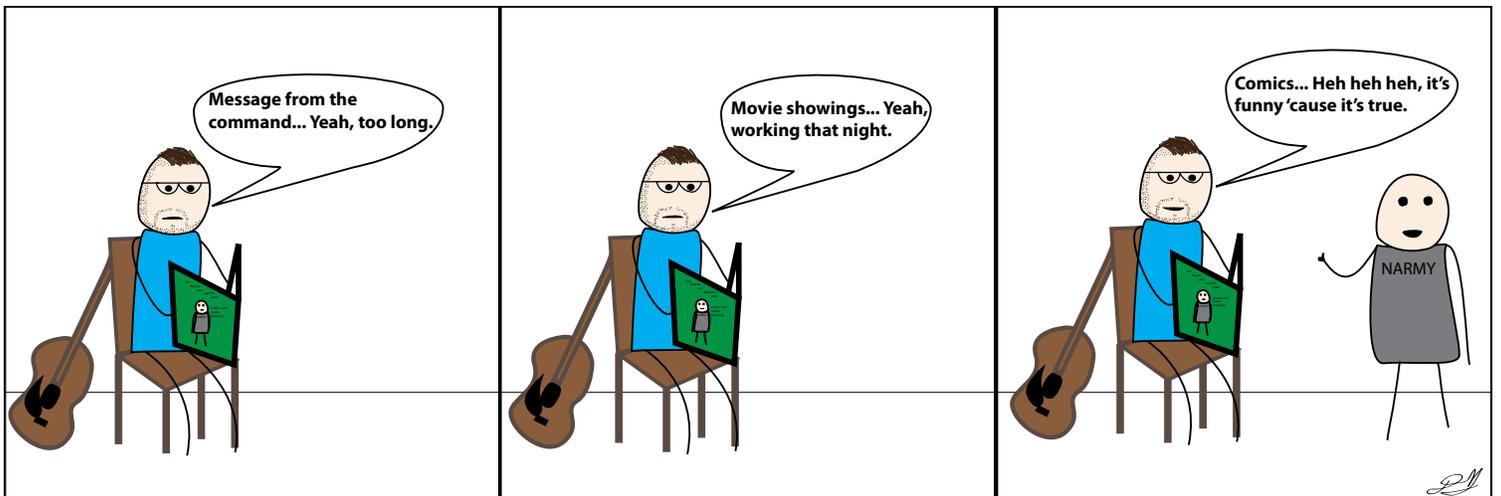
THE DOWNSIDE UP

by Sgt. Darron Salzer



"Kind of a big deal around here ..."

GTMO JOE by Spc. David Marquis



Confusion wins MWR flag football

Story and photo by Sgt. David Bolton

Copy Editor, thewire@jftgmo.southcom.mil

As the rain came to an end the evening of July 25, the Morale, Welfare and Recreation championship flag football game got started. On one side of the pigskin was 'Confusion,' comprised of Troopers from the 189th Military Police Company, and on the other side were the 'Playmakers,' from the 193rd MP Co.

Through a series of passes, runs and switchbacks, the teams moved up and down the field. With time running out in the first half, Confusion threw a hail mary pass down the field which was caught by Staff Sgt. Patrick Gorman, an internment resettlement specialist with the 189th MP Co.

"I knew we needed that first down so I gave it all I had," said Gorman. "The quarterback knows I like to run those corner routes and he normally put them right on the money so all I have to do is go out there and get it."

At the end of the first half, the Playmakers led 9-12, but the game was just getting started. With both teams evenly matched for speed, strength and agility, it was impossible to guess who would come out on top. In the end, Confusion beat out the Playmakers with a final score of 24-18 and took home the title.

"They're always tough," said Sgt. 1st Class Travis Piatt, an internment resettlement specialist with the 193rd MP Co. "I mean they're one of those teams that are always recruiting so when you play them you know you are playing one of the toughest people on this island."



Confusion, the Guantanamo Bay Morale, Welfare and Recreation's flag football champions, take home the title trophy July 25, after more than a month of scrimmages in the MWR flag football league. Confusion beat the Playmakers with a final score of 24-18.

For the captain of Confusion, Merton Gray, a contractor who works at the Naval Exchange, defense was key to this victory and championship.

"From day one I said 'if we're going to win this, we need to play good defense'", said Gray. "Last year they beat us in the regular season and beat us by a touchdown. So we sat down and talked about it and said hey, we're going to go back to our old-time defense and play real tight." 🏆

Troopers learn techniques and fun on fishing trips

By Staff Sgt. Lorne Neff

Staff Writer, thewire@jftgmo.southcom.mil

One of the many events the Morale, Welfare and Recreation office offers every couple of weeks is the opportunity to go night fishing at almost no cost.

"It's a great way to come out and chill with your friends," said Staff Sgt. Nina Hamlette-Wells, 525th Military Police Battalion training noncommissioned officer. "It's just relaxing and good way to get out of your room."

You could say Hamlette-Wells is an old hand at fishing. She has been coming out to fish since she got here more than

21 months ago. On this trip, she caught more than a dozen fish. But it wasn't always that way.

"I was about to give up," said Hamlette-Wells. "I went out and didn't catch anything the first two times, but then I caught an 11-pound snapper and it was really exciting."

The trips are sponsored by MWR and anyone stationed here can sign up. Anyone with a captain's license can take the boat out during the sponsored trips; they just have sign up through MWR.

"I know they are hurting for boat captains," said Sgt. 1st Class Bruce "Smitty" Smith, a corrections specialist with the 189th MP Company. "I try to support MWR when I can. My job makes it hard sometimes but they know

I'm a pretty reliable skipper."

Smitty says he goes out almost every weekend and has skippered more than 20

MWR night fishing trips.

"I make sure everyone's line is prepared and my goal is for everyone catch at least one fish," said Smitty. "All anyone has to do is bring bait and a fishing pole, that's it."

During a recent fishing trip he skippered, Smitty's passengers agreed.

"Fishing is fun, it's something else to do since I don't dive," said Petty Officer 1st Class John Cid, a Navy Seebee and reservist deployed for the for the JTF engineering section.

Cid has been going out fishing with Smitty since he got here eight months ago.

During this trip, seven fishermen caught 49 fish, mostly snapper.

"It was a pretty good night," said Smitty.

For more information on night fishing excursions, call MWR at ext. 2010 to sign up or captain a night fishing trip. Trips are offered twice a month on Friday nights starting at 6 p.m. 🏆



Photo by Staff Sgt. Lorne Neff/The Wire

Petty Officer 2nd Class CheeTara Harvey holds up her catch of two fish at one time during a night fishing excursion July 27.

Meals with MONROE

This recipe is from marthastewart.com, and takes baking to a different level by using a slow cooker for those times you don't always have access to a kitchen (like a jail cell, Martha would know). For baking these in a slow cooker, I felt they turned out pretty well. Their consistency is a mix between thick, cakey and fudgy. You can add chocolate frosting on them if you wish, if not, the triple dose of chocolate should satisfy you.

This recipe calls for a slow cooker insert, but I didn't have one. Instead, I lined my slow cooker with alluminum foil.

In a small bowl, whisk together 1 and 1/4 cups **flour**, 1/4 cup **un-sweetened cocoa powder**, 3/4 teaspoon **baking powder** and 1/2 teaspoon **salt**. Place 1 stick of **butter** and 8 ounces of **chopped bittersweet chocolate** in a medium, microwave-safe bowl and microwave in 30 second increments, stirring after each, until chocolate is melted.

Add 1 cup sugar, stir to combine. Add flour mixture, walnuts and chocolate chips and stir until moistened (do not overmix.) Transfer to slow cooker and smooth top.

Cover and cook on low for 3 1/2 hours then uncover and cook for 30 minutes. Remove brownies and



SLOW COOKER TRIPLE CHOCOLATE BROWNIES

lining from slow cooker and cool completely on a wire rack.

The center may look undercooked when the time is up, but it will be perfect once cooled.

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@jftgmo.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:

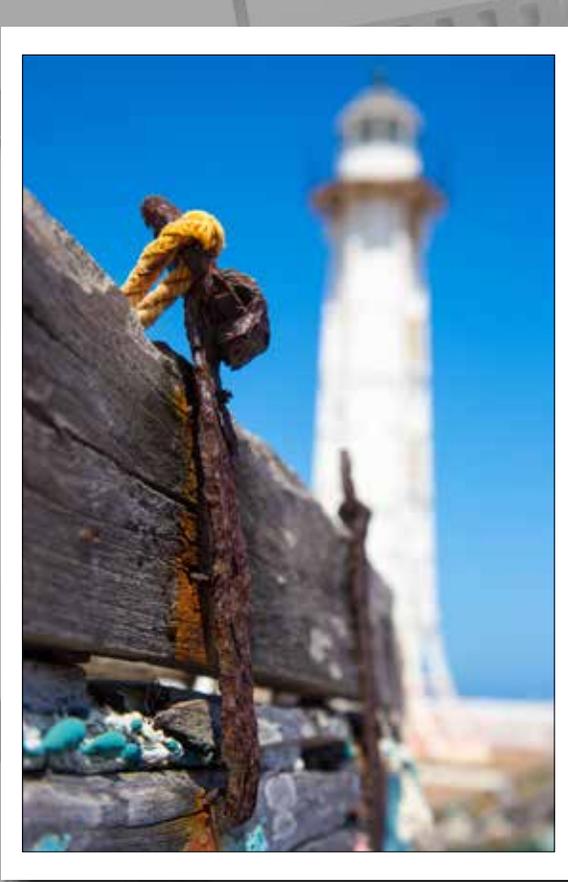
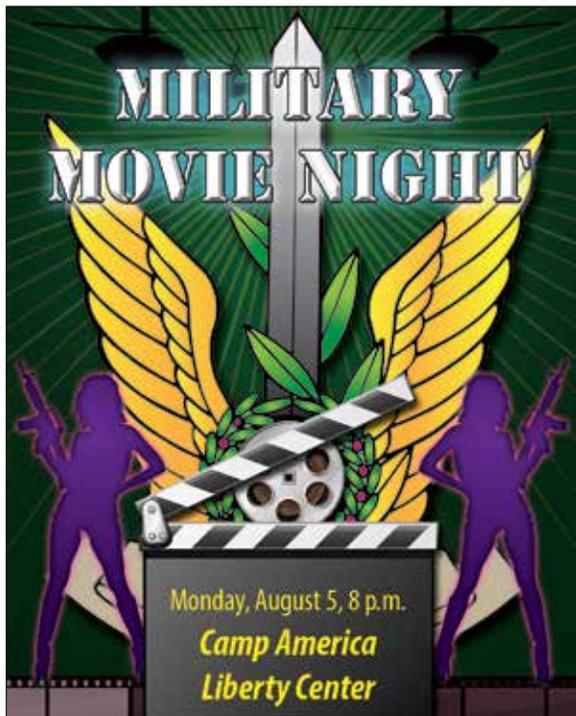


PHOTO OF THE WEEK

A remnant of the Cuban refugee exodus of the 1990s, this boat now sits below the famous Guantanamo Bay lighthouse. Photo by Spc. Raul Pacheco

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