

# THE WIRE

The Official Publication of Joint Task Force Guantanamo

## All-hands

Butler meets with Troopers,  
outlines goals and expectations

## Camera shy

Media Relations Team helps Troopers  
overcome fear of news crews



# History's Gate

# AROUND THE BAY

AND IN OUR PAGES



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## Cover Story

Cover photo by Sgt. 1st Class Gina Vaile-Neilson

Take time to walk the Northeast Gate, where Marines manned security and the last Cuban GTMO worker exited in Decembe 2012. PAGE 6

Our thoughts are with the people of the Philippines and our JTF Filipino community during the flooding that has ravaged their country.

## BAY WIRE REPORT

### Do NOT Disturb!



Attention divers! These underwater data loggers are important to the collection of light and temperature information.

Attached to two 10-pound weights with a zip tie, they are two inches long.

For more information contact NAVFAC-PWD Environmental at ext. 4493.

### Volunteer hours available

Want to relive second grade? MWR needs volunteers to officiate and chase balls for the dodge ball tournament Saturday Aug. 24, starting at 2 p.m.

Report to Denich Gym no later than 1:30 p.m., for the review of the sport's rules and regulations.

# 10-Mile Run

The MWR 10-Mile Run is set for

**Saturday, August 31, 6:30 a.m.**

Registration is ongoing at Denich Gym. For more information, please call ext. 77262

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



# 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.

## 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



## It takes all-hands to make JTF-GTMO a success

**By Rear Adm. Richard W. Butler**

*Joint Task Force Guantanamo Commander*

I want to take a moment to thank all of you who made the time in your busy schedules to attend an all-hands meeting with me, Col. Marion Garcia, and Sgt. Maj. Juan Hidalgo Jr., last week.

To recap, and for those who could not make it, I spent some time going over our three very clear missions: the safe, humane, legal and transparent care and custody of the detainees, intelligence collection, and supporting military commissions, and praised how each Trooper focuses all efforts on mission success daily. I underscored how Gen. John Kelly views Joint Task Force Guantanamo as the most important mission in all of the SOUTHCOM area of responsibility, with visibility on our mission stretching as far as the Secretary of Defense and the President.

Your chain of command understands the mission, and values the work you do here. As Gen. Kelly has stated: “we are the good guys. We are doing a hard job, and doing it right. They understand that detainees are still in the fight, and will do anything to create or fabricate an incident to discredit our operation.”

What that means is we need to do things right, every time. On duty, and off duty.

Learn your mission. Understand and follow our standard operating procedures – the SOPs were created to do standard



Rear Adm. Richard W. Butler

tasks in a standard, safe and efficient manner. They will help you do your job.

When you're off duty, use your time to refresh, recharge, and rejuvenate – smartly. Use the buddy system for everything – drinking, diving, swimming or hiking.

Look out for your

buddy and for the shipmate who might be out alone. Bystander intervention can play an important part in preventing a sexual assault, a DUI or a car accident. Be brave, be a leader and stand up for each other.

So, a pretty straightforward speech from the new guy, right? I've been in the bleachers and heard it too. Standard stuff. But there is uniqueness about our JTF-GTMO that hits me every time.

The show of hands in the air when I asked who had arrived after my first day on the job, July 16, strikes me every time. Mathematically, I understand that with most of the JTF on nine-month tours, that means about 11 percent of the task force turns over each month. Nonetheless, seeing all those newcomers' hands in the air highlighted just how rapidly the force rotates.

We are in a constant state of training and turnover here. This means we must focus on our mission, both on and off

duty, and keep things simple. Got an idea to make it better? Great! Don't be discouraged if it takes time to implement – or if it won't get done before your tour here is complete. As Colonel, soon-to-be-Brigadier-General Garcia pointed out, EVERYTHING we have here at JTF-GTMO is the result of our predecessors seeing something that needed improving and working to make it better. If not for themselves, then for the Troopers who relieve them.

Finally, this week I met with 10- 9/11 victims and family members who are here to witness the commission process. These are people who lost mothers, fathers, daughters and sons in the attacks of 9/11. These are people who have suffered terrible loss and being here must be a very emotional event. Despite that, every one of them expressed tremendous gratitude for the work being done by everyone at JTF-GTMO. They know you didn't have to do this – everyone serving today has enlisted, re-enlisted or otherwise renewed their commitment to serve in the years since 9/11, knowing that deployments here and elsewhere are a fact of military life. They send their thanks, and it is my honor to pass along this message as your commander.

Keep doing things right, do the right things, and work to make it better for those who follow. It is my honor and privilege to serve JTF-GTMO and as your commander. Honor Bound!

TROOPER TO  
TROOPER

## Dependable is more than just an adjective, it's a trait

**By Command Master Chief Karl Brobst**

*Marine Security Detachment, Port Security 301*



Command Master Chief Karl Brobst

As I write this, I reflect upon the irony, my son, Seaman Karl Brobst Jr., is assigned to the Coast Guard Cutter DEPENDABLE.

This word, dependable, is not just an adjective or a description. It is a trait all Troopers have a duty to embrace and emulate. To be 'dependable' means more than to be reliable.

In our ever-changing world, we as members of the Armed Forces, must adapt to and conquer challenges. To be 'dependable' means we become solid members of a team.

We, as individuals and as units, must fulfill requirements and taskings to ensure the completion of strategic goals. To be truly 'dependable' allows the creation of a special and sacred trust which allows others to further our collective effort. Members of the team can capitalize on opportunities as they present themselves knowing the other members remain steadfast in their duties.

In our personal lives, we must embrace dependability to become the keystone of our family. This trait allows us to remain the source of stability during hardship, the very foundation of success. While rocksolid in times of fair weather, it is during the raging storm and times of adversity the dependable person excels.



## Media Relations Team teaches awareness & tips for interviews

Story and photo by Spc. Lerone Simmons

Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

The Joint Task Force Guantanamo mission can be a demanding and grueling one. From long shifts, to dealing with being away from family, Troopers experience a lot of stressors here.

When you throw in the possibility of doing an on-camera interview with one of the international media who visit JTF-GTMO on a regular basis, some Troopers are left shaking in their boots.

“People have this huge fear of the media, and rightfully so because of the negative stories and angles that consistently come out in the press especially about the JTF mission,” said Army Capt. Andi Hahn, media relations officer in charge.

“What people don’t realize is that they should not be afraid of the media but should embrace them because talking to the media is that person’s opportunity to get out the right message,” she said.

Regardless of the perception of some external media, the JTF-GTMO’s mission is to provide transparent care for detainee operations, and in keeping with the Department of Defense Principles of Information, JTF-GTMO invites media from around the world to view this transparent care of the detainees.

Hahn and Army Staff Sgt. Rebecca Wood, noncommissioned officer in charge of Media Relations Team, have taken the lead in getting troops prepared for what they might encounter while dealing with media by hosting media engagement training available to all Troopers.

“Refusing to talk or cooperate with them leads them to speculate and can result in a negative angle in their story,” Hahn said.

The media wants to talk to Troopers who are on the ground daily, in the camps. The demand for interviews of regular Troopers is what brought Army Sgt. Fabian Lieb, military police, 491st MP Detachment 2, to the MET Aug. 2.

“Nothing is better than hands on,” he said. “It helps because now we have something to build on.”



Staff Sgt. Rebecca Wood, noncommissioned officer in charge of the Joint Task Force Guantanamo Public Affairs Media Relations Team, instructs a group of JTF-GTMO Troopers during Media Engagement Training Aug. 2, at the Media Operations Center at Camp Justice. MET provides Troopers with skills to interact with the international media that come to JTF-GTMO to report on activities here.

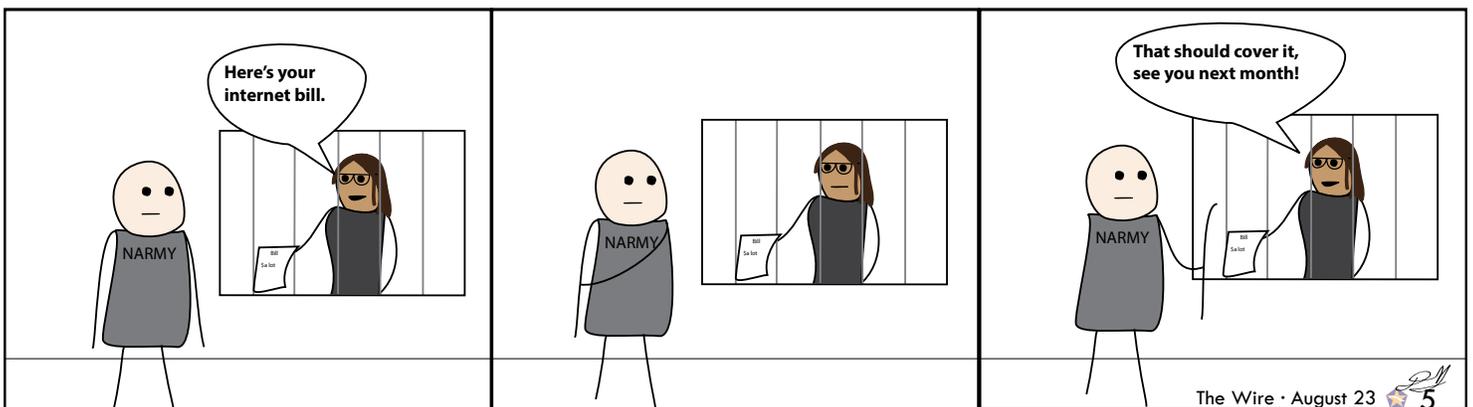
The Troopers received instruction on basic public affairs skills, the need for a relationship with the media and how to interact with the media using messaging techniques. Practical exercises concluded the training, with each student doing an on-camera interview that was critiqued by the MET for an after-action-review of lessons learned.

“It’s important for them to be able to both convey their command’s key messages in a conversational tone and also show the Trooper’s point of view that doesn’t compromise operational security,” Wood said.

“It’s just like anything, if you know the rules, it can be a pleasant experience that can benefit the military and your mission,” said Wood.

For those interested in participating in the MET, contact [andrea.c.hahn@jtfgtmo.southcom.mil](mailto:andrea.c.hahn@jtfgtmo.southcom.mil) or [rebecca.e.wood@jtfgtmo.southcom.mil](mailto:rebecca.e.wood@jtfgtmo.southcom.mil). Space is limited to 10 Troopers per class. 📧

## GTMO JOE by Spc. David Marquis





Marines assigned to the U.S. Naval Station Guantanamo Bay's Marine Security Forces Company, give tours of the Northeast Gate every third Friday to participants who sign up at Marine Hill's headquarters building.



# The history at GTMO's Gate

*behind the scenes with the Marines*

By Staff Sgt. Lorne Neff

Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Every third Friday of the month, members of the Joint Task Force Guantanamo or U.S. Naval Station Guantanamo are invited to tour the Northeast Gate – the entry point once used by more than 4,000 Cubans who worked at GTMO as recently as last year.

“The last Cubans retired in December but we bring all the pension checks and hand them over once a month,” said Marine Sgt. Derrick Wyatt, assistant operation chief for Marine Corps security forces, and a Northeast Gate tour guide. “We pay them for those who worked 20-plus years.”

Even though the gates locked in December 2012, Wyatt said Americans and Cubans meet twice a year when the two sides hold a fence-line exercise to test reaction to disasters, such as fires.

But it's the history that keeps the tours going – and is important for Service members stationed here.

“I'm a big fan of history and politics,” said Wyatt. “That covers my interest and I think a lot of people in the military as well.

“Guantanamo is a gem of its own,” he said. “Not a lot of people get to come out and see it and there is a lot of stigma surrounding it. To be able to get out to the gate gets you as close as you can to Cuba.”

The tour provides a brief overview of the Marine history at Guantanamo, and spotlights the tensions following the Cuban

Revolution in 1959 and then the Cold War era.

For Senior Master Sgt. Galen Zalace, Base Engineer Emergency Force first sergeant, the tour reiterated

memories from long ago.

“It reminds me of many of the Vietnam and Cold War stories my father told me as a child growing up when he was in the U.S. Air Force thru the 1970's and '80's,” said Zalace.

Zalace was encouraged to take the tour by the previous BEEF team.

“History is my hobby,” Zalace said. “While I tend to focus on older history, I will never turn down a history tour, regardless of the time period.

“The tour guides were excellent,” said Zalace. “Sgt Wyatt provided a lot of good information regarding the history. He was very knowledgeable and made it very interesting with anecdotes.”

Tours are open to all members of the GTMO community, to include JTF-GTMO Troopers. It's an easy way to learn about the history of the Marines at the gate, and how Cuban workers supported GTMO.

If you're interested in taking a Northeast Gate tour, sign up at the Security Forces Headquarters on Marine Hill, also known as the White House. Space is limited to the first 100 who sign up. Following the tour, the Marines sell flags that are flown at the Northeast Gate flagpole, as well as t-shirts and other items in order to raise funds for the annual Marine Ball.

“I would recommend this tour,” said Zalace. “It was very informative and a little known piece of American military history. Members of the

U.S. armed forces have died on this piece of land; it is important that people know why we came here 115 years ago and what it is we are doing here now.”



Tour participants view the water pipe, famously cut in 1964 in an effort to show that the U.S. Naval Station was not stealing water from Cuba. Tours are offered the third Friday of every month and recount Guantanamo history at the Northeast Gate.



# High speed and low drag, Turbo does not disappoint

Review by Sgt. Cody Stagner

JTF-PAO, thewire@jftgtmo.southcom.mil

Like a high-speed chase in a “Fast and the Furious” place, Dreamworks’ “Turbo” introduces a new definition to the phrase ‘at a snail’s pace.’

Turbo (voiced by Ryan Reynolds), an ordinary garden snail with extraordinary dreams to be the fastest mollusk around, gets his wish when a beefed-up, underground-street-racing-car sucks him into its nitrous-oxide induced supercharger and spits him out with a nitro enhanced superpower.

Hey, it could happen. Right?

Well, maybe not in reality, but if a spider bite can give you spider sense, then nitrous oxide can grant you rear blinkers.

Turbo’s obsession for speed gets him into all sorts of trouble in the beginning, when he and his brother Chet (voiced by Paul Giamatti) are forced to leave their village due to Turbo’s antics.

His adventures take him from a tomato garden in suburbia to the race track of the world famous Indianapolis 500, and you guessed it, along the way he learns life lessons and meets many friends (Samuel L. Jackson voices Whip Lash).

Turbo is a great film for all ages. Dreamworks

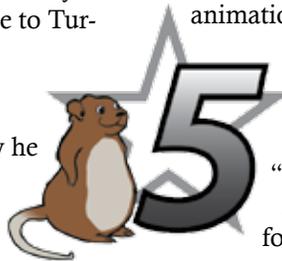


Courtesy of Dreamworks Entertainment

brings you to the seat of your pants with unparalleled animation, high-speed stunts, silly new characters, catchy one-liners, a booming soundtrack and a typical, yet ironical, underdog story.

No matter if you are big or small, by the end of this movie, you just might find yourself singing, “Whoa! That snail is fast! Whoa!”

As a racer at heart and someone who always roots for the underdog, I give this film five banana rats. 🍌



Courtesy Warner Bros. Entertainment

# “Conjuring” screams predictability

Review by Sgt. Antonio Archer

JTF-PAO, thewire@jftgtmo.southcom.mil

Screams and gasps were aplenty during this weekend’s showing of “The Cojuring” at the Lyceum.

Based on true events, this movie follows Ed (Patrick Wilson) and Lorraine Warren’s (Vera Farmiga) attempt to help a family being haunted in their new farmhouse.

Without having seen a trailer to this film I had no expectations. The camera work was outstanding, and in my opinion, the best part of the movie.

The movie lost me in the beginning, I couldn’t tell if I was seeing the past and present or two story lines coming together, and I still ask myself why certain elements of the movie were included, like the angry looking Annabelle doll.

Noticing this was directed by James Wan, I wondered if there would be a lot of death. Based on his previous work – the thriller “Saw” – one might expect some. This movie had one.

Nothing in this movie caught me by surprise. Every element in this movie is your classic haunted house flick. Cold breath scenes, doors closing randomly, ghostly figures, and nothing you’ve never seen before presented in the same fashion.

If you scare easily, this movie is for you. Being a dog lover, I give this movie two banana rats. 🍌





From The Desk Of  
**RDML RICHARD W. BUTLER, USN**  
 Commander, Joint Task Force Guantanamo

Greetings JTF Troopers and Civilians:

Soon, you will receive direction from your chain of command on a Command Climate Survey. This survey I am asking you to complete gives you the opportunity to provide opinions on where I should focus attention to improve the human relations climate of our organization. No attempt will be made to identify you, so please respond openly and frankly.

This voluntary survey asks you to give opinions about whether something might happen, or could happen; you do not need to prove it actually did happen. Your perceptions are valuable because they give me insight into the general attitudinal climate of our organization. In addition to seeking your opinion about human relations and unit cohesion issues, I also want to know how well you think your work-group operates and produces in comparison to other similar work-groups. For your answers to be useful, you must be honest. Do not tell me what you think I want to hear, or say what others might say; tell it as you see it.

I'm requesting that you complete a survey no later than Sept. 6, 2013. The survey will ask you to provide demographic information such as your rank, race and sex. Demographic information is used to ensure we have a proper representation of participants. To begin the survey you must be connected to the Internet, and use an access code. The code and link will be provided to you by your command.

I appreciate your assistance and assure you the time you devote to this survey will not be wasted. I look forward to sharing the results of the assessment with members of our organization in the near future.

Honor Bound,

Richard W. Butler  
 Rear Admiral  
 Commander, JTF-GTMO

## JTF GTMO COMMAND CLIMATE SURVEY

**WHO:** ALL JTF Personnel (Military/DoD Civilian/Contractors) **NOTE:** (525th MP BN will receive separate survey instructions from U.S. Army South).

**WHEN:** 26 August – 06 September, 2013

**WHERE:** Logon from any JTF/MWR/Personal computer @ <http://www.deocs.net/user/login/login.cfm>

**WHY:** Rear Admiral R.W. Butler has directed all JTF personnel to complete this survey which gives everyone in the JTF the opportunity to provide opinions on where he should focus attention to improve the human relations climate of our organization. No attempt will be made to identify you, so please respond openly and frankly.

**HOW:** Before 26 August 2013, each Directorate will provide an individual access code and instructions to all of their personnel in order to complete the survey.

**SURVEY POC:** USSOUTHCOM Equal Opportunity Office Master Sgt. Torry Rice at COMM: 305-437-0261, DSN:567-0261, EMAIL: [torry.rice@hq.southcom.mil](mailto:torry.rice@hq.southcom.mil)

*Honor Bound to Defend Freedom!*

# Now Showing!

at the Downtown and Camp Bulkeley Lyceums

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

23	FRIDAY	24	SATURDAY	25	SUNDAY	26	MONDAY	27	TUESDAY	28	WEDNESDAY	29	THURSDAY
	<b>Red 2 (New)</b> PG13, 8 p.m. <b>Pacific Rim</b> PG13, 10:15 p.m.	<b>R.I.P.D. (New)</b> PG13, 8 p.m. <b>The Conjuring</b> R, 10 p.m.	<b>Grown Ups 2</b> PG13, 8 p.m.	<b>Elysium</b> R, 8 p.m.	<b>The Lone Ranger (LS)</b> PG13, 8 p.m.	<b>Despicable Me 2 (LS)</b> PG, 8 p.m.	<b>The Goonies*</b> PG, 8 p.m. <small>*Throwback Thursday</small>						
	<b>R.I.P.D. (New)</b> PG13, 8 p.m. <b>The Conjuring</b> R, 10 p.m.	<b>Red 2 (New)</b> PG13, 8 p.m. <b>Pacific Rim</b> PG13, 10:15 p.m.	<b>Elysium</b> R, 8 p.m.	<b>CLOSED</b> <small>Note: Concessions at Camp Bulkeley are also closed every night until further notice.</small>	<b>CLOSED</b> <small>Note: Concessions at Camp Bulkeley are also closed every night until further notice.</small>	<b>CLOSED</b> <small>Note: Concessions at Camp Bulkeley are also closed every night until further notice.</small>	<b>Grown Ups 2</b> PG13, 8 p.m.						

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

(LS) = Last Showing

# Leadership meets with Troopers at all-hands

Story and photos by Spc. Lerone Simmons  
Staff Writer, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

After 30-days of on-the-job observations, Navy Rear Adm. Richard W. Butler, Joint Task Force Guantanamo's commander, and Army Col. Marion Garcia, deputy commander JTF-GTMO, reached out to JTF-GTMO Troopers in a series of all-hands meetings the week of Aug. 12-16, as part of a week-long initiative to reach out to the JTF-GTMO ranks.

"I'm really glad to be here," Butler said. "The leadership here is pretty impressive.

"We have to be confident that those before us were diligent and moved the ball forward," he said, "however, we're going to do the same thing and advance the ball a little bit more."

More than 1,900 Troopers attended the briefings held at the Lyceums at Camp Bulkely and Downtown Naval Station. Topics included everything from condemning DUIs and sexual assaults to highlighting the work conducted here at JTF-GTMO.



Joint Task Force Guantanamo Commander, Rear Adm. Richard W. Butler, briefs members of JTF-GTMO during an all-hands at the Downtown Lyceum Aug. 16. The mandatory briefing was a way for Butler and Army Col. Marion Garcia, deputy commander, to outline their goals and intent for Troopers assigned to JTF-GTMO.

"This is a righteous mission, DUI's and sexual misconduct are unacceptable," he said.

While the meeting was a way for the leadership to step out in front of Troopers and outline their intent for a successful JTF, it was also a way for Troopers to see that the commander and deputy understand what Troopers are going through daily at Camp America and Camp Justice and are diligently working to improve quality of life for Troopers assigned here.

Navy Petty Officer 3rd Class Stephen White, signals detachment operator for the Intelligence Directorate J2, appreciated hearing from Garcia, who is a JTF-GTMO veteran.

"She provided great insight of how Guantanamo was 10 years ago," he said. "She informed us how much quality of life has improved, which makes me confident that Southern Command is looking out for us."

Leadership looking out for subordinates is something that Army Staff Sgt. Todd C. Ransom said is important for a successful deployment in any situation.

"It starts with the senior leaders on down," he said. "I think the admiral is in tune with everyone, because he came to us personally, and shared his intent and goals with us, letting us know who he is."

"It takes a team – a true friend and a battle buddy, to help look out for one another," he said. 🇺🇸



Photo by Sgt. David Bolton/The Wire

## 191st MPs honored for service to JTF-GTMO



Photo by Sgt. David Bolton/The Wire

Soldiers assigned to the 191st Military Police Company stand at attention Aug. 15, before the closing benediction at the unit's end-of-deployment award ceremony at the Main Chapel. Army Commendation Medals and Army Achievement Medals were presented to the Soldiers who supported the Joint Task Force Guantanamo mission under Task Force Platinum during their nine month rotation to JTF-GTMO.

# Meals with MONROE

If you're looking for something quick, healthy and alternative to the typical GTMO cookout fare, you should try this **Sirloin Caesar Salad** recipe provided by Sgt. 1st Class Gina Vaile-Nelson. What I like about it is that it's perfect dinner dish if you want something **healthy** or want **leftovers** the next day. You can even swap out steak for chicken or use Parmesean instead of Blue Cheese. Did I mention it's easy to make and delicious?

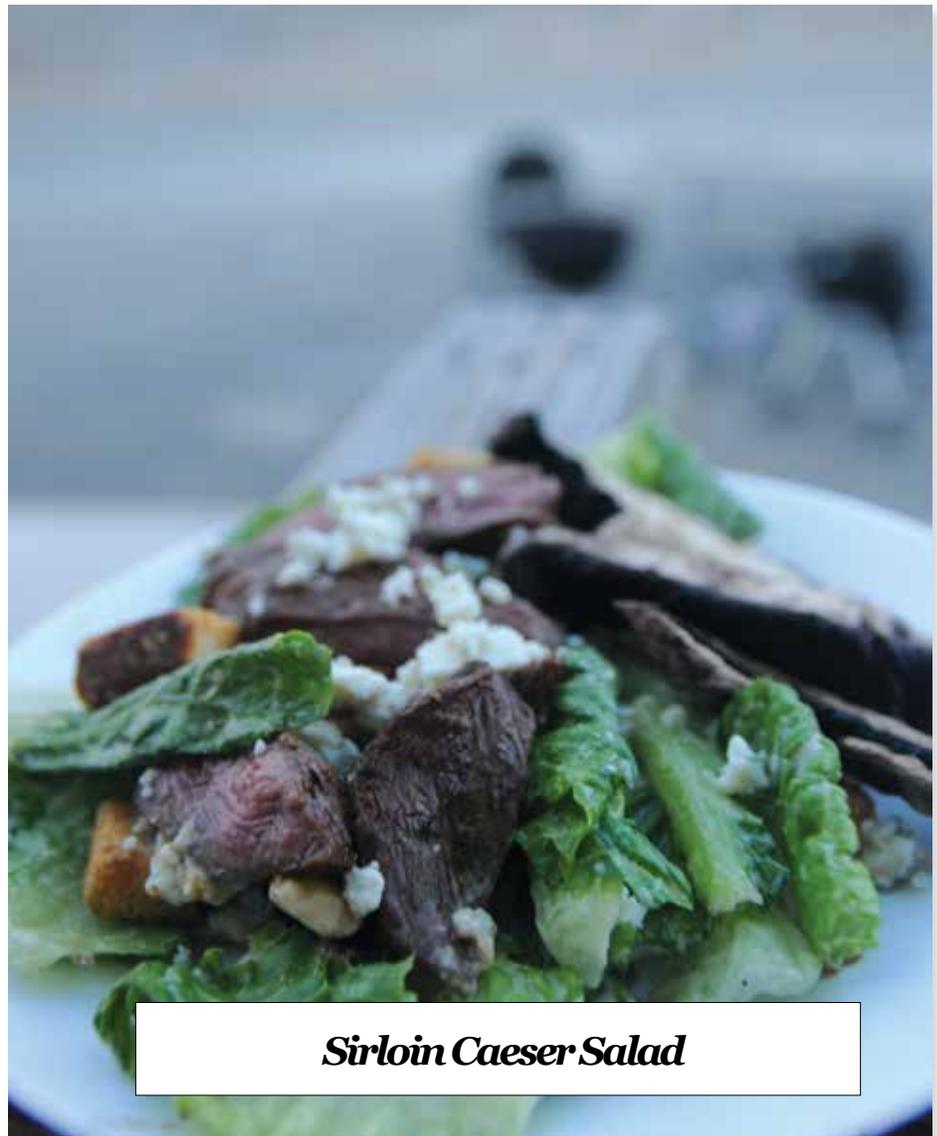
Tenderize your **sirloin** by sticking a fork into the meat at random intervals. Cover the sirloins with **soy sauce** (I like sodium free, nobody needs a heart attack).

Sprinkle with **garlic salt** and **pepper** to taste to your liking. Flip the steaks over, and repeat the process for the other side.

This marinade works best if you let the steaks sit for at least an hour in the maridade before grilling.

At your favorite grilling spot, get your coals nice and hot. You can add **portabella mushrooms** to the grill first and let them shrink down a bit. Remove them from the flames and add your sirloins.

I prefer **medium rare**, so that requires about 3 minutes on each side. At your 4th minute, sprinkle **blue cheese** crubles on top for some added flavor and let melt



**Sirloin Caesar Salad**

ontop of the steak.

Meanwhile, prepare your salad. You can take the easy way with a **salad bag** with pre-made lite **Caesar dressing** and **crou-tions** included – or you can create your own salad with Romaine lettuce and dressing made with extra virgin olive oil, garlic, lemon juice, anchovy paste, eggs, pepper and salt (yep, bag salad it is).

Cut your steak into long strips, place it and the portabella on-top of your greens, sprinkle with more blue cheese and sit back to enjoy a light summer meal that's healthy too.

**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](mailto:cassandra.l.monroe@jftgmo.southcom.mil)



## Media Engagement Training

As part of JTF Guantanamo you may be asked to provide an interview to members of the international press.

Do you know how to be calm, cool and professional and represent yourself and JTF well in an interview?

The Public Affairs Office's Media Relations section can provide training that will familiarize you with the Do's and Don'ts of providing media interviews.

PAO—Media Relations conducts training at the Media Operations Center at Camp Justice. For more information, please call Capt. Andi Hahn at ext. 84665.

JOINT TASK FORCE GUANTANAMO  
Public Affairs Office – Media Relations  
ext. 84665



## Chaplain's WORD OF THE WEEK

### "Exercise"

Physical exercise is maintenance for the body. It keeps the body healthy and functioning at its potential. A little pain now saves much pain later. The same is true for much of what we do life. The path of least resistance or the one that feels the best is rarely the one that is in our best interest. Live like there is a tomorrow (and next year). Invest in your future by making wise decisions today.



Photo by Air Force Staff Sgt. Justin Weaver/DVIDS



Chris Sawyer snapped this photo of Army Master Sgt. George O'Kon, Commissions Liaison Office, maneuvering his MWR sail boat ahead of Navy Lt. Cdr. Mike Overfield's boat during a weekend race on the Bay.

Send your best photos to [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)