

# THE WARRIOR

The Official Publication of Joint



## **Prepping for future**

Lessons learned at JTF-GTMO will help NCO in classroom

## **Half court champs**

BEEF sweeps Dodgeball Tourney

# **High on the Hog**

PIG BOWL CHAMP

# AROUND THE BAY

AND IN OUR PAGES



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## BAY WIRE REPORT



### Road Runners

Are you a running junkie? Does the thought of traveling multiple miles by foot make you want to lace up your sneakers? If so, sign up for the 10-mile fun-run being held

Saturday Aug. 31, at 6:30 a.m., at Cooper Field.

You can pre-register at Denich Gym or sign up the day of the event.

The run will begin and end at Cooper Field.

### GTMO VanGogh

Learn how to paint your own masterpiece with the MWR Arts & Crafts!

Friday, Sept. 6, from 6-9 p.m., you can learn to paint for \$50 per person, which includes your canvas and supplies.

Sign up at the ceramics shop, Bldg. AV 81, or call ext. 4882.

## Joint Troop Clinic Hours of Operation

### Sick Call

Mon.-Sat.: 7:00-8:30 a.m.

\*525th MP Bn., and TFP personnel must present signed sick call slips

### Clinic Hours

Mon.-Wed., Fri.: 7 a.m. – 5 p.m.

Thurs.: 7 a.m. – 3 p.m.

Sat.: 7-11 a.m.

To make an appointment, call ext. 3395. After duty hours, or in case of emergency, please report to the Naval Hospital Emergency Room, then schedule a follow-up appointment at the TMC.



CORRECTIONS Please report all corrections to [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.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



**By Capt. Daryl Daniels**

Joint Medical Group Commander

Those of us in the military, no matter what branch of service, talk about values and leadership. We study great leaders in our past, emulate great leaders from our own time and try to groom the next generation of leaders from those entrusted under us.



Capt. Daryl Daniels

We understand the importance of being a leader, but what about being a follower?

As a Boy Scout, I learned one of the most important lessons on leadership. It was very simple: before you can become a good leader, you have to be a good follower.

At first that statement sounds contradictory. Leading and following are opposite ends of the spectrum, right? I mean, following is just taking orders, and who wants to be the one taking orders?

But maybe, just maybe, there is a relationship between being a good leader and being a good follower that often goes unnoticed and unappreciated.

Think about it, learning to follow is an essential part of learning to lead. Being a good follower is not about being a drone. Good followership is an active process of engaging the leader and supporting their position and thereby supporting the team. Being a good follower is not demeaning—in fact, being a good follower can be rewarding. Being able to show your worth to your boss and helping the team achieve its mission shows pride and commitment to the mission and the team.

It takes skill to be a good follower. You need to learn about your boss. You need to know what he or she appreciates and doesn't appreciate, how they want things prepared and how they want information delivered. You need to be able to anticipate what your boss will need, kind of like 'Radar' O'Reilly in the television show "Mash." You also need to respond to your leader's requests in a timely manner. If he or she has to ask you for something more than once, you're not meeting their expectations.

Good followers are loyal and able to earn the trust of their bosses. Good followers are also good communicators, able to give their bosses both good news and bad. They do their homework and find out as much information as possible before they knock on the boss' door—no one wants to hear half of the story and then have to go out and find out the rest. And when there are problems they are able to offer solutions, suggestions or advice.

So look at what it takes to be a good follower and think about what it takes to lead. You need to know the people you work with. You need to anticipate their needs. You need to earn their trust, and to be a good communicator.

There's a great deal more I could say about leading and following, but the important thing is, when you get right down to it, if we develop our skills to be a good follower, we are automatically developing our skills to be a good leader. Learning how to be a good follower helps give us an awareness of who we are and what kind of leader we want to be.

So, the old Boy Scout saying is true. Before you can become a good leader, you have to become a good follower.

## TROOPER TO TROOPER

### Lessons for Troopers to 'Soldier up' on battlefield, life

**By Master Sgt. George O'Kon**

Commissions Liaison Office, NCOIC

As the Global War on Terrorism enters its second decade, I would like to pass on some lessons learned to our younger Troopers, especially you "trigger pullers" out there.

Having served more than 33 years in the Army, 18 of those in Special Forces, that service has afforded me a rather unique perspective in Counter Insurgency Warfare. Some of the lessons were instilled through the school of hard knocks or reaffirmed in moments of reflection following a dynamic critical event. For brevity, I've kept it to 11 lessons. Each one can stand out on its own merit or application. Note that the colorful language of the Airborne Infantry has been tempered as befitting these times. My goal is to have thinking Soldiers.

**Lesson 1: "Don't infuriate the G chief."** This is one of the first lessons a SOF student learns. "G chief" literally means guerrilla commander. Your life and your men's lives depend on you maintaining a good relationship here. As your situation dictates, one can substitute village elder, host nation commander, or for



Master Sgt. George O'Kon

you married Troopers, "household six."

**Lesson 2: Security, Security, Security.** YOU are responsible for your own 24/7, as is your unit responsible for its own, always. You are a rifleman first, outside or inside the wire.

**Lesson 3: "The Book" shows you one way of doing something, be creative.** As with explosives - you are only limited by your imagination.

**Lesson 4: Failure to properly plan is planning to fail, remember "P A C E" - primary, alternate, contingency, emergency.** Another SOF teaching.

**Lesson 5: Never forget who you are, what role you have in the overall mission, and what consequences your actions or inactions will have on the civilian populace.** Failure here could cost the mission, or worse.

**Lesson 6: Pray. When things get tough - pray harder.** Don't be afraid to sign up at your local church for people to pray on your behalf. My wife and I have a code phrase so she knows when her husband needs urgent prayer warriors.

**Lesson 7: Timely intelligence on the guerrilla force is vital. Intelligence comes from the civilian populace. Maintaining stability for, control over and trust with the civilian population should result in actionable intel.** Note the word "should."

**Lesson 8: Never compromise your informants.** Ties in with seven.

**Lesson 9: Teach them all they know, NEVER all of what you**

## Air Force PT test changes effective Oct. 1

By Staff Sgt. David Salinitri

Secretary of the Air Force PA

Air Force senior leadership announced enhancements to the Air Force's Physical Fitness Assessment program, to be implemented Oct. 1.

In a letter to Airmen Aug. 20, Air Force Chief of Staff Gen. Mark A. Welsh III explained the results of the comprehensive review, highlighting the strength of the program and the need for slight improvements.

"We have a tremendous program that has fundamentally changed the Air Force's overall fitness level over the past few years," Welsh said. "The PFT itself is not going to change. But even the best program can be improved upon, so we are making changes in four different areas to enhance the overall program."

Of the changes coming Oct. 1, the most significant is to the abdominal circumference portion of the test. The AC assesses an Airman's body composition.

Since the Air Force implemented the newest fitness program guidelines in October 2010, only .03 percent of Airmen have failed the AC portion of the test and passed the other three components with a composite score of 75 or higher.

"In the future, if an Airman fails the AC portion of the test, and passes each of the other three components, we'll measure that Airman using the Body Mass Index taping guidance in DoD instructions," Welsh said.

"If the Airman meets the DoD BMI standard, they pass the PFT."

Because AC measurement is integrated into the testing procedure, the Air Force is currently the only branch of the Department of Defense not required to have a separate weight management program.

The other program modifications include realigning the fitness appeal process back to wing commanders, adjusting passing standards for Airmen who can only test on one component of assessment, and changing and simplifying the walk test.

In addition to these efforts, senior leaders are reviewing how fitness performance is documented on performance reports as part of a larger effort to examine the performance report itself. Those results are expected in the near future.

Though senior leaders are looking to improve the current fitness program, Welsh said he is proud of the Air Force program, and the physically fit culture it has helped to cultivate.

"I believe we have DoD's best designed, best run fitness program, and as a result, we have a force ready for any mission our nation asks us to execute," he said. "I'm extremely proud of how far we've come with our fitness culture." 🌟

## 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:** Aug. 26 – Sept. 6, 2013

**WHERE:** Logon from any JTF/MWR/Personal computer @ <http://www.deocs.net/user/login/login.cfm> - or <https://www.deocs.net/usertext/login/login02.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 Aug. 26, 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!*

### ■ Lessons for Troopers to 'Soldier up' on battlefield and life, Continued from previous page

know. You can learn from them as well. Personally my teams didn't teach foreign nationals small arms or unit TTPs beyond a basic level. One just never knows ...

**Lesson 10:** *Inside base camps (modern FOBs, COPs, OPs), limit the number of foreign nationals inside your team room to a "need to know" basis. Good idea for each FN to have a sponsor/handler at all times when inside.* Team room can also mean TOC or berthing areas.

**Lesson 11:** *Avoid philosophic sparring over theologies.* What is

rule number one again?

"The Army might call it low intensity conflict," said Sgt. 1st Class Sullivan, senior instructor for JFK/IMA and Vietnam veteran. "... but anytime someone is shooting at you, it's high intensity!"

My sincere prayer is that none of you should experience combat again, but I am a realist. May I add to not only study the Holy Bible, but also books on small unit TTPs along with your current and next area of assignment. Godspeed to you all.



# Worth the laughs & action, go see "Red 2"



Courtesy of DC Entertainment

By Sgt. 1st Class Aaron Hiler

Graphics Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

One of the difficulties with doing movie reviews is identifying exactly what the movie is trying to accomplish prior to forming your opinions. "Red 2" is not your run-of-the-mill action film, it's a comedic action film. And with that moniker go certain assumptions. That said, I loved "Red 2."

Bruce Willis and gang are back for the second installment following a very successful premiere film. Retired C.I.A. agent, Frank Moses (Willis), returns to action once more when he is mistakenly associated with a Cold War black operation that has recently come back on the radar. Assassins from around the world are all gunning for Moses and they don't care about a little collateral damage.

But Moses does care, especially when his girlfriend, Sara Ross (Mary-Louise Parker), may catch a stray bullet. But Moses' constant worry about his girlfriend takes away from his peak

secret-agent skills. Not helping one bit is Moses' wildly eccentric friend and fellow retiree, Marvin Boggs, played by John Malkovich. Boggs, much to Moses' chagrin, is constantly trying to arm the innocent Sara and help save Moses' relation by advising him to acknowledge his feelings. Throw in Moses' friend and British agent (Helen Mirren) and the "world's greatest assassin" (Lee Byung-hun) and the action never seems to slow down.

The action was eye-popping and kept you wanting more. I throw in the caveat simply because not all of the action was completely believable. Either that or Helen Mirren is one hell of a shot and SUVs are prone to flipping more than 20 feet into the air.

The only thing that left me wanting was more of the witty repartee that I have become accustomed to from Willis. John Malkovich picks up the ball in that area and carries a lot of the comedic burden with some help from Mary-Louise Parker.

All-in-all, I really enjoyed "Red 2." I give it four exploding banana rats. 🍌



# Don't get R.I.P.D. off with this film

By Sgt. Katherine Forbes

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

A young, wisecracking cop is sucked into a world full of perps that don't belong on our Earth. He's partnered up with a rough old cowboy type who doesn't care for him at first. They uncover a plot that could destroy Earth and work together against great odds to save the day.

This movie was great when it was "Men In Black." But the movie I saw, "R.I.P.D.," with Ryan Reynolds and Jeff Bridges, it is nothing more than a sad imitation.

Although the script is a rip-off of the M.I.B. franchise, it does attempt to be original. Instead of aliens, the bad guys

are dead souls bound for hell. They've found a way to escape their doom and roam earth like all the living. The job of the Rest in Peace Department, consisting of dead cops, is to hunt down, expose and incarcerate these escaped villains.

Reynolds, the witty cop, dies early, and is assigned to R.I.P.D.

Bridges becomes his after-life partner. He's a gun-slinging sheriff from the actual Wild West who also was betrayed. Both officers have "partner issues."



Courtesy of Universal Pictures

Reynolds and Bridges make strong attempts to bring humor and heart to this worn script. But it's difficult to watch a movie where the actors are working so hard. The best scene in the film occurs when Bridges

sings his own cowboy song. But if I wanted to watch Bridges sing T-Bone Burnett produced songs I'd watch "Crazy Heart" (a true five banana rat movie).

For the valiant effort of the actors, I'll give it two banana rats. 🍌



# 3-day workout perfect for Troopers schedule

## Day One

### Chest/Back

Superset 1: Chest/Bench Press (8-10 reps)  
Back/Lateral Pulldown (12 reps)

Superset 2: Chest/Incline Dumbbell Press (12 reps)  
Back/Seated Rows (12 reps)

Superset 3: Chest/Pectoral Deck (12 reps)

Optional Back/Narrow Cable Pulldowns (12 reps)

### Biceps/Triceps

Bicep/Barbell Curls (12 reps)  
Laying Down Tricep/Brain Crushers (12 reps)

Seated Dumbbell Curl (12 reps)  
Cable Push-Downs (12 reps)

Preacher Curls (12 reps)

Bent-Over Dumbbell Triceps(w/ rope attach.) (12 reps)

By Master Sgt. Gregg Ramsdell  
Command Element SEL, physical trainer

All of us are busy during the duty day, and when we're not working long hours we want to enjoy one of the many fun activities Guantanamo Bay has to offer.

The last thing anyone wants to do is spend every waking minute trying to get fit. I have developed a weekly workout to allow you to get in shape in as little time as possible.

These workouts aren't long, but the supersets will bring the burn. The only items needed are focus, motivation and dedication.

Complete either using three or four sets (rotations) of each exercise. Sets five and six are optional, depending on your fitness level. Turn up your music and have fun; you'll be done before you know it. Remember, good technique is the key. Push yourself and feel your results. Have fun!

Following each group of supersets, take a 1-2 min break, and then go to the next superset.

Do you have questions about your physical fitness or health? Please, submit them to *The Wire*, and you may be featured in an upcoming Q & A with *The Wire's* physical trainers! E-mail [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil) to submit your question. 🍌

## Day Two

### Shoulders/Abs/Calves

Superset 1: Front Shoulder press (12 reps)  
Barbell Shrugs (12 reps)

Superset 2: Dumbbell Shoulder Press (12 reps)  
Dumbbell Shrugs (12 reps)

Superset 3: Dumbbell Lateral Flies (12 reps)  
Rear Shoulder Flies (12 reps)  
(Lying face-down on a 45-deg. bench)

### Abdominals

Vary your abdominal exercises  
Leg Raises (20-30 reps)

Bicycle Crunches (20-30 reps)  
Decline Situps (20-30 reps)

## Day Three

### Quads

Superset 1: Squats (Machine or Barbell) (12 reps)

Superset 2: Lunges w/ Weights (12 reps)

Superset 3: Leg Extensions (12 reps)

### Hamstrings

Hamstring Curls (12 reps)

Straight Dead Lifts (12 reps)

Hamstring Stretches are CRITICAL!

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

30	FRIDAY	31	SATURDAY	01	SUNDAY	02	MONDAY	03	TUESDAY	04	WEDNESDAY	05	THURSDAY
 <b>Downtown</b> FREE ADMISSION R, 8 p.m. <b>R.I.P.D.</b> PG13, 10 p.m.	<b>2 Guns (New)</b> R, 8 p.m. <b>R.I.P.D.</b> PG13, 10 p.m.	<b>Red 2</b> PG13, 8 p.m. <b>The Conjuring</b> R, 10:10 p.m.	<b>Planes</b> PG, 8 p.m. <b>The Wolverine</b> PG13, 10 p.m.	<b>Elysium</b> R, 8 p.m.	<b>Pacific Rim (LS)</b> PG13, 8 p.m.	<b>Grown Ups 2 (LS)</b> PG13, 8 p.m.	<b>Turbo</b> PG, 8 p.m.						
	<b>R.I.P.D.</b> PG13, 8 p.m. <b>The Conjuring</b> R, 10 p.m.	<b>2 Guns (New)</b> R, 8 p.m. <b>Grown Ups 2 (LS)</b> PG13, 10 p.m.	<b>Red 2</b> PG13, 8 p.m. <b>Elysium</b> R, 10 p.m.	<b>CLOSED</b> Note: Concessions at Camp Bulkeley are also closed every night until further notice.	<b>The Wolverine</b> PG13, 8 p.m.	<b>CLOSED</b> Note: Concessions at Camp Bulkeley are also closed every night until further notice.	<b>Planes</b> PG, 8 p.m.						

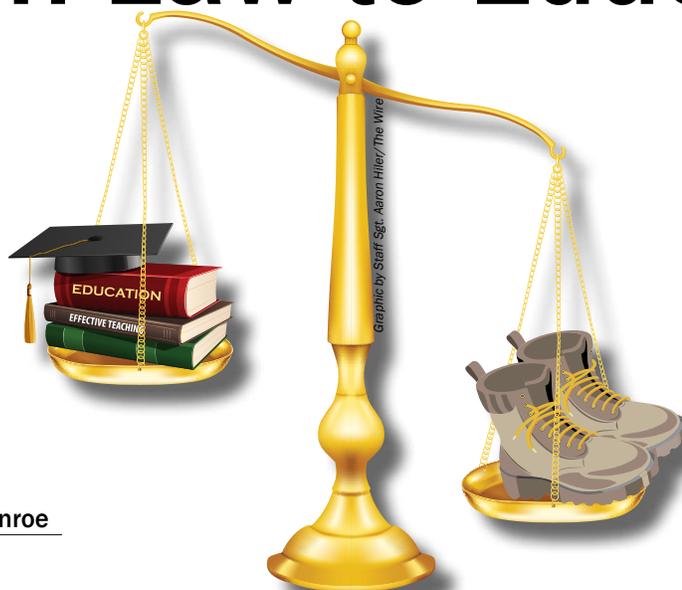
Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

(LS) = Last Showing

# From Law to Education

## JTF-GTMO skills will make Trooper successful in class

Story and photo by Sgt. Cassandra Monroe  
Staff Writer, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)



The legal and litigation side of Joint Task Force Guantanamo is a side that most Troopers don't have access to, but is a side that does provide crucial support to the legal commissions held here.

"We are the litigation support section, we provide support for both the commission hearings as well as support for habeas litigations related to those who are detained here at JTF-GTMO," said Capt. One, assistant staff judge advocate, 177th Military Police Brigade.

One noncommissioned officer is charged with facilitating attorney-client relationships between detainees and their attorneys as part of this process – which is a vital part of the JTF-GTMO mission to provide legal and transparent care and custody of the detainees here.

"I make the legal visits happen for the detainees, so if my position wasn't here, then it would be more difficult for the attorneys to visit their clients for legal visits," said Sgt. Max Miller, paralegal, 177th MP Bde.

Using his organizational skills, Miller uses document spreadsheet programs to

schedule communication and legal visits between the attorneys and their clients. Miller's presence as the coordinator is needed to ensure there is no overbooking or over-scheduling of the legal visitations. Miller coordinates between the escorts, attorneys and time frames to confirm there is no overlapping of schedules.

It's a hub that requires attention to detail and vital communication. Miller says his role at JTF-GTMO is a job that is worthwhile, especially when it allows him to get out of the office and speak with other legal professionals.

"I like that it encompasses different parts of the base rather than just sitting at my desk and filing paperwork," said Miller.

"I like that I have meetings with other coordinators of the detainee movements and I look forward to them.

"I like our office staff; our chemistry is very fun," he said.

"When it's time to do really serious work, we get things done, but when we want to joke around, we're able to communicate in a good manner while maintaining the professionalism of ranks," he

You have to know effective communication in order to be successful at my job here ... Everything I've done will help me more in the future because this mission is so important.

— Sgt. Max Miller  
Paralegal, 177th MP Bde.

said.

For Miller, who is still attending college in hopes of becoming a high school teacher, the job has refreshed his professional communication skills and given him the experience needed to continue on in his career, he said.

"This mission has helped me with my backward planning," he said. "So, when I get my own classroom, it will help me with lesson plans and scheduling to stay on time with deadlines and lesson units."

And because he communicates regularly with

people from all backgrounds, he said experiences here will help him later on in the classroom as well.

"You have to know effective communication in order to be successful at my job here," he said.

"And teachers must be master communicators too," he said. "So all these skills -- communication skills, professional behaviors and interactions via emails and phone calls to learning the protocols and on-the-job skills has been helpful," he said. "Everything I've done will help me more in the future because this mission is so important." 🌟





Military Police companies assigned to the 525th Military Police Battalion participated in numerous activities, including dodgeball, during the quarterly Pig Bowl Aug. 24, at Cooper Field.

Photo by Sgt. David Bolton/The Wire

# Bringing home the bacon

*525th MP Bn. hosts quarterly Pig Bowl, HHC takes home trophy*

Story by Sgt. David Bolton

Copy Editor, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

Under the sweltering Cuban sun, members of the 525th Military Police Battalion competed in the Pig Bowl Aug. 24.

Individual teams comprised of members of each of the battalion's companies competed in a series of events including tug-of-war, dodgeball, corn hole and a guidon relay race to see who would take home the first place prize.

The Pig Bowl is an MP tradition where units across the Army compete in a series of events designed to enrich the Esprit De Corps of the unit. The event got its name from the fact that, as police officers, MPs are sometimes referred to as 'pigs.'

"It's just another opportunity to continue on traditions," said Sgt. Maj. Michael Baker, 525th MP Bn., command sergeant major.

After the events and morning progressed, the troops of the Headquarters and Headquarters Company, 525th MP Bn., were

declared the winners, taking home the trophy.

"They did great, it was a team-building event," said Army Capt. Gregory Archbold, HHC commander.

"Being in a unit like this we rotate people in and out so this was a good opportunity for them to have some friendly competition."

Archbold said the tug-of-war was

their best event because they were the strongest.

Even though there was plenty of good-hearted rivalry between the companies, the true nature of the Pig Bowl was just another way for the members of the 525th to come out and have a little fun outside work with friends and family.

"Sometimes it gets competitive but in the end, everybody works together in a friendly competition," said Army Sgt. Norwell Navayra, a carpentry and masonry specialist assigned to HHC. "It brings the company together to know that we won something as a whole team, we actually earned it together"

Sometimes the 525th MP Bn., invites the Navy and Coast Guard Master of Arms to participate, but this was the first Pig Bowl involving only the battalion.

The 193rd MP Co., went home with second place while the 367th MP Co., won third. 🐷



Photo by Sgt. David Bolton/The Wire

Army Lt. Col. Darcy Overbey, commander of the 525th Military Police Battalion, presents Pig Bowl trophy to Army Capt. Gregory Archbold, commander, 525th Headquarters and Headquarters Company, Aug. 24.



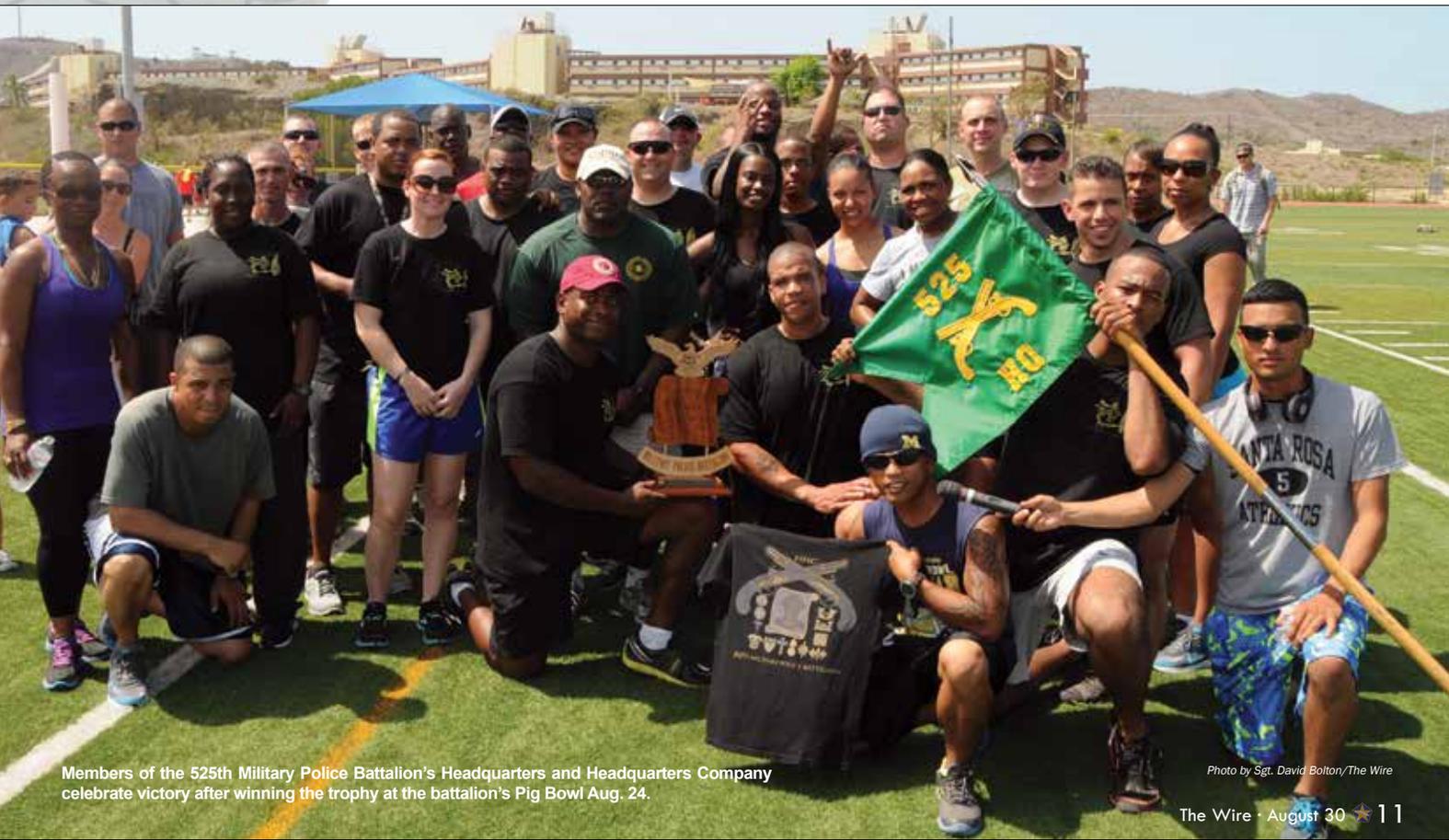


Photo by Sgt. Ronnie Patrick/ HHC 525th MP



Army 1st Sgt. Davin Butler, Headquarters and Headquarters Company, 525th Military Police Battalion, tosses balls across Cooper Field during the quarterly Pig Bowl as battalion leadership, Sgt. Maj. Michael Baker and Lt. Col. Darcy Overbey and the Overbey children look on.

Photo by Sgt. Ronnie Patrick/ HHC 525th MP



Members of the 525th Military Police Battalion's Headquarters and Headquarters Company celebrate victory after winning the trophy at the battalion's Pig Bowl Aug. 24.

Photo by Sgt. David Bolton/The Wire

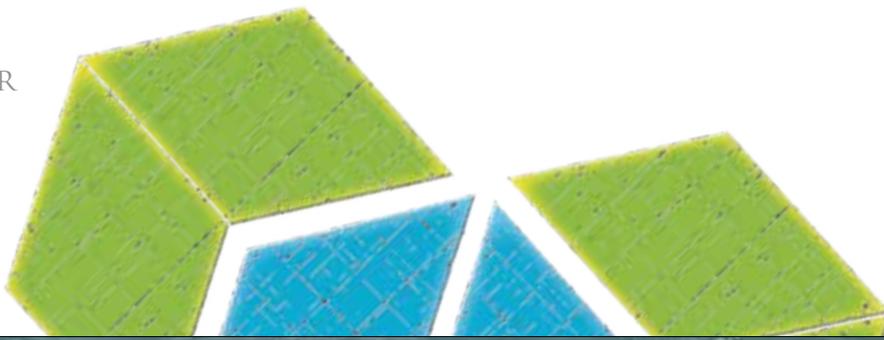
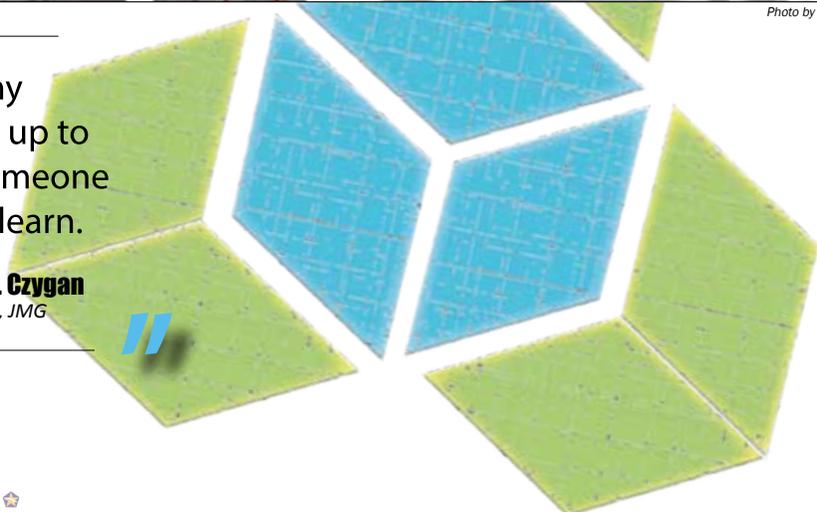


Photo by Spc. Lerone Simmons/The Wire



They always watched my every move and looked up to me. If you don't have someone to look up to, you can't learn.

— **Seaman Prescott A. Czygan**  
Behavior Health Technician, JMG



# Keeping Family at the center

GESIN *Wife*  
 Familia *Oikoyéveia*  
 Porodica *СЯМЯ* Perhe  
 Fammi *Famillie* *Família* *FAMILJE*  
 Cralad *Rodzina* *FAMIGLIA*  
 Keluarga *Obitelj* *Fjölskylda*  
 משפחה

## From one of 13 to one of 2K, Trooper knows what really counts

Story by Spc. Lerone Simmons

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

It's made up of people you do not get to choose, but with whom you still share a bond. It's a "basic social unit consisting of parents and their children, and considered as a group, whether dwelling together or not," according to Dictionary.com

And having loved ones support you through a deployment can make a world of difference.

"Family is family, no matter what," said Seaman Prescott A. Czygan, behavioral health technician assigned to the Joint Medical Group, Joint Task Force Guantanamo.

Czygan is the eldest of 13 children; two brothers, six sisters and four cousins, who all grew up around each other in Lake City, Mich.

"It was always action-packed, always someone there, no matter where you went," he said. "They always watched my every move and looked up to me. If you don't have someone to look up to, you can't learn," he said.

Being mindful of his actions and looking out for others was something that Czygan picked up at an early age, especially while having many pairs of eyes on him.

"Taking care of each other is very important in a family," he said. "It's also hard because I can't do anything wrong, they all look up to me and what I do impacts them."

Joining the Navy at 17, under the

Hospital Corpsman rate was Czygan's way to further continue to provide the mentorship and role model traits for his younger siblings.

At first his mother, Vera, was supportive with his decision, but his father, Joshua, was skeptical. Eventually, Czygan's father decided to give him his permission to join.

"He outright said 'no, I'm not signing the papers, I don't want you to leave home,'" he said. "My dad and I are very close."

After speaking to Czygan's grandmother Jean Marie, Joshua had a change of heart, after he realized that his

son would still join when he turned 18 years old. For Czygan, he wasn't leaving his family; he was joining a new, larger one – the Navy.

Now 20 years old, Czygan has served three years in the Navy, with this being his first deployment. And just like when he was growing up, Czygan continues to take care of others – this time the Troopers who need his assistance during this deployment.

Working in behavioral health enables Czygan to interact and help Troopers by using his professional training along with words of wisdom that he thinks his dad would use, to get them through those rough patches.

"My Dad has said that being away from home is going to be hard, but it will make coming home feel a lot better," he said.

Being away from home, he said, is his biggest challenge to date. But, he uses his newfound JTF-GTMO family to balance out being homesick. With volunteer hours at the nursery or thrift shop, hanging out at the movies or listening to music with friends, he passes the time until he gets to go back to Marine Corps Base Camp Lejeune – or even better, back home to his family.

He encourages other Service members to find their outlet when going through tough times, whether a fun activity, or turning to your family stationed alongside you. 🌟

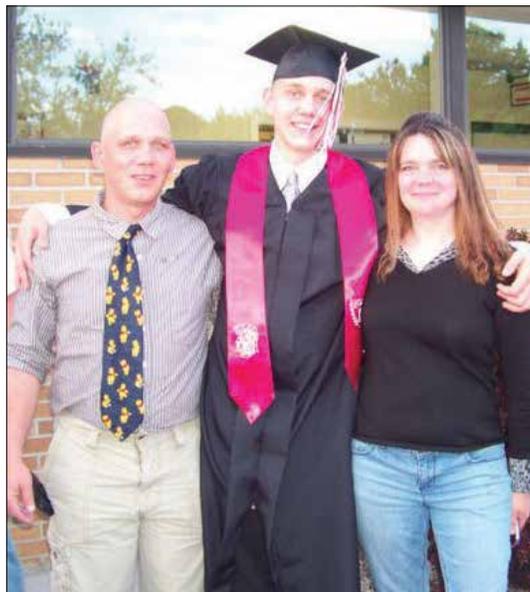


Photo submitted by Czygan family

Seaman Prescott A. Czygan, behavioral health specialist, Joint Medical Group, with his mom Vera and dad Joshua at his high school graduation.

# The Creed of the Noncommissioned Officer

presented by the  
525th Military Police Battalion

## MPs induct new NCOs

Story and artwork by Sgt. 1st Class Aaron Hiler

Graphics Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Joint Task Force Guantanamo's 525th Military Police Battalion welcomed 40 new noncommissioned officers into its ranks Aug. 22, during a Noncommissioned Officer Induction Ceremony at the Windjammer.

The ceremony is a traditional hallmark of the U.S. Army, and symbolizes the evolving progression of leadership – the backbone of the U.S. Army.

"Inducting new NCOs into the Corps is a long-standing tradition in the Army and in the 525th MP Battalion," said Sgt. Maj. Michael Baker, command sergeant major, 525th MP Bn. "We want to ensure the NCOs understand that they are an important part of the history and traditions of the Army."

Following in the footsteps that other NCOs before them took, inductees walked across the stage at the Windjammer Hall and were presented with signed copies of the NCO Creed and NCO Charge.

"Few other nations in the world have an

effective NCO Corps," said Command Sgt. Maj. Dennis Zavodsky, command sergeant major for U.S. Army South, and guest of honor.

"You are truly among the elite worldwide when it comes to your professionalism and your service," he said.

The respect of the NCO was evident in the words spoken, and actions taken by the 525th MP Bn., during the ceremony. While the induction ceremony is typically a right of passage for an enlisted Soldier coming into the rank of corporal or sergeant, leadership acknowledged at least one Soldier who was not properly received into the corps.

"I didn't have an induction ceremony when I pinned on my sergeant stripes," said Staff Sgt. Kenneth Cabell, 189th MP Company.

"So when my chain of command learned about this, they included me in the ceremony so that I could experience this tradition for myself. This is a very special day for me," he said. 🇺🇸



Army Sgt. Brantly Bub, 591st Military Police Company, pauses beneath the noncommissioned officer archway, during a NCO Induction Ceremony Aug. 22. Joint Task Force Guantanamo's 525th MP Battalion recognizes newly promoted sergeants during the semi-annual celebration.



# Local shop thrives at GTMO

Story and photo by Sgt. Cassandra Monroe  
 Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Racks upon racks hold various sizes and styles of trendy threads, with shoes properly displayed on shelves. A few household necessities and books for any type of reader are tucked away in the back.

No matter what you're looking for, you'll probably find it at Treasures and Trivia, the local Guantanamo Bay thrift shop nestled quietly behind the Downtown Lyceum.

Once the storefront sign switches to 'open,' a bevy of people crowd in to get their shop on.

The store, run by the Guantanamo Bay Spouses Club, specializes in the resale of donated products. You can find everything from clothing to television sets to sporting equipment.

There's even a military related section in the back of the store, designated for reusable uniforms and other military equipment Service members could get good use out of.

"Everything you see here in this store comes in as donations," said Jennifer Kent, store manager. "Then we give the money directly back to the community."

The store, and the community members who shop there, earned more than \$15,000, for the senior class at W.T. Sampson High School, all to help send the students to college.

The Wounded Warrior Program and other events held at GTMO are also recipients of Treasures and Trivia's philanthropy.

But none of it can be done, Kent said, without the help of volunteers -- many of whom are Joint Task Force Guantanamo Troopers.

"What the volunteers do is help me straighten out the store and help us put away the donations," she said. "They're the reason the store looks so nice. It makes my job easier. I would not be able to keep up with everything if it weren't for them."

For Sgt. Steven Gunderson, military police, 357th Military Police Company, volunteering at Treasures and Trivia is a worthwhile experience.

"It's a very welcoming environment and it's nice that they give everything they earn back to the community," said Gunderson. 🌟

## *What YOU need to know*

**\$15,000**  
 Raised to send W.T. Sampson High School students to college

**11:30 a.m. - 5:30 p.m.**  
 Monday, Wednesday and Friday when you can either get your shop on or volunteer

**10 a.m. - 2 p.m.**  
 The magical Saturday hours at Treasures and Trivia

**Stuff**  
 Donate it! The proceeds go right back to our GTMO community, and your volunteer time helps too!

Graphic by Sgt. Kristin Valenzuela for The Wire



## FIRST CLASS PETTY OFFICER ASSOCIATION OF JTF GTMO

Help Clean Up

### “The Slot” by Cable Beach

Join the FCPOA-JTF in cleaning up “The Slot” by Cable Beach on

Saturday Sept. 7, 9 a.m.

Refreshments will be provided afterward at Cable Beach. For more information, please contact CTN1 Lisa Vita at ext. 79691.

**Help Keep Our  
Community Clean!**



## Remembering

# 9

9.11 Mile and 5K Runs

Cooper Field  
Wed., Sept. 11  
5. p.m.

All Hands come out and help commemorate Sept. 11th with both 9.11 mile and 5K runs. Start and finish at Cooper Field. For more information, call ext. 77262

The Wire

**OPSEC  
CORNER**

### The UNSECURE line

Your cell phone is not secure. Neither is the phone at your desk or in your housing unit.

Phones are very susceptible to monitoring. Adversaries often use phone monitoring to gather information. We often forget that our phones aren't safe to use, and discuss sensitive information. This subjects our information to compromise.

Remember that the next time you pick up your phone to make a call.

Don't talk about sensitive work issues or give your personal information over an unsecured phone line. Use OPSEC!

CRIDO presents

### Personal Growth Retreat

**DATE** Sept. 20-22  
**TIMES** 8 a.m. - 4 p.m. daily  
**LOCATION** Windward Side / Bayview

HOTEL ROOMS AND MEALS ARE PROVIDED FREE OF CHARGE FOR A RELAXING GTMO GETAWAY AND A CHANCE TO ENHANCE YOUR YOURSELF. 12 SEATS AVAILABLE.

FOR MORE INFORMATION  
CALL THE CHAPLAIN'S  
OFFICE AT

DSN 660-2323 / 2359  
COMM 011-5399-2323 / 2359

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

**Anger and Stress Management**  
Thursday Sept. 5, 2-4 p.m.

**Command Financial Specialist (CFS)**  
Open to E6 and above and/or spouses  
Sept. 23-27, 8 a.m. - 4 p.m.

**Transition Assistance Program (TAP)**  
Oct. 28 - Nov. 1



# Chaplain's ext. 2218 WORD OF THE WEEK

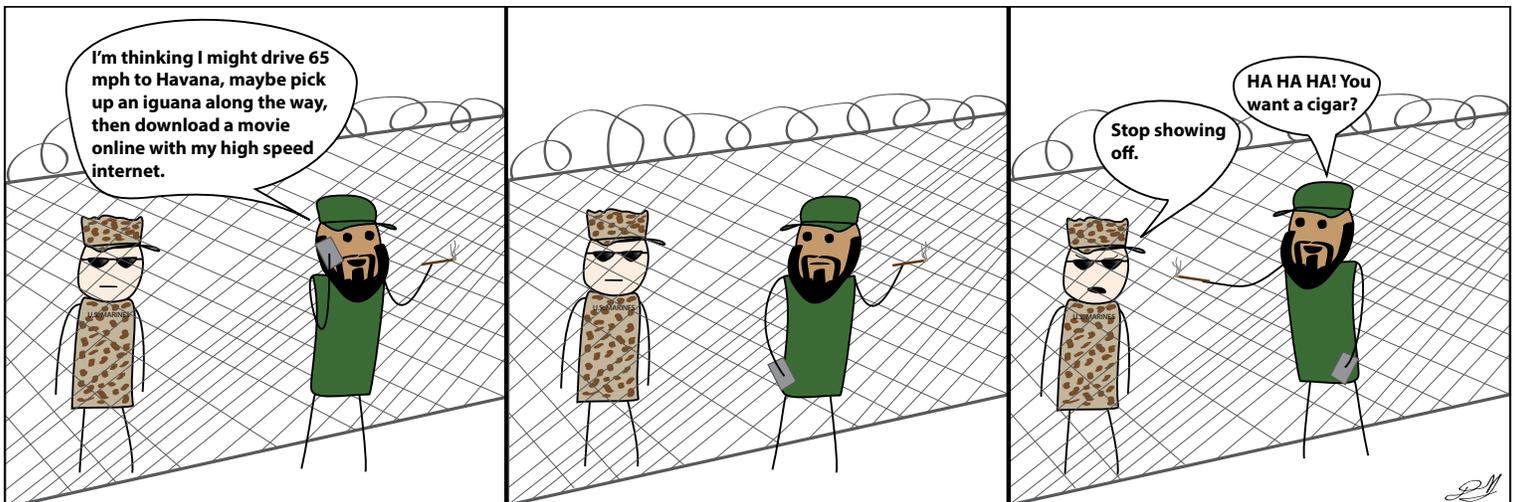


## "Boa Constrictor"

Boa constrictors kill their prey by holding on tightly and squeezing. For that moment, their prey becomes the most important thing to them. They hold on and refuse to let go. What is most important to you – family, friends, values, or something else? Do you hold on to them with the tenacity of a boa constrictor and not give up on what's important to you? On the other hand, sometimes you need to learn when and how to let things go.

Photo by Army Sgt. Mathieu Perry/DVIDS

## GTMO JOE by Spc. David Marquis



3... 2... 1... **DODGEBALL!**

# BEEF sizzles

## Dominates MWR tournament

**Story and photos by Sgt. David Bolton**

*Copy Editor, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)*

Teams from across Guantanamo Bay dodged, dipped, ducked and dived to avoid elimination at the Morale, Welfare and Recreation's dodgeball tournament Aug. 24.

Ten squads of six players flung the brightly-colored balls across center court in an attempt to make it to the next round of play in this double-elimination tournament.

"The turnout was great," said Jim Holbert, MWR sports coordinator. "We had about 30 or 40 volunteers and six of them were the officials and did a good job."

The volunteers surrounded the court and acted as ball shaggers for stray spheres that were thrown outside the court. Holbert said the last dodgeball tournament held was nine on nine and took place at the hockey rink but for this tournament the MWR decided to change the location and number of people on each team.

"These guys put in a service to take care of us through these games to raise morale and it helps us out," said Air Force Tech Sgt. Bryan Jones, an electrical systems craftsman with the Base Engineer Emergency Force.

"This is good fun right here and this supports the entire idea of MWR," said Navy Petty Officer 2nd Class Eric Doussett, Hospital Corpsman with the Fleet Marine Force, Joint Medical Group.

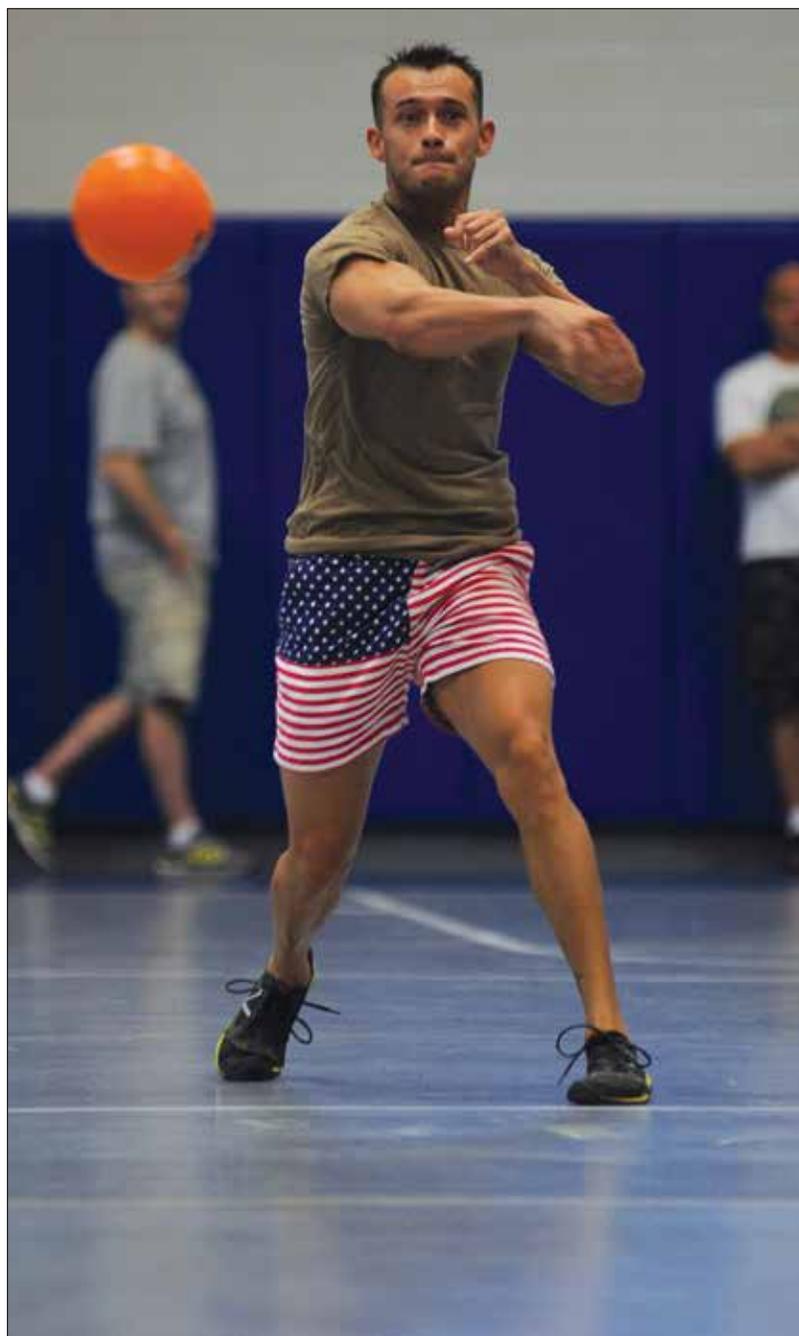
As the tournament progressed, teams were knocked out of the brackets until only two remained, Crazy Balls and the Dirt Boyz; both of which were comprised of GTMO's BEEF. After more than three hours of play, the roar of the crowd did not die down.

"Everyone was into it, there was a lot of cheering going on," said Holbert.

As if a scene from a Hollywood movie, the last game of tournament came down to a kind of sudden death match where the playing court was shortened and the teams faced off in a kind of thunder dome battle. In the end, it was the Dirt Boyz who came out victorious.

The MWR plans on hosting another dodgeball tournament in four or five months. 🍌

The final match of the Morale, Welfare and Recreation dodgeball tournament comes down to a short court finale between the Crazy Balls and the Dirt Boyz Aug. 24, at the Denich Gym. The Dirt Boyz took the championship title.



Navy Petty Officer 2nd Class Eric Doussett, hospital corpsman with Fleet Marine Force, Joint Medical Group, takes aim and lets the ball fly toward an opponent Aug. 24, at the MWR Dodgeball Tournament at Denich Gym.



# Meals with monroe

Looking for an easy weeknight dinner that is ready in no time? Try this vegetarian-friendly alternative when you're in a hurry or running late to chow. This recipe was submitted by **Sgt. Raymond Beadle** from the **812th Military Police Company**. I like this meal option because it's really easy to make, especially if you've got a really busy schedule or happen to miss dinner at the galley.

For this recipe, you'll need one **Morning Star Tomato and Basil Pizza veggie burger patty**. I found that grilling the patty makes for a better result versus microwaving however if you don't have access to a grill, microwaving does work. So, take the patty and grill it until it's done. Next, toast some **whole wheat hamburger buns** on the same grill.

Build your burger with some **cheese** (I used provolone,) add your **condiments** (ketchup and mustard are my go-to staples), and garnish with sundried tomato halves. Feel free to add additional ingredients to your liking as well.

For sides, add veggies, fruits, or sweet potatoe fries. I snacked on some Terra Sweet Potato chips, which are pictured.



**TOMATO-BASIL VEGGIE BURGERS**



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)

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:

**LIBERTY**  
GUANTANAMO BAY, CUBA

Sunday, Sept. 1	<b>Ceramics</b> Ceramics Shop • 1-4 p.m. <i>Call ext. 2010</i>
Friday, Sept. 6	<b>Night Fishing</b> Marina • 6 p.m. <i>Call ext. 2010</i>
Sunday, Sept. 8	<b>Black Ops 2 Video Game Tourney</b> Camp America • 7 p.m. <i>Call ext. 2010</i>



**SWEET!**  
*Holly's Story*

Join three-time Cupcake Wars winner, Hollis Wilder for a cupcake decorating contest at the Windjammer Ballroom

**Friday, Aug. 30 at 6 p.m.**



PHOTO OF THE WEEK

Army Spc. Anthony Ricci captured this stunning sunset across Guantanamo Bay.

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