

Volume 16, Issue 6



THE WIRE

March 28, 2014

The Official Publication of Joint Task Force Guantanamo



Dr. Mary Edwards Walker
First and only female
Medal of Honor Recipient



VADM Michelle Howard
Deputy Chief of Naval Operations
Plans & Strategy

WOMEN *of* IMPACT



Brig. Gen. Marion Garcia
Deputy Commander, JTF Guantanamo

AROUND THE BAY

AND IN OUR PAGES



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Program brings deployed parents and children together



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Seabees inspect GTMO's power supply



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Not just a race, it's a triathlon

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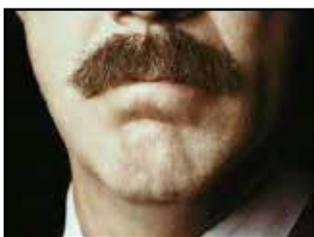
Cover Story

Cover graphic by Maj. Reinaldo Montero

Guantanamo celebrates Women's History Month by recognizing impactful heroines past and present.

BAY WIRE REPORT

Mustache March is Over!



NMCRS fundraising drive presents Save It or Shave It! Do you know someone who should shave that old crumb catcher but refuses to? Here's your chance to make it go away. Donate money to get them to shave it, BUT they can match your donation to keep it. Contact BM1 Thompson at jared.thompson@gtmo.navy.mil with your nominations.

Color Me GTMO 5k Concert

Sitting In Nowhere will be live in concert this Friday night at the Windjammer. Those that have signed up for the Color Me 5k can pick up their run T-shirts at 5:00 p.m. Concert begins at 8:00 p.m.

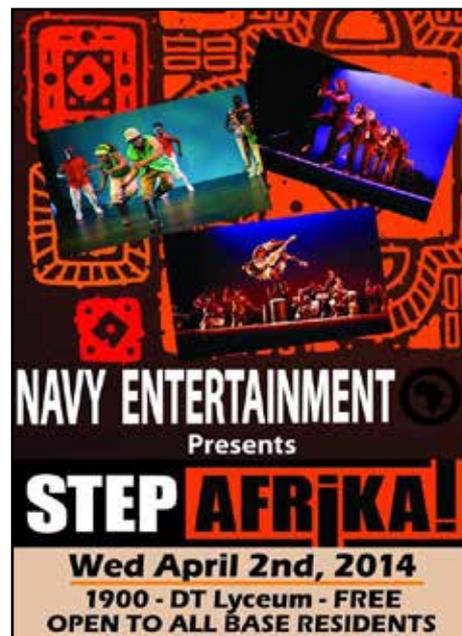
Sexual Assault Candlelight Vigil

Avenger Troop, 3rd Squadron, 89th Cavalry Regiment will host a one-mile walk and candlelight vigil to remember and honor those affected by sexual assault. Meet at Pirate's Cove, Tuesday, April 1, at 6:30 p.m.



MOTIVATOR
OF THE QUARTER

SFC Christin Aldrete 491st Military Police Company	HMC Cesar Othon Joint Medical Group
SFC Timothy Gruber 93rd Military Police Battalion	ETC Derek Chase MARSECDT
MSgt JeanFrancois Jean Base Engineer Emergency Force	



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

Page 11: The caption for the photo on the bottom left should read: A Trooper with Task Force Platinum's 2228th Military Police Company makes contact during a St. Patrick's Day softball tournament Saturday, March 15th, at Naval Station Guantanamo.



THE WIRE

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[/jtfgtmo](https://www.youtube.com/jtfgtmo)

Religious Services

NAVSTA Chapel

Catholic Mass
Mon.-Thur. 5:30 p.m.
Saturday 5:00 p.m.
Sunday 9:00 a.m.

Protestant Services

General Protestant
Sunday 11:00 a.m.
Gospel Worship
Sunday 1:00 p.m.

Chapel Annexes

Pentecostal Gospel
Sunday 8:00 a.m. & 5:00 p.m.,
Room D

LDS Service

Sunday 10 a.m., Room 19

Islamic Service

Friday, 1:15 p.m., Room 2

Seventh Day Adventist

Friday, 7:00 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

Protestant Worship

Sunday 6:40 a.m.
Sunday 9:00 a.m.
Sunday 7:00 p.m.

Bible Studies

Monday 8:30 p.m.,
Cuzco block E
Friday 7:00 p.m.,
Old Trooper Chapel

Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40
Gazebo - :01, :21, :41
Camp America NEX - :02, :22, :42
Camp Delta - :04, :24, :44
Camp 6 - :07, :27, :47
TK 4 - :13, :33, :53
JAS - :14, :34, :54
TK 3 - :15, :35, :55
TK 2 - :16, :36, :56
TK 1 - :17, :37, :57
CC - :19, :39, :59
Windjammer/Gym - :22, :42, :02
Gold Hill Galley - :24, :44, :04
NEX - :26, :46, :06
NEX Laundry - :27, :47, :07
C Pool - :30, :50, :10
Downtown Lyceum - :31, :51, :11
NEX - :33, :53, :13
Gold Hill Galley - :35, :55, :15
Windjammer/Gym - :37, :57, :17
CC - :40, :00, :20
TK 1 - :41, :01, :21
TK 2 - :42, :02, :22
TK 3 - :43, :03, :23
TK 4 - :44, :04, :24
Camp 6 - :50, :10, :30
Camp Delta - :53, :13, :33
HQ Building - :55, :15, :35
Camp America NEX - :57, :17, :37
Gazebo - :58, :18, :38
Camp America - :00, :20, :40

NEX Express Bus

9:55 a.m. - 7:55 p.m.
Every hour at the stated times

Camp America - :55, :48
TK 1 - :05, :36
Denich Gym/Windjammer - :11, :31
Gold Hill Galley - :14, :29
NEX - :16, :27
Downtown Lyceum - :17, :25

Beach Bus

Sat. and Sun. only - Location #1-4

Windward Loop
9 a.m., 12 p.m., 3 p.m., 6 p.m.
East Caravella
SBOQ/Marina
9:05 a.m., 12:05 p.m., 3:05 p.m.

NEX

9:08 a.m., 12:08 p.m.,
3:08 p.m., 6:08 p.m.

Phillips Park

9:14 a.m., 12:14 p.m.,
3:14 p.m.

Cable Beach

9:17 a.m., 12:17 p.m.,
3:17 p.m.

Windward Loop

9:30 a.m., 12:30 p.m.,
3:30 p.m.

NEX

9:25 a.m., 12:25 p.m.,
3:25 p.m., 6:25 p.m.

SBOQ/MARINA

9:35 a.m., 12:35 p.m., 3:35 p.m.

Return to Office

9:40 a.m., 12:40 p.m., 3:40 p.m.

JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



Development through reading

By Army Brig. Gen. Marion Garcia
Deputy Commander, Joint Task Force Guantanamo

What are you reading? Are you actively involved in your personal and professional development? The military maps out a career path that includes professional education. In between programmed courses, we have a responsibility to continue to grow as leaders. This includes staying physically, spiritually and morally fit. It also includes being mentally fit.

The Chief of Staff of the Army's professional reading list is organized under the headings: The Army Profession, The Force of Decisive Action, Broadening Leaders and The Strategic Environment. The Chief of Staff of the Air Force has included blogs and Think, Exchange, Debate talks on his list of professional development resources. The Marine Corps reading list includes both required and recommended books. The Commandant of the Coast Guard annually selects one book as the commandant's choice. The Chief of Naval Operations divides the list into essential and recommended titles. Some of the books are found in all of the chiefs' lists, while others are unique to their service. These lists are a great starting point; they are also a great resource to check



Brig. Gen. Marion Garcia

back in on every now and again to make sure that your reading is keeping with our military.

We are all busy. We all have commitments and responsibilities. But one of those responsibilities is to find time to read. What are you reading? It should be a question we ask each other. Often, we find that we have a common experience in having read the same book and the question leads to a conversation about how we reacted to the book, what ideas we developed as a consequence of the book.

Talk to each other about what you're reading. Share ideas about what you've read. Prepare yourselves for tomorrow's challenges by reading today.

Bullet Biography

- Graduated from West Point
- Holds a Doctor of Veterinary Medicine degree from Colorado State University
- Masters of Strategic Studies from the U.S. Army War College
- Stationed in Korea and Germany while on Active Duty for 6 years
- Battle Captain for 14th MP Brigade during Operation Desert Shield/ Desert Storm
- Now serves in Army Reserves
- Commander 324th MP BN during Operation Iraqi Freedom
- Previously was JDG S3 and XO in GTMO
- Deputy Commander, 200th MP Command in Ft. Meade, MD
- As a civilian worked with Defense Threat Reduction Agency in the Republic of Georgia and as an advisor to reconstruction efforts with the USMC in Anbar Province, Iraq

The value of selfless service

By Army Master Sgt. Sean Conwell
J2 Senior Enlisted Leader, Joint Task Force Guantanamo

Military service provides us with opportunities that the average person is not privy to. In the right environment, our service can make us as much of a family as blood and kinship can be and sometimes more. This is the true wealth of the world, and its value is captured in our memories.

I've unhappily noticed that Troops place a great deal of personal and professional value in awards and other recognitions. From a senior leader's perspective, having seen the great orchestrations involved in acquiring these trifles, I can tell you with certainty that the value of a person's contribution to the mis-



Master Sgt. Sean Conwell

sion or their team cannot be articulated in an award form or a challenge coin. Years from now, no one will know or care what great deeds you accomplished in order to earn them. In many cases,

poor standards and differing opinions on merit have already devalued those items for everyone who's attained them.

What's far more important is recognizing the impact you've made on the people around you. Can you walk away from this place with a head full of positive memories and friendships that will endure beyond the scope of this moment? Will anyone admire you enough to emulate your behavior? If you live to old age, your time in the military will only represent a brief span of your life's endeavors. Nothing has greater value than fellowship and affection of those you leave behind. That is your legacy and the best recognition you can hope to earn.

Official Photos

take a look before you book

Story by Sgt. Christopher Vann

Staff Writer, thewire@jtfgtmo.southcom.mil

The Department of the Army photo is used to quickly determine a Soldier's professionalism and military bearing while conducting a board or in a situation where the Soldier is not physically present. As with all first impressions the DA photo can be used as a positive or negative. Soldiers should check their records before having their photo taken to ensure all medals, badges, ribbons etc. are properly recorded. AR 640-30 (Photographs for Military Human Resources Records) states that photos are valid for five years and can only be taken at authorized Visual Information (VI) activities, as required by AR 640-30.

Be sure to arrive early for your appointment, and if possible, bring the branch specific pamphlet or printout, denoting the order and placements of ribbons and awards. If you are coming with another person, you both should be doing an inspection on each other's uniform. The intent of the DA photo studio is to provide you with quality service that is an accurate representation of who you are.

According to AR 640-30, the following Soldiers will have an initial photograph taken within 60 days of:

- Selection of promotion to brigadier general or higher
- Promotion to first lieutenant or higher (includes officers accessed into active duty as first lieutenant or higher grade)

- Promotion to chief warrant officer 2 or higher
- Initial appointment to command sergeant major
- Promotion to staff sergeant or higher
- All other photographs will be taken as needed for announced by selection board zones of consideration

Soldiers will update their photograph at a minimum per the following schedule:

- General officers: every third year
- Officers and noncommissioned officers: every fifth year (encouraged every third year)
- Reserve component officers will be photographed during their respective training: Basic Officer Leader Course (BOLC) Phase III, Captains Career Course (CCC) and Warrant Officer Basic Course (WOBC)

A new photograph is required when there is an award of the Army Commendation Medal (ARCOM) or above. Female Soldiers who are pregnant are required to accomplish this action within six months after the pregnancy.

Official photos while assigned to the Joint Task Force:

Currently the Public Affairs Office does NOT have the capabilities for DA photos but are taking command photos for all branches every Thursday by appointment only. Please contact the Command Information NCOIC at 3651 to schedule. The studio is located at Bldg. 2525, next to Camp Delta.



Courtesy photo

**D.A. PHOTO EXAMPLE
THE ARMY SERVICE UNIFORM**

'Non-Stop' action at 20,000 ft

Review by Sgt. Christopher Vann

Staff Writer, thewire@jftgmo.southcom.mil

In "Non-Stop," Bill Marks (Liam Neeson) is a U.S. Federal Air Marshall, oh yeah, and he's an alcoholic. After being let go from the police force, he enrolled in the Federal Air Marshal Service, despite being scared of airplane take-offs. You have a drunk, angry and scared Liam Neeson - this movie is going to entertain. On a flight from New York to London, Jen Summers (Julianne Moore) trades seats with cellphone programmer Zack White (Nate Parker).



Photo courtesy Concept Arts

 **4** Smoking in the lavatory, fighting on a plane and making it look cool are some things that not too many people can do, but Neeson pulls it off. Although some of the scenes are a little exaggerated, it makes for a visually awesome movie. Without being CGI heavy, this movie keeps you interested and wondering, 'who is going to be the culprit?'

With an all-star cast that includes Neeson, Moore and Academy Award winner Lupita Nyong'o, their talents raised the film to soaring levels. Not to say that the movie needed them to provide an award-winning performance, but the writers could have done a better job with the dialogue. With that being said, I still give this movie four banana rats.

What 'About Last Night?'

Review by Spc. Nancy Mizzell

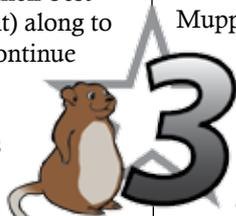
Media Relations, thewire@jftgmo.southcom.mil

Opening with James Brown's famous hit "Sex Machine" told me what to expect from "About Last Night" before I even saw a character. Filled with comedic and steamy love scenes for the first 30 minutes, "About Last Night" appears to be another romantic comedy with mediocre plot relying on the comic turned-actor Kevin Hart to carry the movie to success.



Courtesy photo

Luckily, for producer Will Packer, this idea worked. Kevin Hart brings a raw reality to his character Bernie, which is matched by Regina Hall who plays his love interest Joan. From day one Bernie and Joan have a relationship that even confuses them. So they drag their best friends Danny (Micheal Ealy) and Debbie (Joy Bryant) along to dinner to help smooth things over. Bernie and Joan continue their relationship based on alcohol, fighting and sex while Danny and Debbie are on their way to bliss. Holding true to the irony of life, Danny and Debbie's love for each other is put to the test when exes come back into their lives wanting them like never before. As you might imagine, things start to get serious when this happens, but then as you might not imagine, a chicken saves the day, and you are laughing again before you know it. Confused? I was too, but that didn't stop me from laughing, and for that this romantic comedy gets three banana rats.



CGI fails to raise 'Pompeii' from ashes

Review by Army Capt. Jesse Manzano

PAO Operations OIC, thewire@jftgmo.southcom.mil



In 79 A.D., Mount Vesuvius in southern Italy erupted and destroyed the town of Pompeii in one of history's best known natural disasters. In "Pompeii," director Paul Anderson's latest film, we get a rendition of what that eruption must have been like, thanks to visually impressive computer-generated special effects.

Unfortunately, the eruption and destruction scenes at the end of the movie, albeit extraordinary, do not carry this film for almost two hours. When the ending of a movie is not a secret to anyone in the audience, the plot structure needs to transcend beyond visual effects and engage the viewer – or reader, for that matter – in a way that makes them question whether the conclusion of the story is indeed what they thought it would be when they walked into the movie theater.

The characters in "Pompeii" are stereotypical and flat – the bad guy (Kiefer Sutherland) is truly evil, the good guy (Kit Harrington) means well, but is forced to do wrong to avenge his father's death, and the girl (Emily Browning), is coveted by both villain and hero.

Conflict ensues until Mount Vesuvius mercifully puts an end to all of this squabbling by wreaking havoc on the town and its inhabitants.

After watching this disastrous film it is fair to say that, like the residents of that doomed city, fortune has once again failed to smile on those associated with it. This movie gets two banana rats.



Photo courtesy BIT Communications, LLC

The lovers, the dreamers & cheese

Review by Staff Sgt. Kenneth Edel

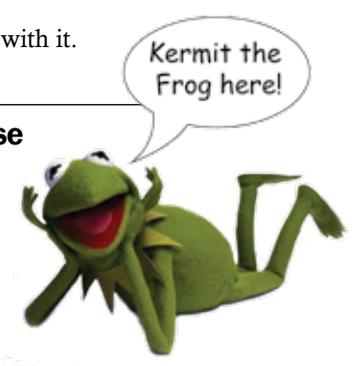
Media Relations, thewire@jftgmo.southcom.mil

The latest Muppets installment picks up right after the end of the last movie. The Muppets have just reunited and the film starts off with the question of "now what?"

They quickly embark on a musical number which sets the tone of the movie and off their adventure starts. The plot is simple, relying on a tried and tested formula. An evil doppelganger replaces Kermit early on in the film. Kermit is then sent to prison as the rest of the Muppets tour Europe with the imposter.

True to Muppet form, the film is brimming with the usual Muppet antics and slapstick humor mixed with updated references. The amount of cheesy jokes sometimes makes you cringe, but never gets out of hand. The list of guest stars is huge and range from pop icons to various actors making fun of themselves.

The film leaves a good message about how doing whatever you want isn't always the best thing and that family will always be there for you. While a couple of scenes are a bit much and do leave you wondering what the writers were thinking, the movie holds together very well. All in all, the movie should appeal to a wide range of audiences and, while predictable, is a fun movie for the whole family. Three banana rats.



Get out and run!

Story by Sgt. Kenneth Tucceri

Webmaster, thewire@jftgftmo.southcom.mil

"I believe it's jogging or yogging," said Ron Burgundy in the film "Anchorman." "It might be a soft j. I'm not sure, but apparently you just run for an extended period of time. It's supposed to be wild."

If you, like Ron Burgundy, are into running, Naval Station Guantanamo is a perfect place to keep it up. There's the track, good sidewalks, light traffic, sunny weather, MWR events, and if you are into punishing yourself, John Paul Jones Hill is waiting for you. For those who have never been an avid runner, or even despise the activity, GTMO is an excellent place to begin incorporating this beneficial pastime into your daily routine.

If you have participated in an MWR run here, there is a good chance you saw Army Staff Sgt. Casey Gore, stationed here with the Public Health Command, Region South, Fort Gordon, running

ahead of you.

"I've been here for 19 months now," said Gore. "I love to run."

Gore has done 5ks, 10ks, 10-milers, 12-milers, half marathons and full marathons since he's been here. "I've got first and second in almost all of them." (Don't act like you're not impressed.)

Like many runners, Gore doesn't recall his wins as well as he remembers his losses. One instance was during a half marathon here. "I was in first all the way up to mile eight," said Gore. Then, by Windmill Beach, the other runner "just ran by me like I was nothing; I ran out of energy."

Gore took that experience and learned from it. "It kind of motivated me to train better. It motivated me to set my pace, and it motivated me to keep some gas in my engine."

Gore praised the idea to sign up for races and train for that specific event. This will be a good way to motivate yourself and gauge your progress, but it is nothing you should rush into, espe-



cially if it is a distance your body has never experienced before. Set aside the necessary time to prepare.

"The norm for a half marathon, depending on the shape of your body, depending on the shape that you're in, should be two months," said Gore. For a full marathon, up to four months should be adequate. "That gives you a chance to run at a pace, preventing injuries, getting your diet down."

"Practice for whatever goal you are trying to meet," said Gore. "Whether it takes four or five months to prepare for a half marathon, just do it. This is your body. This is what you want to do. This is your goal. Just do it."

On top of the enjoyment of completing MWR runs and your own recreational runs at GTMO, there are many

benefits to running and jogging, according to Gore. It is good for weight loss, improves your cardiovascular and respiratory health, reduces total cholesterol, improves your immune system, strengthens bones and builds self-esteem.

As JTF personnel, the benefits can make you perform better on the job, no matter what your specific duty is on the island.

"It sharpens your memory," said Gore. "It sharpens your response time. It just overall makes you a sharper Soldier versus that Soldier or that military person that sits on the couch all the time...get out there and do something with yourself!"

If you still need motivation to get out and run, just think: everyone's favorite San Diegan jogs (or yogs), and so should you!



Army Staff Sgt. Casey Gore ran through the hills of GTMO during a 10-mile trail run February 22. He finished first with a time of 1:17.24.

Now Showing!
at the Downtown and Camp Bulkeley Lyceums

CAMP BULKELEY DOWNTOWN

D	FRIDAY	D	SATURDAY	D	SUNDAY	D	MONDAY	D	TUESDAY	D	WEDNESDAY	D	THURSDAY
Divergent (New) PG13, 8 p.m.		The LEGO Movie (LS) PG, 8 p.m.		Pompeii PG13, 8 p.m.		Monuments Men (LS) PG13, 8 p.m.		No movie due to concert stage set up.		Join us at the lyceum for Step Afrika! Show is open to all ages!		Act of Valor- Happy birthday, Navy Chiefs! R, 8 p.m.	
Noah (New) PG13, 10:35 p.m.		Son of God (New) PG13, 10 p.m.											
Son of God (New) PG13, 8 p.m.		Non-Stop PG13, 8 p.m.		About Last Night R, 8 p.m.		Lyceum closed Note: Concessions at Camp Bulkeley are also closed every night until further notice.		Pompeii PG13, 8 p.m.		Lyceum closed Note: Concessions at Camp Bulkeley are also closed every night until further notice.		Need for Speed PG13, 8 p.m.	
Divergent (New) PG13, 10 p.m.		Noah (New) PG13, 10:15 p.m.											

Call the Movie Hotline at ext. 4880 or visit the MWR Facebook page for more information
Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

Women in Military History

Story and photos by Staff Sgt. Carmen Steinbach

Editor, thewire@jftgmo.southcom.mil

March is Women's History Month, a time when historic female figures are honored and their accomplishments of paving the way for women's equality are celebrated. What better way to truly show our appreciation than by continuing their just and noble cause.

It is with this mission in mind that a Sailor with Joint Task Force Guantanamo, Ian Beard, created the Women's Equality and Integration Movement or WE AIM.

Tying in closely with Women's History Month, Beard and Navy Petty Officer 2nd Class Megan Bacon decided to host a women's equality night focused on integration, Saturday, March 22. The evening featured a "real talk" with a panel of leaders from around the JTF.

"Women's equality is the main purpose of this event," said Beard. "I believe integration is important because even if they might achieve equality, if we don't integrate them into society and have them work side-by-side with their male counterparts, then there's no point."

The first step in preparation for this

event was to poll Service members around GTMO about what issues they have faced and what questions would they like answered by their leadership regarding women's equality.

"There are more women serving in leadership positions than ever before," said Bacon, the host for the evening. "Who better to ask about these issues than leaders here? Brig. Gen. Garcia is the first female brigadier general here and is a part of history. What a great opportunity!"

Air Force Master Sgt. Murray Taylor, the JTF equal opportunity officer was

the first speaker and explained how he has had several women in his life to look up to: including his mother, and his wife of 26 years and an aunt who went from Army service to being a back-up singer for James Brown and now manages the Apollo Theatre in New York.

"There are people out there that still believe women should not receive equal compensation," said Taylor. "It's hard to tell why people like that don't think women can achieve the same as men."

Like Taylor, Marine Sgt. Maj. Juan M. Hidalgo also had strong female influences in his life, and although he did not



Army Sgt. Carla Baron performs before Troopers and Naval Station Guantanamo personnel at the Women's Equality and Integration Movement event Saturday, March 22, at the Windjammer Ballroom. Baron joined several other musicians from the JTF to form the local band, Iguana Glue.

1775-1783 During the Revolutionary War, women follow their husbands to war out of necessity.

1783 Deborah Sampson serves for over a year in General Washington's army disguised as a man.

1848 During the War of 1812, Mary Marshall and Mary Allen, serve as nurses for several months aboard the USS United States

1846 During the Mexican War, Elizabeth Newhall enlists in the Missouri Volunteer Infantry as Bill Newcom

During the Vietnam War, over 7,000 women serve, mostly as nurses in all five divisions of the military Army, Navy, Marines, Air Force and Coast Guard. All were volunteers. 1962-1972

The military draft ends and an all-volunteer military is formed creating opportunities for women. 1973

The first females are admitted to the service academies, U.S. Military Academy at West Point, U.S. Naval Academy at Annapolis, and the Air Force Academy to be trained in military science. 1976

Women in the Navy and Marines are allowed to serve on non-combat ships as technicians, nurses, and officers. 1978

During the Persian Gulf War, more than 41,000 women are deployed to the combat zone. Two are taken captive. 1992

Congress authorizes women to fly in combat missions. 1991

Congress authorizes women to serve on combat ships. 1993

For the first time, women fighter pilots fly combat missions off aircraft carrier in Operation Desert Fox, Iraq. 1998



During the American Civil War, Dr. **1862-1863** Mary Walker becomes the only woman to receive the Medal of Honor.

During the Spanish-American War, **1898** 35,000 civilian women serve as nurses assigned to Army hospitals in the U.S.

During last two years of World War I, **1917-1918** 33,000 women serve as nurses and support staff officially in the military and more than 400 nurses die in the line of duty.

During World War II, more than **1945** 400,000 women serve at home and abroad as mechanics, ambulance drivers, pilots and military nurses, and in other non-combat roles. Eighty-eight women are captured and held as POWs.

Congress passes the Women's Armed Services Integration Act granting **1948** women permanent status in the military subject to military authority and regulations and entitled to veterans benefits.

During the Korean War, over 50,000 **1950** women serve. 50 Army nurses serve in combat zones and nearly 1,000 Navy nurses on hospital ships.

always have women under his command during his extensive career in the Marine Corps. He learned that they are just the same as any Warriors in his care.

“Don’t treat them any differently. Treat them all the same,” said Hidalgo.

“That’s what we need to do. Young Troopers will always impress you.”

Hidalgo went on to say that

he disagreed with the term “empower,” because it implies that females need assistance and are lacking something. “We have some bright, outstanding Warriors,” he said. “They don’t need anything from us. There’s nothing they cannot do.”

The final member of the discussion panel was Army Brig. Gen. Marion Garcia, JTF GTMO’s current and first female deputy commander making her a monumental figure in women’s history. She responded to a question about what challenges women in the military face.

“They are meeting timelines, staying in shape, going to school and balancing a life,” said Garcia. “They have the same challenges as anyone else.”

As a part-time Soldier herself, she also had some tips for maintaining this balance as a member of the reserves or National Guard.

“Take care of yourself first,” said Garcia. “Then your family. They are in it for the long haul. Concentrate on your civilian job, because that’s your main paycheck and then worry about the Army.”

Following the interviews, the floor was open to Service members for questions.

When asked why some members of

society are hesitant to accept females as equals in the work place, there was no clear answer, only hope that this mindset can be changed.

“These individuals might not be on-board perhaps because they didn’t have the same strong figures we had grown up with,” said Garcia. “It is our job to help them get there.”

Hidalgo continued, “If they don’t understand it, they can get over it. Women are doing great things for our military.”

The night concluded with food and live music by Iguana Glue, a local band comprised of JTF Troopers from across multiple branches of service.

One of the singers decided to get involved because she too has a stake in the progression of females in military service.

“In the small amount of time I’ve been in, I can see an improvement

in women’s equality” said Army Sgt. Iannetta Pratt, a Soldier with the 339th Military Police Co. and performer at the evening’s event. “We still have a long way to go but the progress has been made, and we will continue to take steps in the right direction.”

In the future, WE AIM hopes to host many other events and projects that continues to fight for women’s integration and equality.



Army Master Sgt. David Hiebert responds to a question posed by Brig. Gen. Marion Garcia on what Service members can do to encourage the progression of women’s integration in the work places during the Women’s Equality and Integration Movement event Saturday, March. 22.

Then and Now

Information obtained from a Colonial Williamsburg Foundation product 2008.

Captain Kathleen McGrath becomes the first woman to command a **2000** U.S. Navy warship.

During the War in Iraq, three Army **2003** women become prisoners of war in the first days of the invasion.

Colonel Linda McTague becomes the first woman commander of a **2004** higher squadron in U.S. Air Force history.

During the “War on Terror,” Sergeant Leigh Ann Hester becomes the first **2005** woman awarded the Silver Star for combat action.

16,000 women are serving in Iraq, **2008** Afghanistan, Bosnia, Germany, Japan, and other related areas. Army Gen. Ann E. Dunwoody promoted to the rank of four-star general.

Air Force General Janet Wolfenbarger becomes the **2012** second female four-star general in the history of the U.S. military.



Connections made through reading

Story by **1st Lt. Allison Givens**

Command Information OIC, thewire@jftgmo.southcom.mil

One of the most difficult challenges a deployed Service member encounters is separation from family. To help bridge the distance between the Troopers and their loved ones, the chaplains' office here at Joint Task Force Guantanamo offers a unique program, United Through Reading. This USO sponsored program will not only help ease the stress of separation, but it will allow you to build a connection with your child while you are away.

This program was created by a nonprofit organization that offers Service members an opportunity to be video-recorded reading books to their children at home. A wide range of books are available for you to choose from, or you have the option of bringing in your own book to read. There are no restrictions when it comes to reading to your own child or to a niece, nephew, grandchild or just an important child in your life.

Navy Petty Officer 2nd Class Randy Griggs, leading petty officer for the JTF chaplains' office said, "The program helps Service members to stay connected with families at home especially with those who have small children and like to read to them at night." According to Griggs, they have an average of 15 to 20 Service members a month who take advantage of the United Through Reading program.

In celebration of Dr. Seuss' birthday, the United Through Reading program partnered with the National Education Association to host Read Across America Day. Army Staff Sgt. Carmen Steinbach took advantage of the celebration by reading a Dr. Seuss book and several others after hitting the record button. Steinbach usually reads several books to her three-year-old son before bed and while deployed misses that opportunity.

"It's one of our nightly routines," said Steinbach. "Being able to share this treasured pastime even while we are apart helps make the deployment more bearable on both of us."

The United Through Reading program gave her the chance to send a DVD back home for her son to watch over and over again.

Photo by Pvt. Kourtney Grimes/The Wire



Army Staff Sgt. Carmen Steinbach reads a book, "With a Crash and a Bang," in a pre-recorded video to send to her son back home. Service members assigned to Joint Task Force Guantanamo can take advantage of the United Through Reading Program by contacting the Chaplain's Office.

How to participate:

1. Contact the JTF chaplains' office at 2218 to sign up or stop by to get more information.
2. Service members read a book aloud in a private room while being recorded.
3. The video will be recorded on a DVD so you can send it home to the child.

Benefits of participation:

- Builds family resiliency and family morale
- Allows the deployed parent, aunt, uncle, or sibling and the child to make powerful connections
- Helps deployed military personnel parent from afar
- Reassures the child that mom or dad is safe and thinking of home
- Provides support to the parent

<http://www.unitedthroughreading.org>



Photo by Pvt. Kourtney Grimes/The Wire

MUSE technicians support GTMO

Story and photos by Sgt. Spencer Rhodes
Copy Editor, thewire@jtfgtmo.southcom.mil

If you look hard enough, you'll often see unique career fields in the military that you never even knew existed. A prime example is the Mobile Utilities Support Equipment, a group within the Navy Seabees that specialize in power plant operations. MUSE technicians are sent out in small teams to different military power stations around the globe. This past week a four-man team came to facilitate multiple support roles for Naval Station Guantanamo and Joint Task Force Guantanamo.

Navy Petty Officer 1st Class Eric Sanders, one of four Seabee MUSE technicians from Port Hueneme, Calif., to come to GTMO, explained that various missions were required here and all fell within the same time window allowing them to facilitate multiple operations.

Since imminent renovations are planned for U.S. Naval Hospital Guantanamo, it was important to make sure that a worst case scenario was already planned for; the hospital has its own back-up power generators already in place, but as a secondary measure, two additional generators with 7,500-gallon tanks were installed as well.

"Because Guantanamo is a high profile area and the naval hospital is prepping for its joint-effort renovation, we were sent here as a proactive effort to stay ahead of the renovations, so complete power is never an issue. It's an important mission," said Sanders.

This isn't the job of your everyday mechanic or air-conditioning repairman.

Navy Petty Officer 2nd Class Anthony Biondo said to be sent to MUSE training, you must be selected by your command or put forth an extensive application that proves you're already



Navy Petty Officer 1st Class Eric Sanders, a Navy MUSE technician out of Port Hueneme, Calif., works in an engine room at the Joint Task Force Guantanamo power plant facility, Thursday, March 20.

highly capable in your field. Only then are you sent to the rigorous one-year course at the Army Prime Power School at Fort Leonard Wood, Mo., followed by an additional four-month Navy course on branch specific operations within MUSE.

"There are only 28 people who are in house: Sailors that aren't permanently stationed somewhere to do a job, those travel the globe and do what we do," said Biondo. "To put that into perspective, the Army is said to have over 600

people trained to do what MUSE techs do."

Their mission wasn't complete with the hospital.

With multiple power substations on the island, many in support of JTF GTMO operations, annual inspections are a critical requirement and help alleviate the chances of power emergencies occurring in the future.

Checking all areas is one of the first steps taken by the specialized team so an assessment can be made for priorities and work needs.

"The first thing we do is familiarize ourselves with our mission environment," said Navy Petty Officer 2nd Class Atit Gurung, "so we have a personal knowledge of the needs and mission tempo of what you're working with, while providing critical inspections

of power units and operations at the same time."

The team's assessments and work doesn't take long, and after a few days they are flying back to California where they will set off for their next travel mission. With such a small number in their forces designated for constant travel, time at home is brief before they are sent elsewhere within the country or across the seas.

"We are the Navy's 911 for critical power," said Sanders.

The constant travels of MUSE technicians will bring them back to JTF GTMO later on in the year to place a single, newer engine to replace the two that reside here currently.



Navy Petty Officer 1st Class Eric Sanders works on setting valve and fuel injector timing at the Joint Task Force Guantanamo power plant facility.

“ We are the Navy’s 911 for critical power. ”
— Navy Petty Officer 1st Class Eric Sanders

Sprint Triathlon



A bicyclist turns the corner en route to the checkpoint during the bike portion of the event in the GTMO sprint triathlon, Saturday, March 22.

GTMO gives its best 'TRI'

Story and photos by Sgt. Christopher Vann
Staff Writer, thewire@jftgmo.southcom.mil

Naval Station Guantanamo residents participated in this year's sprint triathlon, Saturday March 22.

If you don't know what a sprint triathlon is, it is a battle of endurance, willpower and pride. The inaugural event consisted of three events: a 750m swim starting at Ferry Landing, a 20k bike ride mainly up and down Sherman Ave., and concluded with a w5k run that ended at the Downtown Lyceum.

With nearly 80 participants and volunteers present, the

triathlon never lacked excitement.

"This was such a great event," said Angel Parsons, a triathlete. "It means a lot for me to be able to do this with my 11-year-old daughter. I'm so proud of her."

Parsons daughter, Mia, shared her joy for the triathlon experience, "This is my first time doing something like this, and it was really fun. I enjoyed it!"

Medals were awarded to the first, second and third place teams in multiple categories. One participant, Air Force Capt. John Bone, a member of the first-place men's team was nearing the finish line of the run portion with only 50 yards to go when the National Anthem started playing.

When asked about what was going through his mind while running during the music, Bone stated, "America would want me to win the triathlon more than they would want me to stand for the colors. I won this race for America!"



Illustration by Meli Reinardo Moreno/The Wire

A participant in the GTMO sprint triathlon race towards the finish line during the last leg of the event Saturday, March 22. The sprint triathlon is a competition consisting of three events designed to test your stamina, willpower and endurance.

GTMO sports standings

Football

Warriors	9-2
Step Brothers	10-3
Louisianimals	8-5
Confusions	7-5
BEEF	6-6
JTF-14	6-6
Fight'n 66	4-9
Team Rogue	3-9
Boston Strong	2-9



Indoor Volleyball

Playmakers	11-1
Smokin' Aces	11-1
The Ricans	11-1
Kill Seekers	9-2
W.T. Sampson	9-4
Gold Diggers	6-4
Boston Strong	7-5
War Eagle	5-5
BEEF	6-6
Side Out	5-7
Sierra 2	3-8
Cuba Libre	1-12



Courtesy Photo

A change of pace

Story by Pvt. Kourtney Grimes

Staff Writer, thewire@jftgmo.southcom.mil

The smell of motor oil, tires and exhaust filled the open garage as tunes of everything from classic rock to modern pop filled the air. Tools filled the workbenches and walls defining the space of one where things get done. While at home, this atmosphere is where Navy Petty Officer 2nd Class Aleson Billington found herself working part-time at a privately owned shop in Plainview, Texas. This environment is far different from where she worked during her deployment here at the Joint Task Force. Day to day, she works as the leading petty officer in supply with the Joint Medical Group, JTF Guantánamo.

Beginning in the mechanic shop owned by her parents, Billington has enjoyed working on cars for all of her adult life.

“I’ve always worked on my own cars,” said Billington.

“I’ve been going to dirt track races half of my life, and I’ve always liked it.”

After high school, Billington worked at an O’Reilly Auto Parts store for about three years learning how to rebuild show cars from the ground up. Here she made connections

with many of the local mechanics. One of those mechanics happened to be the owner of a local and well-known shop that builds and works on racecars modified to the standards of the International Motor Contest Association.

Not long after meeting him, the mechanic who has a reputation in a four state radius, hired Billington to work part time at his shop during race season. During her time in auto shops she has learned how to perform many difficult and specific tasks that are necessary for rebuilds.

“I can install pistons, hone valves, grind valves, hone cylinders, bore the cylinders out in the heads,” explained Billington, listing a few of the many things she does to get a car to peak performance.

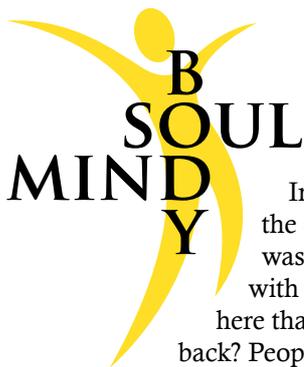
Her job in the shop is very hands on, doing the grunt work that makes the fine tuning possible.

“I don’t even really look at it as a job, ya know? It just brings me peace, especially the tear down process. It’s therapeutic.”



Courtesy Photo

Navy Petty Officer 2nd Class Aleson Billington is a star Trooper in the office and at home where she finds herself rebuilding racecars and show cars in her free time. She works part-time (during race season) at a local, privately owned IMCA shop in Plainview, Texas.



Island Time

Story by Sgt. Debra Cook

Staff Writer, thewire@jftgmo.southcom.mil

In last week's article the question posed was: What will you do with your priceless time here that you can't get back? People responded by asking for productive solutions on how to spend their time. For those looking for ideas, there is "GTMO Life" (a monthly social calendar of events), advertisements on the back of "The Wire" and friends to help you choose.

The question of how you will spend your time was actually a challenge to Troopers because despite all the resources available, some still struggle with free time on Guantanamo Bay. Time can feel slower here, a phenomenon known as island time. Maybe a better question is: When you are faced with free time will it be productive or will it be destructive?

One master sergeant said he felt safer being shot at in Afghanistan than he does here because a lot of his Troopers distract themselves with infidelity and alcoholism.

"I could sleep better in Afghanistan than here on this island," another Trooper said, "because it's too quiet here."

Some get depressed and just stay in their rooms until island time passes away.

It's surprising how some men and women are more comfortable with the threat of dying than dealing with the loudness of their thoughts. Indeed the silence can be more frightful than war

and can drive people to do things they would never do anywhere else.

Since it's Women's History Month, I found an extraordinary woman who's life pursuit was learning to live in the moment. Anne Morrow Lindbergh, wife of aviator Charles Lindbergh, was the first woman in America to earn a first class pilot's gliders license and lived her latter days as a best-selling author.

Tragically, after losing her son she was able to write, "Security in a relationship lies neither in looking back to what it was, nor forward to what it might be, but living in the present and accepting it as it is now."

In her book, "Gift from the Sea," Lindbergh describes how many people get content with work, family and chores and how easy it is to fill our time with distractions, never having to listen to our own thoughts. She wrote, "Women need solitude in order to find again the true essence of themselves."

In the book, Lindbergh uses different sea shells as metaphors to describe phases of life we go through. I wonder what she'd see in GTMO's sea glass. Would she have seen Troopers as the shards of glass that have been tumbled by the sea, smashed against rocks, taken out by the waves and brought in again? There is a silent, subtle beauty that represents our lives in the sea glass – each individual piece representing a transparent broken life sparkling on the sand.

While writing this I solicited thoughts from Troopers around me, "Maybe mas-

tering your time is to become a master of silence and to discover yourself in that silence," I said.

A female soldier laughed, "I don't think guys have that need."

Three men were with us so we asked if this was true.

Petty Officer 3rd Class Antonio Martin, a hospital management Sailor with Joint Medical Group said, "Actually, I meditate every day." He was afraid of it at first because he felt like it was religious, but then he realized it wasn't hard. It's become his habit to reflect on things important to him each day.

Martin focuses on what he wants to accomplish, what he can do to be a better person and how he can help people around him.

"First I do affirmations and just recite things that I believe then read a couple of scriptures. Sometimes I listen to music. Sometimes I don't. I try to focus on today and things I can control," said Martin.

The same day I wrote this I ran into three men on their way to yoga. Each one said how much they needed it in their week and how it helped them find their center. It would appear that men equally need this solitude to find the true essence of themselves.

I see the sparkling sea glass that covers GTMO's beaches representing every Trooper that's been churned by the waves of life. Dear Trooper, it is you who are a gift from the sea being forged from the island time of Guantanamo Bay. May each of you find that gift in yourself and discover its treasure.



Story by Sgt. Debra Cook

Staff Writer, thewire@jftgmo.southcom.mil

In honor of Women's History Month, from the treasure trove of recipes made by famous women in history comes Martha Washington's crab soup. It's said to be a White House favorite. You can make it from scratch here on the island if you're lucky enough to catch fresh crab!

Martha Washington's Crab Soup

Ingredients:
1/2 pound fresh crab meat (or 1 cup canned or frozen), 1 tablespoon butter, 1 1/2 tablespoons flour, 3 hard boiled eggs (mashed), mashed grated zest of 1 lemon, 4 cups milk, 1/2 cup heavy cream, 1/2 cup sherry, dash Worcestershire sauce

Directions:
Boil crabs in salted water to get meat (if using fresh). In a large saucepan, combine butter, flour, eggs, lemon zest, salt and pepper. Boil on low heat and pour milk in slowly. Add crabmeat to milk mixture and gently cook for 5 minutes. Add cream and remove from heat before it reaches a full boil. Add sherry and Worcestershire sauce.



Faithfulness in the military and in marriage

Story by Army 1st Lt. Raymond Lowdermilk
Joint Detention Group Chaplain

What does one person ask of another? In a word: faithfulness. All around us are people we rely on in our work, living and recreational places. What do we ask of them that they also ask of us? For faithfulness! Faithfulness is about a correct consistency; doing what we are supposed to do without compromise even if we have to make sacrifices.

Service members live by core values, regulations, orders, SOPs and the Uniformed Code of Military Justice among other documents and creeds. Whenever there is failure, compromise or complacency, we are likely to bring discredit upon our character and we are likely to hurt others. Evade failure and improve on the direction you need to go.

Marriage too is about being faithful in every way. Wedding rings are generally exchanged as a symbol of promised faithfulness. Rings are circles representing permanent and unbroken commitment, but such promises require us to live that way. There are several ways to maintain marital faithfulness while apart. I recommend avoiding any compromising situations where temptations could be carried out. If it is predictable, it's preventable, and it is simply not worth the risk or cost.

Deployments are hard for married couples because of distance, time, communication and interaction, all added together. In these circumstances, faithfulness requires extra intentionality. Discuss with your spouse the decisions you make here and how you each spend your resources (time, money, etc.) and with whom. This communicates your commitment and works out your different expectations and goals. While in GTMO, you can find ways to grow your marriage. If your marriage is struggling, ask for help. Chaplains and other leaders are ready and willing to assist. Be faithful!



Facebook

/jointtaskforceguantanamo



Orthodox Chaplain at GTMO for Holy Week

Navy Lt. William Butts, an Orthodox chaplain, will be here April 11-25. He will be available through the JTF chaplains' office (x2218) and will officiate the following Orthodox worship services at the NAVSTA Chapel Annex (room 14):

Palm Sunday Service

April 13 10:00 a.m.

Holy Unction

April 16 7:00 p.m.

12 Gospels Service

April 17 7:00 p.m.

Lamentation Matins

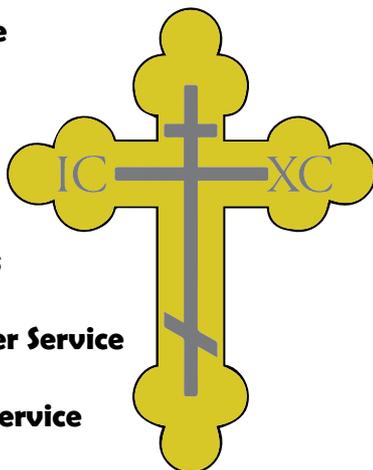
April 18 7:00 p.m.

Pascha Service/Easter Service

April 19 10:00 p.m.

Bright Wednesday Service

April 23 7:00 p.m.



For more information about these or other religious ministries contact JTF chaplains' office (x2218) or NAVSTA chaplains' office (x2323).

GTMO Amazing Race

Saturday April 26, 8:00 a.m. - noon

Events

M16A2 disassembly, assembly and functions check - Golfing at Lateral Hazard - Basketball free throws - Sandbag carry - Swimming - U.S. Military history quiz - Football field goal - U.S. flag folding - Running - Bowling

Details

Team fee - \$40.00 for four t-shirts. Fee is due no later than April 10. 10 teams, four persons each.

Teams must have at least two military members.

Each team member must compete in at least two events

U.S. civil service, U.S. contractors and U.S. dependents may participate

Team reservations held until April 5 for JTF, JDG, JMG, 525th MP BN, 93rd MP BN, PSU, BEEF, NAVSTA/MWR, OMC/OGA and Marine Corps SECFOR.

Open reservations (if needed) April 6-10.

Teams sign-in between 7:30 a.m. - 7:55 a.m. on race day.

Awards, food and fun at Marblehead Lanes Bowling Alley from noon - 1:00 p.m.

For race information call Spc. Bello at 8098 or 84787

For team registration contact Staff Sgt. Mark Kuyper at 8020 or mark.h.kuyper@jftgmo.southcom.mil

Volunteers Needed

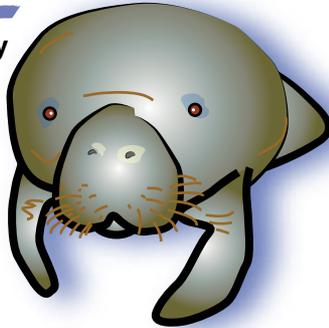
Manatee Capture & Survey

For more information email:

GTMOmanatee@gmail.com

Scheduled for: April 5-10

Orientation: April 3-4



Tax Assistance Center

Need help with taxes?

The legal assistance office has IRS-trained volunteers available to help until April 15.

Active duty, retirees, DoD civilians and dependents are all eligible.

Call **4692** for more information.



A weather-beaten frayed rope hangs from a blue wooden boat by GTMO's lighthouse in this picture taken on March 19 by Navy Petty Officer 2nd Class Chelsea St. Onge-May.



PHOTO OF THE WEEK

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