



THE WIRE

The Official Publication of Joint Task Force Guantanamo



Denich Gym
renovations complete

Ceramics Shop
spend some time crafting

GTMO's Captain's Cup

AROUND THE BAY

MOTIVATOR OF THE WEEK

Sgt. Richard Rowe
JTF J4 Supply NCO

Spc. Joel Goodwater
346th MP Company



Cover photo: The Army Gold and Army Black soft-ball teams celebrate their championship game for Guantanamo Bay's Captain's Cup, Saturday at Cooper Field. Together, the Army teams took first place in this multi-service, multi-event annual competition. Photo by Pvt. Kourtney Grimes.

Legal assistance available

Located in bldg. 2525, next to Camp Delta, the legal assistance services team now have new hours of operation to better fit the needs of Joint Task Force Troopers. They offer Wednesday walk-ins from 8-11 a.m. for bills of sale, powers of attorney and notarizations. You must have two forms of identification.

Appointments are available in the afternoon from 1-4 p.m. for consultation on divorce, custody, consumer issues, landlord-tenant issues, immigration and others. Call 4692 to make an appointment.

All services are also available at NAVSTA bldg. 760 Monday through Friday, walk-ins from 8-11 a.m. and from 1-4 p.m.



Photo by Sgt. Spencer Rhodes/The Wire

Coast Guard Petty Officer 2nd Class Nam Huynh takes the official baton from a fellow runner at Naval Station Guantanamo Bay's Run to Remember, an event meant to honor Coast Guardsman who have fallen in the line of duty.

FEATURES

8 • Cover Story

Service branches across Naval Station and Joint Task Force Guantanamo came together for an annual competition, the Guantanamo Bay Captain's Cup. After two days of events, one team emerged victorious.

10 • Denich Gym unveiled

In the works since 2010, the renovations and construction to the Denich Gym are finally complete. Patrons can now enjoy new equipment, locker rooms and convenience with the new 24-hour operation.

12 • Beauty in the crafts

Guantanamo residents can reduce stress and produce something unique at the Arts and Crafts Shop. Supplies are available to support even the most talented of artists.

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

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The Wire is an authorized publication for members of the Department of Defense. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF-GTMO. The contents of The Wire are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army, Air Force, Navy, Marines or Coast Guard.

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Religious Services

NAVSTA Chapel

Catholic Mass

Mon.-Thur. 1730

Saturday 1700

Sunday 0900

Protestant Services

General Protestant

Sunday 1100

Gospel Worship

Sunday 1300

Chapel Annexes

Pentecostal Gospel

Sunday 0800 & 1700

Room D

LDS Service

Sunday 1300 Fellowship Hall

Islamic Service

Friday 1315 Room 2

Seventh Day Adventist

Friday 1900 Room 1

Sabbath School: Saturday 0930

Room 1

Sabbath Service: Saturday 1100

Room 1

Iglesia ni Kristo

Thursday: 0500, 1900 Room 1

Sunday: 0530, 1900 Room 1

Tuesday (Bible Study): 2000

New Troopers' Chapel

Protestant Worship

Sunday 0640

Sunday 0900

Sunday 1900

Bible Studies

Monday 1900

Cuzco block E

Wednesday and

Friday 1900

New Troopers' Chapel

Transportation Schedules

BUS Schedule

Camp America - :00/:20/:40

Gazebo - :01/:18/:21/:38/:41/:58

Camp America NEX -

:02/:17/:22/:37/:42/:57

Camp Delta - :04/:13/:24/:33/:44/:53

Camp 6 - :07/:10/:27/:30/:47/:50

HQ Building - :55/:15/:35

TK 1 - :01/:17/:21/:37/:41/:57

TK 2 - :02/:16/:22/:36/:42/:56

TK 3 - :03/:15/:23/:35/:43/:55

TK 4 - :04/:13/:24/:33/:44/:53

CC - :00/:19/:20/:39/:40/:59

JAS - :14/:34/: 54

Windjammer/Gym -

:02/:17/:22/:37/:42/:57

Gold Hill Galley -

:04/:15/:24/:35/:44/:55

NEX - :06/:13/:26/:33/:46/:53

NEX Laundry - :07/:27/:47

C Pool - :10/:30/:50

Downtown Lyceum - :11/:31/:51

NEX Express Bus

09:55 - 19:55 hourly

Camp America - :48/:55

TK 1 - :05/:36

Windjammer/Gym - :11/:31

Gold Hill Galley - :14/:29

NEX - :16/:27

Downtown Lyceum - :17/:25

BEACH BUS

Saturday & Sunday ONLY

Windward Loop/East Caravella

0900/0930/1200/1230/1500/1530/1800/1830

SBOQ/Marina

0905/0935/1205/1235/1505/1535/1805/1835

NEX

0908/0925/1208/1225/1508/1525/1808/1825

Phillips Park

0914/ 1214/1514/1814

Cable Beach / Turn Around

0917/1217/1517/1817

Return to Office

0940/1240/1540/1840

FERRY Schedule

Monday thru Saturday

FERRY

Windward 0630/0730/0930/1030/1130/1230/1330/1530/1630

Leeward 0700/0800/1000/1100/1200/1300/1400/1600/1700

UTILITY BOAT

Windward 1730/1830/1930/2030/2130/2230

Leeward 1800/1900/2000/2100/2200/2300

Sunday & Holidays

FERRY

Windward 0730/0930/1130/1330

Leeward 0800/1000/1200/1400

UTILITY BOAT

Windward 1530/1730/1830/2000/2230

Leeward 1600/1800/1900/2030/2300



SAFE



HUMANE



LEGAL



TRANSPARENT



The way we have always done things around here

By Navy Capt. Eric Venema
Joint Task Force, Chief of Staff

As chief of staff, one of my challenges is to support the JTF mission while at the same time looking for ways to become more efficient. It is definitely a team effort.

Being part of the GTMO team reminded me of a story one of my



Navy Capt. Eric Venema

commanding officers once relayed to me. As the story goes, there is an experiment involving five monkeys locked in a room. A bunch of bananas were hung from the ceiling, and a

ladder was placed right underneath it. As predicted, one of the monkeys would race towards the ladder to grab the bananas. However, as soon as he would start to climb, sprinklers would turn on and soak all the monkeys with ice-cold water. When a second monkey tried to climb the ladder, the sprinklers would again soak the monkeys with ice cold water. Eventually the monkeys learned their lesson: Climbing the ladder for the bananas leads to ice cold misery for EVERYONE, so no one climbs the ladder.

After the five original monkeys had learned the lesson, one of the monkeys was replaced with a new inexperienced one. As expected, the new monkey spots

the bananas and goes for the ladder. Before the ice cold water starts spraying, the other four monkeys jump on the new monkey and beat him up. Thus, the new guy learns no going for the ladder and no bananas period, without even knowing why or ever getting wet!

This pattern is repeated until all the original monkeys have been replaced with new monkeys. By that time, the sprinkler system has been disabled (because the part needed was “on the barge”) and none of the new monkeys know why you cannot reach for the bananas! All they know is “that’s the way we do things around here.”

Although I do not know if that experiment ever happened, the intended message is clear. We must never cease to improve and evaluate why we do things the way we do. Is there a better way? The only thing that is constant in the world is change. Whether it is how we process administrative matters, expend our budget, or how we execute our SOPs, we must always seek to become more efficient especially in a time of ever decreasing and austere resources. Like it or not, the military is often a bureaucracy and bureaucracies destroy initiative. We must resist the downward spiral of bureaucracy.

I often hear that one of our limitations is the constant change of personnel rotations. While a high rotational tempo can be a severe limitation if not adequately managed, it can also be a hidden strength. The constant influx of new personnel and diverse perspectives can lead to the new ideas and innovations of a fresh set of eyes on old problems. I encourage each of you to challenge the norms of “the way we have always done things around here” and ask yourself how we can improve our operations.

NEWS FEED

NAVY, AIR FORCE TEAM UP IN ASIA-PACIFIC REGION

By Amaani Lyle

WASHINGTON -- The Navy and the Air Force are collaborating as part of the Defense Department's rebalance to the Asia-Pacific region, Chief of Naval Operations Adm. Jonathan W. Greenert said here yesterday.

The Naval Integrated Fire Control-Counter Air Capability-Based System, which employs the teaming of services' situational awareness and strike capabilities to detect and attack targets at long range, is prominent in organizing concepts that the Navy and Air Force are using to conduct counter-air operations now and into the future, Greenert said in remarks at the Defense Working Group breakfast. "We are taking elements of Navy Integrated Fire Control-Counter Air and integrating them into exercises we run with the Air Force [such as] Northern Edge ... in Alaska and Valiant Shield [in Guam]," Greenert said. "The whole idea is getting the tactical data links and those networks compatible -- the air-sea battle brought this together."

SPECIAL OPS COMMANDER APPEALS TO INDUSTRY FOR FORCE, FAMILY PRESERVATION

By Terri Moon Cronk

WASHINGTON -- All the equipment, the greatest plans and weapons systems in the world won't be worth much if the force is broken, U.S. Special Operations Commander Navy Adm. William H. McRaven told the Special Forces Industry conference in Tampa, Fla., yesterday.

This year's three-day Strengthening the Global Special Operations Forces symposium is a forum for military, government, academia and industry members to network and supports the force.

Taking care of special operations forces and their families is McRaven's combat priority through the SOCOM program, Preservation of Force and Families, to combat suicide, depression and other psychological issues, he said

DEMPSEY DISCUSSES RUSSIAN TACTICS IN UKRAINE

By Jim Garamone

BRUSSELS-- Russia's annexation of Crimea and its threats to eastern and southern Ukraine amount to an "alarming use of both military force and subversion" the chairman of the Joint Chiefs of Staff said here today.

Army Gen. Martin E. Dempsey discussed the Ukraine situation with his counterparts at the NATO defense chiefs' conference. The defense leaders used the phrase "proximate coercion and subversion" to describe Russia's actions in Ukraine over the past few months.

Regarding Ukraine, the Russians have employed the threat of conventional force -- but only the threat, Dempsey said in an interview following NATO meetings. Instead of using conventional military power, he said, the Russians have employed surrogates, proxies, misinformation and economic levers to accomplish their goals in Ukraine.

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Softball

1. Chaos	8-0
2. Fight'n 66	7-0
3. Mercenaries	6-1
4. Team 907	6-3
5. GTMO Latinos	5-3
6. Outcasts	3-2
7. BEEF Sticks	5-4
8. The Gorillas	4-4
9. Sunbursts	4-4
10. Misfits	4-4
11. J2 Ghosts	4-5
12. Hell Hounds	3-6
13. Inglorious Batters	3-6
14. JMG	2-7
15. Dream Killers	1-8
16. Ghost Writers	0-8

GTMO sports standings

Golf

1. Boyz from Illinoise	7-1
2. Georgia Boys	4-1
3. GTMO Mustangs	6-2
4. CLO	5-2
5. USNH GTMO	3-2
6. GTMO Latinos	4-3
7. Team Shaker	2-2
8. Smokers	3-5
9. Bunches of Fun	2-4
10. The Great Kozub	0-6
11. The Shamers	0-6

Basketball

1. Get Buckets	4-0
2. Avengers	3-1
3. JMG	3-1
4. Ball uh Rinas	2-1
5. BEEF	2-1
6. OOH Kill'em	2-1
7. The Pirates!	1-2
8. Ghosts	1-2
9. Shottas	1-3
10. 93rd MP Co	1-3
11. The Rascals	1-3
12. Vicious & Delicious	1-4

Soccer

Men's Soccer League	
1. Asquid	2-0-0
2. Manchester City	2-0-1
3. Nex United	2-0-0
4. Wolverines	2-0-2
5. Fightin' 66	1-2-1
6. Boston Beans	0-2-1
7. Road House	0-3-1
8. Smash Boi's	0-2-0
Women's Soccer League	
1. One Love	2-0-0
2. Barcelona	1-1-0
3. Soccer Bombers	0-2-0

MAIL time

Story by **Sgt. Kenneth Tucceri**

Webmaster, thewire@jftgtmo.southcom.mil



Photo by Pvt. Kourtney Grimes/The Wire

Spc. Kelly Rojas, from the 40th Infantry Division, checks the weight of a package at Joint Task Force Guantanamo's post office May 14. Rojas is a postal clerk at the office which serves the Troopers of JTF.

While deployed, some of the smallest things can make a big impact on us at any particular time, like when your unit's mail orderly tells you that a package is for you.

For Troopers deployed here, Joint Task Force Guantanamo's Camp America post office services the mail needs of all JTF Troopers.

"You can tell when someone is excited about a package," said Navy Petty Officer 1st Class Daniel Baldaramos, the post office's noncommissioned officer in charge. "Even when we are already closed and are leaving, and they have that little slip in their hand, and they say, 'awe are you closed?' You know they work different hours. They work 12-hour shifts. So, we'll come back in and open it for them."

Ensuring JTF Troopers get their mail, which can serve as a huge morale boost, is the pinnacle of the post office's responsibility, though their duty doesn't stop there.

Spc. Kelly Rojas, from the 40th Infantry Division, is a postal clerk at the office. According to Rojas, her colleague and fellow postal clerk Navy Petty Officer 3rd Class Enobong Udoh paid, out of his own pocket, for a package to get to the correct recipient.

"There was a package that kept getting sent back here," said Rojas. "It got sent back here about two or three times." The initial sender had since left GTMO, so Udoh took the initiative to send the package to the rightful party, who was located in Europe.

"She sent him a care package back here thanking him for everything because she didn't know where her package was," said Rojas. "She thought it was lost."

Because of the influx of incoming and outgoing Troopers here, Baldaramos, Rojas and Udoh see times of hectic mail activity flow into slower moments. According to Baldaramos, mainly due to the departure of two large units, April was an example of the former.

"We had over 485 customers, and we processed 26,000 pounds of incoming mail and over 10,000 pounds of out-

going mail," said Baldaramos of April's activity. During other months, there can be a third of that, he added. "To deal with that fluctuation for me feels like a little bit of a challenge."

Another special element of JTF GTMO's postal operations is each unit's appointed package handler, known as a mail orderly.

"Mail orderlies, they make our days," said Baldaramos. "They come ... you get to see the same faces. Most orderlies make our days for sure."

"And they are a great help too when we are short of staff or when we get a lot of mail," said Rojas. "Mail orderlies come and volunteer."

Staying true to the old adage - what you give is what you get - perhaps the amount of mail you send will be in direct proportion to what you receive. So, come see the postal workers of JTF GTMO's post office to proliferate your postal experience.

"If you are uncertain about anything, come by here first and talk to us," said Baldaramos to ensure that your visit will be easy and successful and your package will be sent off properly. "We'd be more than happy to help you."



'A Haunted House 2' not a horror flick, but still scary

Review by Staff Sgt. Carmen Steinbach
Editor, thewire@jftgmo.southcom.mil

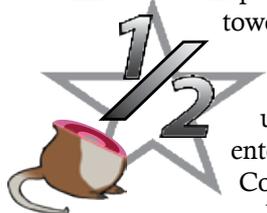
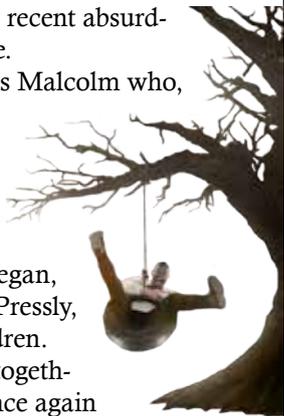
In most recent years, the Wayans brothers have been responsible for a slew of satire films ridiculing the absurdity of horror flicks, beginning with "Scary Movie" in 2000. Their first was actually entertaining, cheesy and dripping with innuendos and potty humor, but still a riot. Apparently the rest of the siblings abandoned the futile exercise a few films back before things got out of hand. Written solely by Marlon Wayans, "Haunted House 2" is the latest installment of the most recent absurdly crude franchise.

Wayans stars as Malcolm who, after the death and haunting of his wife in the last film, starts fresh with his new girlfriend Megan, played by Jaime Pressly, and her two children. After moving in together, Malcolm is once again plagued by creepy paranormal events.

Meant to parody of recent chillers like "Insidious," "The Possession" and "The Conjuring," the intent is lost in the muck of potty jokes, and tasteless, racist and sexually explicit, obscenity-ridden dialog. At this point, these satires must have gained a specific following, as the previous installment grossed \$40 million last year. So someone must be enjoying them; perhaps that one frat guy that likes

to snap other dudes with a wet towel and laugh hysterically or the oblivious producers that bring us such vomit-inducing entertainment as "Here Comes Honey Boo Boo."

Up until recently, no film has been awarded half a banana rat. It seemed like a type of animal cruelty, sacrificing the life of a cartoon rodent for the sake of a hard-hitting review. If any one particular piece of cinematography warranted such an action however, it is "A Haunted House 2."



GODZILLA scorches box office

Review by Sgt. Spencer Rhodes
Copy Editor, thewire@jftgmo.southcom.mil

A fantastic throwback in all the right ways, the new Godzilla movie debuted with a scorching 93 million dollar weekend. Far exceeding critic estimations that put it in the 70 million dollar range; it's safe to say that the iconic monster reboot has not only exceeded expectations at the box office, it surpassed them here at Naval Station Guantanamo's Downtown Lyceum theater too.

Fifteen years after a reactor meltdown at a Japanese power plant, an ancient monster awakens with an unknown purpose and a devastating amount of power. Godzilla is drawn out and begins to follow the new menace who, with cataclysmic results, makes a beeline for the continental United States. The creators do a phenomenal job on weaving creative cinematography to heighten suspense and forward the action of the movie, giving many scenes in the film a near artistic visual appeal.

With A-list actors such as Ken Watanabe ("The Last Samurai"), Bryan Cranston ("Breaking Bad") and Aaron Taylor-Johnson ("Savages"), characters are given an emotional credibility not present in most monster movies. The physical and emotional crisis of the characters makes the impending doom seem more relatable, without focusing on it so much as to distract from the main purpose of the movie: Godzilla being awesome. With wide-angle shots of the city landscapes and monsters who dwarf their surroundings, a trait present in almost every original film starring the iconic lizard, the original creators would have been pleased with this new rendition. Viewers who are fans of, or have at least seen the original Godzilla movies will appreciate this classic reboot just a little bit more. Four banana rats for "Godzilla."



OCULUS

You see what it wants you to see

Review by Sgt. Kenneth Tucceri
Webmaster, thewire@jftgmo.southcom.mil

"Oculus" terrified the heck out of me. I am always a skeptic in regards to scary movies, but this film had me both interested and frightened throughout.

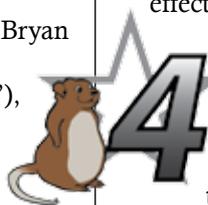
The plot employed an effective oscillating timeline. It took the viewer back and forth from a brother and sister's childhood decimated by a mirror inhabited by an evil spirit to when they were adults attempting to destroy the mirror. We learn that the mirror and its malevolent agenda has wreaked havoc for centuries, the most recent victims being the children's mother, father, and I'd be remiss to neglect, their golden retriever.

A great positive of "Oculus" was its creators didn't rely on advanced special effects to make this film's horror spark. There were flashes of spooky, shiny-eyed ghouls and scenes that had a lot of suspense and fright due to smart cinematography, but there was never a dependency on it. The plot carried the movie well enough on its own, especially towards the end when things became nail biting-ly intense.

Perhaps best of all was what was omitted from "Oculus." To my relief, there wasn't a prevalence of someone absentmindedly venturing into a dark place to investigate a mysterious noise after they saw their best friend get eaten by a ghastly monster. I never once said to myself, "Run you idiot!" This created a good respect for the mirror and its evil tricks and avoided generating an overly apathetic view of its victims.

For some of us mirrors are scary enough, but if you want a truly haunted accentuation of everyone's favorite flat, reflective surface, have some fun with your fears and check out "Oculus."

Because I enjoy a well-done scary film, especially one that doesn't create ridiculous disdain for the stupidity of its characters, this movie gets four banana rats.



GTMO Runs to Remember



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

In 2011, U.S. Coast Guard Lt. Brian Bruns ran 100 miles from Key Largo to Key West to remember Coast Guardsmen who have fallen in the line of duty after 9/11. It is now a global event, one that was carried out on Naval Station Guantanamo Bay by Joint Task Force GTMO Port Security Unit 312 from San Francisco, Sunday, May 18 at Cooper Field. The 312th, who are recent arrivals to GTMO, committed to the Run to Remember in 2013 and wanted to keep the tradition alive while they were deployed.

PSU 312 commanding officer, U.S. Coast Guard Cmdr. Tiffany Danko, says it's not the first time they've done the Run to Remember.

"This was all the work and effort of my petty officers, with Petty Officer 1st Class Mike Canning being the driving force behind the organization of the event," said Danko.

After organizing the run last year, Petty Officer Mike Canning was asked if he wanted to organize the Run to Remember in GTMO too. He said to prepare for the event he had to coordinate with the MWR, who provided the supplies, canopies, and the scoreboard. Regardless of how many ran at one time, only one runner carried the Run to Remember baton, which had to travel 100 miles. Oftentimes whoever ran with the baton would have someone run with them for support.

"Most of the people here for the beginning of it are from the night shift, so most of them ran first, after we all ran the first mile together," said Canning.

An event like this takes a whole day, with the PSU 312 setting things off at 7 a.m. and not ending until after 9 p.m. Success of the event depended not on the Coast Guard members who stayed throughout the day, but with the volunteers who trickled in throughout the afternoon; of those volunteers, one group was crucial to making the 100 miles achievable.

Marine Staff Sgt. Melbin Medina, with the Naval Station Guantanamo's Marine Security Force Station, heard the initial announcement a few weeks prior over the radio, and called into the radio that the Marines would dedicate at least 25 miles for the Run to Remember.

"After that, I put the information out about the run for volunteers to sign up. They're always looking for something to do," said Medina.

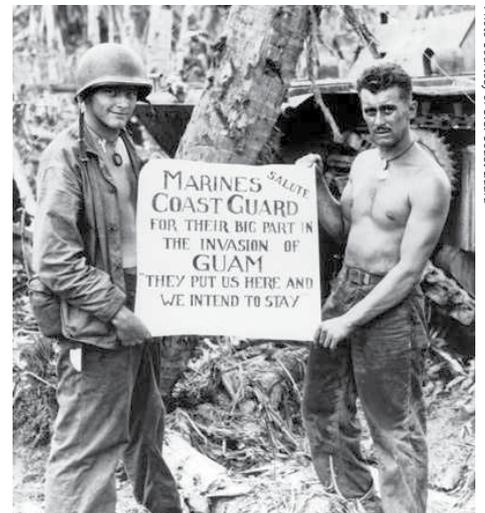
Initially, he wasn't sure how many would volunteer, but by the time it came to run, they landed at Cooper Field with

33 runners.

"They brought almost a whole platoon out and just ran a ton of miles for us. They ran 76 miles total, with 35 of them going towards the 100 mile goal. It was great," said Danko.

Canning explained that they had a waiting list to run because the Marines ran all their miles at once. They ran in teams of two, with one runner carrying the unit guidon and the other carrying the official baton. As a result, two separate mileage trackers were kept: one that told how far the baton had traveled, and one to account for total miles run which included the support runners or guidon runners. After their lengthy contribution was finished, those on the waiting list would start traveling with the baton. Including the support runners throughout the day, a total of 290 miles were run.

"What's left of the unit back home did this run yesterday with about 40 people. They did 101 miles total," said Canning.



Marines display a sign reading: "Marines salute Coast Guard for their big part in the invasion of Guam. They put us here, and we intend to stay."

Photo Courtesy of U.S. Coast Guard

NOW SHOWING

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CAMP BULKLEY DOWNTOWN	X-Men: Days of Future Past (New) PG13, 8 p.m. Brick Mansions (New) PG13, 10:30 p.m.	Godzilla PG13, 8 p.m. Haunted House 2 R, 10:15 p.m.	Heaven is for Real (New) PG, 8 p.m. The Other Woman (New) R, 10:15 p.m.	Captain America 2: Winter Soldier (LS) PG13, 8 p.m.	The Grand Budapest Hotel (LS) R, 8 p.m.	Oculus R, 8 p.m.	Godzilla PG13, 8 p.m.
CAMP BULKLEY DOWNTOWN	Heaven is for Real (New) PG, 8 p.m. The Other Woman (New) PG13, 10:00 p.m.	Oculus (New) R, 8 p.m. Captain America 2: Winter Soldier (LS) PG13, 8 p.m.	X-Men: Days of Future Past (New) PG13, 8 p.m. Brick Mansions (New) PG13, 10:30 p.m.	LYCEUM CLOSED	Godzilla PG13, 8 p.m.	LYCEUM CLOSED	Haunted House 2 R, 8 p.m.

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

* Concessions closed until further notice *

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



Competition builds cohesion

Story and photos by Pvt. Kourtney Grimes
Staff Writer, thewire@jtfgtmo.southcom.mil



Troopers from every service participated in Friday and Saturday's Captain's Cup at Naval Station Guantanamo Bay. The events included a 5k run, bowling tournament, three-point shoot out, home-run derby; punt, pass and kick; golf, softball, flag football, tug of war and a swim meet.

Troopers of every service were giving it their all at Guantanamo Bay's second annual Captain's Cup held in celebration of Armed Forces Day, Friday and Saturday at Cooper Field and other locations on base.

For the trophy, services competed in 10 different events including: a 5k run, bowling tournament, three-point shoot out, home-run derby; punt, pass and kick; golf, softball, flag football, tug of war and a swim meet. Those selected to compete for each service in each event earned points depending on their final ranking. The service with the most points by the end of the second day was crowned the winner of GTMO's Captain's Cup.

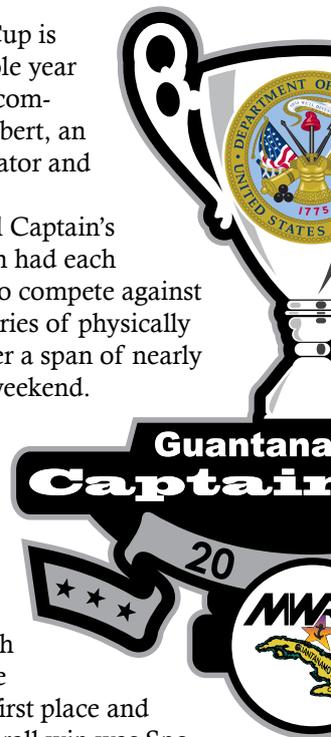
"A true Captain's Cup is only Navy. It is a whole year and broken down by commands," said Jim Holbert, an MWR sports coordinator and the event's organizer.

Unlike a traditional Captain's Cup, GTMO's version had each service join together to compete against other branches in a series of physically demanding events over a span of nearly 13 hours in just one weekend.

The two day, multi-event Captain's Cup began early Friday morning with a 5k that started and ended at Cooper Field. Service members from every branch raced in this leg of the competition. Taking first place and foreshadowing an overall win was Spc. Tyler Neier, with the 346th Military Police Company. Neier crossed the finish line at 18:14, scoring 11 points.

Friday evening, participants competed in a home-run derby; punt, pass and kick; three-point shootout and a bowling tournament. The Navy took the first place spot for the home-run derby, earning nine points for their team.

Despite their small pool of Service members on the island, GTMO's Coast Guardsmen pulled together a noteworthy team that received first place in the punt, pass and kick giving them nine points for the scoreboard. Coast Guard Port Security Unit 312 has only been on island about a month but was able to contribute by having participants in



every event.

“We left it in the outfield. We left it in the pool,” said Coast Guard Petty Officer 3rd Class Travis Markowski, with PSU 312, the Joint Task Force Maritime Security Detachment. The new unit gave the Captain’s Cup their all and cherished the opportunity to get out and compete as a team against other services.

“We all wear the uniform and when all five branches get a chance to play against each other and you have sportsmanship, we can all come out and play together,” said Coast Guard Petty Officer 2nd Class Kyle Joseph attached to the Naval Station Aviation Detachment. Joseph has been on island for three years and competed in last year’s Captain’s Cup. This year he competed in football, basketball and softball.

Earning its evening points in two events, the Army team placed first in the three point basketball shootout and the bowling tournament.

Day one finished out with a full board of scores showing Army in first place with 39 points and following in second with 23 points was the Navy team.

An event-filled day two began at the Lateral Hazard golf course where Navy took first place, putting 11 points on the board. Soon after tee-off, other participants gathered at the softball

fields to begin the first of six softball games that would run through the afternoon. For this event there were two teams for both the Navy and the Army. GTMO’s softball leagues consist of mostly Army and Navy participants, where they often play against other commands in the same service.

“It gave the branches a chance to play with each other as a service rather than against each other for once,” said Holbert.

The flag football event started at 10 a.m. and eventually closed out the Captain’s Cup with a championship game that gave the Navy their final points for the day. Beating the Army, 21 to 9, the Navy team took a strong second place overall with 59 points.

Despite its loss in flag football, the



Army took the Captain’s Cup with 78 points and earned the year’s trophy. This event catered to the ebb and flow of GTMO personnel and the special circumstances that allow every branch to be represented.

“We have a unique base, a unique situation, so here we can do it with all the branches,” said Holbert.

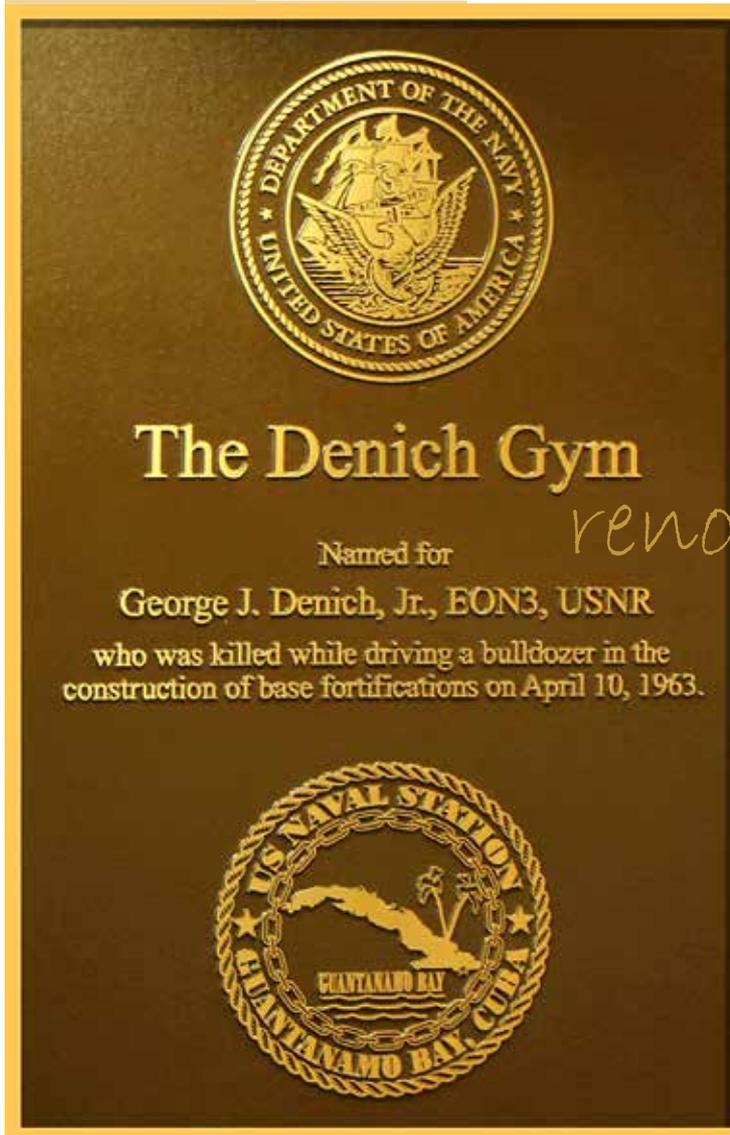
GTMO is comprised of many commands of different sizes in each service, which would make a traditional, com-

mand-based Captain’s Cup difficult. “Here we have smaller commands, so it wouldn’t work for smaller units like the radio station who have less than 10 people,” said Holbert.

The event is still changing considering last year the competition included three on three basketball and corn hole, and this year it was replaced with swimming and the punt, pass and kick.

“It’s still evolving into what we want it to be,” said Holbert.





Story and photos by Staff Sgt. Carmen Steinbach

Editor, thewire@jftgmo.southcom.mil

A multi-million dollar construction endeavor that began five years ago has finally reached completion. Much to the excitement of Naval Station Guantanamo Bay residents and Joint Task Force GTMO Troopers alike, the renovation and new construction for improving Denich Gym has been unveiled and is ready to support the needs of its fitness-seeking patrons.

While the two full-sized basketball courts are the true new construction, they have up until recently been serving as a free weight and aerobic fitness area during the renovation. The unveiled area has been remodeled to allow for a lot more storage. All in all, an additional 19,636 square feet was added to the existing structure, allowing Service members and their families a lot more

room to get moving.

The updates are not merely cosmetic however, as the renovation called for environmental improvements as well.

“One of the bigger updates is the power,” said MWR Fitness Director Alec Culpepper. The energy is all supplanted from a solar array system behind the high school. “All the lights are motion censored, so if no one is in, they’ll shut down. There are many environmental savings.”

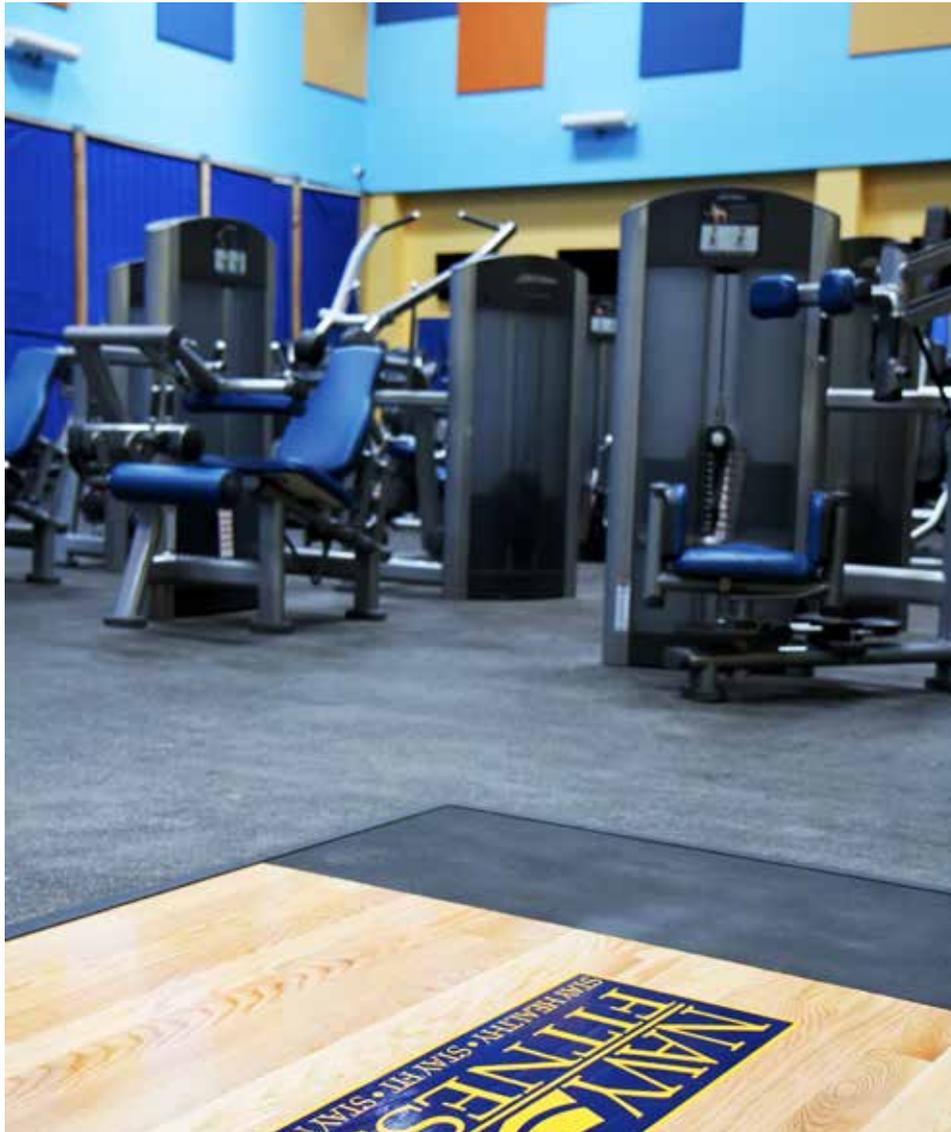
Electricity savings is only the beginning. The space has a lot of new updates all with the goal in mind of customer convenience.

“We are moving everything towards a central location, and this is considered the downtown area. It’s going to benefit everyone. It’s going to benefit

MWR because now we can worry about one central location. It was a challenge before being responsible for more than one location, especially for manning,” said Culpepper.

Previously, the majority of group exercise classes were held at Marine Hill. Now with the two modular group exercise rooms, the workouts that locals enjoy, like kickboxing, Zumba and step classes will take place at Denich Gym. Additionally, there is a spinning room that holds rows of stationary cycles. In the main fitness area, two racquetball courts line the back wall.

Seeking more solace for your sweat session? There is also an extensive cardio section with treadmills, ellipticals, cross training items like rowers and climbers, all surrounded by a multitude



The five-year construction project to update the Denich Gym added two full-size basketball courts and renovated the pre-existing fitness area to add two racquetball courts, two modular group exercise rooms and a mommy-and-me exercise room. The locker rooms were upgraded to include monthly rental lockers, daily use lockers and a dry sauna. New fitness equipment includes treadmills, ellipticals, stationary bikes, VersaClimbers and Olympic lifting platforms.

of televisions. For lifting, quad stations and an Olympic lift platform has been installed across from the traditional strength area that's lined with varying levels of free weights.

With plenty of space to bulk up, another room was created with some younger residents in mind.

"There's a family fitness area where you can bring your kids, set them down and run the treadmills," said Joseph Belt, MWR fitness coordinator.

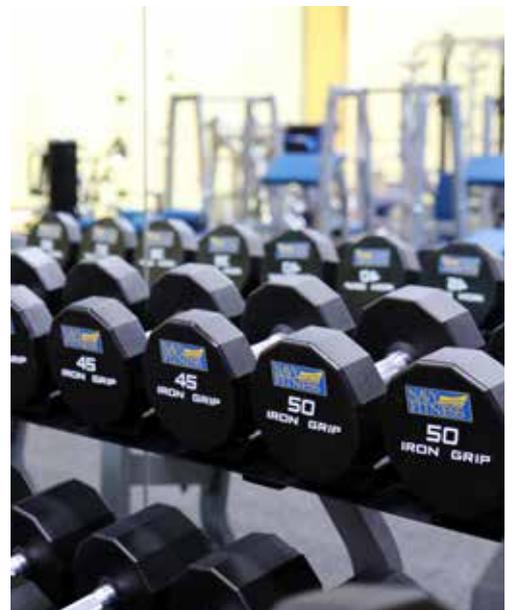
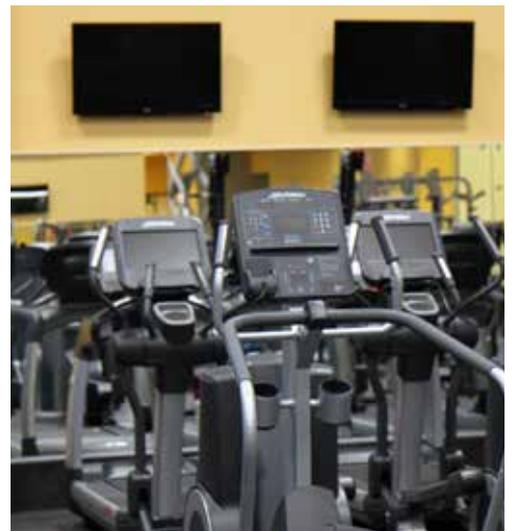
While all of the equipment is brand new, the previously used items will be placed in various unmanned fitness areas on the base, such as the Marine Hill gym.

Full access to cardio and strength training will be much more convenient, with the 24-hours a day, seven days a

week schedule. Patrons can now get ready for work, post-workout in the new locker rooms complete with a sauna, multiple individual showers and lockers available for daily and monthly check out.

Fitness personnel can enjoy some improvements as well, such as classrooms, a personal training office where they can measure heart rate, blood pressure, and perform assessments. Behind the front desk, employees have easy access to a controlled storage area that streamlines the sports and fitness equipment check-out that teams and units can utilize.

MWR hopes to have Denich Gym fully operational and open for business this weekend.



Create something **new** at the **Craft Shop**

Design • Mold • Sculpt • Color • Build • Paint



Photo by Sgt. Kenneth Tucceri/The Wire

Story by Pvt. Kourtney Grimes

Staff Writer, thewire@jftgtmo.southcom.mil

Paint crusted fingers dip a paint-filled brush into murky, rinsing water while another set of hands is molding wet clay as it spins on a pottery wheel. These hands-on activities are what many MWR patrons find themselves doing at Guantanamo Bay's Arts and Craft Shop throughout the weekend.

The shop is open to all who have a desire to paint ceramics, make their own pottery and paint it as well. For the cost of supplies, everything needed to create

a unique piece of art is available to those who aspire to find an outlet for their artistic abilities.

"Pottery is my thing," said Navy Lt. Cmdr. Cynthia Holland, Deputy J1, Joint Task Force GTMO. She has made hundreds of pieces during her time here at GTMO.

Holland spends a bulk of her free time in the Arts and Crafts Shop relieving stress in the pottery room where she brings her artwork to life.

"This is my Liberty Center," said Holland.

Throughout her time spent over clay, her favorite piece was a starfish sculpture she made by hand.

"It's striking," said Holland. "It's completely hand built."

Utilizing the time she has here, Holland took on the task of painting a massive stein. This piece took her the longest to make, a total of three months from start to finish.

Photo by Sgt. Kenneth Tucceri/The Wire



Another regular at the Arts and Crafts Shop is Petty Officer 2nd Class Eric Honeycutt, a hospital corpsman with the Joint Medical Group. He often visits the craft shop after work to let off some steam.

“You can use your imagination; put your mind at ease. At the end of the day it’s a good way to take your mind off the stress in your life.”

Helping the familiar faces of the craft shop is Franki Allbritton, an employee and ceramics enthusiast. Allbritton joined the shop in February after taking the job because it sounded fun.

“I did ceramics with my mom when I was a kid, and I liked it. She [her mother] also worked at a ceramics shop when she was younger,” said Allbritton.

While working in the shop, Allbritton sees kids and their mothers in the shop often but her favorite thing about working in the shop is seeing everyone else’s artistic abilities and what they can create.

Outside of those who have discovered all that the craft shop has to offer, Allbritton encourages those who are skeptical of coming to just give the shop a chance.

“Just try it. Just come and try it,” said Allbritton.

The activities offered at the shop are different than anything else on the island.

“For those who don’t want to go fishing or diving, it gives them another option,” said Allbritton.

The shop offers classes in beginner and advanced pottery, canvas painting, children’s mosaics and woodshop. GTMO’s Arts and Craft Shop is open Thursday and Friday from 5-9 p.m. as well as Saturday and Sunday from noon-9 p.m.



An MWR Arts and Craft Shop employee demonstrates how to properly mold clay using a pottery wheel. The craft shop is open to all MWR patrons and supplies are available for a small studio fee.





Time travel to accomplish your goals

Story by Sgt. Debra Cook

Staff Writer, thewire@jftgtmo.southcom.mil

The opening of Ricky's Tavern was one day to remember! I can remember painting, cleaning and stocking items in my store just for the opening day. I surprised myself with all the hard work I put into making this place successful to make my dream come true. I had to spend over \$ 200,000 to open my store but I made it back in profit by the second week of opening. Owning my store has been wonderful for my self esteem. It is great to meet all kinds of people and provide a service to the community . . . but the most rewarding thing about running my store is the total autonomy and control of the business and the ability to tailor it to my lifestyle. It is such a creative outlet!

This is a letter by Ricardo Alvaranga, a 24-year-old contractor that came to Naval Station Guantanamo Bay from Jamaica to save money and open a business back home. The content of Ricardo's letter is fiction. It's something he hopes for, so he sat in the future mentally, watched it happen in his mind and then wrote it down as if it took place already.

Explore
Dream
Discover
- Mark Twain

A popular tip usually given for achieving goals is to write them down. It's also often suggested to visualize them in your mind. Another powerful technique to add to your arsenal is called "writing as if." Travel to the future and write down how wonderful your goal was to accomplish like Alvaranga did, seeing it in your mind and being specific in your descriptions. You can do this with any goal from physical fitness to financial goals. Your possibilities are endless.

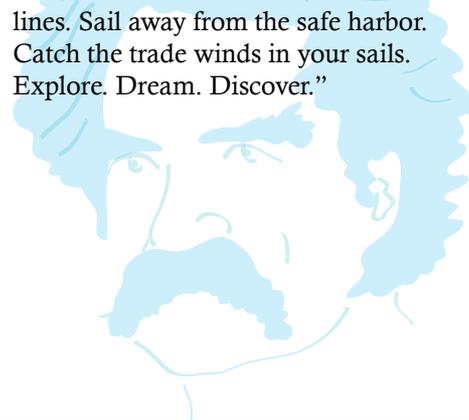
Mark Twain lived an amazing life full of accomplishment. He wrote, "20 years from now you will be more disappointed by the things you didn't do than by the one's you did. So throw off the blow

lines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

"It was a struggle to imagine something that has not happened yet and write it down," said Alvaranga.

It's documented that successful people focus on their goals. Writing them down as if you've already achieved them is one way to sharpen up that focus.

Stephen Covey, author of "The Seven Habits of Highly Effective People" said, "All things are created twice. There's a mental or first creation, and a physical or second creation to all things."



Story and photo by Sgt. Debra Cook

Staff Writer, thewire@jftgtmo.southcom.mil

Farewell cook-off

A group of Troopers are finishing up their deployment here at Joint Task Force Guantanamo so they cleaned out their fridges and cooked all the food they had left.

Navy Petty Officer 3rd Class Christopher Busby sat at the picnic table outside

his room and put together one of his specialties, cheesy jalapeño sausage.

Busby is leaving GTMO having accomplished his goal of saving money. "Now I'm able to focus on finishing school when I return home," said Busby.



Recipe

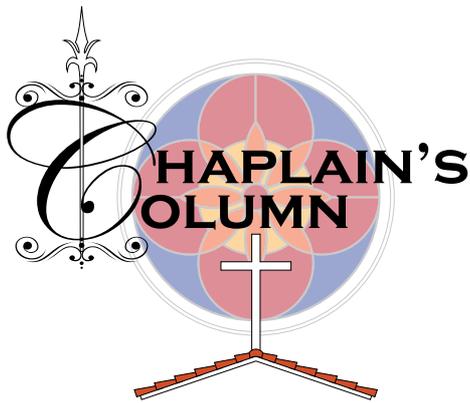
Cheesy jalapeno sausage

Ingredients:

Polska kielbasa, jalapenos (jarred or fresh), cheddar cheese

Directions:

Cut up kielbasa in sections. Slice half way down middle of each section. Fill with jalapenos and cheese. Use toothpick to hold together. Grill for approximately 10 minutes.



How about now!

By Army Col. Mike Lembke
U.S. Southern Command chaplain

"Oh give thanks unto the Lord for He is good. His mercy endures forever!"
Psalm 118:1

I'm learning Spanish. It's slow but fun. The first phrases I learned were how to say please and thank you. The words in Spanish sound a lot like favor and grace. Many of you already know the difference between a good and bad interaction with someone is please and thank you. Each word communicates favor and grace. A willingness to acknowledge what is best in people.

And so I want to say thank you to all of you who do your part to make NAVSTA and JTF GTMO run with respect, honor and mission accomplishment. I was hosted for four days by Chaplain Stephen Gammon and his JTF religious support team colleagues.

I was very impressed and inspired by their spirit, enthusiasm and pastoral presence. I met all the chaplains and assistants, most of the commanders, and many troopers and civilians that sum up the GTMO mission. I saw favor and grace in the attitudes, leadership, guard force, support personnel, and I leave this place with a greater appreciation for the joys and sorrows of the mission.

I enjoyed seeing Army National Guard and reserve and active duty forces of all services working together, appreciating the uniqueness of each components culture and bringing it all together into a cohesive structure.

Each of us has the opportunity to say thanks with favor and grace to people we meet every day. After all, there is much for which to be thankful.

The *JSMART* Spot

By Navy Petty Officer 3rd Class Keith Reau
JSMART Advertising Coordinator

This week's stinkin' thinkin' topic is the mental filter (not to be confused with the "mind to mouth filter" many of us wish we had). The mental filter involves picking out a single negative detail and dwelling on it exclusively so that your vision of the situation becomes darkened, like a drop of ink that discolors an entire beaker of water.

Examples of the mental filter include getting a traffic ticket and thinking everyone believes you are a criminal, or making a minor error while working and believing that your chain of com-

mand sees you as a screw-up, and they all dislike you. One way to combat this is to speak to others privately and get their points of view. Multiple perspectives can clear your own perception on the issue and help you understand the real situation, which is often not as bad as you thought. For more on stinkin' thinkin' or anything else that may trouble you stop by JSMART. We are ready to assist you.



Hi, I'm Charlie!



THIS
WEEK
IN



May 1994, Operation Sea Signal began and the naval base was tasked to support Joint Task Force 160, providing humanitarian assistance to thousands of Haitian and Cuban migrants.

In late August and early September 1994, 2,200 family members and civilian employees were evacuated from the base as the migrant population climbed to more than 45,000. The Pentagon began preparing to house up to 60,000 migrants on the base. The last Haitian migrants departed here Nov. 1, 1995. The last of the Cuban migrants left the base Jan. 31, 1996. Family members were authorized to return in October 1995, marking an end to family separations.

An immediate effort began to restore base facilities for family use, including reopening the child development center, youth center, two schools and Sunday school. Additionally, the revitalization of Boy and Girl Scout camps and the Guantanamo Bay Youth Activities (a free sports program for children) was

initiated.

Since Sea Signal, Guantanamo Bay has retained a migrant operations mission with a steady state migrant population of less than 30. The base has also conducted two contingency migrant operations: Operation Marathon in October 1996 and Present Haven in February 1997. Both of these short-fused events involved the interception of Chinese migrants being smuggled into the United States.

Courtesy Wikimedia Commons



Joint Task Force 160's Camp Alpha during Operation Sea Signal in 1995.

Trivia night
@ the Tiki Bar

Friday, May 30 6:30 p.m.
 open to all hands



SCAVENGER HUNT



by Reef Raiders Dive Club

Saturday, May 24, 2014
0900
Windmill Beach

followed by a cookout

Great prizes!

**Sign up at the OE Dive Shop
 or Reef Raiders Dive Club.**

HEADBANGER'S BALL

Saturday, May 24
 @ 10:00 p.m.
THE TIKI BAR

ARMED FORCES ENTERTAINMENT

STAR GAZING PARTY
Saturday, May 31
8:00 - 10:30 p.m.
Phillips Dive Park

A spotted moray eel sticks his head out of his dwelling in this colorful underwater photo by Chief Warrant Officer 3 Sean Hitchcock.



PHOTO OF THE WEEK

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