



# THE WIRE

The Official Publication of Joint Task Force Guantanamo



**Special all-color**  
**MEMORIAL DAY ISSUE**

# AROUND THE BAY

## MOTIVATOR OF THE WEEK

**SPC Chad Turner**  
339th Military Police Company

**PFC Moises Carrillo**  
189th Military Police Company



**Cover photo:** Marine Sgt. Derrick Wyatt leads the drill team responsible for the 21-gun salute, Monday, at the annual Cuzco Well Memorial Day Ceremony. Wyatt is part of the Marine Corps Security Forces on Naval Station Guantanamo Bay. (Photo by Sgt. Spencer Rhodes)

### The Wire poetry contest

We want to publish your poetry! Send us any verses, sonnets, limericks or song lyrics before Friday, June 13. The first place artist will have their work published in the June 20 edition of The Wire. Please send all submissions to [TheWire@jftgmo.southcom.mil](mailto:TheWire@jftgmo.southcom.mil). Be sure to include a title, your name, rank and unit.

### Volunteer opportunities

MWR is currently in need of volunteers for a variety of events and activities. They are looking for coaches and officials for sports teams and volunteers for all upcoming runs to man water stations and guide runners. Call 2113 for more information.

## FEATURES

### 6 • Cover Story

Guantanamo residents, both civilian and military, gathered to pay their respects to fallen heroes during a somber Memorial Day service Monday morning.

### 8 • Vigilant Warrior

The Soldiers of the 525th Military Police Battalion tested their physical and mental fortitude with the Vigilant Warrior Challenge. Later that evening they competed in more recreational challenges in their quarterly Pig Bowl.

### 10 • Fit for the fallen

GitmoFit participated in the Murph Challenge, an annual fundraiser that honors the memory of Navy Seal Lt. Michael P. Murphy, who died heroically in combat.



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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. The editorial content of this publication is the responsibility of the Joint Task Force Guantanamo Bay Public Affairs Office. The Wire is printed weekly by the Defense Logistics Agency Document Services with a circulation of 1,250. It is distributed free to all personnel assigned to the Joint Task Force and is published online.

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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



The Joint Task Force's newest Vigilant Warrior, Army Sgt. Maj. Janet M. Harris, stands in front of the 525th Military Police Battalion during the change of responsibility ceremony at Bulkeley Field May 22. Harris took over the role of the 525th MP Battalion's command sergeant major from Army Sgt. Maj. Michael Baker.

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

## JOINT TASK FORCE GUANTANAMO



# Mountains to climb

By Navy Cmdr. Stephen Gammon  
Joint Task Force Chaplain

I have been to Nepal and seen the Himalayas. Flying toward Kathmandu you can look out the window of the plane and see dozens of mountain peaks above 20,000 feet. The highest of them all is Mount Everest, and it is a magnificent mountain. It rises to a majestic height of 29,029 feet above sea level. I have seen it and admired it from a distance, but there is no way I could climb it. I am in awe of anyone who accomplishes such a feat.

Sir Edmund Hillary and his Nepalese guide, Tenzing Norgay, were the first people to make the historic climb of Mount Everest in 1953. Sir Edmund Hillary became famous because of this accomplishment, but if it were not for his partner he would not have survived to tell the story. Coming down from the peak, Sir Edmund lost his footing. Tenzing held the line taut and kept them both from falling by digging his ax into the ice. Later, Tenzing refused any special credit for saving Sir Edmund Hillary's life. As he put it, "mountain climbers always help each other."

We all have our mountains to climb,

don't we? And we need to help each other. I have had conversations with Troopers facing mountains here at GTMO, or back at home. It might be a stressful job.



Cmdr. Stephen Gammon

It might be uncertainties about the future, or financial pressures, or tensions in family or personal relationships. Our mountains might feel as insurmountable as Mount Everest. Sir Edmund Hillary was determined to climb that mountain, but he could only do so

with help. If Hillary had attempted to climb it alone he would have failed. He would have died. We all need someone like Tenzing Norgay. We must climb mountains together.

I have witnessed such teamwork in JTF GTMO. I want to thank you for every way you have been like Tenzing Norgay, looking out for others who are with you on this expedition. Thank you for offering a helping hand when you see someone slipping.

# Charity: 'pay it forward'

By Army 1st Sgt. William Dufault  
747th Military Police Company

If you look up the definition for the word charity it will say, the voluntary giving of help, typically in the form of money, to those in need. We are all exposed to various types of charities and contribute in many ways through donation or participation. There are many of us who support charities we hold near and dear to our hearts. For various reasons we contribute, whether due to a family member or friend being stricken ill with a certain illness or a charity event for a particular organization. I recently came across a message shared by an old high school friend that caught my eye as a simple act of kindness of "paying it forward."

She wrote that she was approached outside a store by a disheveled man in

dirty clothes that had asked her for a dime. She proceeded to ask the man, "why only a dime?" to which he replied that he knew how hard people work for money and didn't want to seem greedy. She then asked him where he lived, to which he replied that he lived in the next town over and went to the Mustard Seed (a local shelter that provided food) every night. She then asked what he needed the money for, and he explained that it was for peanuts and a beer because it was Friday night. She reached into her purse and handed him five dollars and the man began to cry and gave her a hug. He said he was all set for beer and peanuts for the whole week. She spoke with this man awhile longer only to find



1st Sgt. William Dufault

out his life story. He had worked all his life, serving in the Army until he was injured. He had lost his wife and child during childbirth while he was serving overseas and that he had never recovered from that and his Social Security benefits were not enough to get by on. Moral of the story, "Don't judge, stop and listen" sometimes. One time or another we may experience a crisis in our lives that will test our own resiliency and will need assistance from others to get through it. There may also come a time where you have

the ability to help someone, whether taking the time to listen or offer a helping hand in order to bring a smile to the face of a stranger. That is the true essence of "paying it forward."

# NEWS FEED

GEN. JOHN KELLY'S MISSION TO DEFEND MARINES: 'I'LL NEVER STOP'

By Andrew deGrandpre, Staff Writer, Marine Corps Times

MIAMI -- One of the military's most respected leaders has taken aim at an amorphous "chattering class" within the Pentagon and beyond who've questioned the mettle of today's Marines.

Using impassioned oration and drawing on raw personal experience, Marine Corps Gen. John Kelly is leveraging his clout as a Gold Star dad and the head of U.S. Southern Command to strike back at those who would suggest Iraq and Afghanistan veterans somehow don't meet the measure of previous generations. To the contrary, Kelly argues, today's troops "will do anything we ask if well led and they are confident we have their backs."

The full article can be found at <http://www.marinecorpstimes.com>.

OBAMA: U.S. TO KEEP NEARLY 10,000 TROOPS IN AFGHANISTAN IN 2015

By Nick Simeone, American Forces Press Service

WASHINGTON -- President Barack Obama today announced the United States plans to keep nearly 10,000 American troops in Afghanistan next year -- a level largely in line with what U.S. commanders had requested -- and that nearly all U.S. forces will leave the country by the end of 2016, bringing to an end a U.S. military mission that began in response to the 9/11 terrorist attacks.

"The bottom line is it's time to turn the page on more than a decade in which so much of our foreign policy was focused on the wars in Afghanistan and Iraq," Obama said in a televised address from the White House Rose Garden.

# the Other Woman

Review by Staff Sgt. Carmen Steinbach  
Editor, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

Don't call it a romantic comedy, think of it more as a revenge flick pleasing to both genders with the hilarious attempts at payback, bizarre social dynamic between the main characters and, of course, the essence of what makes any girl film bearable to a man: the bouncing beach scene featuring Kate Upton.

Carly (Cameron Diaz) thought she had met the perfect guy until she meets his wife Kate, played by the comedic dynamite that is Leslie Mann.

Instead of beating her up, Kate forcibly makes Carly her new BFF. When they realize he has yet another hot dish on the side (Upton), they draft her as an accomplice the three scorned women draft a plan to take down the scumbag.

This movie is a riot, which seems almost unobtainable in this while maintaining a PG-13 rating, but the writers pulled it off nicely. Diaz surprisingly held her own next to Mann, but Upton was just a pretty face, delivering a few absentminded lines. The plot was slow going, but the laughs kept coming, for that I give this film four banana rats.



# X-MEN DAYS OF FUTURE PAST

Review by Sgt. Kenneth Tucceri  
Webmaster, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

The latest Marvel Comic's movie debuted to a large audience at the Downtown Lyceum Friday. It may be the wide range of people that these movies appeal to that gives them such a draw.

This installment to the ongoing X-Men series finds us looking for heroes to once again rise above the human-mutant struggle to coexist.

The main hero, once more, is Wolverine, played perfectly by Hugh Jackman. Only in this instance, time traveling is necessary to prevent an extremely grim future for both humans and mutants.

Those familiar with the movies predecessors should be pleased with the casting and cameos. A pleasant surprise for me was Jennifer Lawrence's portrayal of Raven, or Mystique. She is slated to be in 2016's follow-up to this film, too.

This film does a fine job on supporting the plots of the other movies and makes for a worthy addition to the X-Men legacy. For that, four banana rats is its deserving rating.



# Heaven is for Real

Review by Pvt. Kourtney Grimes  
Staff Writer, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

This movie is based on a true story and book "Heaven Is for Real: A Little Boy's Astounding Story of His Trip to Heaven and Back."

The boy, Colton Burpo (Connor Corum), has a near death experience after a close call during surgery but makes it out with a story to tell.

With its mostly fluent dialogue, the plot is enticing and keeps the viewer waiting for more details told by the rather age-defyingly eloquent Colton. The depictions of Heaven that are paired with the words of the little boy are a bit like a Sunday bulletin from the local church in the '90s.

The movie does a good job of keeping the pastor and his family on a relatable level, as they are real people making real mistakes. Through it all, adversity strikes the family unwaveringly but the family perseveres with their faith and the support of their church elders.

For its strong positive themes and adorable, chubby-cheeked four year old, this movie gets three banana rats and a Sunday school sticker.



# Brick Mansions

Review by Sgt. Spencer Rhodes  
Copy Editor, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

"Brick Mansions," the last film starring the late Paul Walker, offers fans an entertaining detective film, albeit a slightly

predictable one. Starring alongside Walker is David Belle, a choreographer, stuntman, and one of the founders of Parkour, a discipline that focuses on moving quickly and efficiently using only the abilities of the human body.

Damien Collier (Walker) is a detective in Detroit, where the powers-that-be have decided the city's ghetto has become such a detriment to the well-being of those outside its boundaries that they would erect a giant wall around it, in which it becomes its own ostracized element referred to as Brick Mansions. Collier must bring down a prolific weapons trafficker and gang leader, but only with the help of an ex-con from the neighborhood named Lino (Belle). The film is entertaining, but possesses an almost distracting amount of clichés, including a damsel in distress chained to a giant rocket that will deliver a fatal neutron bomb to the denizens of Detroit.

While certain aspects of it aren't the most original, the character chemistry and Parkour dynamic still set it apart from others in its genre. While destined to be unmemorable, it is still worth the watch, for which it earns three banana rats.



|                       |   | NOW SHOWING                                 |                                |                          |                                |  |                                |          |  |  |
|-----------------------|---|---|--------------------------------|--------------------------|--------------------------------|--|--------------------------------|----------|--|--|
|                       |   | FRIDAY                                      | SATURDAY                       | SUNDAY                   | MONDAY                         | TUESDAY                                  | WEDNESDAY                      | THURSDAY |  |  |
| CAMP BULKLEY DOWNTOWN | Heaven is for Real<br>PG, 8 p.m.            | The Quiet Ones<br>(New) PG13, 8 p.m.        | Brick Mansions<br>PG13, 8 p.m. | Oculus<br>(LS) R, 8 p.m. | Draft Day<br>(LS) PG13, 8 p.m. | The Amazing Spider-Man 2<br>PG13, 8 p.m. | A Haunted House 2<br>R, 8 p.m. |          |  |  |
|                       | The Other Woman<br>PG13, 10:15 p.m.         | X-Men: Days of Future Past<br>PG13, 10 p.m. |                                |                          |                                |  |                                |          |  |  |
| CAMP BULKLEY DOWNTOWN | The Quiet Ones<br>(New) PG13, 8 p.m.        | The Other Woman<br>PG13, 8 p.m.             | Draft Day<br>(LS) PG13, 8 p.m. | LYCEUM CLOSED            |                                | Heaven is for Real<br>PG, 8 p.m.         | LYCEUM CLOSED                  |          | The Amazing Spider-Man 2<br>PG13, 8 p.m. |  |
|                       | X-Men: Days of Future Past<br>PG13, 10 p.m. | Brick Mansions<br>PG13, 10:15 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!

# NAVAL STATION GUANTANAMO BAY

FALLEN COMRADES HONORED AT CUZCO WELL CEMETERY

Story and photos by Sgt. Spencer Rhodes  
Copy Editor, [thewire@jftgtmo.southcom.mil](mailto:thewire@jftgtmo.southcom.mil)

**S**ilence permeated through the crowd at Naval Station Guantanamo Bay's Cuzco Well Cemetery Monday as GTMO residents gathered to honor those who have fallen in the line of duty.



A member of the U.S. Naval Hospital Guantanamo Bay Color Guard ceremoniously unfolds the American flag Monday at the Cuzco Well Memorial Day service. The cemetery receives a new flag each year at the annual Memorial Day event.

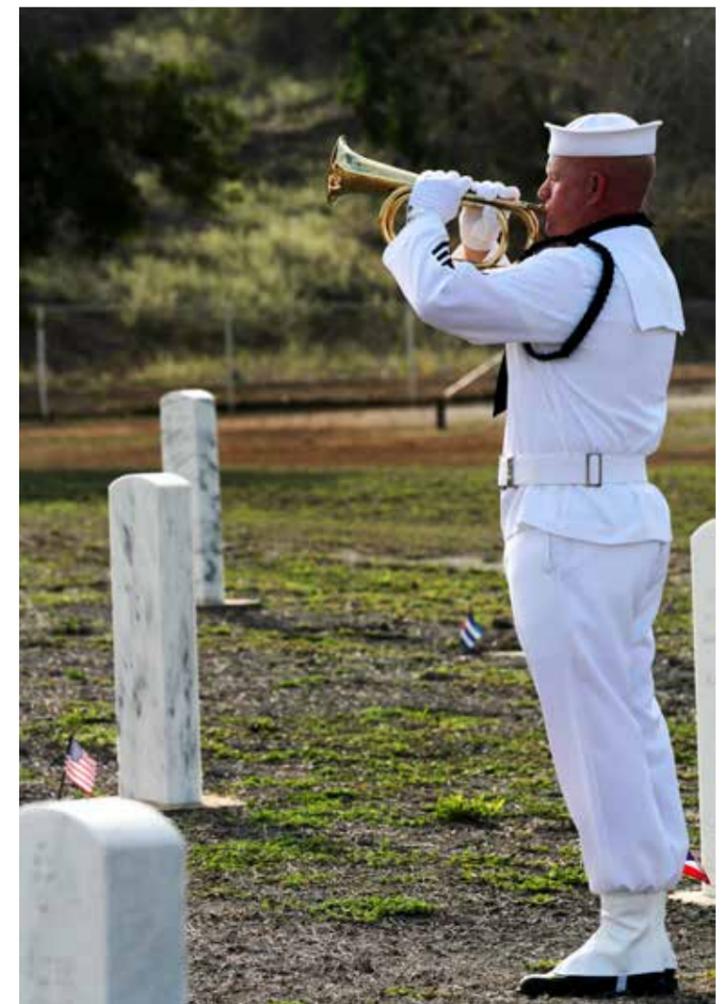
The Cuzco Well Cemetery is special in its eclectic nationalities, from Sailors who died near the turn of the 20th century to foreign nationals, military spouses, and Cuban and Haitian exiles over the past 100 years. A solitary reverence is reserved for this place, which is only open to the public once a year, during the annual Memorial Day flag ceremony.

Navy Capt. John R. Nettleton, the Naval Station Guantanamo Bay commanding officer, greeted attendees and stated that everyone who was present that morning, to pay their respect to those that have fallen, were all distinguished guests in his book.

"I would also like to take this opportunity to remind everyone that all over the world on board our ships, on posts in foreign lands, and even in our own camps and along our 17 mile perimeter there are Sailors, Marines, Soldiers, Airmen and Coast Guardsman standing the watch so that we can take a moment to reflect on Memorial Day and take a well-deserved break," said Nettleton.

Highlights of the ceremony were the color guard who replaced the flag with a reverent display of drill and ceremony. The GTMO Marine Security Station provided an equally precise and somber participation with a 21-gun salute.

"There is a lot of meaning for the United States Armed Forces here," said Joint Task Force Guantanamo's commanding officer, Rear Adm. Richard Butler. "It's the site of some famous battles. It just has so much history here. So many Service members have contributed to the significant history of Naval Station Guantanamo Bay."



A Sailor from Naval Station Guantanamo Bay plays the bugle Monday at the annual Cuzco Well Cemetery Memorial Day service.



# THE DAY OF THE VIGILANT WARRIOR

## 525th MP Battalion competes

Story and photos by Pvt. Kourtney Grimes  
Staff Writer, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)



Participants in the 525th Military Police Battalion's Vigilant Warrior Challenge gave it their all in a series of events May 20. The events included a 100 meter sprint, pull-ups, bench presses, a long jump, sit-ups, push-ups, a 5k run and Warrior tasks.



A Soldier with the 420th Military Police Company performed her best long jump at Windmill Beach in the Vigilant Warrior Challenge. She was a star participant, as she completed her long jump and many other events at gold standard.

**T**he job of the military police is an arduous one that requires vigilance and that pace doesn't change here at Joint Task Force Guantanamo Bay. That's why the commander and senior enlisted leader of the 525th MP Battalion challenged their Vigilant Warriors to compete and prove themselves as individuals and as units in the Vigilant Warrior Challenge and the Pig Bowl May 20.

The challenge kicked off at Bulkeley Field, where participants partook in a number of physical and mental challenges to which predetermined standards were set to earn bronze, silver or gold.

Army Master Sgt. Michael Burrill, one of the event's coordinators, 339th Military Police Company, 525th MP Battalion, was proud of the effort he saw given at the challenge.

"I know some of the standards were pretty hard, and it was good to see them come out here and at least try it," said Burrill. "There's a couple that didn't make the lowest level and dropped out, but for the most part but some of them even continued to compete and try it."

Encouraged by one of his battle buddies who decided to continue with

the challenge despite the chance of not meeting bronze standards Army Spc. Tim Lyon, 525th MP Battalion said, "Well if he's going to, I better too."

Fortunately, the day's excitement didn't end there; the evening included the 525th MP Battalion's quarterly Pig Bowl at the Tierra Kay's recreation area where the units that comprise the battalion competed against each other in events like volleyball, cornhole and a cooking contest.

"It's one of those things that builds the esprit de corps amongst the Vigilant Warriors of the 525th MP Battalion, and it allows the Soldiers to meet the battle buddies that they don't normally work with to build bonds and start networking to do bigger and better things with resiliency off duty," said Army Sgt. Maj. Michael Baker, senior enlisted leader, 525th MP Battalion.

The day's events were based around building unit cohesion and teamwork as well as showing what it takes to be a Vigilant Warrior and stand out among those of the JTF as individuals and as a team.

"A Vigilant Warrior is actually a highly disciplined Soldier that meets and

maintains the Army standard, and they are the standard bearers of the United States Army. Each and every one of these Soldiers, they are given a task, they go about it professionally, and have no qualms about it. They represent their unit, the battalion and the United States Army in an exemplary manner. I'm so proud of each and every one of those soldiers," said Baker.



A Soldier respectfully stands at parade rest while offering a pie to the face of Army Sgt. Maj. Michael Baker, senior enlisted leader of the 525th Military Police Battalion.



The members of Headbanger's Ball, an all-star '80s cover band, are (from left to right) Troy McLawhorn, who has played with Evanescence, Seether and Dark New Day; Corey Lowery, who has played with Still Rain, Dark New Day and Stereomud; Garrett Whitlock has played with the guitarist from Creed, Eric Friedman; Jane Train, who has played with Liz Phair and M-80; and Virus, who has played with Big and Rich, Device and Dope.

## Metal band brings '80s hard rock classics to life

Story by Sgt. Kenneth Tucceri  
Webmaster, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

**H**eadbanger's Ball, an '80s metal cover band, played a two-hour set at Naval Station Guantanamo Bay's Tiki Bar Saturday, May 24 from 10 p.m. - midnight.

"One of my favorite places that I tour to is absolutely Guantanamo Bay," said Jane Train, the band's lead singer. "I don't know what it is about the energy down here, everybody just goes nuts, and everybody has such an appreciation for us, and we are humbled by that because we are so appreciative of everybody who's given their whole lives for our freedom and serving our country."

This is the second time Jane has come down to GTMO in the past calendar year. She played a Halloween show here with her band called M-80.

"I really enjoyed the band tonight," said Lara Tur, Fleet and Family Services acting director. "We saw the M-80 band when they were here last Halloween, and we enjoyed the band and the eclectic group that was down here this



Virus, Headbanger's Ball's guitar player, tunes his instrument between songs at the Naval Station Guantanamo Bay's Tiki Bar Saturday, May 24.

es, Dokken and Ratt, the members have a varied and impressive background as musicians.

According to Jane, Virus, one of the band's two guitarists, currently performs in a band with Skid Row's Sebastian Bach.

Troy McLawhorn, the band's other guitarist, plays with Evanescence and is a former member of the band Seether.

It appears to be a very symbiotic scenario for the band mates and Service members alike. The musicians are offered an opportunity to collaborate with each other and deployed Troopers are given a unique memory while serving away from home.

"If it were up to me, I'd do military tours all the time," said Jane. "It's way better than anything else."

As the band performed the encore of their show, enthusiastic fans joined the rockers on stage for a sing-along finale in true rock style.

"They were fantastic tonight," said Tur. "All of the band members were great. I really appreciate their time tonight."

time. We hope they come down in their entirety again."

Though they focused mainly on metal covers, with songs from artists like Ozzy Osbourne, the Scorpions, Guns N' Ros-



Audience members of Saturday's show jumped on stage for a lively encore to bring an appropriate closing to an energy-filled show at GTMO's Tiki Bar Saturday, May 24.



## Fit club honors the fallen

Story and photos by Staff Sgt. Carmen Steinbach  
Editor, [thewire@jftgtmo.southcom.mil](mailto:thewire@jftgtmo.southcom.mil)



Spc. Crystal Pittman, a Joint Task Force Guantanamo Soldier finished up the Murph Challenge with the final event: the one mile run. Below: Spc. Wes Eppley performs the 100 pull-ups on the pull-up bars outside Cooper Field.



This Memorial Day several Service members assigned to Naval Station Guantanamo Bay and Joint Task Force GTMO paid tribute to a fallen hero in a unique way: by pushing their bodies to the limit in a workout made famous by a fallen comrade.

The Murph Challenge is an annual fundraiser that benefits the Lt. Michael P. Murphy Memorial Scholarship Foundation. It calls participants to complete a workout and then post their best completion times to the foundation's website. In recent years, this Memorial Day tradition has gained notoriety and drew in supporters from all around the world, one of whom feels a close connection to the heroic Navy Seals portrayed in the film and novel "Lone Survivor."

"This is a small way to give back," said Navy Petty Officer 1st Class Andrew "Biff" Murray with the Naval Computer and Telecommunications Area Master Station and an avid GitmoFit participant. "We remember them. We keep them alive in our thoughts."

Murray was one of the organizers behind the early morning Memorial Day challenge at Cooper Field. He felt a close connection to the Murph Challenge after serving two tours with retired Navy Seal and author Marcus Luttrell. In his book "Lone Survivor," Luttrell describes the heroic actions of Murphy and the other members of their Seal team.

Originally named Body Armor, this CrossFit Hero workout of the day was later changed to Murph, after Murphy.

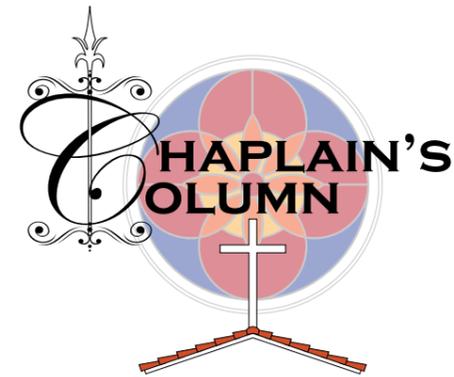
The Murph begins and ends with a one-mile run, and consists of 100 pull-ups, 200 push-ups and 300 air squats. Some of the participants even carried additional weights in vests and backpacks to intensify the workout. While completing the workouts in varying times, all members pushed and encouraged each other, cheering as the last member crossed the finish line.

Spc. Andrea Nein, a JTF Soldier with the 420th Military Police Company, says she participated to support the military, but made it through thanks to the camaradery of the group.

"Being in the group is very motivating," said Nein. "Not a lot of people can do it, so it's good to have a group of people who motivate and push you."



Spc. Andrea Nein, works to reach her goal of 300 air squats during GitmoFit's participation in the Murph Challenge.



## A good goodbye

By Navy Cmdr. Stephen Gammon  
Joint Task Force Chaplain

We say goodbye then close the door behind us. We wave to family or friends as we drive away or when someone we love departs. A picture remains emblazoned in my memory of waving goodbye to my wife seven months ago in San Diego as her car disappeared from sight, then I returned to my preparations for coming here. Tears filled my eyes that day, because saying goodbye isn't easy.

If you have been at GTMO any length of time you have seen people come and go. At some point we will all say "goodbye" when we turn the last page of this chapter of life to board a plane departing GTMO. As my time of departure approaches, I have been thinking about what is required for a good goodbye. As a minister who has officiated at innumerable funerals and memorial services, I can say this subject applies to end of life too.

For a good goodbye I encourage these actions: (1) Prepare, (2) Praise, and (3) Pray. Prepare by planning ahead. Get ready professionally by preparing a thorough turnover for those who will follow you and by taking whatever steps will allow the next chapter of life to go well for you. If you are a person of faith, prepare spiritually too. Praise God and affirm those who have blessed you here and at home. Express appreciation while you have opportunity. Pray for the people you leave behind and the opportunities that are ahead. Put your faith into practice. This is the last "Chaplain's Column" I will be writing here. I thank you again for your service. May God bless you in your remaining time at GTMO, in every chapter of life that follows, and forever!

## The JSMART Spot

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

This week's Stinkin' Thinkin' topic is disqualifying the positive. Do you reject positive experiences by insisting they don't count for some reason or another?

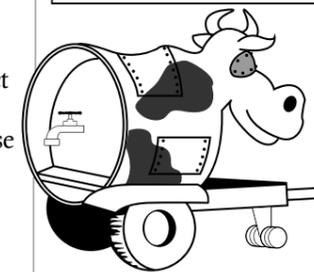
If so, you maintain a negative belief that is contradicted by your everyday experiences. For example, if you are congratulated on a good job at work for doing a difficult task you assume it doesn't count because you believe you will be in trouble for something the next day.

Ways to combat this are to relish in your accomplishments and challenge

yourself to do it even better the next day. For more on Stinkin' Thinkin' or anything else that may trouble you stop by JSMART, we are ready to assist you.



| Softball               |      | GTMO sports standings |  | Soccer                  |       |
|------------------------|------|-----------------------|--|-------------------------|-------|
| 1. Chaos               | 9-0  |                       |  | Men's Soccer League     |       |
| 2. Fight'n 66          | 8-0  |                       |  | 1. Wolverines           | 3-0-2 |
| 3. Mercenaries         | 6-1  |                       |  | 2. Manchester City      | 3-0-1 |
| 4. Team 907            | 8-3  |                       |  | 3. Nex United           | 3-0-0 |
| 5. BEEF Stricks        | 6-4  |                       |  | 4. Squad                | 2-0-1 |
| 6. GTMO Latino Plus    | 5-4  |                       |  | 5. Boston Beans         | 1-4-0 |
| 7. Outcasts            | 3-3  |                       |  | 6. Smash Boi's          | 0-3-1 |
| 8. The Gorillas        | 5-5  |                       |  | 7. Fight'n 66           | 1-3-0 |
| 9. Sunbursts           | 4-4  |                       |  | 8. Road House           | 0-3-1 |
| 10. Misfits            | 4-5  |                       |  | Women's Soccer League   |       |
| 11. J2 Ghosts          | 4-6  |                       |  | 10. The Shottas         | 1-4   |
| 12. Hell Hounds        | 4-6  |                       |  | 11. The Rascals         | 1-1   |
| 13. Inglorious Batters | 3-6  |                       |  | 12. Vicious & Delicious | 1-5   |
| 14. JMG                | 2-8  |                       |  | 3. Soccer Bombers       | 0-2-0 |
| 15. Ghost Writers      | 1-8  |                       |  |                         |       |
| 16. Dream Killers      | 1-10 |                       |  |                         |       |



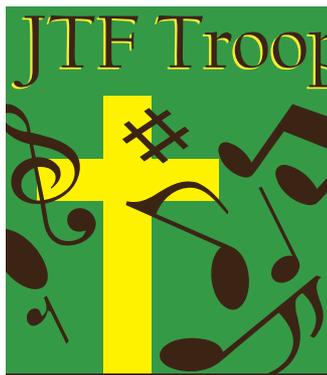
Excerpts from "History of Guantanamo Bay, Cuba 1494-Present" Stacey Byington, USNH GTMO PAO

From 1914-1941 Guantanamo Bay had its own dairy. The dairy was closed during the war when dependents were evacuated and powdered milk was substituted. For a time, the Navy Exchange operated a powdered milk plant, but its popularity was somewhat limited. Frozen and concentrated milk was tried next, but still they were not successful. Fresh milk was brought to the base on a semi-monthly basis, but still not the solution the base required.

In 1967, a milk plant went into operation. Dubbed "la vaca mechanical" (the

mechanical cow) by the base's Cuban residents, the plant was able to supply all milk and milk products for the base and ships in port for training. The plant produced 2,600 gallons of milk and milk products daily. The milk produced locally was called "filled milk," which is made by combining milk powder and vegetable fat to make a product comparable in the texture and taste to whole milk. Not necessarily what residents were used to "back home," but it was doubtless superior to powdered or frozen milk.

# JTF Troopers' Chapel



is looking for musicians to participate in morning and evening worship. Practices are Saturday evenings at 4:00 p.m. On Sunday there is a 9:00 a.m. and a 7:00 p.m. Service.

Contact Spc. Nancy Mizzell via email at: [nancy.t.mizzell@jtf.gtmo@southcom.mil](mailto:nancy.t.mizzell@jtf.gtmo@southcom.mil) for more information

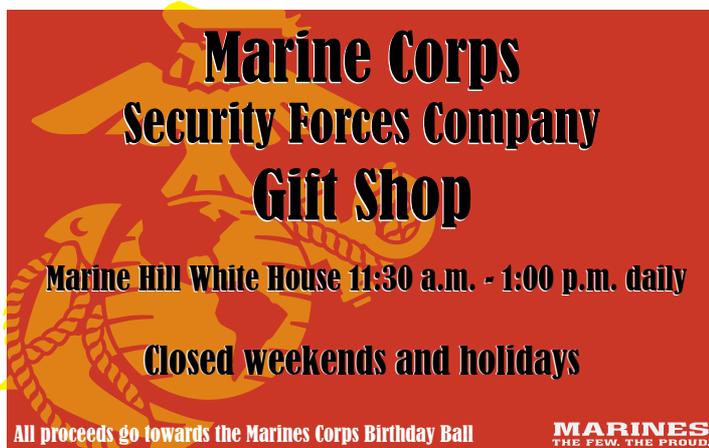


## Marine Corps Security Forces Company Gift Shop

Marine Hill White House 11:30 a.m. - 1:00 p.m. daily

Closed weekends and holidays

All proceeds go towards the Marines Corps Birthday Ball



**MARINES**  
THE FEW. THE PROUD.

## Open Rec Sand Volleyball Tournament

Free Registration  
Registration closes June 18  
at Denich Gym

Coaches Meeting  
June 19, 6:30 p.m.  
in the Denich Gym classroom



Engineers dive deep in this image taken by Navy Lt. Cmdr. Cynthia Holland of Maj. Eddie Morgan, JTF Deputy Engineer and 1st Lt. Pete Doblak, JDG Engineer doing a synchronized dive off the Hospital Cay pier.



PHOTO OF THE WEEK

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