



THE WIRE

The Official Publication of Joint Task Force Guantanamo



Corpsman Ball

Heroic history recognized

Keystone visit

Senior enlisted leaders
from all branches tour JTF

JDG change of command

AROUND THE BAY

MOTIVATOR OF THE WEEK

HM2 Emerson Gutierrez
Joint Medical Group

PV2 Aneciaeshonda Russ
189th Military Police Company



Cover photo: Army Col. David Heath, the Joint Detention Group's new commander, passes the JDG brigade colors to Army Command Sgt. Maj. Shawn McLeod, the JDG's new command sergeant major, during the Change of Command and Change of Responsibility ceremony at Windward Range at Joint Task Force Guantanamo Tuesday morning. For the complete story pick up next week's edition of The Wire. Photo by Pvt. Kourtney Grimes

Independence Day Trail Run

Celebrate our nation's freedom with an invigorating race through the Guantanamo wilderness as MWR sponsors the Independence Day Trail Run. The run begins at Christmas Tree Hill, located across from the post office off Sherman Ave., at 6:00 a.m. on Friday, July 4. You can register at Denich Gym until the day prior.

Open rec softball tournament

In keeping with the 4th of July festivities, there will be a free Independence Day Softball Tournament, held Saturday, July 5, beginning at 8:00 a.m. Teams must register at Denich Gym by July 1. This is a double elimination tournament.



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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 2000
Cuzco block J
Wednesday and
Friday 1900
New Troopers' Chapel

Chapel Annexes Cont.

Liturgical Protestant
Sunday: 0930, Room 1

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

FEATURES

6 • Cover Story

MWR hosted a beach volleyball tournament Saturday to kick off the upcoming season. Eight teams competed in the blistering heat to take home the trophy.

8 • E-9s take flight

Senior enlisted leaders attending the Department of Defense's Keystone Course toured Joint Task Force Guantanamo. Among their ranks was our own Marine Sgt. Maj. Juan Hidalgo.

10 • Corpsman Ball

Sailors celebrated the honorable 116-year history of the hospital corpsman at the Corpsman Birthday Ball Saturday night. Throughout the night, several programs paid homage to the past and looked forward to the future.

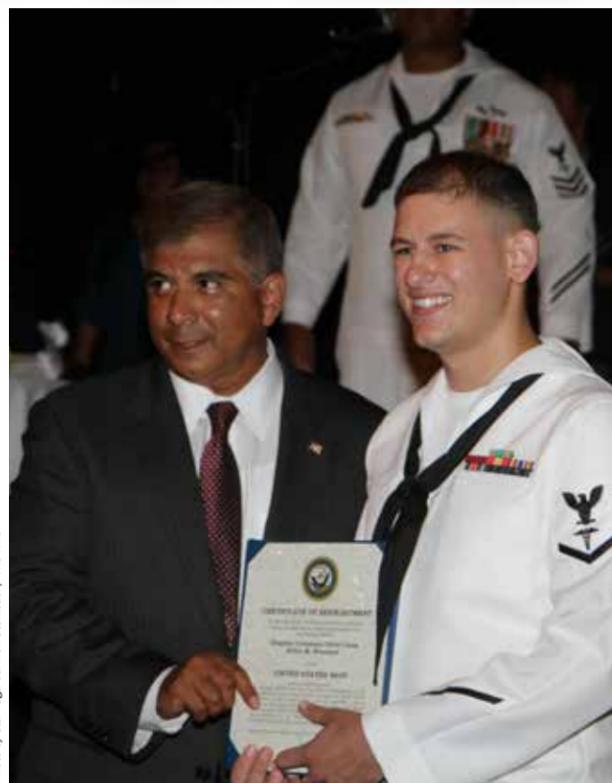


Photo by Staff Sgt. Carmen Steinbach/The Wire

Former Master Chief of the Navy, retired Navy Master Chief Joe Campa, was on hand to re-enlist Navy Petty Officer 3rd Class Dillon Winstead during the 116th Hospital Corpsman Birthday Ball.

CORRECTIONS Please report all corrections to thewire@jftgmo.southcom.mil. The following information was printed incorrectly in the last issue of The Wire. Page 6: The film "How to Train Your Dragon 2" was awarded 5 banana rats, not 4.

JOINT TASK FORCE GUANTANAMO



Lessons of leadership

By Army Col. David Heath
Commander, Joint Detention Group

As the new commander of the Joint Detention Group, I welcome this opportunity to provide my leadership philosophy to you and explain the behaviors that I demand of myself and expect from all members of our organization.

My leadership philosophy is based on one principle – lead by example. This means never ask your Troopers to do something that you would not be willing to do yourself, and never do anything that you would not want your Troopers to do under the same conditions. I have found over the last 24 years that following this simple principle in all areas of life, professional and personal, will ensure the respect of your Warriors, the cooperation of your peers and the approval of your leaders.

While leading by example is my overarching principle, the following are some behaviors that I believe are critical to success and exemplify a good example to others:



Col. David Heath

• **Place your Troopers' well-being above all.** Everything we do must be focused with their benefit in mind. The mothers and fathers of America have entrusted us with the lives of their sons and daughters. Take that responsibility

seriously. Service members are our most precious resource.

• **Honesty and integrity are non-negotiable.** Our professional relationship depends upon it. Mistakes are inevitable; lies or omissions to cover up those mistakes are intolerable. The effective operation of any complex organization depends on truthful, timely information.

• **Bad news does not get better with age.** Although first reports are often wrong, inform your leaders of actual or potential problems immediately to give them the maximum amount of time to formulate potential solutions.

• **Remember the golden rule, treat everyone with dignity and respect.** The title of commander or first sergeant means that those leaders have different duties and increased responsibilities from others. It does not mean that these

leaders are somehow smarter or better than those they lead. Serving in a leadership position is a privilege, not a right.

• **Maintain balance in your life.**

Balancing time between your family, work and relaxation are vital to healthy relationships and mental well-being. I expect everyone in our organization to take time to do something they enjoy. Work hard while at work, but try not to bring it home with you. Unless someone's life depends on your presence or immediate action, it can probably wait until tomorrow.

• **Maintain a professional appearance and bearing at all times, both on and off duty and demand high standards of those around you.** Remember, good leaders do the right thing even when no one is watching and they never walk by mistake.

• **Training time is precious; especially here.** Do not waste it. Take advantage of every training opportunity, scheduled or not.

The preceding points are merely a guide to success and by no means inclusive. You have all been well trained on the expectation of military leaders. Trust your instincts. Do the right thing. As a wise leader once told me, "if the little voice in the back of your head says something is wrong, it probably is."

Hospital Corpsman history

By Navy Chief Petty Officer Andre Dortrait
Joint Medical Group

In my 14 years of naval service, this is the first time I have had the honor and privilege to serve alongside the men and women of the Navy Hospital Corps. I want to take the opportunity to remember the rich traditions and legacy of this great community. This month the Navy Hospital Corps celebrated 116 years of dedicated service to our Warriors and their families. Established in June 17, 1898, the Navy Hospital Corps provides health care to all military services and those entrusted to their care on the battlefield, at sea, under the sea and in military treatment facilities worldwide to include Naval Station Guantanamo Bay, Cuba.

The name of hospital corpsman has changed from its inception in the

Continental Navy, from loblolly boy to pharmacists mate and to the present day hospital corpsman, but the core values of the Hospital Corps have remained the same. The Hospital Corps consists of more than 25,000 active duty and reserve personnel and is the largest and most decorated rating in the Navy. Twenty naval ships have been named after hospital corpsmen. Since 1919, 178 corpsmen have received the Navy Cross Award. In the Vietnam War alone, hospital corpsmen received four Medals of Honor, 31 Navy Crosses, 127 Silver Stars, and 291 Bronze Stars for heroism under fire.

The Joint Medical Group specific corpsmen serve the Joint Task Force mission in eight different divisions rang-

ing from high value detainee care, detention camps, detainee Behavioral Health Unit, and Detention Medical Clinic to Joint Stress Mitigation and Restoration Team, Joint Troop Clinic and medical planning and administration.

To encompass the importance and impact of the Navy Hospital Corpsman, I would like to leave you with a quote from Rear Adm. Michael Mittelman: "No Marine has gone into battle without you. No ship or sub has gone underway without you. You're always in the thick of the battle and the main reason we have a 97 percent save rate on the battlefield. Your lineage is one of honor, courage, and commitment."

GTMO HEALTH

Senior Medical Officer (SMO)

JTF Joint Medical Group

As a physician, my job is to help keep you healthy. Most of that is done through counseling about the risks to help prevent disease, as well as identification and treatment of illness if you already have symptoms. I wanted to spend some time quickly discussing some of the unique health risks here at Joint Task Force Guantanamo.

It would be negligent of me not to point out the obvious health risks that we might bring to GTMO such as obesity, alcohol and smoking. These are the leading causes of death and still very prevalent here at GTMO. These habits can be used to help us cope with stressors in life. Moderation is the key to food and alcohol, but that takes self-control on a regular basis. See your medical provider or JSMART to help develop coping skills for overeating, smoking and alcohol abuse.

The next most prevalent health risk to Troopers is probably due to sports and exercise. Deployments tend to allow more time playing organized sports and working out. While exercise is the perfect way to help prevent the issues above, proper warming up, stretching, hydration and gradual increase in intensity will minimize the most common problems such as strains, sprains, dehydration, overheating and overuse injuries.

Environmental risks are probably the next most common injuries to health here in GTMO. Getting off the pavement and onto the trails puts us closer with unique creatures that can cause health risks. Sunscreen is a must as the sun is incredibly intense and can cause significant burns to your skin within an hour at peak times. Hydration needs must also be kept in mind due to the increased heat and humidity here in GTMO.

Some unique creatures on land include snakes, scorpion, centipedes, wild dogs and cats, banana rats and of course the iguanas. Bites from any of these should prompt you to go to the emergency room for evaluation. In general, none of the species here are deadly to humans, but certainly can cause significant

infections and possible severe pain from envenomation. Other infections to be aware of that may be unique to GTMO would be leptospirosis, chikungunya and dengue fever. These are all illnesses that present with fever, body aches, upset stomach and joint pains. Mosquito bite prevention helps minimize risk of chikungunya and dengue fever.

Leptospirosis is obtained from standing in fresh water like puddles, bogs, ponds, etc. Breaks in the skin make it more prone to infecting you. Avoid swimming or wading through stagnant fresh water.

Lastly, water sports are a large attraction here and ocean dangers may exist in many forms. Even if you are just a beach goer and only wade in the ocean, sunscreen and foot protection are a must. Stingrays can be in the shallow surf, as well as glass, hooks and coral that can cut your feet and cause infections or stings.

Bites from ocean creatures are fairly rare but typically occur from divers being too aggressive with eels or barracuda. Take common sense precautions such as limiting time in an area spear fishing, not keeping your catch on your hip by using a trail bag. Medical care for bites requires another visit to your provider or to the ER. Treatment includes tissue preservation, wound care and prevention of infection.

The last but not most common category for marine dangers are the stings from multiple origins. These can happen from jellyfish tentacles, jellyfish larvae, anemones, coral and sea urchins. The best prevention is covering your skin with a wetsuit, gloves and boots. While the pain can be very intense, relief can be found by using shaving cream to shave off the tentacles and then soak the area in vinegar. Do not use freshwater, ice, touch or rub with your bare hands as this will make it worse.

Overall, GTMO is a fabulous place to experience a different environment. While many of the health risks are similar to stateside, there are certainly a few dangers that can increase our risk of injury or illness. Prevention is the best tool to minimize health risks. Have a wonderful tour and stay safe!

WORLD CUP 2014 WEEKLY UPDATE

Story by Capt. Jesse Manzano

PAO Operations OIC

Another week goes by, filled with another excellent display of goals and games at the Brazil 2014 World Cup. When this edition of The Wire goes to print, the United States will be playing against Germany in their last and perhaps most important game in the group phase of this tournament. The sting of that last minute goal made by Portugal may still hurt, but will be forgotten if Team USA shows against Germany the kind of grit and determination necessary, indeed required, of those called upon to make history.

While it may take an additional 90 minutes to make history on the field, another type of history is already being made by soccer fans across the U.S. More and more people back home are watching soccer, with TV ratings for this World Cup far higher than for the last one, four years ago. Even Naval Station Guantanamo Bay, in its own, unique way, seems to have been taken over by soccer fever.

The fans are certainly here – they may be a little quieter and less colorful than those shown on TV, but you can spot them at the dining facilities and restaurants every time there's a game on. They are staring at TVs intently and cheering under their breath. Some are either truly concentrated on the match, trying to figure out how to get their team to move past the pressing put on by their opponents or simply a little embarrassed by their love affair with a game both passionate and delicate, whose beauty inevitably rests in the eyes of the beholder.

As we enter round 16 this week, we will start seeing single-elimination games; they will not take place as often as during the past two weeks, but they may take longer if there are draws. I certainly hope that Team USA makes it past Germany to play at least one more game in Brazil. But if they don't, I will continue to watch the games, although some of the passion may be gone.

JERSEY BOYS

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

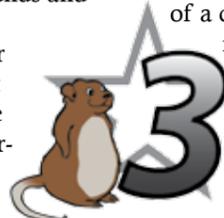
Saying the film resembled a Clint Eastwood directed musical sounds like a jab. Unfortunately "Jersey Boys" was no joke. The Broadway show turned film adaptation tells the story of Frankie Valli and the Four Seasons. Where one expects bright lights, catchy tunes and showmanship, this version falls short, taking on more of an edgier, biopic format.

The musical numbers are the meat and potatoes, but the audience must wade through thick, dry dialogue and over-done mob scenes. Those containing Christopher Walken as mob boss Gyp DeCarlo are standout. Per the norm, Walken steals the show.



The story begins in 1951 with the music group coming together that includes Valli (Tony-winner John Lloyd Young) as the lead singer, Tommy Devito (Vincent Piazza from "Boardwalk Empire"), Nick Massi (Michael Lomenda) and Bob Gaudio (Erich Bergen). All of the cast members are veterans of the big stage, and flawlessly performed each song during live takes, with no post-production. The tale of a band moving up in the world as they battle things like divorce, addiction and rivalry is pretty standard, but the connection of the vocals to the past is truly striking. The film soars finally at the very end with a finale-type musical number of "December, 1963." In that moment, the audience finally gets the stage performance they had been hoping for, complete with lights, sounds and top notch theatrics.

Despite the love I have for Walken and the soft spot for the '60s, I give this movie three banana rats and encourage others to just download the soundtrack.



MALEFICENT

Review by Staff Sgt. Kenneth Edel
Media Relations, thewire@jtfgtmo.southcom.mil

"The best villains are the ones that do the wrong thing, but for the right reasons."

I went into "Maleficent" with high expectations on execution, largely because I'm very familiar with the original character having seen almost every Disney movie. It's a character tragedy at its core and probably one of my most favorite stories in a long time. If you are a fan of the classic Disney films then you won't run into any surprises as this latest endeavor follows the same safe, happy working narrative formula as its predecessors.

Its a beautiful movie to say the least, as is expected from Disney. If you've never been a fan of Angelina Jolie as an actress, after seeing this movie and all the micro expressions she pulls off, you may have a change of heart. Just the small reaction to hearing about the King's newborn daughter Aruora is artful in its detail. True to the classic character, Jolie has the commanding presence of Maleficent down to all the little nuisances that made this Disney villain great 55 years ago. Of course the rest of the cast pulled off their roles, but none had the dimension to offer as the titular character played by Jolie.

The film possesses everything to be desired from the original character, but with a very different tale. This movie



is more of a precursor to Sleeping Beauty. Maleficent, scorned by the betrayal of the King whom in ages past, she had develop feelings towards. The King's daughter Aurora experiences the by-product of that betrayal and scorn towards the king.

Suitable for all ages, the film sticks to the feel-good development it knows. This may also be why they opted out on doing away with her servant when transforming into a dragon in the climatic moments of the film. It's odd since they set it up perfectly as Maleficent saved him from certain death. It would have been poetic for him to give his life at the end to save her and Aurora from what was meant to be his fate all those years ago. But alas, I guess that's just "too dark" for Disney.

If you enjoy complex characters, dealing with inner turmoil and traveling on a road to self-redemption and the like, then is Maleficent worthy of your attention. The rest of the cast feels underdeveloped but they're really just there as a backdrop to make possible Jolie's path to redemption from a bright-eyed girl, to a broken, and betrayed soul and finally, hero. I cannot stress how important it is to understand that this is a movie about Maleficent, and not a retelling of "Sleeping Beauty." The film receives four banana rats.

BLENDED

Review by Pvt. Kourtney Grimes
Staff Writer, thewire@jtfgtmo.southcom.mil

This viewer-popular romantic comedy starts with a hilariously unfortunate blind date set in Hooters that leaves the two newly single parties, Lauren (Drew Barrymore) and Jim (Adam Sandler), with a mutual feeling of disinterest for each other. Post-date, the two parents of a combined five trouble-children

run into each other multiple times before they somehow end up vacationing in Africa, sharing a hotel room they unknowingly bought from a mutual acquaintance.

The vacation starts out rough

considering Lauren and Jim don't get along at all. The parents begin to care for each other's children in ways they could not due to gender roles. In the end, Barrymore's adorable banter and Sandler's comedic timing are a recipe for an ideal romantic comedy just like "50 First Dates" and "The Wedding Singer."

While the plot did get a bit melodramatic and predictable, "Blended" gave comedic relief to this stubbornly suburban film. For its Hollywood-perfect couple and family laughs, this film gets three banana rats.



Beach volleyball heats up

Story by Staff Sgt. Carmen Steinbach
Editor, thewire@jtfgtmo.southcom.mil

Air Force 1st Lt. Sean Coombs, with Joint Task Force Guantanamo, bumps the volleyball to his teammate during the MWR-sponsored beach volleyball tournament on Saturday at the Cooper Field volleyball court.

Even in the pearl of the Antilles where the outdoor thermostat only alternates between hot and super hot, the summer season is still something to celebrate. Cook-outs are held more frequently, the beach is slightly overcrowded and the summer sports are in full swing.

The beach volleyball league doesn't kick off until the end of July, but that didn't stop the MWR from hosting a tournament Saturday at Cooper Field to see what the upcoming season has in store. Based on the event, Naval Station Guantanamo Bay's MWR Sports Coordinator Jim Holbert believes the competitors and spectators have an exciting season to look forward to.

"I have been a part of almost everything here in GTMO, but this was by far the most competitive tournament," said Holbert. "Eight teams competed in the double elimination tournament, with all but two matches going to a third set. Most sets went to extra points with some matches coming down to sudden death."

From 9:00 a.m. until late afternoon, the teams volleyed, set and spiked, covering themselves in sand and sweat. The spectators came and went, cheering on their favorites until the heat became too much.

In the end, it was The Smokin' Aces that came out on top, finishing the tournament undefeated. The Joint Medical Group's team came in second, conceding the final match

after a previous loss against the victors, but winning out in the losers' bracket.

The winning team consisted of Navy Petty Officer 1st Class Andrew Peters, Navy Petty Officer 2nd Class Ryan Miller, Navy Petty Officer 1st Class Jeffery Roeder, Mr. Alan Sterling, Mr. Blair Stone and Miss Julia Bamura.

Peters, the team captain for the Smokin' Aces, thanked the participants and hosts of the event.

"We enjoyed the tournament and willingness of the MRW staff to accommodate the many spectators and athletes that were out there Saturday," said team captain Petty Officer 1st Class Andrew Peters. "They provided a good opportunity and atmosphere for everyone to enjoy. We had a good time and faced some good players but by the end of the day I think the heat and intensity of the sun beat us all."



Air Force Capt. Sean Fisher prepares to spike during a beach volleyball tournament Saturday.

NOW SHOWING						
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
DOWNTOWN A Million Ways to Die in the West (New) R, 8 p.m. Blended PG13, 10:15 p.m.	Maleficent PG, 8 p.m. Jersey Boys R, 10 p.m.	Edge of Tomorrow PG13, 8 p.m.	Moms Night Out (LS) PG, 8 p.m.	Neighbors (LS) R, 8 p.m.	X-Men: Days of Future Past PG13, 8 p.m.	Transformers: Age of Extinction (New) PG13, 8 p.m. Godzilla PG13, 10:45 p.m.
CAMPBULKLEY Maleficent PG, 8 p.m. Jersey Boys R, 10 p.m.	A Million Ways to Die in the West (New) R, 8 p.m. Blended PG13, 10:15 p.m.	Neighbors (LS) R, 8 p.m.	LYCEUM CLOSED *	Moms Night Out (LS) PG, 8 p.m.	LYCEUM CLOSED *	X-Men: Days of Future Past PG13, 8 p.m. Million Dollar Arm PG, 10:30 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!

KEYSTONE:

Story and photos by Sgt. Spencer Rhodes

Copy Editor, thewire@jftgtmo.southcom.mil

“Our main objective is to make sure future command team leaders understand the ramifications of a joint branch environment,” said Billy Hargrove, retired Marine of 21 years and the Keystone program manager. “It’s not a required course for promotion, but if you are going into a joint environment, it’s highly recommended because your experience won’t give you the impact you need to be effective.”

Forty-eight E-9 leaders from all military branches arrived at Naval Station Guantanamo Bay Sunday, as part of the Department of Defense’s Keystone Course. Keystone prepares senior enlisted leaders who are currently serving or slated to serve in a general or flag officer level joint headquarters or a service headquarters that could be assigned as a joint task force. The program sends the class



Students from the Department of Defense Keystone Course arrive Sunday morning at Naval Station Guantanamo Bay. The senior enlisted leader course prepares them to serve at a much higher level of command, usually in tandem with a flag officer.



Marine Corp Security Force 1st Sgt. Joshua Wruble, gives a historical account of the Northeast Gate to students of the Department of Defense Keystone Course Sunday afternoon.

to multiple command groups across the country to view and interact with joint branch environments, allowing peer to peer learning for those going into similar career paths.

Similar to Warrior Leader Courses throughout the Army (and other branch equivalents) for young noncommissioned officers, a jovial camaraderie could be seen amongst the various E-9s Sunday, as stories of mutual acquaintances and past experiences were traded back and forth on a boat transporting the diverse selection of senior enlisted leaders to the windward side of GTMO. Students in the program had a myriad of experiences to offer each other, and while purposes for enrollment in keystone vary from person to person the learning goals remained the same.

Marine Sgt. Maj. Juan Hidalgo, who already serves as the senior enlisted leader at a division level joint environment here at Joint Task Force Guantanamo, explains that most sergeants major will rarely have the chance to work for a flag officer with approximately 43 individuals across the entire Marine Corps currently doing so; even fewer at the 3-star level or higher. For him personally, this course has served as a unique tool as he continues his path as a sergeant major.

“It really is a great course because you need to understand command at a tactical, operational and strategic level,” said Hidalgo. “Capstone is a similar course for flag officers, so if you’re going to be working with them at the same level, it’s good to have the same type of educational experience for a leadership

Senior enlisted leaders visit Naval Station Guantanamo Bay

position such as this.”

The program provided a brief glimpse of the unique operations going on at JTF, with tours of the operational side of the JTF GTMO’s detention facility, as well as the Northeast Gate and the Expeditionary Legal Complex. Students had the opportunity to garner first-hand viewings of the joint environment and determine what aspects would need to be taken into consideration when utilizing their own experiences.

Chief Master Sgt. Phillip Easton, currently serving as the command chief for the 341st Missile Wing at Malmstrom Air Force Base, Montana, says that the training provided him a unique learning experience as he has just started his new path as a command chief.

“The Air Force doesn’t usually have many joint billets, and in my 24 years this is my first time seeing a joint working environment,” said Phillips. “A lot of my peers in this course have already had some experience working with flag officers. I’m just starting my time as a command chief master sergeant and I’ve already been able to hear from those who are a little more experienced in this particular area of leadership; what worked best for them and what I could do better by learning from their experiences when integrating into a new position with a new boss.”

Following the visit to JTF GTMO, the Keystone students would make stops at Key West, Florida, and Texas before heading back to Washington D.C. to conclude the leadership class.



Coast Guard Command Master Chief Christopher Windnagle and Air Force Chief Master Sgt. Phillip Easton listen as a noncommissioned officer in charge from the Joint Detention Group answers questions about detention operations. JTF GTMO was one of many stops for the Department of Defense’s Keystone course.



Navy Command Master Chief Vaughn Coker talks with Navy Petty Officer 2nd Class Bender, as the Department of Defense’s Keystone class travels across the bay at Naval Station Guantanamo. The course prepares senior enlisted for higher commands structures.

Hospital Corpsman history honored

Story and photos by Staff Sgt. Carmen Steinbach
 Editor, thewire@jftgmo.southcom.mil



In keeping with tradition, the oldest and youngest corpsmen present cut the cake at the 116th Hospital Corpsman Birthday Ball. From left to right: Master Chief Petty Officer of the Navy, retired Master Chief Joe Campa, Navy Chief Ernesto Oliveros and Sailor Kelsey Bay.

during the 116th Hospital Corpsman Birthday Celebration, held Saturday at the Windjammer.

In its century of service, the Hospital Corps has proven itself ready to support Marines and Sailors by giving them aid whenever and wherever necessary. After the American Civil War, the need for a professional, well-trained group of individuals to provide medical care for the Navy became apparent. President William McKinley signed a bill on June 17, 1898 establishing the Hospital Corps and thereby designating all medical Sailors as hospital corpsman.

Since that time, they have been putting themselves in danger to provide care to those on the battlefield. At the very beginning of the ceremony, Sailors performed a symbolic ceremony in remembrance of prisoners of war and those missing in action. One of the many traditions of military customs, setting an empty table in open view, reminds those in attendance of those that paid the ultimate sacrifice. In this particular evening, they honored those hospital corpsman that never returned home from their duty.

“One of the stronger traditions that



“I solemnly pledge myself before God and these witnesses to practice faithfully all of my duties as a member of the Hospital Corps. I hold the care of the sick and injured to be a privilege and a sacred trust and will assist the medical officer with loyalty and honesty.”

Reciting the noble words of the

Corpsman Pledge, Naval Station Guantanamo Bay and Joint Task Force GTMO Sailors gathered together to honor the traditions and heroism displayed since the creation of the Hospital Corps. Together they read the words that spoke to the courage and commitment exemplified by hospital corpsmen over the last 100 years,



A Sailor ties a yellow ribbon around a vase which represents the unyielding desire for missing comrades to return home during a prisoner of war and missing in action recognition presentation during the 116th Hospital Corpsman Birthday Ball.



Navy Petty Officer 2nd Class Twyla Garrett leads a detail of Sailors during the uniform parade, which shows the various uniforms worn by hospital corpsmen during their many years of service.

binds corpsmen on each Hospital Corps birthday is the remembrance of our brothers and sisters who have fallen in combat, often times giving their lives so that others may live,” read master of ceremonies, Navy Petty Officer 1st Class Ben Henson, just before observing a moment of silence.

Recognizing the heritage of the corps, a group of Sailors showcased the many uniforms worn by corpsmen throughout the century of their service. One of the members of this prestigious service was the 11th master chief petty officer of the Navy, was in attendance to celebrate that heritage and applaud the newest generation of corpsmen.

“I became the MCPON as a direct result of being a hospital corpsman,” said Master Chief Petty Officer of the Navy, retired Master Chief Joe Campa. “While I can no longer stand beside you in the ranks, I will never forget the joy I felt as a Navy corpsman.”

Campa was also on hand to take part in the historic cake cutting tradition, accompanied by the most senior and junior Sailors in the room.

JTF Sailor, Petty Officer 2nd Class Emerson Gutierrez, a member of the planning committee, said he was thoroughly impressed with the outcome of the event.

“It turned out to be a very enjoyable night from start to finish,” said Gutierrez. “The planning of the event was very long and tiring from figuring out what the food menu would be, the covering of the table and program itself, and the different fundraisers we had to come up with to raise money for the event, but overall it was well put together.”

He also credits the success of the evening to personnel from JTF GTMO’s Joint Medical Group for showing support for the event hosted by the Naval

“It’s our privilege to answer the call of
Corpsman Up”

- Petty Officer 2nd Class Albert Acosta

Hospital.

The evening concluded with the singing of “Anchors Aweigh” and the “Marine Hymn,” before those in attendance enjoyed socializing and live music performed by local band, Sherman Avenue.

“It was an honor to be united with fellow corpsman and other members of our armed forces as we recognized the contributions hospital corpsman have made and continue to make to our great nation,” said Petty Officer 2nd Class Albert Acosta, a JTF Sailor with the JMG. “All in all it was a night of celebrating our rich history, with great people, great food and great dancing. It’s our privilege to answer the call of ‘Corpsman Up!’”



Navy petty officers with Joint Task Force Guantanamo’s Joint Medical Group take part in a discussion with the 11th Master Chief Petty Officer of the Navy, retired Navy Master Chief Joe Campa, following his speech at the Navy Corpsmen Birthday Ball held Saturday in the Windjammer Ballroom.

Construction in the Camps

Airmen support recreation yard project

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

Joint Task Force Guantanamo's 474th Base Emergency Engineering Force supports GTMO's mission in a plethora of ways. One such way is the facilitation of on-the-spot needs of Camp Justice and repair requirements throughout the areas of JTF's purview of responsibility. Last Friday marked the end of a project that Airmen endeavored to complete as soon as possible.

"The BEEF supports all JTF GTMO facilities from Camp Justice to Camp America," said Air Force Lt. Col. Edward Phillips, commander of the 474th BEEF. "We ensure facilities and infrastructure are sustained, enabling intelligence collection, safe, humane, legal and transparent custody of detainees and military commissions. When you have a problem with your building your facility manager calls the BEEF and we get it done, either with our craftsmen or by contract."

The latest project will help detention guards manage simultaneous operations

more efficiently.

"The rec yard project is the largest project we have done for the JDG ... the project is ahead of schedule," said Phillips. "Now that it is complete, multiple detention blocks will be able to use the new recreation yard at the same time."

While the project is what they are trained for, the nature of it could be tedious. The new doorways were created for the yard; Airmen had to use a diamond plated chainsaw to cut through the thick concrete walls. A concrete wall does not give way to a saw like your average backyard tree does. Operators of the saw had to move slowly and hold it for lengthy periods of time while someone else would have to sand the new doorway until it was perfectly smooth.



Airmen with Joint Task Force Guantanamo's 474th Base Emergency Engineer Force work hard for Joint Detention Group Tuesday, June 22.

When asked about the sanding, Senior Airmen Joseph Graeff just shook his head.

"The sanding was just really tedious, it felt like it almost took as much time as cutting out the doorways," he said.

The BEEF spent almost two weeks making the new doors and putting up fencing for the courtyards. While it seems like a simple project, it is a benefit that those working in the camps do not have to worry about.

"The guards and medical staffs that work the camps have a challenging job," said Phillips. "Anything we can do to make their job easier or keep them from worrying about their facility will help them focus on their mission. In my opinion, that's really why the BEEF is here."



Senior Airmen Joseph Graeff, with Joint Task Force Guantanamo's 474th Base Emergency Engineer Force, sands the inside of a newly constructed doorway in Camp 6 Tuesday, June 10th.

The legacy between a father and son



Thomas Gilchrist, a former Marine who was stationed at GTMO in the '70s, stands with his son Navy Petty Officer 2nd Class Jeffrey Gilchrist, assigned to Joint Task Force Guantanamo, outside the Tiki Bar May 26.

Story by Sgt. Debra Cook
Staff Writer, thewire@jftgtmo.southcom.

True leaders know that leadership only comes by setting the example. In many ways, Thomas Gilchrist, a Marine who was stationed at Naval Station Guantanamo Bay in the 1970s, led the way for his son. Navy Petty Officer 2nd Class Jeffrey Gilchrist took orders to come to GTMO forty years after his father Thomas left his six-month mark here.

"I was so impressed when this young man decided he wanted to join the military and go on a reserve status," said Thomas about his son's desire to join. "He already had a job and different things going on but he said, 'I can go in the reserves and they have all sorts of opportunities.' He told me, 'I can do something for the country and for myself also.'"

Thomas remembered when his son had the opportunity to come to GTMO. "It's just been impressive," he said. "It's awesome for him to kind of follow dad's footsteps."

When Thomas was stationed here in 1970, his mission was to guard the fence line. But when his unit got here they asked who could type. Thomas sat at the bench table outside the Triple C coffee shop and laughed as he told the story.

"I thought to myself, you know what? If a typewriter's gonna get me in trouble, I'm gonna get in some trouble here." He volunteered to type and was chosen to be the battalion mail orderly and got to work indoors out of the hot GTMO sun.

Mail came twice a day back in those days. "They must've had jet fuel to burn," said Thomas. There were jets flying in and out of GTMO all the time. Mail pickup was twice a day - once in the morning and once in the afternoon. Jeffrey joked about how long it can take for him to get mail, but Thomas was quick to remind him that back then all they had were letters. They didn't have the communication like we

have today with MWR centers open for Skype, internet and email. They didn't even have access to make phone calls like we do today.

Coming here has been better than he thought it would. "I remembered yesteryear. We didn't have anything," said Thomas. "I called home last night ya know, got the little calling card. We were just stuck when they brought us down here. There weren't any library facilities available. We didn't even have air condition back then."

Thomas spent his free time in GTMO snorkeling and jogging mostly. He didn't remember having diving available then but it did inspire him to take up diving and spear fishing when he got back home.

There would be the occasional USO show, which was one of his most memorable experiences. "There were two or three of them while I was here," said Thomas. "There were no women on base at all so when the USO came women would be there."

The uniform of the day was a white T-shirt and green fatigues. He could smoke indoors while working. Anyone could take a boat as long as you didn't go past certain buoys. As far as the food is concerned Thomas said some of the best breakfasts he's ever eaten while in the was probably right here at GTMO because they had a steady diet of omelets. For leave travel they'd get to take a flight to Puerto Rico for a few days.

They had the latest movies at all times. Thomas said it was Hollywood's contribution to the military. "I just took everything for granted when I was here. I was young and couldn't wait to get out."

Although there were iguanas here in the '70s Jeffrey said about his father, "he's excited about seeing banana rats. He hasn't seen them yet so he wants me to drive him around tonight and find some."

His father looked out over the water still reminiscing, "It was a very exciting time in my life. It was just a great tour of service that I had."



Thomas Gilchrist, a Marine formerly stationed here in the '70s, stands in the Leeward side mail room. The cigarette in his mouth accentuates a difference between he and his son's service here.

Photography 101

Selective focus: What's important?

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

Focus is how blurry or clear an image is and while some out-of-focus areas in an image can be useful for highlighting the subject of the picture, a completely blurry frame leaves much to be desired. Choosing how much of your photo will be in focus and what you choose to make focused will tell your story. The amount of your photo which is in focus is called your depth of field (DOF). There are a couple different angles of approach at your disposal when trying to control DOF. Becoming proficient in these principles, which can only be attained through practice, will allow you to make more professional looking photos.

Photo by Pvt. Kourtney Grimes/The Wire



Taken at f/4.5 and 1/80, this photo exemplifies a shallow depth of field where only a small section of the photo is focused while the foreground and back ground are out of focus.

A photo of a vast landscape in which the closest and the farthest hill and everything in between are in focus is what is called a large or deep DOF. A extreme close-up shot of a rocky beach with only a few pieces of sea glass in focus exemplifies a small DOF. Creating the desired DOF through different avenues will allow you to show a large scene in its entirety or isolate a subject from its surroundings. While both are impactful,

each image has a different intent and by manipulating an image using DOF, you will be able to tell a story.

DOF can be controlled in an image by three things: aperture and the camera to subject distance .

Aperture or f-stop is the opening in the camera that allows light in. A larger opening is represented with an f-stop of "f/2.8" or "f/4," while a small opening is seen with numbers like "f/16" or "f/22." The smaller the number the more light you get. It's useful to know that not only will the smaller aperture number increase light in the photo, it will have a very shallow DOF, giving the photo an extremely sharp and narrow focus. On a camera that allows manual settings, these adjustments are simple ones to make. This is a technical way to adjust DOF.

Camera-to-subject distance describes the special relationship between the camera, the subject and the background of the image. To get a blurred back ground behind a portrait, bring your camera closer to the subject and move the subject away from the back ground. To keep both the subject and the background in the DOF and focused, move the subject close to the background. This method is the best for mobile subjects and even works with less adjustable cameras like smart phones. Practicing this will help turn simple pictures into quality photos that tell a story. In the words of renowned photographer Ansel Adams, "when words become unclear, I shall focus with photographs."

NEWS FEED

PRESIDENT NOMINATES 3 OFFICERS FOR SENIOR LEADERSHIP POSITIONS

American Forces Press Service

WASHINGTON -- President Barack Obama has nominated three senior military officers to serve in important leadership positions across the Defense Department, Defense Secretary Chuck Hagel announced today.

The president has nominated Navy Adm. Bill Gortney, currently commander of U.S. Fleet Forces Command, to be commander of U.S. Northern Command and North American Aerospace Defense Command. If confirmed by the Senate, he would succeed Army Gen. Charles H. Jacoby Jr.

Army Gen. John F. Campbell, currently vice chief of staff of the Army, is the president's choice to command NATO's International Security Assistance Force and U.S. Forces Afghanistan. If confirmed, he would succeed Marine Corps Gen. Joseph F. Dunford Jr., whom the president has nominated to be the next commandant of the Marine Corps.

The president has chosen Army Lt. Gen. Joseph L. Votel, currently commander of Joint Special Operations Command, to receive his fourth star and to serve as commander of U.S. Special Operations Command. If confirmed, he would succeed Navy Adm. William H. McRaven.

FISCAL YEAR RECRUITING REMAINS ON TRACK THROUGH MAY

American Forces Press Service

WASHINGTON, June 25, 2014 -- All four active services met or exceeded their numerical accession goals for fiscal year 2014 through May, Defense Department officials announced today.

Meanwhile, four of the six reserve components met or exceeded their fiscal-year-to-date 2014 numerical accession goals through May. All six reserve components also met or exceeded DOD quality benchmarks, officials said.

The official numbers for the first eight months of the fiscal year can be found at <http://www.defense.gov/news/>.

U.S. ADVISORS ARRIVE IN IRAQ TO BEGIN ASSESSMENT

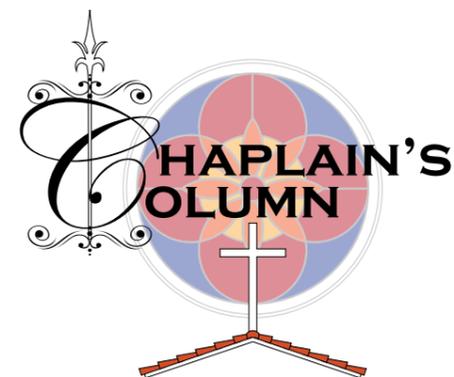
By Nick Simeone, American Forces Press Service

WASHINGTON, June 24, 2014 -- The first U.S. service members ordered to Iraq to help the Iraqi military counter a terrorist threat have arrived in the country, Pentagon Press Secretary Navy Rear Adm. John Kirby said today.

About 90 troops have arrived in Baghdad, where they will join some 40 others attached to the U.S. Embassy to establish assessment teams and a joint operations center with Iraqi forces.

They are the first of what could be up to 300 U.S. military advisors President Barack Obama has ordered to the country to assess an insurgency led by a Syrian-based extremist group that has routed the Iraqi military and taken over much of the country's north and west while continuing to move closer to Baghdad, threatening to push Iraq to the brink of full-blown sectarian war. The group is known as the Islamic State of Iraq and the Levant, or ISIL, and also as the Islamic State of Iraq and Syria, or ISIS.

Kirby told reporters four additional teams totaling about 50 people will arrive in Iraq in the coming days. U.S. special operators will assess the cohesiveness of Iraqi security forces and the threat posed by advancing ISIL insurgents, and then will provide recommendations on how to best help the Iraqi military.



Tilting in the right direction

By Navy Cmdr. Thomas Taylor
Joint Task Force Chaplain

Saturday was the longest day of the year in the Northern Hemisphere – the first day of summer. From now through late December, Earth will tilt a little bit away from the Sun each day resulting in just a bit less sunlight for us to enjoy. Here at GTMO the peaks and valleys of sunlight are not as noticeable as they are farther north. But when the sun sets at 5:30 p.m. in December, we will notice the difference from the sunsets this week, around 7:45 p.m.

Just like the amount of sunlight we experience, the days of our deployment here will have peaks and valleys. There will be times when all seems to be going well, and the days just fly by. Other times, it will feel like our wheels are stuck in the mud and we are not making any progress. We will mark milestones of our deployment: the first month, half way, a month to go, a week. Some will be celebrations, others will bring us down.

When we are feeling down, we can think about our planet's relationship with the sun. During the short dark days, the sun is not farther away – Earth is just tilted in the wrong direction. On the days when we are feeling down, it's not that God is farther away from us; it's just that we are tilted in the wrong direction. Rather than curse the darkness we might experience, we need to seek the light. Don't focus on what is missing; focus instead on the blessings every one of us receives each day. Involvement in a faith community can help us achieve that, and there are many to choose from here. I encourage you to tilt your orientation back towards God, however you know Him. When you do, the days will fly right by – and be filled with blessings.

The JSMART Spot

Cross train your brain

By Navy Petty Officer 2nd Class Arianna Loaiza
JSMART Psych Tech

Ever been told to "figure it out" or "make it happen" when asked to complete a task?

Cognitive flexibility is a skill that can help you think outside the box when faced with a difficult demand.

Cognitive flexibility refers to the mental ability to adjust thinking or attention in response to changing goals or environments. With cognitive flexibility you take on new perspectives and approaches to difficult situations. For example, being a man down for your softball team. You can either think "we will have to forfeit the game," or "My buddy came to watch us. Let me ask if he can play so that we don't have to

forfeit."

With cognitive flexibility you will be more productive in adverse situations. For example, think about the time you were presented with an impossible task, but not given the option to fail. You succeeded by asking for other's opinions, taking a completely different approach to the problem, or... what did you do?

We want to hear your success stories of cognitive flexibility. Send your responses to jsmarradio@outlook.com.

Hear the best uses of cognitive flexibility on Radio GTMO from noon - 2:00 p.m. Friday on 102.1FM

"Be infinitely flexible and constantly amazed." - Jason Kravitz



GTMO sports standings

SOFTBALL		BASKETBALL		SOCCER	
1. Chaos	14-1	1. Get Buckets	8-1	Men's Soccer League	
2. Fight'n 66	14-1	2. OOH Kill'en	7-2	1. NEX United	9-0-0
3. Mercenaries	12-3	3. JMG	7-3	2. Manchester City	7-1-2
4. Team 907	11-4	4. Avengers	6-5	3. Asquad	5-1-2
5. GTMO Latino Plus	9-6	5. BEEF	6-5	4. Wolverines	5-3-2
6. Outcasts	9-6	6. Ball uh Rinas	4-4	5. Fight'n 66	3-5-0
7. BEEF Sticks	8-7	7. The Rascals	5-5	6. Smash Boi's	2-8-1
8. Sunbursts	8-7	8. Shottas	4-7	7. Boston Beaners	2-7-0
9. J2 Ghosts	7-8	9. 93rd MP Co	4-5	8. Road house	1-1-9
10. The Gorillas	7-8	10. Ghosts	2-7	Women's Soccer League	
11. MisFits	5-10	11. Vicious & Delicious	1-8	1. Soccer Bombers	6-3-1
12. Hellhounds	5-10	12. Dream Killers	2-13	2. One Love	5-3-2
13. Inglorious Batters	4-11			3. Barcelona	1-6-3
14. JMG	4-11				



Named for George J. Denich, Jr., a Navy petty officer third class in the Navy Reserve who was killed while driving a bulldozer in the construction of base fortifications on April 10, 1963, Denich Hill was dedicated on June 26, 1963. A monument is located at the foot of the hill located in the southeastern section of the base.



TABATHA:
8 intervals
20 seconds work
10 seconds rest

- Pushups
- Situps
- Squats

Submitted by GITMOFit



GFTMO
FREEDOM FESTIVAL
2014

FRIDAY JULY 4
SATURDAY JULY 5
AT THE TIKI BAR

FIREWORKS 9PM
FAMILY COOK OUT \$10 5PM
FAMILY FESTIVAL 6PM
CONCERT 8PM

AFE PRESENTS
JIMMY EAT WORLD

EVENT SPONSORED BY USAA

*The Department of the Army does not endorse any company, product or their products and services.



A manatee is spotted and tracked in the industrial area by Navy Petty Officer 2nd Class Chris Calhoun. Photo by Air Force Master Sgt. James Powers.



PHOTO OF THE WEEK

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