



THE WIRE

The Official Publication of Joint Task Force Guantanamo

Ramadan begins

MP Battalion TOA

Happy birthday America

AROUND THE BAY

MOTIVATOR

OF THE WEEK

ME3 Brennen Duck

Port Security Unit 312

SPC Natasha Thomas

66th Military Police Company



Cover photo: State flags are flown adjacent to Windward Range where the Joint Detention Group Change of Command Ceremony was held June 24. Happy birthday America!

Photo by Pvt. Kourtney Grimes

Illustration by Maj. Reinaldo Montero

Greatest race coming soon

U.S. Military, Civil Service, contractors and dependents may participate with two to six member teams. Events include fireman's carry, bicycle ride to Cable Beach, a Military and U.S. history quiz, billiard shot and more. Event will be held Saturday, July 12 from 7:30 a.m. - noon at Cooper Field. To register, call 8020.

Don't be a target!

Learn to deter, detect and defend against identify theft during this free seminar facilitated by Navy Federal Credit Union and Hosted by the Fleet and Family Support Center in bldg. 2135, Wednesday from 2 - 3 p.m. To register, call 4141 or 4153.

FEATURES

8 • JDG Change of Command

The Joint Detention Group held a change of command ceremony, at Windward Range, observing many traditions rich in Army history, as they bid farewell to the outgoing commander and welcome the new.

10 • 93rd Battalion ToA

The JDG's 93rd Military Police Battalion transferred their authority to the 391st MP Battalion during a ceremony June 25.

12 • Ramadan

The Holy month of Ramadan has begun, and Joint Task Force Guantanamo has taken numerous steps to ensure that all detainees and Troopers have the option to recognize traditions.

CORRECTIONS Please report all corrections to thewire@jtfgtmo.southcom.mil. The following information was printed incorrectly in the last issue of *The Wire*.



Photo by Pvt. Kourtney Grimes/ The Wire

Marine Gen. John F. Kelly presents Mrs. Christine Bogdan, wife of Army Col. John Bogdan, outgoing commander of the Joint Detention Group, with the Commander's Award for Public Service during a change of command ceremony June 24.



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Look for us on your favorite Social Media:



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



Happy birthday USA

By Rear Adm. Richard Butler

Commander, Joint Task Force Guantanamo

Today we celebrate our nation's independence and this Fourth of July marks the 238th anniversary of the birth of our country. It's a day when brave and dedicated patriots made visible their love of liberty and established a homeland based on freedom. The declaration was heard around the world and roused fathers and sons, who left farms and stores and homes, to fight for our independence. The declaration compelled mothers and daughters to keep family, community and businesses together when there was no assurance there would be a tomorrow. On this day, let us remember that the price for our freedom was a costly one, but a price



Rear Adm. Richard Butler

our forefathers willingly paid.

So, on the Fourth of July, we mark more than a birthday. We celebrate our God-given rights to liberty and life, and we honor all those who, over the centuries, have been willing to fight and die to keep our country free. As we celebrate the founding of our nation, we honor you – the men and women of the U.S. Military who volunteer to serve our country. You have chosen to be here to defend freedom with honor. You carry out Joint Task Force Guantanamo's mission of safe, humane, legal and transparent care and custody of the detainees. Your gallantry and courage has stirred the souls of all Americans. Your pride and patriotism are deeply felt

and through your valor and sacrifice, our country remains strong and free.

As I get ready to turn over command to Navy Rear Adm. Kyle Cozad, the job that all of you are doing is important and Rear Adm. Cozad knows the very same. Your work here going forward is critical to the future of the JTF mission and to the national security of our country. I am confident that you will continue to do an outstanding job. You have the gratitude and respect of the entire chain of command for your service and sacrifice and for the service and sacrifice of your families. I thank you for raising your hand to volunteer to serve your country, and I'm proud to serve with all of you here at the JTF.

Make plan: start working toward the things you want

By Army Sgt. 1st Class Matthew Horton

Platoon sergeant, Avenger Troop, 3rd Squadron, 89th Cavalry Regiment

What are your goals? Leaders ask Service members about goals countless times in counseling sessions, board appearances or general conversation. How many of these Service members really sit down and plan their goals? The answer is only a few. Goal setting isn't something you should do because it's a new year or a leader asks you. It is a continuous process requiring frequent attention and revision. Anyone can say "I want to graduate college," "I want to leave the military at a certain rank" or "I want to save money." Reaching the goal requires a plan and a plan.

The first step in goal setting is to brainstorm the final goal of what you want to accomplish. Goals can be in any area of your job or personal life. Some examples related to employment are increase job skills, advance to higher rank or obtain more job related schooling. Personal goals can include deciding

to learn a new skill, find a spouse, buy a car or house, make a trip around the world, lose weight, increase fitness or make any plan that gets you excited and will make you happy in the end. Now you need to set the deadlines for the goal by setting a date you want to have the goal complete.

Next comes the part that will create problems for most Service members, the action plan. An action plan is a specific list of actions that will lead to your goal. One of the most effective ways is to think from the end; visualize your outcome as completed and think backward to where you are now.

What steps have you taken to get there? Write them down and bring them into a logical order. Keep in mind your deadlines. It may be necessary to change some goals or adjust the deadline if there are a lot

of steps required to reach your goal. Once you are complete, start with the first step from your action plan.

It is very important to do at least one step as soon as possible to build momentum toward your goal. The more steps you complete towards the end result will help you finish the process. There are

things in life that happen which we cannot control like changing duty stations, deployment and unexpected bills. This might hinder the completion of your goals, but don't give up! If something changes, rework and revise your plan to take into account the new circumstances so that you can continue working toward your goal. Instead of dreaming about what

you'll have someday, make a plan and start working towards the things you want in life.



Sgt. 1st Class Matthew Horton

Photography 101

Motion Photography: how to capture action

Story by Sgt. Kenneth Tucceri

Webmaster, thewire@jftgmo.southcom.mil



Photo by Pvt. Kourtney Grimes/The Wire

Waves at Girl Scout Beach are captured with a 1/4 shutter speed and f/10 aperture. A slow shutter speed illustrates the movements of the waves, creating a soft, almost ethereal effect.

A great variable in still photography is the portrayal and representation of motion in one's image. Many times the subject of an image is standing still, maybe even smiling back at you, but when the subject is running, flying or moving rapidly, cognizance of motion can create an exciting and successful composition.

A great example of motion photography in history is the tale of Eadweard Muybridge, a pioneer of this photo genre. So prominent was his reputation in this field, in 1872 he was hired by then governor of California, Leland Stanford, to settle a debate concerning whether all four of a horse's hooves leave the ground at the same time while galloping. It was undetectable to the human eye, so Muybridge put his camera to work, capturing an image of Stanford's horse Occident in a gallop with its hooves completely off the ground, settling the debate. He went on to further his studies in motion utilizing subjects from humans to bison to completing other analyses of the equine variety.

Luckily for us, cameras have advanced tremendously since the 19th century, though motion photography can still be challenging.

If you set out to take a photograph while the subject is in motion, during a sporting event or other moment with dynamic motion, your shutter speed is a critical variable in getting the desired effect.

Your shutter speed, as implied by the name, indicates how long your camera's shutter stays

open. If your shutter speed is quick, like a speed of 1/3200 of a second, motion is probably not going to be detected. Therefore, a moving subject will appear frozen in its place. Yet if you set your shutter speed to a slower time, such as 1/60, blurs indicating motion will be present if the subject is moving, which can create a nice effect.

An additional variable to keep note of is the longer the shutter is open, the more light is let in. To prevent overexposure - when your photo is too bright - a small f/stop, or aperture, is required in normal lighting conditions with a slow shutter speed. Conversely, a large aperture is usually required with a quick shutter speed. Awareness of this will reward good exposure. Just be careful though, a large aperture limits your depth of field, limiting what will be in focus.

To optimize your success in taking good motion photos, a good tip is to anticipate the movement of your subject. Guess or predict the movement or moment you wish to capture and be ahead, ready for the shot, of the subject. This will produce a greater percentage of quality images when using slower shutter speeds.

Additionally, with slow shutter speeds, camera stability is a factor. A tripod or solid technique of keeping your camera still will help. Though you may want to see blur in an image, there should be elements in clear focus to complement the motion.

Many of you probably shoot with an automatic setting, which works, but you are limited to what the camera allows you to manipulate. Yet don't fret if you are not shooting with a camera that has the bells and whistles, as great images are still attainable using an iPhone with a little practice and a steady hand. If that fact doesn't cheer you up, just think of the hours our buddy Muybridge spent in the darkroom that we all avoid due to the advent of digital photography.

Happy shooting!

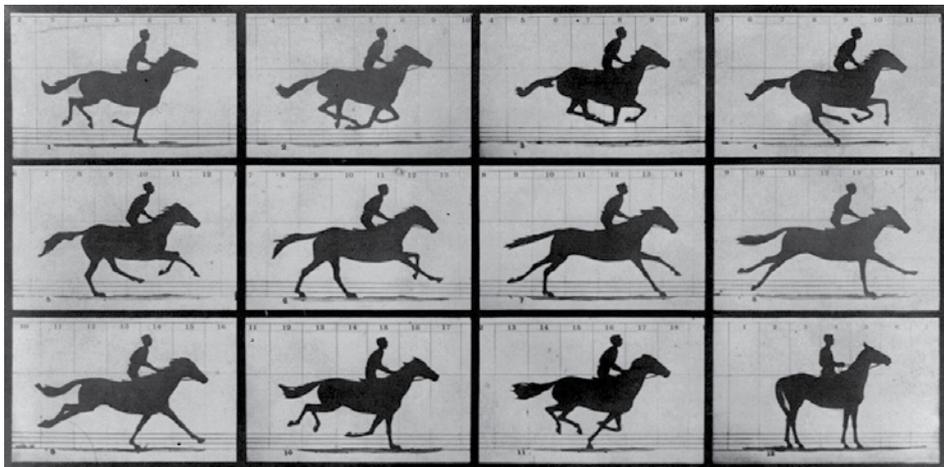
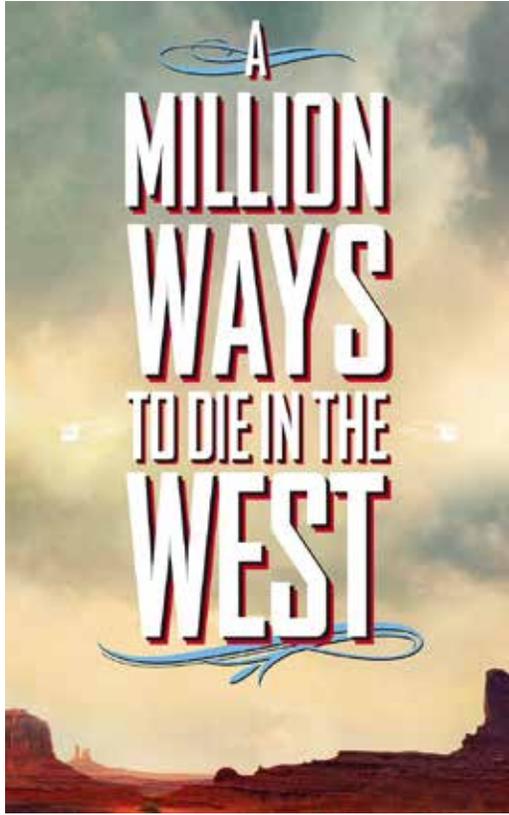


Photo courtesy of Library of Congress Prints and Photographs Division

"The Horse in Motion," an equine study by famed photographer Eadweard Muybridge taken on June 19, 1878, shows a horse named Sally Gardner galloping to illustrate the horse's various positions while in movement. Muybridge used cameras that were triggered by strings to achieve the images.



Courtesy BLT Communications, LLC

Neeson. Harris plays a hilarious mustachioed entrepreneur, Foy, which gives Albert the gamut of harassment. Neeson's character, Clinch, is the area's bad boy, the toughest and nastiest man around.

Charlize Theron's character, Anna, Clinch's wife, was one of the film's highlights. Her interactions with Albert were some of the funniest moments in the movie. In some scenes, when Anna laughed, her reaction seemed so genuine it added nicely to the humor of the jokes. It also created some apathy towards these characters that faced seemingly narrow odds at happiness.

Other noteworthy performances were Amanda Seyfried, who played Louise, Albert's girlfriend in the film. Sarah Silverman, who played Ruth, also stole some scenes. She was employed in a house of ill repute, yet remained "faithful" to her boyfriend, Edward, who was played by Giovanni Ribisi.

Throughout the juxtaposition of hilarity coupled with death that permeated during the entirety of the film, this movie made me laugh at the ridiculous situations the characters found themselves in. I was happy the movie didn't have an overabundance of a "Family Guy" vibe, but still had some signature MacFarlane humor.

All said and done, I walked away from the Lyceum pleased with the film and especially happy with one truly hilarious pop-culture reference that I am still chuckling at. I'll give this movie three banana rats for its humorous reminder that it is nice to be alive in 2014 opposed to the 19th century Wild West where any moment can be your last.

Review by Sgt. Kenneth Tucceri

Webmaster, thewire@jftgmo.southcom.mil

“We should all wear coffins as clothes,” said Seth MacFarlane's character, Albert, confessed in the film "A Million Ways to Die in the West."

The movie, as the title infers, highlights the perilous life that the brave and not so brave souls of America's western expansion faced. Think "Oregon Trail." Cholera, typhoid, rattlesnake bites, dysentery and even, as the film mentions, really sharp tumbleweeds.

If the plot was delivered from a six-shot revolver in an old western stand-off at high noon, the bullets would be poop jokes, sexual innuendos, sharp wit, spontaneous fatalities, bizarre "Family Guy" humor and for the last shot, a little old-school western flavor.

The movie concentrates on Albert's hero's quest from a meek sheep farmer with a broken heart who was in constant fear of the innumerable things that could take his life at any moment - even a trip to the outhouse could be his last action - to a man who becomes champion of his predicament through acts of bravery, tons of fart jokes and a vision initiated from an Indian shaman's potion.

If MacFarlane's character is the operator of the movie's vehicle, the engine would be the movie's two protagonists - Neil Patrick Harris and Liam



Courtesy BLT Communications, LLC

Sailor steps up as volunteer soccer coach

Story by Staff Sgt. Carmen Steinbach

Editor, thewire@jftgmo.southcom.mil



Photo by Sgt. Kenneth Tucceri/The Wire

Coach of Naval Station Guantanamo Bay's female soccer team, Barcelona, Navy Senior Chief Petty Officer Peter Bergum stands ready as his team takes on their rivals, One Love, during a match at Cooper Field Friday.

In a deployed environment, Soldiers, Marines, Sailors, Airmen and Coast Guardsmen are often told to make the best of their time away from home, use downtime productively to keep a journal, learn to play guitar or perhaps practice a new sport.

Several female Troopers and Naval Station Guantanamo Bay residents increase their physical fitness and relieve stress by hitting the soccer field. Their new coach, a fellow member of Joint Task Force Guantanamo, has the skills to take the local female soccer team, Barcelona, from entry level to excellent.

Navy Senior Chief Petty Officer Peter Bergum with JTF Engineering has coached his children's soccer teams for many years back home. In fact, he has a U.S. soccer coaching certification, called an E-license, and coaches in Iowa. When word of his experience reached a Barcelona player, he was recruited to help bring them together and unite a team that includes both those who have never set foot on the field and more experienced players as well.

"They're great. They're fun," said Bergum. "It's fun to practice and see an improvement in the couple of games we've had together."

Most recently, the team has been working on foot skills and run drills to improve passing, shooting and ball handling.

"We're trying to get everybody a little bit better because we have all different experience levels on the team – those that have played for years and years, and those that have never played before getting here, so that's kind of a fun challenge," said Bergum.

Army Sgt. Rebecca Rickrode, a JTF Soldier with the 420th Military Police Company who plays forward for Barcelona, is one of the players that brings a lot of experience to the table, being a player back home. She said training with those that have never played before has been an interesting challenge, but she has seen a vast improvement in the team as a whole since Coach Bergum has come on board.

"He is a very positive coach, and he's very helpful," she said. "He's encouraging but he also teaches us a lot of good techniques and helps out people who play at all different levels."

While the female soccer league ends next week, the ladies of team Barcelona will never forget the skills they learned and the feeling of camaraderie they felt during the season, and for a brief moment enjoyed a positive distraction from being away from their loved ones.

"[Playing] just brings a little bit of home back to deployments," said Rickrode. "You can do something that's fun and not just do PT all the time."



Photo by Sgt. Kenneth Tucceri/The Wire

MOVIE HOTLINE

NOW SHOWING

MOVIE HOTLINE

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CAMP BULKELEY DOWNTOWN	Million Dollar Arm <small>(LS) PG, 8 p.m.</small> Jersey Boys <small>R, 10:15 p.m.</small>	Godzilla <small>(LS) PG13, 8 p.m.</small> Transformers: Age of Extinction <small>PG13, 10:30 p.m.</small>	22 Jump Street <small>(New) R, 8 p.m.</small>	Earth to Echo <small>(New) PG, 8 p.m.</small>	How to Train Your Dragon 2 <small>PG, 8 p.m.</small>	A Million Ways to Die in the West <small>R, 8 p.m.</small>	Blended <small>PG13, 8 p.m.</small>
CAMP BULKELEY	Godzilla <small>(LS) PG13, 8 p.m.</small> Earth to Echo <small>PG, 10:15 p.m.</small>	Transformers: Age of Extinction <small>PG13, 8:00 p.m.</small> Jersey Boys <small>R, 10:45 p.m.</small>	A Million Ways to Die in the West <small>R, 8 p.m.</small>	LYCEUM CLOSED *	22 Jump Street <small>(New) R, 8 p.m.</small>	LYCEUM CLOSED *	How to Train Your Dragon 2 <small>PG, 8 p.m.</small>

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!



Soldiers stand in brigade formation at Windward Range during the change of command and change of responsibility ceremony for Joint Task Force Guantanamo's Joint Detention Group June 24. The traditional ceremony welcomed the incoming leadership, Army Col. David Heath, commander, and Army Command Sgt. Maj. Shawn McLeod, command sergeant major.



Navy Rear Adm. Richard Butler, Joint Task Force Guantanamo commander, and Army Col. John Bogdan, outgoing commander of the JDG, render hand salutes at the JDG Change of Command Ceremony June 24.

Joint Task Force *welcomes new* JDG leadership

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

Members of the Joint Detention Group stood fired up at Joint Task Force Guantanamo's Windward Range during the JDG Change of Command and Change of Responsibility Ceremony June 24. Teeming with tradition, the morning's ceremony included an inspection of troops, the passing of the battalion colors and the pass in review. The reviewing officer for the change of command was JTF Commander, Navy Rear Adm. Richard Butler.

"I really am honored to be apart of this occasion where we transfer command responsibility from one outstanding leader to another and really reflect on what the vigilant Warriors of the Joint Detention Group have achieved

over the past two years," said Butler.

As the JTF's mission is to provide the safe, humane, legal, transparent care and custody of detainees is the mission of the JDG, their success in it relies on numerous aspects.

"A hallmark of the Joint Detention Group has always been the professionalism and uncompromising standards of the dedicated personnel and at the highest caliber, these Warriors provide a vital mission, 24 hours a day, seven days a week, representing the pride and fidelity of the Joint Detention Group and Joint Task Force Guantanamo," said Butler.

The change of responsibility ceremony welcomed the new leadership for the JDG which included Army Col. David Heath, incoming commander who took



JTF Commander, Navy Rear Adm. Richard Butler, hands incoming JDG commander, Army Col. David Heath the brigade guidon during the change of command ceremony June 24.



Marine Gen. John Kelly, commander of U.S. Southern Command, and Rear Adm. Richard Butler, commander of Joint Task Force Guantanamo, share a conversation.



Soldiers of the 93rd Military Police Battalion march past Navy Rear Adm. Richard Butler, JTF Commander, Army Col. David Heath, incoming JDG commander, and Army Col. John Bogdan, outgoing JDG commander during the ceremony's pass in review.

over for Army Col. John Bogdan, outgoing commander and Army Command Sgt. Maj. Shawn McLeod, incoming JDG command sergeant major, who took the seat of Army Command Sgt. Maj. Michael Borlin, outgoing command sergeant major.

“Col. Heath, Dave you’re getting a hell of a team,” said Bogdan. “I know you will continue to push them further and faster than I have. Best of luck ... I could not have asked for a better team of leaders and Warriors to accomplish this mission.”

As the JDG commander, the roles and responsibilities Bogdan asked of his Troops was simple.

“Over the past two years, I’ve asked each and every Soldier on this field to

do one thing – to give a damn – to take care of your unit, to take pride in your unit, yourself and your Army,” said Bogdan.

Visiting official and guest speaker Marine Gen. John F. Kelly, commander, U.S. Southern Command, voiced to the Soldiers of the JDG why he is thoroughly proud of the professionalism exemplified at the JTF.

“At the end of the day, people like us, in uniform, the U.S. Military, always deliver our country a win,” said Kelly. “We always do, and you deliver our country a win every day here in Guantanamo. You are doing a magnificent job down here.”

The leadership that spoke at the ceremony all had one thing in common to say. Rather than giving the credit of the

JDG’s success to themselves and their peers, they directed the attention to the Soldiers in the formation that stood in front of them.

“You walk the blocks, stand the posts, man the perimeter, guard the sally ports and access points in order to safeguard and protect the worst our enemy has to offer. You spend over half your time here in constant contact with the enemy, looking evil in the eyes without blinking and, regardless of what they do, you respond with dignified professionalism because we are American Soldiers. This is what we do. This is what we believe. It’s about who we are not who they are and you understand that and set the example for the world to see,” said Bogdan.



93rd Military Police Battalion Transfer of Authority

An end to a journey and the passing of a legacy

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

Wednesday, June 25 marked the final days on island for Soldiers in the 93rd Military Police Battalion as they handed over the authority of their mission to the incoming 391st MP Battalion. With a storied past of participation in nearly every conflict since WWII to Operation Iraqi Freedom, the 93rd has done its best to live up to its past by completing their deployment here at Joint Task Force Guantanamo.

Joint Detention Group commander, Army Col. David Heath expressed his gratitude towards the 93rd MP Battalion and pointed out how they played a vital role in the formal establishment of the joint area of operations,

the Expeditionary Legal Complex. In addition to this role, they were responsible for the security of military commissions and contributed secured, escorted and assisted in the custody transfer of

an impressive list of accomplishments during their deployment to Guantanamo Bay,” said Heath. “Following the assumption of their mission to conduct detention and security operations within the JTF area of responsibility, Rich and his team established the first ever battalion tactical operations center within JTF Guantanamo, which ensured mission command situational understanding throughout the battalions area of operations.”

“I have been continually impressed with the performance displayed by the outgoing unit.”

-Army Col. David Heath

detainees to their countries of origin or third party nations.

“The 93rd Military Police Battalion, under the magnificent leadership of [Army Lt. Col.] Rich Ball, racked up

A slew of transfer of authority ceremonies has been going on as a large rotation of MP commands have departed. Heath’s own assumption of command for the Joint Detention Group



The outgoing 93rd Military Police Battalion and the incoming 391st MP Battalion form up on Windward Range at the Transfer of Authority Ceremony June 25.



Army Lt. Col. Richard Ball, commander of the outgoing 93rd Military Police Battalion, gave his final remarks at the transfer of authority ceremony, June 25.



Army Lt. Col. Roger Glenn, commander of the incoming 391st Military Police Battalion, stands ready to unfurl the colors of his guidon at the transfer of authority ceremony at Windward Range.

took place the day before on June 24th, with his time at JTF GTMO still able to be counted in the single digits. Despite his brief tenure here so far, Heath says he is impressed with the performance displayed by the outgoing unit.

“Although I have only been on ground for a few days, I have been continually impressed by the professionalism and dedication of the Soldiers and units under the 93rd. I thank you from the bottom of my heart for all the things you have done for the mission, and the nation,” said Heath.

As the Transfer of Authority ceremony and its traditions began to come to a close, the commander of the incoming 391st MP battalion, Army Lt. Col. Roger Glenn, thanked the 93rd for their dedication and professionalism in the mission thus far and the relationship they gained with each other in the short period they worked together.

“To the 391st MP Battalion, I would ask you to simply take a moment and think forward some eight-and-a-half months,” said Glenn, “as we will be standing upon this field again and be in a position in which we will be relinquishing the guidon to our successors. It will take a deliberate effort to end the race with your intended goals.”



The 93rd Military Police Battalion commander and command Sgt. Maj., Army Lt. Col. Richard Ball and Command Sgt. Maj. Randy Cheadle, furl the unit guidon at the June 25 Transfer of Authority Ceremony. The 391st MP Battalion will assume the mission at JTF GTMO.



Army Capt. Benjamin Neeley, commander of Alpha Troop, 3rd Squadron, 89th Cavalry Regiment, stands at the head of his formation during a transfer of authority ceremony June 25. The 391st MP Battalion is taking over from the outgoing 93rd MP Battalion.



RAMADAN FOOD PREPARATION

The additional preparations involved with fasting

Story and photos by Sgt. Spencer Rhodes

Copy Editor, thewire@jftgmo.southcom.mil

Facilitating the food needs of both the Joint Task Force Guantanamo detention facility and the Camp America Galley is a busy task. The galley provides a nutritionist who specifically helps prepare eight different meals for detainees; the needs of vegetarians and even diabetics are also taken into account. Taking on the additional needs of Ramadan adds yet another challenge to the already demanding routine, but after 10 years of accommodating the additional scheduling, the kitchen continues on like a well-oiled machine.

Sam Scott, systems projects manager at the Camp America Galley for the last decade, explains that the kitchen has to be divided into multiple sections to separate the food prep from the halal meat (a specific way of preparing it for those observing Ramadan) and the normal food prep provided for the daily galley menu.

“We have to make sure we order halal beef, chicken and lamb from the U.S. for all the Ramadan meals...” said Scott. “The meals change a little during Ramadan,” said Scott. “For example, Monday we have a chicken curry, and Friday we have a fish menu, but during Ramadan we may not serve it like that. Friday we

are going to have a shish kabob, and you’ll have the normal substituted for the kosher lamb.”

Scott says that in addition to the different cooking areas, the kitchen must be compartmentalized in a way that prevents JDG food supply from mixing with the daily galley supply. The most important reason for this is so that non-kosher foods are not mixed in with the kosher items for the month of Ramadan.

Not everyone is fasting, so food prep continues 24 hours a day to accommodate the needs of both parties in addition to the normal food prep. Fasting is essentially from sun up to sun down, so meals are prepared for normal times and additional times to accommodate eating after dark, including a midnight meal and snack.

“I have some people who don’t come in until 3 o’clock in the morning. Twenty-four hours a day I run my kitchen during Ramadan...,” said Scott. “My job here is to make sure that when any changes happen or any problems occur that directions are followed correctly. Usually every year I let the whole command staff know what meals we are going to serve. Often they will come and

taste the food so they know what the food is like and what exactly is different.”

Naval Station Guantanamo Bay’s large and small galleys, to include the Camp America Galley, were recently given the highest scores in the 2014 Galley Assessments. They have now been nominated for the NEY award, which is given to galleys with a 5 star rating.



Special lamb shish kabobs are grilled for the Joint Task Force Guantanamo detention facility at the Camp America Galley. Halal prepared meat has to be ordered from the U.S. for those observing Ramadan.

WORLD CUP 2014 WEEKLY UPDATE

Story by Capt. Jesse Manzano

PAO Operations OIC

As we move into the World Cup Quarterfinals this weekend, I wanted to go over a few things we have learned about soccer during the games in Brazil so far.

1) Water breaks will not bring forth the downfall of the sport as we know it. For the first time in soccer history, water breaks - or time outs - have been implemented. Very few will argue with their need in the heat and humidity of Brazil, but prior to this World Cup, they had been very controversial. Some commentators went as far as arguing that their implementation had more to do with FIFA's goal of capturing a larger share of U.S. TV audiences. With all due respect to the naysayers, the game has not lost a thing with the breaks. Instead, it has given all of us watching an extra opportunity to bring our heart rates back down.

2) Social media and the World Cup are taking over the world. How do we know this? Here are some facts - first, Twitter. The Brazil-Chile game this past weekend became the most tweeted real-time event ever with 16.4 million tweets during the game. With 389,000 tweets per minute, this game also beat Super Bowl 48 as the most tweeted sporting event to date. Facebook is not far behind with a billion interactions on the social network, the World Cup has become the most talked about event in the network's history.

3) Soccer is truly unmatched in its ability to stir passions across the... United States? Yes! It has been amazing to see crowds all over the country supporting the national team and, contrary to popular belief, more and more of them will remain soccer fans long after this World Cup is over. I not only believe we will win, but also that we will become a nation obsessed with soccer.

Who knows? Years from now we may be even thanking FIFA and those contentious water breaks for our newly found appreciation for the world's most beautiful sport.



A Camp America Galley nutritionist prepares meals for display, June 17, before the Joint Detention Group command staff comes to review what preparations look like and what meals consist of for those who are and are not fasting. The kitchen staff must adapt to a 24-hour rotation during Ramadan to facilitate the adjusted meal times.

RAMADAN: considerations for the workplace

Story and photos by Sgt. Spencer Rhodes

Copy Editor, thewire@jftgtdmo.southcom.mil

Across the nation Service members are reminded to be tolerant and respectful of those around them and those they work with; the military is a melting pot of cultural and spiritual backgrounds that often requires simple awareness in accommodating those differences. Naval Station Guantanamo Bay and all its inhabitants are no different.

The month of Ramadan has begun and for those of the Muslim faith their work schedule may appear different than usual. It's important to just keep this in mind as you may unknowingly work with someone who is observing Ramadan.

Oftentimes people can get caught up on learning about Ramadan, but fail to remember that they may know or work with someone who is participating in the month of fasting.

"There are Service members on JTF and NAVSTA who are Muslim, and we don't want them to be forgotten in this either," said Zak, the Joint Task Force Guantanamo cultural advisor.

According to him, the process of fasting will often affect the daily routine or schedule of an individual.

"Fasting for Ramadan is not eating or drinking from sun up to sun down, not even water," said Zak. "But it is also

supposed to prepare the individual for the rest of the year, not just those 30 days. It's not just your appetite, but your senses as well that are supposed to fast. It is a test of discipline. You should not look at things that will cause you to do something you shouldn't, your mouth should not speak words that are harmful."

Some may have been told that it is impolite or taboo to eat or drink in front of someone who is observing Ramadan. In an atmosphere like the military's, even if you are a civilian contractor, this may not always be possible.

"Don't be afraid to ask a co-worker if they're OK, or if they need water or food if you see that something has changed or is different. If they say they're fasting, then you can just leave it at that. Most will not be offended at all, you've been as accommodating as their practices will allow," said Zak.

In addition to the five prayer times throughout the day, there is a sixth prayer immediately following 9 p.m. The sixth prayer is called Taraweeh, and will be conducted for the troops everyday at the Naval Station chapel, room 2. The usual Friday prayer will always be conducted at 1 p.m., also in room 2.



Happy feet positive steps

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

A few of us were sitting around the bench outside our rooms at the Cuzco talking about our day.

"I've just been in such a bad mood lately," I said, "I can't seem to get out of it."

"OK, I know this is gonna sound silly," said Army Staff Sgt. Carmen Steinbach, "but a guy at my work suggested I do what he does to put me in a good mood in the morning."

Laughing, she said, "OK, what he does is when he wakes up in the mornings, from the moment his feet hit the floor, with each step he says out loud, happy, happy, happy, and by the time he hits the bathroom he's smiling."

She admitted to trying it herself, "I don't know why," said Steinbach, "but it works. I still do it sometimes."

I decided to join the ranks of those that do the happy feet tactic (HFT) and have even passed it on to my daughter. It

isn't just restricted to our brain. There are parts of our bodies that help and reinforce the feelings we're having.

Essentially, your body can tell your mind to be happy.

"Happiness doesn't depend on any external conditions," said Dale Carnegie, bestselling self-help author, "it is governed by our mental attitude."

If the HFT is too strange for you then try smiling when you don't feel like it. Studies have been done on Botox patients and the facial expressions we make

appear to play a big role in our emotions and how we feel. There's evidence that a smile alone can boost your immune system.

I bet when no one is looking you'll put your feet on the floor and with those first few steps utter the words, happy, happy, happy. Get a double bang for your buck and smile too, even if you don't feel it. Go ahead, no one is looking.

“ People are just as
HAPPY
as they make up
their minds to be.”

- President Abraham Lincoln

really does work. It makes sense because our feet are what carry us through life. But along with Steinbach, I too was curious about why the technique was so effective.

Abraham Lincoln said, "People are just as happy as they make up their minds to be."

In an article in "Scientific American," dated August 1, 2009, Melinda Werner writes that the way we feel emotions

Mixed Vegetable Pokoura

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



For Muslims, during Ramadan there is a fasting period from sun up to sun down. Every sun down, they eat, breaking their fast. For the month of July, The Wire will be bringing you a series of delicious dishes that our Muslim friends would eat during this time from Iraq, Egypt, Afghanistan and Pakistan.

Amy, with Joint Task Force Guantanamo is Chaldean. She's from Iraq and

cooks various dishes that will be used during Ramadan.

"There's 22 Arab countries in the middle east," Amy said. "Muslims are spread out all over and everyone has their own culture and their own traditional food they eat during Ramadan."

Naz, from the JTF owned her own Afghan Restaurant in Sacramento, California for three years. The recipe she's sharing is Mixed Vegetable Pokoura. It's a dish that would be served in Afghanistan.

"Before we eat rice and meat we eat appetizers that we make for ourselves and guests when they come. We have many appetizers. This is only one thing but it's easy for people to make fast."



Recipe

Ingredients:

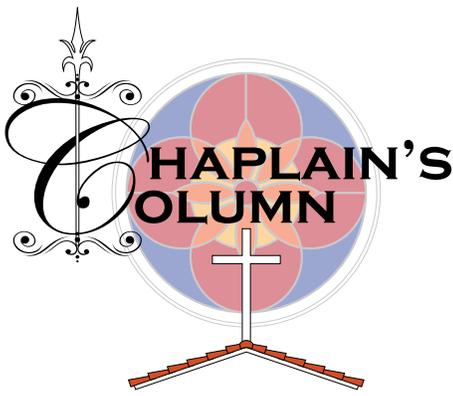
Onion, potato, cilantro, tomato, cauliflower, green pepper, flour, water. Amounts are a personal preference. 3/4 cup chopped for each vegetable yields approx. 10 Pokoura.

Directions:

Chop raw vegetables very small. Chop onion in slivers. Add turmeric, salt and pepper to your liking. Mix together. Add enough flour to coat the vegetables. Add enough water to make moist (about 1/2 to 1 cup) stir. Drop by tablespoon in frying pan with oil for 1-2 minutes or until golden brown.

Eat while hot and enjoy!

Optional Sauce: Combine cilantro, garlic, vanilla, green pepper, walnut (amounts as desired), in mixer or blender and serve on the side for a dip.



Our religious independence

By Navy Cmdr. Thomas Taylor
Joint Task Force Chaplain

In 1620, the British ship Mayflower departed England, destined for the New World. On board there were 102 English Puritans, a religious group which had separated from the Church of England. The laws at the time severely restricted the practice of free religion, and the Puritans – or Pilgrims as they came to be known – fled in order to find a place where they could practice their religion. They risked their lives on a tiny ship to find religious freedom. They arrived in Massachusetts in the late fall of 1620 and established the Plymouth Colony.

One hundred and fifty-six years later, our nation was ready to declare our independence from the government of England. In doing so, our founders affirmed that “men are endowed by their Creator with certain inalienable rights, that among these are life, liberty, and the pursuit of happiness.” When they set about writing our Constitution some twenty years later, the founders’ very first amendment said, “Congress shall make no law restricting an establishment of religion, or prohibiting the free exercise thereof.”

As we gather this weekend to celebrate our independence, we should remember the important role religious freedom had in the efforts to bring about our country. It is a right which we have fought hard to protect – even when our enemies have fought to impose their will on others. The right we have to worship as we see fit is a blessing for which we should all give thanks. This weekend, as we celebrate our freedoms, I encourage you to remember this blessing. Take an hour away from the barbecues, boating and fireworks to worship as you see fit. There are at least 10 worship services here each weekend. Find one that speaks to you, and celebrate the independence we have to worship God.

The JSMART Spot

Honor bound to defend freedom

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

Independence Day is this week and it makes one think about our motto for JTF GTMO, “Honor Bound to Defend Freedom.” Prosperous cultures throughout time have held themselves to similar principals. Vikings believed in the importance of worth not birth in their warriors. Samurai had a strict code of honor known as Bushido. Our own forefathers’ convictions are documented in the Declaration of Independence and their fight against oppression from the crown gave us the freedoms we defend today.

We took an oath to defend freedom, our own and those who cannot defend themselves. Remember why you chose to become a member of the U.S. Military this weekend. It’s important to focus on the mission and why you serve. Find meaning in your work and it will be less stressful and you will feel more appreciated. We have an important task to ensure that our freedoms are never hindered by those who would take them from you.

What does the JTF GTMO motto mean to you? How can you use it to make meaning and value in your work? We want to hear your opinions, please email us at jsmartradio@outlook.com.

GTMO sports standings

BASKETBALL		SOCCER	
1. Get Buckets	10-1	Men's Soccer League	
2. OOH Kill'en	8-3	1. NEX United	10-0-1
3. JMG	8-3	2. Manchester City	7-1-3
4. Avengers	7-3	3. Asquad	6-1-2
5. BEEF	6-5	4. Wolverines	6-3-2
6. The Rascals	5-6	5. Fight'n 66	3-7-0
7. 93rd MP Co.	4-7	6. Smash Boi's	2-9-1
8. Ball uh Rinas	4-7	7. Boston Beaners	2-7-0
9. Shottas	4-7	8. Road house	1-1-9
10. Ghosts	4-7	Women's Soccer League	
11. Vicious & Delicious	1-9	1. Soccer Bombers	6-3-1
		2. One Love	5-4-2
		3. Barcelona	2-6-3



Death by Burpees:

1st min: 1 burpee
2nd min: 2 burpees
3rd min: 3 burpees
Keep going until
you can no longer
perform as many
burpees as mins.
Run 800m

Provided by GitmoFit

Leader of GitmoFit, Spc. Adam Leighty, performed 20. Beat that. Fair winds and following seas. Thank you for your motivation.

THIS
WEEK
IN



After 52 years of service, Guantanamo Bay’s largest tenant command, Fleet Training Group, relocated to Mayport, Florida, in July 1995. One month later, the naval base lost another major tenant command when the base’s Shore Intermediate Maintenance Activity disestablished after 92 years of service here.

The grand-opening of the Windjammer Club was held on July 1, 1972. Constructed by Seabees from Naval Mobile Construction Battalion 71, 74, 60 and 40, it was reported to have been the largest single structure built by a mobile

construction battalion.

On July 2, 1972 Navy Ensign Carol Ann Closky, the base’s first unaccompanied female officer arrived, and she was assigned to the Communications Department.

Mrs. Don Struck arrived on base on July 3, 1942. She was the first dependant wife to arrive, following the evacuation of all dependants in January 1942. The Strucks were the first residents of Newtown (old Villamar housing which has now been torn down). She led other arriving dependants by about one week.

Join the Junior Enlisted Association for a **RED, WHITE, & BLUE BBQ!**

Happy Birthday America!

Location: Marine Hill
Time: 2PM-4PM
Activities: Music
Volleyball
Swimming
Fun!

WHO: ALL E 5 and Junior
WHEN: July 4th 2014
FREE FOOD, Drinks & GUARANTEED FUN!

free Chicken Burgers Hot Dogs

Sand Volleyball League

Register by
July 16



Coaches meeting July 17 in the Denich classroom

Meet MMA/UFC Fighters

Jeremy Stephens
&
Timmy Gorman

Saturday, July 19

1:00 p.m. in the NEX Atrium &
5:00 p.m. in the Denich Fitness Center



Sam the Eagle says have a safe Independence Day weekend & rock out to **Jimmy Eat World!**

Saturday, 8 p.m. @ the Tiki Bar



A local horn-tailed lizard rests on a tree limb at Windmill Beach. Photo taken by Army Staff Sgt. Donald Mason, Joint Task Force training NCOIC.



PHOTO OF THE WEEK

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