THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

June 10, 2016

REDUCE, REUSE, RECYCLE
WHEN IN DOUBT, DON'T THROW IT OUT

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NAVY PETTY OFFICER 3RD CLASS STEVEN HENDRIX

COVER PHOTO CAPTION

A Joint Task Force Guantanamo Trooper fires two rounds at the standing firing position during the German Armed Forces Proficiency Badge Pistol Marksmanship Event on June 2.

CAC ALERT!!

Recently, a new app became available for download called CAC (Common Access Card) Scan. With it, users can scan the barcode on the front of the CAC, which contains personally identifiable information. Do not download or use any application designed to read the barcode, magnetic strip or integrated circuit chip on your CAC. The application could be sending your PII to people who may have nefarious intent. Operational security is not about rules and regulations; it is about the common sense application needed to safe guard sensitive information like your PII. Use and practice OPSEC!

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ELIMINATE THE IMPACT OF GOSSIP AND RUMORS

One of the factors that sets apart great teams from good ones is the ability to formally and informally communicate efficiently and effectively. Great teams constantly look for ways to improve the accuracy and reliability of circulating information to improve decision-making and increase organizational trust. Information shared among service members that takes on a negative spin or connotation can damage this trust.

Gossip and rumors can be debilitating for any organization, and the military is no exception. These actions destroy morale, create negative energy at work, take our focus off of readiness and get in the way of the mission. Joint Task Force Guantanamo's mission is to provide safe, humane, legal and transparent care and custody of detainees, including those convicted by military commission. In this demanding and high pressure environment, we cannot afford to tolerate or perpetuate gossip and rumors that erode our esprit de corps.

So as a leader, what can you do to combat gossip and help control rumors?

First, recognize gossip and rumors when you hear them. If you are a party to conversations or remarks that seem unreliable, they probably are; solicit verification from your chain of command. When you suspect a rumor, ask yourself if what you're hearing is factual, and if it is helping or hurting the mission. Research has shown that trust and rumors are mostly incompatible. If there is low trust, gossip and rumors can spark a wildfire like tinder in a sun-parched and wind-swept desert. If trust is high, the spark may still be there, but it will have trouble catching fire and growing because people check with their chain of command or the individual in question about the validity of the rumor.

Second, be a good Battle Buddy. If you hear something negative about someone you know, what should you do? With the help of a good Battle Buddy, we can quickly recognize a misperception and address it. Leaders must encourage feedback up and down the chain of command. When trust is high, the communication process is efficient. Conversely, in low trust organizations, gossip and rumors that are seldom confronted fly around taking energy away from the mission.

Third, be mindful of your responsibilities as a leader and a member of the profession of arms. Service regulations make it clear that we all are responsible for "detecting and correcting conduct and behavior that place us or others at risk." If you understand, accept and demonstrate your service core values, rumor control is naturally part of your character.

In today's climate, it is essential to mitigate, if not eliminate the impact of gossip and rumors in our JTF because of the strain it puts on our personnel and mission. It takes strong and vigilant warriors to do this, and I know you are up to the task. Honor Bound!

Article by
AIR FORCE BRIG. GEN. JEFFREY BURKETT
JTF - Deputy Commander

A LITTLE HELP TO BREAK BAD HABITS

CHAPLAIN'S COLUMN

Whether temptation taunts you to do something unethical, immoral and illegal, or just something that is bad for your health, you can resist your temptations and break a bad habit. The three ways to break a bad habit are chemical, mental and spiritual. I am not qualified to speak of a chemical solution, so I will leave that to our skilled medical professionals. Breaking habits mentally takes a little understanding about how the brain works. You see, our brain prefers to go with what it knows and understands, which is how we foster habits in the first place. Once the brain finds something it likes, it wants to stick with it and it produces a craving that evolves into a habit. The more we follow a habit, good or bad, the more our brain tells us to keep doing it and the harder it gets to break that habit. Therefore, in order to move away from a bad habit, we need to give the brain something that it understands and is comfortable moving toward.

Do you remember a coach telling you to visualize the ball going over the fence or into the basket? Visualizing something helps to make our brain comfortable with the action. With this understanding, we would wish to consider these words of Socrates; "The secret to change is to focus all of your energy, not on fighting the old, but on building the new." Most of us try to break a bad habit by trying very hard not to do the bad habit. However, when we do this, what are we really focusing on? What are we giving our brain to ponder? Instead, we need to focus our attention on something better, which will create a new habit. By focusing our attention on a new habit, our brain will grow comfortable and eventually stop gravitation toward the old bad habit.

In the same way, we can break a habit spiritually. The Bible says that we should "fix (our) thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise" (Philippians 4:8). When you find your mind drifting toward bad habits, rather than trying very hard not to think about these bad habit, fix your thoughts on things you know to be good and true.

These simple steps are not a guarantee to end your bad habits, as many of us will struggle with habits our entire lives. However, this is one more tool we can use to help build something better and something new.

Article by
ARMY CAPT. ROBERT HOSKINS
JTF GTMO Chaplain

WHEN IN DOUBT, DON'T THROW IT OUT

Dave Brown (left) and Marvin Cresser, employees at the recycling center, collect aluminum cans to crush into a large bale on U.S. Naval Station Guantanamo Bay, Cuba.

Marvin Cresser, an employee at the recycling center, prepares aluminum cans for shipment back to the United States.

Have you ever walked outside and wondered what that burning smell was, or been out on a boat and seen a billowing cloud of smoke to the north? Well here at U.S. Naval Station Guantanamo Bay, Cuba, we have a burn pit to minimize our footprint on the island. However, not everything you throw away can or should go into the burn pit, and that's where recycling comes into play.

So, what happens to all the materials you toss into the recycling bins?

"We get bags of materials to sort between aluminum cans, different types of plastics and various metals, once they are sorted, we then compress them into large bales and place them into containers to be shipped back to the United States," said Marvin Cresser, an employee at the recycling center.

They also recycle materials such as aluminum or steel cans, glass, batteries, cooking oils and electronics, such as old TV's. If it is not recycled, then most often they are sent to the burn pit incinerators.

"All smoke and vapors from a burn pit can be carcinogenic or otherwise harmful to your health, said Staff Sgt. Markham Jennings, the noncommissioned officer-in-charge at the Joint Trooper Clinic. "The Navy situated the burn pit very carefully and well. The prevailing winds take the smoke away from inhabited areas, so there should be no harmful effects to our population. That being said, we still shouldn't throw away plastics, chemicals and metals. There is no need to create more pollution than necessary."

Jennings said a good example of how recycling positively affects us can be seen on play grounds. Most of the time, the rubberized mat put on the ground to absorb the shock of falls is made from recycled rubber, usually from old tires. This can have a direct impact on the safety of our children.

"You know those plastic poles sticking up on the side of the road, the ones which let you know you're about to crash and it would be a really good idea to get back on the road?" asked Jennings. "Recycled plastic, which saves thousands of lives every year."

Jennings believes recycling is not just something that is good for the environment, it is something that has an immediate, positive impact on everyone's health and well-being today.

"Simply put, recycling saves lives today, improves our lives today and makes the world a better place for our children.'Nuff said," Jennings said.

"Inspections have been and continue to go on with the burn pit to this day to check levels on the possible health hazards," said David Balog, an environmental protection specialist with the Public Works.

JTF Troopers can do their part by separating their trash and placing the proper recyclables in the many recycling bins located throughout the base. Keep JTF GTMO clean and green.

Article and photos by
ARMY SGT. MATT YOUNG

Joint Task Force Troopers can recycle plastics, glass, aluminum and steel cans by placing their recyclables in the bins located across Naval Station Guantanamo Bay.

EXPLORING GTMO'S GREAT LANDSCAPES

With clouds suspended above, 40 Joint Task Force Guantanamo Troopers volunteered and celebrated National Trails Day, June 4, on U.S. Naval Station Guantanamo Bay, Cuba with music, food, games and trail cleaning.

On National Trails Day, the first Saturday of June, participants took time to enjoy the trails or volunteered to do trail beautification. The trail beautification crew on NSGB called themselves the "Trail Blazers" and the event was open to anyone on island to join.

"A trail blazer is actually a sign that goes up on a trail that tells you which direction to go," JTF GTMO Trooper Sgt. 1st Class Richard Jenkins, a platoon sergeant with the 525th Military Police Battalion. "Anyone that participates in the cleanup is considered a 'Trail Blazer.' It is open to anybody."

JTF GTMO Trooper 1st Sgt. Michael Shimer, a first sergeant with the 525th MP Bn., was a part of the "Trail Blazers" in a previous deployment here in 2011. Upon his arrival to the island this year, the "Trail Blazers" were no longer an active club.

"I volunteered with the old 'Trail Blazers' club here back in 2011-2012," said Shimer. "When my unit arrived here, I noticed that the club had disappeared and most of the trails looked like they hadn't been maintained in the last four years. Many of the trails still showed evidence of Hurricane Sandy's destruction, as well as having a lot of overgrowth and dead fall."

Shimer wanted to come up with a project that his Soldiers could tackle and knock out volunteer hours to earn the Military Outstanding Volunteer Service Medal, so he started reorganizing the "Trail Blazers" club and broke each trail down into smaller projects. On National Trail Day, Troopers worked on Marina Nature Trail, which Shimer said was in the worst condition. Troopers also put in new blazer signs on some of the trails.

"We've been working on the trails for about a month now, said Shimer. "When I recognized that no one was planning to celebrate National Trails Day, I started planning an event that would introduce the 'Trail Blazers' to the greater community, and welcome base residents to come out and volunteer with us on Saturday mornings."

Shimer said the club's dedication is keeping the trail system here clean, usable and ensure each trail is "blazed" or well-marked. The club meets every Saturday at 8 a.m. to conduct trail maintenance.

"Giving up a little bit of your time is about the most rewarding thing you can do while you are here at GTMO," said Shimer. "It's not all about the medal; it's about giving back to the community and making the world a better place. Plus you get some exercise outdoors, and you get to meet some new people. I think what has inspired me to tackle projects like this is the realization that this base really only works well when the people who come here pitch in and make it happen."

Members of the Base Engineer Emergency Force 18 place new signage on the Marina Nature Trail as part of the National Trails Day beautification cleanup, June 4 on U.S. Naval Station Guantanamo Bay, Cuba.

Article and photos by
ARMY SGT. SHANNON BALL

Joint Task Force Guantanamo Troopers work diligently to complete trail maintenance on the Ridgeline Trail on U.S. Naval Station Guantanamo Bay, Cuba, June 4. Troopers are part of the "Trail Blazers," a club dedicated to rebuilding and maintaining GTMO trails.

HIGH ENDURANCE, HIGH INTENSITY, GTMO SPORTS

Notorious D.I.G. tried to unseat the number two seed in the Morale, Welfare & Recreation volleyball game, May 31, against the *Renegades* in G.J. Denich Gym on U.S. Naval Station Guantanamo Bay, Cuba. *Renegades* got a rude awakening in the first round by falling behind and losing 25-22. However, their disappointment was short lived, as *Notorious D.I.G.* went on to lose 25-13 and 15-5 in the last two rounds.

Jacob Barbaree, a Joint Task Force Guantanamo Trooper for *Renegades*, got enough air to hit the ball over the volleyball net, splitting two of *Notorious D.I.G.'s* players.

Free Band Gang squeaked by with a 13 to 12 win in the Morale, Welfare & Recreation flag football game, June 1, against *El Chapo* on Cooper Field at U.S. Naval Station Guantanamo Bay, Cuba. *El Chapo* led the entire game until the last 20 seconds when they watched *Free Band Gang* bring a huge comeback and earn a very difficult victory.

Roc Truss, a Joint Task Force Guantanamo Trooper for *Free Band Gang*, moved the football down the field, closer to the end zone. Truss's explosive runs continued to wear down and tire out *El Chapo's* defense.

Article and photos by
ARMY SGT. MATTHEW TARPLEY

GIANT VOICE NOTIFICATION PROCESS

Effective immediately, the Giant Voice notification process is changing to make it faster and ensure the base populace has a better understanding of what to do in the event of an emergency. The graphic pictured shows the new procedures and actions that should be taken when the different tones are heard.

If there are any questions, please feel free to contact Joseph McCullough, emergency manager, U.S. Naval Station Guantanamo Bay, Cuba at x2998 or at emergency.manager@gtmo.navy.mil.

EMERGENCY NOTIFICATION SIGNALS

CONDITION	IF YOU HEAR	THIS INDICATES	YOU SHOULD
DISASTER WARNING	3-5 MINUTE STEADY TONE ON GIANT VOICE.	AN INCIDENT OR DISASTER AFFECTING THE STATION IS IMMINENT OR IN PROGRESS.	• TUNE TO RADIO/TELEVISION OR OTHER OFFICIAL SOURCES FOR MORE INFORMATION. • FOLLOW INSTRUCTIONS TO TAKE COVER, EVACUATE TO A SAFE LOCATION OR SHELTER IN PLACE.
ATTACK WARNING	3-5 MINUTE WAVERING TONE ON GIANT VOICE.	AN ATTACK OR HOSTILE ACT IS IMMINENT OR IN PROGRESS.	• BE ALERT AND ENSURE ALL PERSONNEL ARE WARNED. • IMPLEMENT SECURITY MEASURES AS APPROPRIATE. • FOLLOW INSTRUCTIONS TO TAKE COVER, EVACUATE TO A SAFE LOCATION OR SHELTER IN PLACE.
LOCKDOWN	"LOCKDOWN, LOCKDOWN, LOCKDOWN, BUILDING/ZONE ###" ON GIANT VOICE REPEATED THREE TIMES . NO TONE IS USED.	AN ACTIVE SHOOTER INCIDENT IS IN PROGRESS.	• REMAIN CALM. • IMPLEMENT LOCKDOWN PROCEDURES. • RUN/HIDE/FIGHT IF SHOOTER IS IN YOUR AREA.
SHELTER-IN-PLACE	"SHELTER IN PLACE, BUILDING/ZONE ###" ON GIANT VOICE REPEATED THREE TIMES. NO TONE IS USED.	A HAZARDOUS MATERIALS INCIDENT IS OCCURING THAT REQUIRES THAT YOU TAKE SHELTER.	• GO TO YOUR DESIGNATED SHELTER ROOM. • TURN OFF HEATING/COOLING SYSTEMS AND FANS IF ABLE. • TUNE TO RADIO/TELEVISION OR OTHER OFFICIAL SOURCES FOR MORE INFORMATION.
ALL CLEAR	"ALL CLEAR" ON GIANT VOICE REPEATED THREE TIMES. NO TONE IS USED.	THE IMMEDIATE DISASTER OR THREAT HAS ENDED.	• REMAIN ALERT. • ACCOUNT FOR PERSONNEL. • REPORT HAZARDS, INJURIES OR DAMAGE VIA CHAIN OF COMMAND.

JSMART SPOT

JSMART HELPER: **HARLEY**

ARE YOU REALLY STRESSED OUT?

Here at Joint Task Force Guantanamo, we are always turning over with new people, and it's important to know the resources available on island. The Joint Stress Mitigation and Restoration Team, the chaplain's office and the Fleet and Family Support Center are great resources, especially when stress, anxiety or depression overwhelms you. Before you get to that point, what can you do to help yourself?

When a situation confronts us, including job stress, family stress or relationship problems, we all have ways to deal with and handle the situation. We call these solutions coping skills. Some are healthy like going to the gym, talking to a friend, eating healthy, writing and even playing on a Morale, Welfare & Recreation team. It does not matter if you are a deployed service member, permanent party, contractor or civilian, coping skills are effective ways to deal with our problems.

Turning to alcohol and other substances to cope may temporarily ease difficult emotions, but ultimately is destructive and can lead to other problems.

During your time on the island you may find that you need to adjust your coping skills, because there are different variables affecting your situation here. Do not be afraid to try something new. The MWR has more than 100 classes every month and fun activities like arts and crafts, wood working and even putt-putt golf. Did you know that JSMART has free adult coloring books that are a great way to relieve stress? If that is not your thing, we have free shaker bottles to help get those gains at the gym.

Every 2nd Saturday of the month JSMART is open 8 a.m. - noon for our self-care day. This month on June 11, 2016, "Yoga Kate" will be instructing yoga at our outdoor pavilion overlooking the ocean. This is a great time to come out and develop new coping skills, try the massage chairs and play with the therapy dogs (no clinical services will be provided). Treat yourself to some relaxation; you have earned it.

Article by
NAVY PETTY OFFICER 3RD CLASS JON GOUDREAU

HEALTH

MEET YOUR PROVIDER

The Joint Troop Clinic would like to welcome U.S. Army Capt. B.J. McCollum, battalion surgeon for 525th Military Police Battalion. McCollum graduated with a bachelor's degree from Baylor University.

After receiving a medical degree from the Uniformed Services University, McCollum completed an internship in general surgery at Dwight D. Eisenhower, Army Medical Center, Fort Gordon, Georgia. He served as a general medical officer in primary care at Fort Gordon as well as a battalion surgeon on a mission to Morocco under U.S. African Command.

While assigned to the Joint Task Force, McCollum stated he will complete his medical residency and the official board certification process to complete his medical degree. The residency program is a stage of graduate medical training in which the student specializes in a specific area of medicine. McCollum also stated he will finish a general surgery residency in which he focuses on abdominal contents to include esophagus, stomach, small bowel, colon, liver, pancreas, gallbladder and bile ducts.

McCollum joined the army with a direct commission into active duty following completion of his medical degree to fulfill a desire to support the country by serving the men and women in uniform, fulfill a service obligation and develop himself professionally as a physician and leader.

In his personal time on island, he stated he enjoys serving the church, scuba diving and playing golf. He also participates in team sports, hunting, fishing, boating and following Baylor athletics.

To make an appointment at the Joint Troop Clinic, call x3395. Working hours are Monday to Wednesday from 7 a.m. to 5 p.m. and Thursday from 7 a.m. to 1 p.m. with sick call hours from 7 a.m. to 8:30 a.m.

Article by
NAVY PETTY OFFICER 3RD CLASS CAITLYN STRADER
Joint Troop Clinic

GERMAN ARMED FORCES PROFICIENCY BADGE

Article and photos by
ARMY SGT. SARAH KIRBY

Joint Task Force Guantanamo Troopers evaluate their targets while conducting the Pistol Marksmanship Event on June 2 at U.S. Naval Station Guantanamo Bay, Cuba.

"This is a great opportunity for American Soldiers to perform and evaluate the fighting style of our German allies"

- JTF Trooper Spc. Jonathon Sanchez

One hundred and thirty-nine Joint Task Force Troopers took part in a once in a lifetime opportunity of earning the German Armed Forces Proficiency Badge, June 2 through June 5, on U.S. Naval Station Guantanamo Bay, Cuba.

The GAFPB is a foreign award demonstrating the physical requirements of a German Soldier in their armed forces.

"This is a rare opportunity for a Soldier to experience in their career," said JTF GTMO Trooper Master Sgt. Lawrence Mawhinney, the noncommissioned officer-in-charge of proctoring all the events here for the GAFPB. "I have been in the Army for 32-years and have only had two opportunities to compete for any of the German foreign awards."

According to the event regulations, Soldiers must meet two administrative requirements before becoming eligible to compete for the award. They must be certified as a Combat Life Saver level one and meet the basic requirements of Nuclear Biological Chemical test training. Most Soldiers received these certifications during their pre-mobilization training prior to deployment.

Once Troopers completed this phase of the competition, they began the physical portion, which included a basic fitness test, pistol marksmanship event, 100-meter swim in combat uniform and a foot march.

"This is a great opportunity for American Soldiers to perform and evaluate the fighting style of our German allies," said JTF GTMO Trooper Spc. Jonathon Sanchez, a participant in the GAFPB. "In the event we have to work with them in the future, we now know their physical requirements and that makes us more adaptable during wartime."

The pistol marksmanship event required competitors to fire six-shots at three targets placed at 25 meters; all shots had to be fired within a 6-second time frame for each individual target. Each target required a different firing position: prone unsupported, kneeling and standing.

Participants who hit six rounds inside of the silhouette targets qualified for Gold ranking; hitting five out of six rounds qualified

them for Silver and four out of five for Bronze.

"All events are measured off of a Troopers minimum performance in an event," said Mawhinney. "So if a Trooper shoots a Silver rating in the pistol marksmanship event, than that is the highest level they can earn for all of the remaining events."

The 100-meter swim, according to the event's regulation, is performed in the combat uniform while wearing swimming attire underneath. There is a four-minute time limit for the 100-meter swim and time stops upon completion of the 100-meters. However in order to complete the event, the Trooper must then remove his or her outer uniform without touching the sides of the pool.

"When Troopers came up to me and said they were considering dropping out of the entire competition because they didn't do as well as they wanted in one event; I reminded them they have the rare opportunity to earn a foreign award, regardless of the color," said Mawhinney. "This opportunity just does not happen that often. These Soldiers should feel honored that they even participated in this competition. They have something that a vast majority of their brothers and sisters-in-arms and especially on the Reserves side, hardly ever get a chance to work toward."

For the Army, this is a permanent award that all ranks can earn and wear on their service uniform.

"I am honored that we were able to pull this off, and especially here at GTMO," said Mawhinney. "This is the first time this has ever been done here before. No one has ever thought to try to pull this off. I am so glad I was able to be a small part in being able to provide these Soldiers, Sailors, Marines, Coast Guardmen and Airmen with the chance to compete for this foreign award."

Seventy-one Troopers completed all events earning the foreign decoration; nine received Gold ranking, thirty-eight received silver and twenty-four received bronze.

Joint Task Force Guantanamo Trooper Spc. Christopher Amaya, performs the flexed-arm hang for the Basic Fitness Test during the German Armed Forces Proficiency Badge on June 4. This exercise event measures the strength of a participant by the duration he or she can hold the position.

JTF GTMO Troopers complete the 100-meter swim event by removing their outer uniforms, without touching the sides of the pool.

A JTF GTMO Trooper sprints to the end of the 1000-meter run/sprint event for the GAFPB on June 4. Participants must run the length in a maximum time of 6:30.

IN THEATERS THIS WEEK

The Downtown Lyceum showtimes are shown in the top row and the Camp Bulkeley Lyceum showtimes are displayed in the bottom row.

6/10 FRIDAY	6/11 SATURDAY	6/12 SUNDAY	6/13 MONDAY	6/14 TUESDAY	6/15 WEDNESDAY	6/16 THURSDAY
Warcraft *(New)* PG13, 8 p.m. **The Nice Guys** *(New)* R, 10:30 p.m.	**The Conjuring 2** *(New)* R, 8 p.m. **Money Monsters** *(New)* R, 10:30 p.m.	**Captain America: Civil War** PG13, 8 p.m.	**Elvis and Nixon** (LS) R, 8 p.m.	**Teenage Mutant Ninja Turtles: Out of the Shadows** PG13, 8 p.m.	**The Huntsman: Winter's War** (LS) PG13, 8 p.m.	**Keanu** R, 8 p.m.
The Conjuring 2 *(New)* R, 8 p.m. **Money Monsters** *(New)* R, 10:30 p.m.	**Warcraft** *(New)* PG13, 8 p.m. **The Nice Guys** *(New)* R, 10:30 p.m.	**The Huntsman: Winter's War** (LS) PG13, 8 p.m.	LYCEUM CLOSED	**Elvis and Nixon** (LS) R, 8 p.m.	LYCEUM CLOSED	**The Angry Birds Movie** PG, 8 p.m

Call the Movie Hotline @ 4880 or visit the MWR Facebook for more info. **Concessions at Bulkeley are closed until further notice* *Stay classy, GTMO! No alcohol or tobacco at the Lyceums.*

IMPROV TROUPE PERFORMS FOR TROOPS

Yes Anderson, an improvisation comedy group from Jacksonville, Florida, performed a show for service members assigned to Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay, Cuba, June 4 at the Morale, Welfare & Recreation's Tiki Bar.

Yes Anderson consists of up to seven members who performed different improvisation games that resemble the TV show "Who's Line Is It Anyways?" and relied solely on the audience's impromptu suggestions.

Throughout the show, audience members got on stage and participated in the games and tried their hand at improvisation comedy. Among the audience members who got on stage was Spencer King, a Trooper assigned to JTF GTMO.

King had a good idea of what improvisation comedy was before the show, and thought Yes Anderson did a great job during their performance, and enjoys the MWR hosting events on the weekends, he said.

"I really love the shows they put on down here," King said. "It really gives you something to do on the weekends besides just sitting around. It's a nice change of scenery. I love that they do the comedy shows and the movies. The fact that they do this stuff makes this whole experience a lot easier and makes it feel a little more like home."

Waldsmith knows how important it is to have groups like Yes Anderson come and perform, she said.

"Guantanamo Bay is a lot of fun, but it's also very isolating, and it can be lonely and challenging to be here for a long time," Waldsmith said. "It's nice to be able to bring a little bit of fun and sunshine here."

When Waldsmith mentioned that Yes Anderson had an opportunity to perform on NSGB, Taylor was ecstatic, she said.

"I think this is the coolest experience in the whole entire universe," Taylor said. "I will take off any amount of work to be here. I just think it's the coolest thing to be invited to perform for people who serve our country. I will never forget this experience."

Three members of Yes Anderson, an improvisation comedy group from Jacksonville, Florida, perform a short skit based on words shouted from the audience on June 4 at the Morale, Welfare and Recreation's Tiki Bar on U.S. Naval Station Guantanamo Bay, Cuba.

A Trooper assigned to Joint Task Force Guantanamo tries his hand at improvisation comedy during Yes Anderson's show on June 4 at the Morale, Welfare & Recreation's Tiki Bar on U.S. Naval Station Guantanamo Bay, Cuba.

Most of the people in the group have not served in the military and visited NSGB for the first time, but U.S. Army Capt. Whitney Waldsmith, a member of Yes Anderson and active duty veterinarian assigned to U.S. Naval Air Station Jacksonville, Florida, visits NSGB several times per year for temporary duty.

Waldsmith started improvisation comedy when she moved to Jacksonville, Florida, to meet new people, she said.

"I signed up for an improvisation class because I thought it would be a fun way to meet cool people and it turned out to be exactly that," Waldsmith said. "Three of the girls in the group right now, I met on my very first day of improvisation, and they're fantastic people."

Mychael Taylor, a member of Yes Anderson, became interested in improvisation comedy after reading Tina Fey's book "Bossy Pants," she said. Also, within the same week, her aunt and uncle, mother and father and coworker told her that she should try it.

"So all of this stuff started coming together at once," Taylor said. "It was so weird, so basically I said 'I think I should try improvisation.'"

Article and photos by
ARMY PFC. LAUREN OGBURN

RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA Chapel)

	Mon-Thurs*	1730 (Daily Mass - back of Main Chapel)
	Saturday*	1700 (Mass Main Chapel)
	Sunday*	0900 (Mass Main Chapel)

PROTESTANT SERV. (JTF Troopers' Chapel)

	Sunday*	0900&1900

PROTESTANT SERV. (NAVSTA Chapel)

*Liturgical**	Sunday	0930 Annex Room 1
*Non Denominational**	Sunday	1100 Main Chapel
Gospel	Sunday	1300 Main Chapel

OTHER SERV. (NAVSTA Chapel)

Islamic Prayers	Friday	1300 Annex Room 2
7th Day Adventist	Saturday	0930 Annex Room 19 (Sabbath School)
	Saturday	1100 Annex Room 19 (Sabbath Service)
Latter Day Saints	Sunday	0900 Annex Room 19
Pentecostal	Sunday	0800 Annex Room 13
	Sunday	1700 Annex Room 13
*Christian Fellowship**	Sunday	1800 Main Chapel (Non-denominational)
Jewish Torah Study	Friday	1930 Annex Room 16

BIBLE STUDIES (JTF Troopers' Chapel)

	Wednesday	1800 JTF Troopers' Chapel
Holy Smokes	Friday	1800 Plant Nursery
Game Night	Saturday	1900 JTF Troopers' Chapel

DAVE RAMSEY'S FINANCIAL PEACE / MILITARY EDITION (JTF Troopers' Chapel)

	Tuesday	1900 Taught by Navy Chaplain

ALCOHOLICS ANONYMOUS MEETINGS

	Mon/Wed/Sat	1830 NAVSTA Chapel Annex, Room 16

**These services are conducted by Army or Navy chaplains / For more information call ext. 2218*

BUS SCHEDULE 05:00 - 01:00

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

EXPRESS BUS SCHEDULE 09:55 - 19:55

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 / E. 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: 0917/1217/1517/1817
Return to Office: 0940/1240/1540/1840

FERRY SCHEDULE

Monday - Saturday

FERRY
Windward:
0630/ 0730/ 0930/ 1030/ 1130/ 1330/ 1530/ 1630
Leeward:
0700/ 0800/ 1000/ 1100/ 1200/ 1400/ 1600

UTILITY BOAT
Windward:
1630/ 1730/ 1830/ 2030/ 2230/ 2330
Leeward:
1700/ 1800/ 1900/ 2100/ 2300/ 0000

Sunday & Holidays

FERRY
Windward:
0730 / 1330
Leeward:
0800 / 1400

UTILITY BOAT
Windward:
1030/ 1530/ 1730/ 1830/ 2030/ 2230
Leeward:
1100/ 1600/ 1800/ 1900/ 2100/ 2300

CONFIDENTIAL COUNSELING FOR TROOPERS

The Military & Family Life Counseling Program is an additional mental health counseling for Troopers seeking confidential counseling outside of Joint Stress Mitigation and Restoration Team or the Chaplain Office. Call x58406 for more information.

Photo by Thomas Schute

PARTING SHOT

KAYAKER BY JTF TROOPER THOMAS SCHUTE. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE