

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE



June 24, 2016



PHOTO STORY

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BIRTHDAY BALL**

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GOODBYE TO CSM HARRIS**

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LEADERSHIP / CHAPLAIN

Joint Task Force Guantanamo U.S. Navy Capt. Scott Fedor speaks on how the PIE model benefited his career. U.S. Navy Chaplain (Lt. Cmdr.) Quinesa Brown explains the three qualities of true friendship.

GTMO NEWS

The 525th Military Police Battalion says farewell to Command Sgt. Maj. Janet Harris with a battalion fun run.

ENTERTAINMENT

Glowrage brings more than 300 attendees ready to be covered from head to toe with neon paint June 17 at the Morale, Welfare & Recreation's Tiki Bar.

PHOTO STORY

Hospital Corpsmen and guests celebrate 118 years of service June 18 at the Morale, Welfare & Recreation Windjammer Ballroom on U.S. Naval Station Guantanamo Bay, Cuba.

JSMART

Joint Stress Mitigation and Restoration Team gives tips on how to combat stress.

SPORTS

Vos Non Stercore wins in two rounds in the Morale, Welfare & Recreation volleyball game against *Notorious D.I.G.*, 25-17 and 25-21; *Confusions* starts off slow but beats *El Chapo*, 21-6.

MOTIVATORS OF THE WEEK

**ARMY STAFF SGT.
KASEY SLUDER**

**ARMY SGT.
ROBERT JOLLY**

COVER PHOTO CAPTION

Rear Adm. Peter J. Clarke, Joint Task Force Guantanamo commander, enters the 118th Navy Corpsmen Birthday Ball at the Morale, Welfare & Recreation Windjammer Ballroom to the traditional bell ringing on U.S. Naval Station Guantanamo Bay, Cuba, June 18.

OPSEC IS EVERYONE'S RESPONSIBILITY

Do your friends and family know about Operations Security? It is easy to assume what we do on Joint Task Force Guantanamo only affects us. What some of us may not know is it also affects our loved ones back home, which potentially makes them targets. Teaching them simple technique, like updating security settings on social sites and varying their day-to-day routines, are just a couple of examples of how they can protect themselves as well as you. Practicing good OPSEC is not just the responsibility of service members but your family and friends as well.

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DO YOU CARRY YOURSELF WITH CONFIDENCE?



With two careers – at General Electric and in the Navy – the PIE model has helped me climb higher up the corporate and military pyramid. Performance, Image and Exposure can help you breakout from the pack and set yourself up for that next promotion.

First, when given a task, perform it to the best of your abilities

and get the job done. Find ways to breakout from your peers and go above-and-beyond whenever you can. Performance matters most, and without it, you will not advance. However, as you climb the ladder, the equation starts to shift, and while performance always matters, other elements will increase in importance. This is when many people who do great work ask themselves why they are not being promoted. Frequently, this is due to the lack of the other two elements, image and exposure.

Some refer to image as “executive presence,” and it has many different aspects. While personal appearance is important, your image is broader than that. Do you carry yourself with confidence and come across as genuine? Are you passionate about delivering results and humble enough to admit your mistakes? Are you well

spoken in public and correspond with proper grammar? All of these actions, as well as many others, combine to create your image.

Finally, there is exposure. We have all heard the phrase, “It’s not what you know; it’s who you know that matters.” That is not true. Rather, it is both what you know and who you know. It is important, once you have the performance and the image, that you get the exposure you need for future promotion. There are a number of ways to build good exposure. Do you volunteer for the hardest job available? Many people avoid these roles, but when you take the toughest assignment in the worst location, it usually gets the most attention from the executive level. Perform well and now you have good exposure.

You also need to network. Get involved with corporate affinity groups (e.g., veteran networks,

professional societies, etc.) that will provide you with opportunities (exposure) to rub-elbows with leaders in your organization or industry. Take advantage of formal mentoring programs within your organization. You also might want to volunteer with an agency supported by your organization, since it is likely your leadership team will attend those volunteer events.

The bottom line is that when you bring your fantastic performance, combined with a strong and professional image and get the exposure you need to decision makers and leaders, you will have maximized your chances for promotion. The rest is out of your hands.

Article by
NAVY CAPT. SCOTT FEDOR
JTF GTMO Director
Commissions Liaison Office

CHAPLAIN’S CORNER: WHEN GOOD FRIENDS SAY GOODBYE

There is little material written which guides us through friendship. Additionally, there is less written concerning what happens when two friends part ways because of job relocation, an educational step, a mission, etc. As we deploy or change from one installation to the next, we meet interesting people along the way. Some leave a lasting impression on our lives, and bonds are formed with others that allow the relationship to continue after a move. Within each relationship, certain qualities may appear that form the foundation for a strong, lasting friendship.

The scriptures contain stories of great friendships. An example of one of these deep friendships is that of David, son of Jesse, and Jonathan, son of King Saul.

In the Book of Samuel, we see at least three qualities of true friendship. The first quality is the sacrifices one person is willing to make for another. In 1 Samuel 18:4, we read Jonathan gave David his clothes and military garb. The significance of this gift was that although it was customary for the king’s son to be heir to the throne, Jonathan understood God’s plan for David to be king

of Israel. Rather than being envious or jealous, Jonathan submitted to God’s will and sacrificed his own right to the throne. How many of us can honestly say we could and would give of ourselves for someone else?

The second quality we see of that friendship between David and Jonathan is found in 1 Samuel 19:1-3; we read of Jonathan’s loyalty toward and defense of David. King Saul told his followers to kill David. Jonathan rebuked his father and recalled David’s faithfulness to him in killing Goliath (the giant) and saving Israel from the Philistines.

We all too often forget where we come from. Furthermore, we all too often forget that someone somewhere at some point in our lives did or said something that helped shape and mold us to who we are today.

Finally, Jonathan and David freely expressed their emotions with one another. In 1 Samuel 20, we read of a strategy concocted by Jonathan to reveal his father’s plans to kill David. Jonathan was going to practice his archery in a way that would warn David so he could flee for his life. In the end, David had no choice but to flee so King Saul’s servants

would not find and kill him. After delaying his father’s servant, Jonathan found David and the two cried together.

The storms of life did not hamper their friendship. It remained strong. The examples from the relationship of Jonathan and David are not encountered by most people in their lifetime.

The secular world has many different ideas on the meaning of true friendship, ranging from the comical to serious. I have heard it said that the popular comedian Jeff Foxworthy once defined a best friend not as someone who would come to bail you out of jail at night, but as someone who would be in jail with you.

In serving as your Joint Task Force Guantanamo Deputy Chaplain, it is my hope that I have served you well and helped you weather those storms that came across your path. Be assured that this is not a goodbye, but see you later my friends.

Article by
NAVY LT. CMDR. QUINESA BROWN
JTF GTMO Chaplain

525TH SAYS GOODBYE TO COMMAND SGT. MAJ. HARRIS



Joint Task Force Guantanamo Troopers from the 525th Military Police Battalion say farewell to 525th MP Bn. Command Sgt. Maj. Janet Harris, June 13 and thank her for all of her support and hard work. Harris leads her Troopers for the final time on a battalion fun run on U.S. Naval Station Guantanamo Bay, Cuba.

Personnel on U.S. Naval Station Guantanamo Bay, Cuba, heard Joint Task Force Guantanamo Troopers call out cadences as Soldiers with the 525th Military Police Detention Battalion participated in a farewell run for Command Sgt. Maj. Janet Harris, the 525th MP Bn. command sergeant major, June 13.

The 525th MP Bn. has a unique and challenging mission of providing command, control and operational support to high risk detention operations in support of the Global

War on Terrorism, as stated in their mission statement. The 525th MP Bn. prides itself on professionalism, teamwork and community support.

Sgt. 1st Class Erin Borisevic, a Trooper with the 525th MP Bn., said that Harris always brought enthusiasm and drive for all the Soldiers and leaders to emulate day in and day out, and that he enjoyed her motivation to serve the Soldiers.

"She reminded us that we as leaders are here for the Soldiers and that we need to come to work every day to support them in their mission, as well as ensure they are getting the recognition, training, awards and promotions they deserve," said Borisevic. "If their performance is below standard, then we owe it to that Soldier to identify it and show them the way forward to overcome the problem."

The 525th MP Bn. commander, U.S. Army Lt. Col. John Fivian believes that Harris exemplifies all that is part of the battalion.

"I feel privileged to have been able to work with an NCO of her caliber," said



525th MP Bn. U.S. Army Command Sgt. Maj. Janet Harris talks with her Troopers one last time as they prepare to conduct a farewell run in her honor June 13.

Fivian. "I knew every day that her focus was on our Soldiers well-being and training. The battalion wouldn't be what it is today if it weren't for Harris and the outstanding example she set for us all to follow."

Harris and Fivian worked together as the 525th MP Battalion's leadership for the past two years, and he knows her well, he said. While serving as command sergeant major, she never let the hard or challenging days get to her and always enforced the "battalion policy" of smiling, explained Fivian. Her enthusiasm for the Army, for Soldiers and the mission was infectious and helped the Soldiers cope with the stresses of the mission, as well as the environment.

"It was inspiring to witness someone whose dedication to our Soldiers was boundless," said Fivian. "Command Sgt. Maj. Harris has positively impacted every one of the 3,000 Soldiers who have been assigned to the battalion over the last two years, and there is no doubt we are all better leaders for having served with her. She has been an amazing battle buddy to myself and leader for this battalion."

Article and photos by
ARMY SGT. MATT YOUNG



525th MP Bn. U.S. Army Command Sgt. Maj. Janet Harris, runs along side U.S. Army Lt. Col. John Fivian, the 525th MP Bn. commander, during a battalion fun run to say farewell to Harris, June 13.

RAMADAN DO'S AND DON'TS

Most Joint Task Force Guantanamo Troopers have met Zak, the commander's Strategic Cultural Consultant. Zak has been at U.S. Naval Station Guantanamo Bay, Cuba for 11 years and helps educate JTF GTMO personnel on Islamic cultural considerations. He also helps in the care and custody of the detainees, from assisting with setup of the library to setting up different classes such as arts, life skills and languages. Finally, Zak conducts Ramadan training for JTF GTMO.

"This gives you situational awareness of what the detainees are going through," said Zak. "The training is also important because of the Muslim Troopers who may be observing Ramadan. I work with leadership to help them plan and understand what their fellow Troopers may be going through during the time of Ramadan."

Zak offered the following advice:

"Be considerate of anyone around you participating in Ramadan. Remember, participants cannot eat or drink during the day, so try to refrain from eating in front of them, offering them anything to eat or drink or asking if they would like to go on a smoke break."

If you know someone participating and want to wish them a Happy Ramadan, say, "Ramadan Kareem," which means, "Have a generous Ramadan;" or you could say, "Ramadan Mubarak," which means, "Have a blessed Ramadan."

Zak is glad to help anyone who asks to learn more about his role, or if they have any questions on how to take part in Ramadan or have fellow service members participating.

Ramadan is the Muslim holy month in which the Prophet Mohammed reportedly said, "When the month of Ramadan starts, the gates of Heaven are opened and the gates of Hell are closed and the devils are chained." Muslims believe in this month God revealed the first verses of the Quran to Mohammed. Ramadan began June 6 and ends July 5.

Muslims follow the lunar calendar based on the phases of the moon. This calendar is approximately 11 days shorter than the typical 365-day Gregorian calendar most of the rest of the world follows. The lunar calendar moves backwards 11 days each year; this is the reason Ramadan falls on different dates each year.

During the month of Ramadan, Muslims

fast from dawn to sunset. While the sun is up, they refrain from drinking any liquids, eating any foods, smoking or engaging in any sexual activity. They use their time and energy to focus upon spiritual discipline and their relationship with God, as well as study the Quran.

At the end of Ramadan, everyone celebrates with a three-day celebration called Eid al-Fitr, also known as the Festival of the Breaking of the Fast. It is similar to how Christians celebrate Christmas, a religious holiday shared with family and friends, during which everyone gets together for big meals and to exchange gifts.

Article and photos by
ARMY SGT. MATT YOUNG



A Joint Task Force Guantanamo Trooper, kneels for a daily prayer at the mosque in the chapel annex. Zak, the JTF commander's Strategic Cultural Consultant, offers Troopers advice on how to be considerate of those participating in Ramadan. This year Ramadan falls on June 6 to July 5.



A Joint Task Force Guantanamo Trooper, reads the Quran in the month of Ramadan at the mosque in the chapel annex, June 21 at U.S. Naval Station Guantanamo Bay, Cuba.

PAINT PARTY: IT WAS ALL THE RAGE

Pink, green, orange and yellow neon paint showered service members and civilians assigned to Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay, Cuba, June 17 during Glowrage at the Morale, Welfare & Recreation's Tiki Bar.

A paint party is an event in which participants listen to electronic dance music, dance around and get sprayed from head to toe with bright-colored paint that glows under black lights, said Jameson Scott, the host of the Glowrage.

"Glowrage is the ultimate paint party experience," Scott said. "We are a non-stop, high-energy dance party that travels

all across the United States, Canada and the UK. Furthermore, it brings energy, fun and good vibes to people all over the world."

U.S. Navy Petty Officer 2nd Class Caitlyn Strader, Joint Troop Clinic, said of every MWR event she's attended while being assigned to JTF GTMO, Glowrage takes the cake.

"It was absolutely one of the best MWR events, if not the best," Strader said. "They need to do this again."

Attendees were completely soaked with paint, to the point of wringing paint out of their hair, she said.

Events like Glowrage give JTF GTMO Troopers a way to let their hair down after a long week at work, said Strader.

"Our job is pretty monotonous," she said. "It's pretty much the same thing every day, so this kind of breaks up the tension that you build up from the week. MWR events like this, where you're literally just letting loose and getting covered in paint and not caring, are a great way to relieve that stress."

This was Scott's first ever Glowrage show he hosted on a military installation, making it a night he will never forget, he said.

"This was our first tour, so this will



Troopers assigned to Joint Task Force Guantanamo are squirted in the face with neon colored, black light paint while dancing June 17 at the Morale, Welfare & Recreation's Tiki Bar on U.S. Naval Station Guantanamo Bay, Cuba.

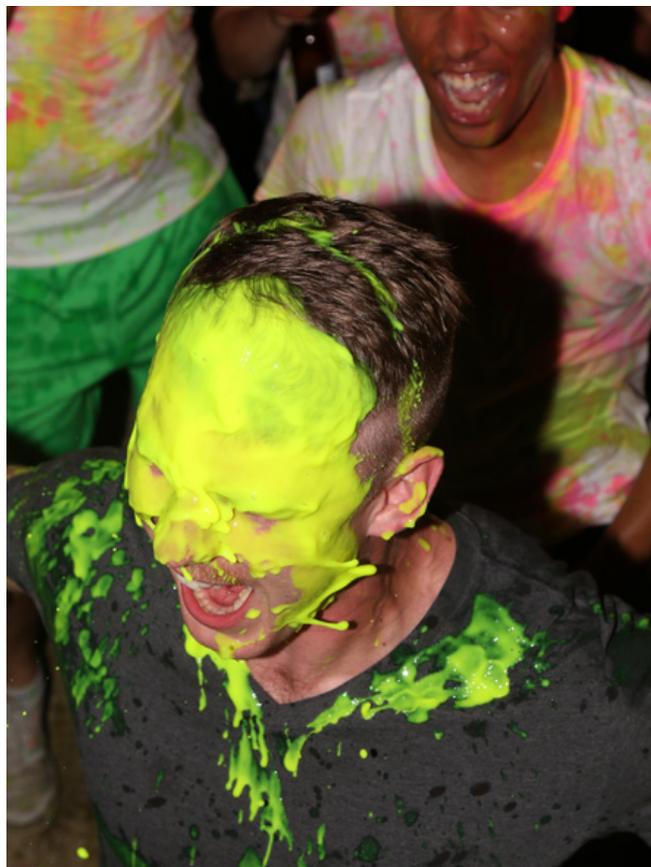


definitely be a special and unforgettable event," Scott said. "It means the world to us because whatever we give you guys is so small in comparison to what you guys give us."

More than 300 service members and civilians attended Glowrage, making the event a huge success, he said.

"It was absolutely amazing," Scott said. "It was madness from beginning to end, and we couldn't be more grateful for the support they came out and showed. It was spectacular, and we really appreciate everything you guys do, and it's just nice to give back a little bit."

Article and photos by
ARMY PFC. LAUREN OGBURN



A Joint Task Force Guantanamo Trooper laughs during the Glowrage June 17 on U.S. Naval Station Guantanamo Bay, Cuba.

PHILIPPINE INDEPENDENCE DAY CELEBRATION

More than 500 people attended the 118th Philippine Independence Day celebration on U.S. Naval Station Guantanamo Bay, Cuba at Phillip's Dive Park pavilion, June 18. The Guantanamo Bay chapter of the Filipino-American Cultural Association hosted the event for Joint Task Force Guantanamo Troopers, U.S. Naval Station Guantanamo Bay service members, contractors and civilians.

The event kicked off with a festive parade to the Downtown Lyceum and then moved to the pavilions, where the younger audience members entertained themselves in a bounce house.

"It looks like half the base population is here and I'm pleasantly surprised that so many people have come out to support the Filipino Association," said U.S. Navy Master Chief Petty Officer Jerry Cantorna, senior enlisted leader for the JTF Joint Medical Group.

The main presentation featured nearly 10 dances and ranged in spectrum from modern dance to a popular cultural dance known as



More than 500 people came to watch Filipino dancers perform the Singkil, an interpretive courtship dance originating from the southern Philippines, at the 118th Philippine Independence Day Celebration on U.S. Naval Station Guantanamo Bay, June 18.



Petty Officer 1st Class Rowena Smith, lead petty officer for records management in the JTF JMG. "As part of the pageant, we have to dance

Polkabal.

The event also featured a pageant that was open to JTF Troopers as well as civilians.

"I am one of the contestants in the pageant," said U.S. Navy

and the goal is it to draw the most attention from the crowd. It is a traditional dance called Polkabal, also known as the Flower Dance."

Smith was one of five contestants competing in the pageant and the only person representing JTF GTMO or any military service branch.

"I have participated in events like this before,

but in Guantanamo Bay, the events are more close-knit," said Smith. "The camaraderie of the Filipinos here in our community is very supportive, encouraging and inspiring. They don't take anything lightly or for granted, and they serve with great humility and a sense of dedication that I am in awe of -- I have never seen a parallel to this."

The celebration fostered a family atmosphere by providing everyone with fresh, authentic, homemade Philippine food.

"I'm looking forward to the food," exclaimed Cantorna. "At Filipino parties, one of the biggest things is the food and this is a great opportunity for Troopers to get a break from the dining facility and the galleys for real authentic food."

The celebration helped foster new friendships between Troopers and a more profound feeling of being part of a bigger family.

"It's always good from a leadership aspect to support these types of events because in the military our biggest strength is diversity," said Cantorna. "We all come from different walks of life, whether in the continental U.S. or foreign countries; diversity is our strength."

Article and photos by
ARMY STAFF SGT. MATHIEU PERRY



U.S. Navy Petty Officer 1st Class Rowena Smith, a corpsman assigned to Joint Task Force Guantanamo Joint Medical Group, participates in the Polkabal dance at the 118th Philippine Independence Day Celebration on U.S. Naval Station Guantanamo Bay, June 18.

NAVY CORPSMAN BIRTHDAY BALL

Article by
ARMY SGT. NATASHA PRICE
Photos by
ARMY SGT. MATTHEW TARPLEY

Hospital Corpsmen assigned to the U.S. Naval Hospital Guantanamo Bay, Joint Medical Group and Joint Task Force Guantanamo, along with guests, celebrated 118 years of service June 18 at the Morale, Welfare & Recreation Windjammer Ballroom on U.S. Naval Station Guantanamo Bay, Cuba.

After several months of planning, more than 280 people attended the corpsman birthday celebration, said U.S. Navy Petty Officer 2nd Class James C. Feagin, a hospital corpsman who hosted the event.

U.S. Navy Rear Adm. Peter Clarke, Joint Task Force Guantanamo commander, was among the distinguished guests.

"The corpsman community is truly special," said Clarke. "There's a reason why they have earned more Medals of Honor in the history of our United States military than any other community, because they're truly selfless individuals who put the needs of the people they're charged to take care of ahead of any personal concerns for their own lives. For many, many years they have proven that dedication to all of us, and we should all be grateful for them."

Over the past 118 years corpsmen serving with the U.S. Navy and the U.S. Marine Corps have earned

22 Medals of Honor, 174 Navy Crosses, 31 Distinguished Service Medals, 946 Silver Stars and 1,582 Bronze Stars. Additionally, there have been 20 Navy vessels named after hospital corpsmen.

The traditional birthday celebration included posting the colors, singing the national anthem, a presentation of the Prisoner of War/Missing in Action table, remarks from the guest speaker and cutting the cake.

Kevin L. Robarge, a retired hospital corpsman senior chief who is currently the

Security Manager and Anti-terrorism Officer at the hospital, was the guest speaker.

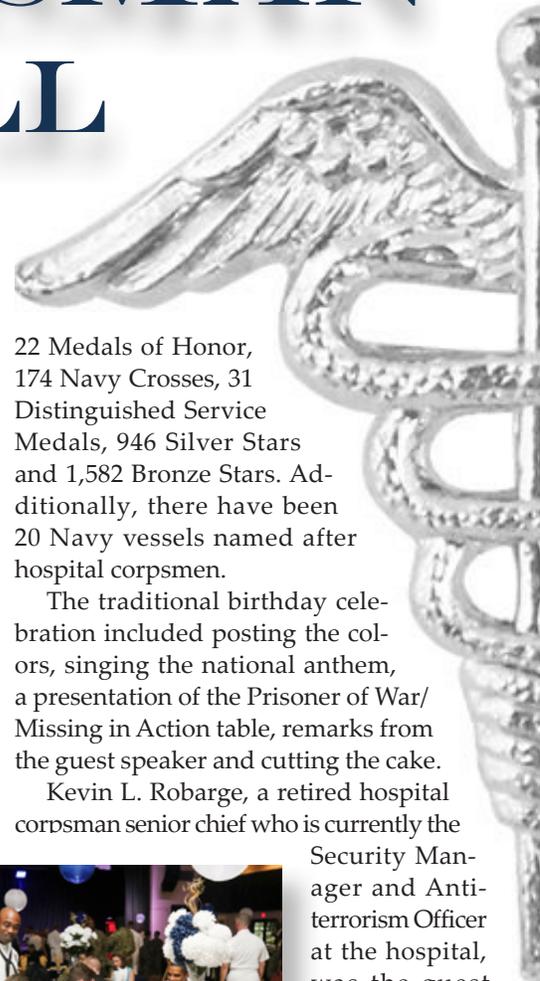
"To be a corpsman you have to have heart, you have to have a willing-

ness to sacrifice and you have to be ready at any moment," Robarge said.

Navy service members, dressed in their white uniforms, sat at extravagantly decorated tables listening to the guest speaker tell the detailed history of the corpsman.

"I like how the corpsmen are a tight-knit group and how they have a lot of camaraderie amongst each other," said U.S. Army Sgt. 1st Class Melanie Roach, a military police investigator assigned to the Joint Detention Group. "My favorite part of the ceremony was learning the history of the corpsmen and how they have so many job titles."

Following the formal ceremony, the center floor of the Windjammer Ballroom opened up for music and dancing as Navy personnel and their guests enjoyed the rest of their evening.



Joint Task Force Guantanamo corpsmen toast at the 118th Birthday Corpsman Ball on U.S. Naval Station Guantanamo Bay, Cuba. The Ball, with more than 280 attendees, honored the Navy enlisted corps June 18.

Rear Adm. Peter J. Clarke, Joint Task Force Guantanamo commander, speaks with different attendees throughout the 118th Birthday Corpsman Ball held at the Morale, Welfare & Recreation Windjammer Ballroom on U.S. Naval Station Guantanamo Bay, Cuba June 18.



Command Master Chief Christopher Dingler, U.S. Naval Hospital Guantanamo Bay, cuts the traditional cake at the 118th birthday celebration of the Hospital Corps held at the Morale, Welfare & Recreation Windjammer Ballroom on U.S. Naval Station Guantanamo Bay, Cuba June 18.



U.S. Navy Capt. David Jones, Joint Medical Group commander, spoke at the 118th Birthday Corpsman Ball on U.S. Naval Station Guantanamo Bay, Cuba at the Morale, Welfare & Recreation Windjammer Ballroom, June 18.



The U.S. Navy color guard presents the colors during the National Anthem at the 118th Birthday Corpsman Ball on U.S. Naval Station Guantanamo Bay, Cuba June 18.



Joint Task Force Guantanamo Corpsmen recite their oath at the 118th Birthday Corpsman Ball on U.S. Naval Station Guantanamo Bay, Cuba at the Morale, Welfare & Recreation Windjammer Ballroom June 18.



JSMART SPOT

JSMART HELPER: HARLEY

COMBAT YOUR STRESS

Throughout life, we are regularly exposed to stressful events. Stressors can include work, family, relationships and even the heat of our environment.

When you feel stressed and anxious, the first areas affected are sleep, nutrition, hobbies and physical activity. Think back to a time when you dealt with a stressful situation; did any of these areas decline?

To combat stress, take time to relax, unwind and make time for a good night's rest. The National Sleep Foundation recommends seven hours for restorative sleep. The Joint Stress Mitigation and Restoration Team offers sleep hygiene classes as well as detailed cognitive behavioral therapy for insomnia, which are non-medication approaches to restoring sleep through exploring choices and thoughts around sleep. We even provide sleep masks.



When stressed, stay away from junk food. Having that piece of pie may feel good, but those extra calories can make you sluggish, which can make working out more difficult. Engaging in physical activity during stressful times is very important. It helps burn the stress hormone cortisol and

allows our body to bounce back.

Find time to get back into your hobbies or try something new. Morale, Welfare & Recreation offers arts and crafts and wood working classes. Scuba classes are also available. It's important to branch out and try something new.

Moderate levels of stress and anxiety can be helpful as they can propel us to accomplish goals and make deadlines, but if too high, they can become overwhelming and crippling. Therefore, it's very important to check and evaluate your level of stress and how effective you are dealing with it.

Know there are many resources on island to help combat stress: JSMART, chaplains and the Fleet and Family Support Center. You can utilize all of these to learn more about dealing with anxiety. JSMART is here to help with individual counseling, relaxation skills, sleep hygiene and anger management. Call x2321 for more details or to schedule an appointment.

Article by
**NAVY PETTY OFFICER
 3RD CLASS JON GOUDREAU**
 JTF GTMO

MILITARY POLICE COMMAND 2-STAR VISITS GTMO



U.S. Army Maj. Gen. Phillip Churn, 200th Military Police Command commander, spots a familiar face among the crowded room at the Joint Task Force Guantanamo Trooper's Chapel June 22. Churn conducted an All-hands meeting before touring the detention facilities and visiting Soldiers. (U.S. Army Photo by Staff Sgt. Mathieu A. Perry)



Joint Task Force Guantanamo Troopers listen as U.S. Army Maj. Gen. Phillip Churn, commanding general of the 200th Military Police Command, conducts a question and answer session at the Trooper's Chapel during an All-hands meeting, June 22.

A CLEAN GETAWAY TO CABLE BEACH



Joint Task Force Guantanamo Troopers assigned to the Joint Troop Clinic on U.S. Naval Station Guantanamo Bay, Cuba, take their weekly training outdoors to clean Cable Beach and give back to the community, June 16.

Many of us know the people assigned to the Joint Troop Clinic, the friendly faces that greet you as you walk in the door, as well as the superb service and care you receive from the staff. Every Thursday, the team conducts training after sick call to keep their skills current and complete their mission of treating Joint Task Force Guantanamo Troopers.

June 16, the JTC team gave back to the community as part of their weekly training, by conducting aquatics injury training and beach cleanup at Cable Beach on U.S. Naval Station Guantanamo Bay, Cuba.

"Today we covered aquatic injuries and things you could possibly come across at Guantanamo Bay because everybody likes to get in the water, spear fish, snorkel, dive, swim and clean up beaches," said U.S. Army Staff Sgt. Tony Sapp, the training noncommissioned officer for JTC.

Sapp covered different wildlife in and around the water that can be harmful to Troopers to include sea urchins, jellyfish and stingrays. On top of watching out for the wildlife, the clinic also discussed possible hazards of what they might encounter while cleaning up the



try and preserve the beaches we have ... and we're doing some training on water safety, what to expect when people are in the water, animals you might see and how to treat those animals."

The JTC team also exercised a basic shore rescue. "We formed a human chain with a spotter, who kept a careful eye on the victim and guided the chain in the direction that it needed to go," said U.S. Navy Cmdr. Jeannine Weiss, a general dentist at the JTC. "Then everyone relayed the message down the chain, and we all moved as one."

This was the first time the team conducted the training together and found it very beneficial, said U.S. Army Sgt. Clifford Hanney, records noncommissioned officer for JTC.

"With all of the water activities that we have here, it is always beneficial for more people to



Joint Task Force Guantanamo Troopers from the Joint Troop Clinic practice a human chain shore rescue technique as part of their weekly training at Cable Beach on U.S. Naval Station Guantanamo Bay, Cuba, June 16.

beach after tropical storms.

"We're cleaning up the beaches and making sure everything is safe for everyone when they want to come and enjoy these beaches," said U.S. Navy Petty Officer 2nd Class Caitlyn Strader, the medical evacuation noncommissioned officer-in-charge for the JTC. "It is really important to

know how to help someone in trouble without injuring themselves because you don't want two victims," Hanney said.

The JTC also collaborated with the Joint Stress Mitigation and Restoration Team to build communication skills and conduct team building exercises.

Article and photos by
ARMY SGT. SHANNON BALL



A Joint Task Force Guantanamo Trooper assigned to the Joint Troop Clinic on U.S. Naval Station Guantanamo Bay, Cuba, picks up trash at Cable Beach, June 16.

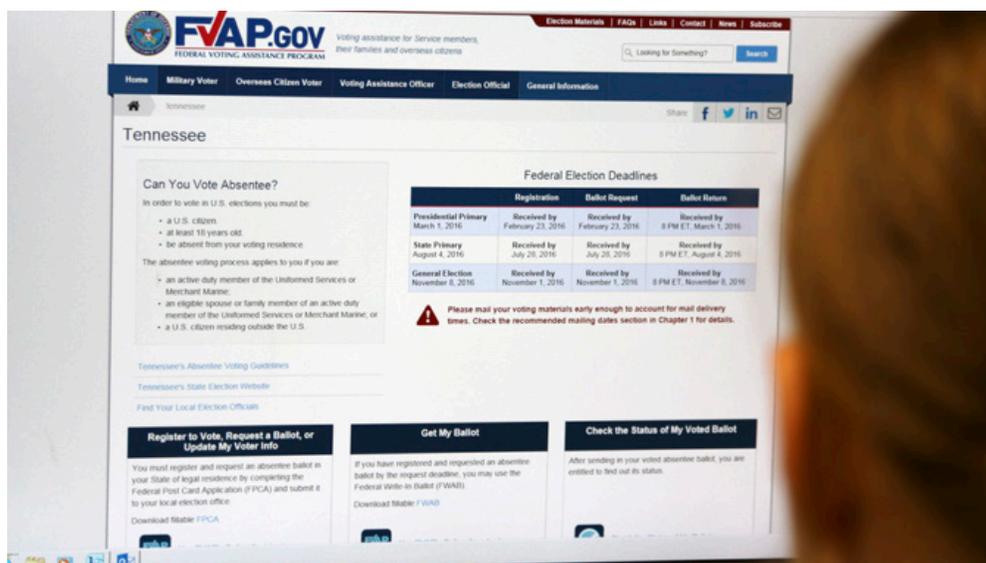
NEED HELP VOTING: CONTACT YOUR VOTING ASSISTANCE OFFICE

When you are stationed overseas or you are deployed during an election year, things can get a little confusing when it comes to voting. There are many resources available, but more often than not it can get overwhelming when trying to get the facts. Luckily, a helping hand is readily available.

“Service members and their dependents stationed at Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay, who have questions about voting, can either contact their command’s Unit Voting Assistance Officer or the Installation Voting Assistance Officer, Lt. John Medwid,” said U.S. Navy Lt. Kristin Hope, Navy Service Voting Action Officer in Washington D.C.

“As the Voting Assistance Officer, I oversee the daily requests for absentee voting information and ensure our customer’s questions are answered,” said Medwid. “I also assist all Installation members eligible to vote with completing the necessary documents related to voting. The Installation Voting Officer is Navy Lt. Cmdr. Aaron N. McGowan; I report directly to him. McGowan is responsible for ensuring that our voting program is in compliance with all (Department of Defense) and local directives.”

The role of the local VAO is to supply the forms necessary to register to vote and cast an absentee ballot, said Hope. The VAO will provide assistance in filling out the forms, provide annual command training and conduct outreach and awareness throughout the voting season.



There are a few simple things that you need to know to vote no matter where you are located, according to military.com. First, you need to know your home of record, such as the state that issued you a driver’s license or where your car is registered. Second, you need to register with the Federal Voting Assistance Program. Last but not least, know the deadline for absentee voting.

“Service members can also visit the Federal Voting Assistance Program website at www.fvap.gov to fill out forms online, look up their local IVAO contact information, and sign up for voting information,” said Hope. “To register to vote, all that is required is to fill out a federal post card application. Even if you have registered in the past, if you have moved or any of your contact information

changed or will be changing prior to the election, then you should fill out an FPCA so that you receive your ballot in a timely manner.”

The FVAP and the VAOs are not here to tell service members why they should vote or who they should vote for, said Hope. They are simply there to provide assistance in registering and casting their vote.

“A presidential election is also a unique opportunity for the military, as it is one of the only times we have a say in who our boss is,” said Hope. “However, it is also worthwhile noting that the presidential and vice presidential elections aren’t the only elections taking place this year. In addition to the president and vice president, 34 seats in the U.S. Senate, 435 seats in the U.S. House of Representatives, governorship in 12 states and three U.S. territories, as well as a number of state and local offices will be decided. 2016 has been an exciting election year so far and the VAOs are ready and awaiting any questions you may have.”

The Voting Assistance Office is available to help all Joint Task Force Troopers and is located in room 218 in Bulkeley Hall. It is open Monday thru Friday from 8 a.m. to 11 a.m. and 1 p.m. to 3 p.m. For any additional questions call x4881 or email questions to ivao@gtmo.navy.mil.

Article by

ARMY SGT. CHELSEA GARCIA

Photo by

ARMY SGT. 1ST CLASS

JOHN WADERKER

Voting Assistance

Please join us
Thursday, **JUNE 30**
1000-1100

Bulkeley Hall Auditorium
 **FVAP.com Training**

If your department does not have a VAO, you may contact the NAVSTA Unit VAO, LT Medwid, for any voting related questions you may have.

For voting assistance, or to find out who your VAO is, dial 4881 or email us at:

ivao@gtmo.navy.mil

CONFUSIONS DEFEND THEIR PERFECT 10-0 RECORD



Confusions has a perfect record in the Morale, Welfare & Recreation flag football league at U.S. Naval Station Guantanamo Bay, Cuba, June 14. *Confusions* played on Cooper Field against *El Chapo*, who took an early lead in the game, but failed to follow through; *Confusions* won 21 to 6.

While *El Chapo* lost the lead at the end of the first half, they came out re-energized for

the second half and implemented a stronger running game. Eric Shoats, a Joint Task Force Guantanamo Trooper and a defensive player for *Confusions*, showed lightning-fast speed and reflexes, and combated *El Chapo's* running game in the second half.

Article and photos by
ARMY SGT. MATTHEW TARPLEY

VOS NON STERCORE BOUNCE BACK FROM A TOUGH LOSS



Vos Non Stercore, shaking off a big loss from the *Grave Diggers*, were eager to play *Notorious D.I.G.* in a Morale, Welfare & Recreation volleyball game, June 14 in G.J. Denich Gym on U.S. Naval Station Guantanamo Bay, Cuba. *Vos Non Stercore* fell behind in the beginning of the first round, but quickly recovered to win 25 to 17 and never trailed in the second

round, which they won 25 to 21.

Cuevas, a Joint Task Force Guantanamo Trooper and a player for *Vos Non Stercore*, helped secure the win by hitting the volleyball through openings in *Notorious D.I.G.'s* defense.

Article and photos by
ARMY SGT. MATTHEW TARPLEY

MWR 2016 SPORTS SCHEDULE

Starting dates are subject to change. All leagues last 2-3 months, including playoffs.

MONTH / DAY ACTIVITY

June 25	Power Lifting Meet
June 27	Soccer League starts
July 2	Softball Tournament
July 2	Ridgeline Trail Run
July 4	Golf Tournament
July 11	Basketball League starts
July 16	Cable Beach Run
July 23	Adult Swim Sprint 300 Yard
July 25	Badminton League starts
August 6	Duathlon
August 8	Beach Volleyball League
August 13	Paddle, Pedal, Paintball
August 20	Back to School Splash
August 20	Fitness & Figure
August 22	Ultimate Frisbee League
August 27	All-Night Softball Trnmnt
September 3	Sprint Triathlon
September 5	Golf Tournament
September 6	Co-Ed Softball League
September 11	9/11 Memorial Run
September 13	Flag Football League starts
September 17	Adult 100 Yard Swim Meet
October 22	Glow Run
October 29	Zombie Run
November 5	Olympic Triathlon
November 19	Max Performance Games
November 24	Thanksgiving Half & 5K
November 26	Across the Bay Swim
December 3	Power Lifting Competition
December 9	Army vs. Navy Game
December 23	Jingle Bell Fun Run
December 24	Holiday Basketball Trnmnt

For questions contact the G.J. Denich Gym at x77262.





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.

6/24 FRIDAY	6/25 SATURDAY	6/26 SUNDAY	6/27 MONDAY	6/28 TUESDAY	6/29 WEDNESDAY	6/30 THURSDAY
Independence Day: Resurgence (New) PG13, 8 p.m. Money Monster R, 11 p.m.	Finding Dory PG, 8 p.m. Warcraft PG13, 10 p.m.	The Conjuring 2 R, 8 p.m.	Captain America: Civil War (LS) PG13, 8 p.m.	Ratchet and Clank (LS) PG, 8 p.m.	Alice Through The Looking Glass PG, 8 p.m.	PT109 NR, 8 p.m.
X-Men: Apocalypse PG13, 8 p.m. Neighbors 2: Sorority Rising R, 10:30 p.m.	Independence Day: Resurgence (New) PG13, 8 p.m. The Nice Guys R, 11 p.m.	Ratchet and Clank (LS) PG 8 p.m.	LYCEUM CLOSED	Captain America: Civil War (LS) PG13, 8 p.m.	LYCEUM CLOSED	Warcraft PG13, 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.

LESBIAN, GAY, BISEXUAL, TRANSGENDER PRIDE MONTH



U.S. Army Spc. Jessica Ighnat, a Trooper assigned to Joint Task Force Guantanamo, waves a gay pride flag to show her support for and honor LGBT Pride month June 17 at Windmill Beach on U.S. Naval Station Guantanamo Bay, Cuba.

On June 2, 2000, former president Bill Clinton issued Proclamation No. 7316, which declared June as the first Gay and Lesbian Pride Month. Nine years later, President Barack Obama declared June Lesbian, Gay, Bisexual and Transgender Month and continued to issue the declaration each year.

LGBT Pride month promotes taking a positive stance against violence and discrimination while also promoting dignity, self-affirmation, acceptance and equal rights for members of the LGBT community and its

supporters. During the month of June, cities across the U.S. host pride parades, festivals, marches and rallies that draw thousands of members of the LGBT community.

U.S. Army Spc. Jessica Ighnat, a Trooper assigned to Joint Task Force Guantanamo, believes LGBT Pride Month is about being part of a community that celebrates individuality.

"It means a sense of community and coming togetherness – getting together and embracing the idea of who you are," Ighnat said. "It's about being able to comfortably express who you are and be who you are

without judgement."

By recruiting diverse individuals into the military, it reflects on the U.S. as a whole, said Ighnat.

"I think diversity in the military really shows that we are all a different piece of a puzzle with different backgrounds, views, lifestyles and opinions," Ighnat said. "We are able to learn through each other and work together to build a strong, cohesive bond that forms what the military is."

The Gold Hill galley hosted a cake cutting ceremony for service members and civilians assigned to JTF GTMO and U.S. Naval Station Guantanamo Bay, Cuba, June 15 to bring awareness to LGBT Pride month.

The Gay, Lesbian and Supporting Service Members organization, or GLASS, on NSGB, provides a space for all service members to provide support for one another through advocacy, outreach and education, said U.S. Navy Seaman Aaliyah Gonzalez, the president of GLASS on NSGB.

GLASS invites service members and civilians assigned to JTF GTMO and NSGB to join its meetings at 12 p.m. on the second and fourth Wednesday of every month in NSGB Hospital building H-9, said Gonzalez.

Openly celebrating LGBT Pride month makes Ighnat proud of the LGBT community and her contributions, she said.

"This is a month where we can commemorate being proud of who we are and recognize all the people who have made sacrifices for the LGBT community," Ighnat said. "At the end of the day, we're all Americans."

Article and photo by
ARMY PFC. LAUREN OGBURN

RELIGIOUS SERVICES

ROMAN CATHOLIC (NSGB Chapel)

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

PROTESTANT SERVICE (JTF Troopers' Chapel)

Sunday* 0900 & 1900

PROTESTANT SERVICE (NSGB Chapel)

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

OTHER SERVICE (NSGB 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

BEACHBUS (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, known as MFLAC, is an additional mental health counseling for Troopers seeking confidential counseling outside of the Joint Stress Mitigation and Restoration Team building or the Chaplain Office. Call x58406 for more information.

Photo by Sarah Ashley

PARTING SHOT



SEA FEATHERS BY JTF TROOPER SARAH ASHLEY. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE

