

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE



July 1, 2016



PHOTO STORY

JOINT DETENTION GROUP GETS NEW COMMANDER

HIKE THROUGH GTMO'S HISTORY

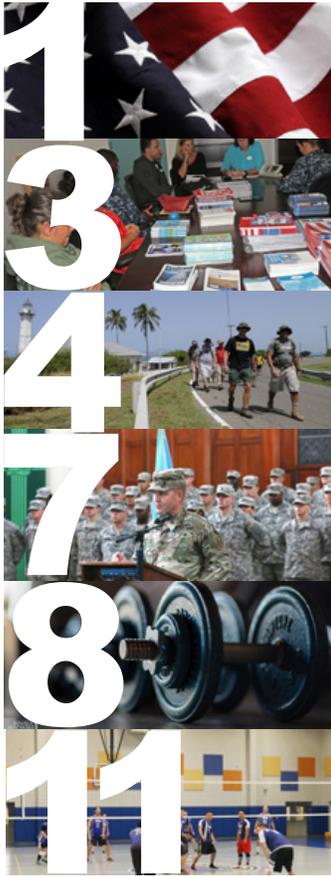
MAKING TROOPERS LOOK SHARP

POWERLIFTING COMPETITION:

WHO IS GTMO'S STRONGEST?

WELCOME NEW SAPR VICTIM ADVOCATES

CHAPLAIN'S COLUMN: HAPPY INTER-DEPENDENCE DAY



LEADERSHIP / CHAPLAIN

Joint Task Force Guantanamo U.S. Army Capt. Marcus Grove speaks about hesitation, decision-making and leadership. U.S. Navy Chaplain (Cmdr.) Sean Cox explains the importance of being interdependent.

GTMO NEWS

Three Joint Task Force Guantanamo Troopers became GTMO's latest victim advocates after completing the Fleet and Family Support Center's 40-hour Initial Sexual Assault Prevention and Response Victim Advocate course, June 13-17.

FEATURES

Walk in the footsteps of those who fought, won and lost their lives here to make this corner of the island what it is today.

PHOTO STORY

U.S. Army Col. David Heath relinquishes command to U.S. Army Col. Stephen Gabavics during the Joint Detention Group change of command.

JSMART & HEALTH

Joint Stress Mitigation and Restoration Team gives tips on how to quit smoking. Service members and civilians from all branches participate in the Powerlifting Competition held at the Denich Gym June 25.

SPORTS

Grave Diggers survive the first round of the Morale, Welfare & Recreation volleyball playoffs against *Supreme Court* June 22; *Unified Ballers* beat *Beef* 14-1 in the MWR softball game, June 21.

MOTIVATORS OF THE WEEK

**ARMY SPC.
ANDREW CHANG**

**ARMY PFC.
CEDARIOUS THOMAS**

COVER PHOTO CAPTION

U.S. Army Col. Stephen Gabavics, incoming Joint Detention Group commander, receives the guidon from U.S. Navy Rear Adm. Peter Clarke, Joint Task Force Guantanamo commander, during a change of command ceremony June 23 at the Naval Station Chapel on U.S. Naval Station Guantanamo Bay, Cuba.

OPSEC EVERYDAY

It doesn't matter if you're on duty or off, use operations security at all times. OPSEC keeps our sensitive information safe and secure. Use OPSEC both at work and home. Think OPSEC when you're working, while doing recreational activities and while dining at the galley. Remember that information can be gathered anywhere. Don't take a day off from OPSEC; it's a 24-7-365 job. OPSEC never sleeps.

The Wire is an authorized publication for members of the Department of Defense. It is produced by the Joint Task Force Public Affairs Office to inform and educate the Troopers of Joint Task Force Guantanamo. The contents of The Wire are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army, Air Force, Navy, Marines or Coast Guard. The editorial content of this publication is the responsibility of the Joint Task Force Guantanamo Bay Public Affairs Office. The Wire is printed weekly by the Defense Logistics Agency Document Services with a circulation of 1,035. It is distributed free to all personnel assigned to the Joint Task Force and is published online.

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COVER PHOTO BY

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HESITATION WILL GET YOU KILLED



the welfare of our Troopers. As leaders and Troopers, we don't have the luxury in most cases to sit on an issue and take our time to weigh every single possibility or angle. Immediate decision making is not only a necessity in our ever-changing operating environment, but is also what our Troopers expect of us. In my perspective, hesitation shows a lack of confidence in one's own capabilities and knowledge. Hesitation will begin to build doubt in a leader or an organization. My Troopers, no matter the outcome, expect direction from me; they don't need a leader who shies away from tough moments. I've grown from a hesitant leader, who dreaded these situations, to one who realized the importance of these decisions and the importance of the confidence in backing what might be unpopular or undesired directions.

The title of this piece is a little dramatic but it's something that serves as a motivating factor and drive to better myself as a leader. I, along with the other leaders here on island, am charged with the trust and confidence of our superiors to make logical, well-thought out decisions which support our mission and ensure

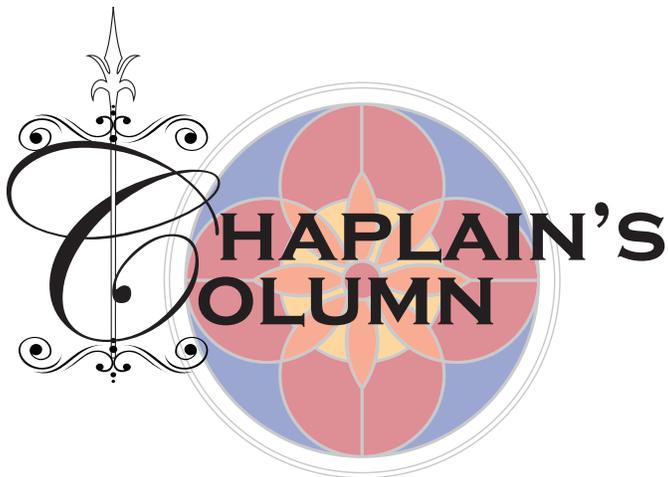
Knowledge isn't just built from doctrine or regulation but is a culminating collection of experiences from both our civilian and military lives and careers. That failed spelling test in second grade or lost baseball game in high school, although not really an impact today, has hardened our resolve or strengthened the importance of our preparation. For me as a leader, it was a moment as a first lieutenant in the office of the brigade deputy commander. He called me in to discuss an incident which occurred within my company, just days after our arrival in theater. The conversation became one on the importance of decision-making and the role of confidence in executing those decisions. The incident became an opportunity to mentor instead of assign responsibility. It is a conversation that still remains impactful on me and my career. It's often a

conversation that I sit and reflect on even now as I'm faced with other tough calls. No one wants to be the bearer of bad news, but one who embraces his or her role as a leader, and fights through the instinctual emotion of dread, is one who gains the Troopers' respect. Maybe not right then, but my hopes are that the interaction is as significant as my own.

Every chance we get to interact with our or any Troopers should be appreciated and deliberate; the moment of doubt or lack of direction when opportunity is calling for a leader should be viewed in the same manner. Troopers should embrace these moments as opportunities to grow and mature.

Article by
ARMY CAPT. MARCUS GROVE
JTF GTMO

CHAPLAIN'S CORNER: HAPPY INTER-DEPENDENCE DAY



This weekend we celebrate Independence Day. A better phrase might be "Inter-dependence Day." Although we enjoy autonomous governance, we rely on international partners for our livelihood. Last year the U.S. exported \$1.5 trillion in goods and services.

Imports totaled more than \$2.3 trillion. We can't exist independently; nations rely on each other's resources and talents. The same can be said about organizations and individuals. The Joint Task Force is an inter-dependent organization. It operates 24/7/365 with hard work, dedication and mutual trust of Troopers and civilians. What makes our home and these working relationships function at the highest level?

We will be able to function at a higher level when we place the needs of others before our own. We've all heard this before, but how does putting the needs of someone else first improve our relationships? When we focus on the needs of others, we practice humility. When

we're truly humble, we can listen to what the other is saying and not saying. When we can patiently listen without preparing responses as we listen, we have the opportunity to build trust. Other people may be incorrect in their perceptions, but we can listen and re-direct and maintain the working relationship. When people feel appreciated, they will contribute more to conversations, relationships and organizations. Staying connected makes each of us stronger.

Inter-dependent people and organizations rarely fail; they grow from being challenged. People who are genuinely connected encourage one another, particularly after difficult experiences. Inter-dependent relationships in the JTF benefit everyone in the organization. Remaining connected makes all of us stronger; none of us are islands.

Article by
NAVY CMDR. SEAN COX
JTF GTMO Chaplain

WELCOME NEW SAPR VICTIM ADVOCATES



Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay Troopers sit through a one-hour brief with Naval Criminal Investigative Service, June 14, as part of the 40-hour Initial Sexual Assault Prevention and Response Victim Advocate course with the Fleet and Family Support Center on U.S. Naval Station Guantanamo Bay, Cuba.

Fleet and Family Support Center facilitated the 40-hour Initial Sexual Assault Prevention and Response Victim Advocate course, June 13-17 on U.S. Naval Station Guantanamo Bay, Cuba for six Joint Task Force Guantanamo Troopers and NSGB service members.

"The Initial SAPR Victim Advocate course entails in-depth information on the SAPR Program to include reporting option specifics and forms, victim resources, local and stateside, victim advocate roles and responsibilities, command responsibilities, communication and much more," said Jennifer Walker, the SAPR victim advocate for FFSC.

U.S. Navy Petty Officer 1st Class Rebecca Fallucca, a JTF GTMO Trooper, said she wanted to attend the course and get certified before deploying to Guantanamo Bay.

"I've always been interested in this program, I just haven't had the opportunity before now to be a part of it," Fallucca said. "I am mostly taking this in order to help my fellow shipmates out in their time of need."

The training involved many blocks of instruction that participants completed to become certified as victim advocates.

"Students also completed the 'Walk the Plank: Practical Lessons for Advocates Needing Knowledge' training," said Walker. "Based on real experience, 'Walk the Plank' was developed to assist Sailors in understanding the complete advocacy role. Students also received one-hour briefs from other key role

players in SAPR to include the chaplain, Judge Advocate General, Naval Criminal Investigative Service, Sexual Assault Medical Forensic Examiner, Victims' Legal Counsel and an FFSC counselor."

Troopers toured U.S. Naval Hospital Guantanamo Bay to familiarize themselves with what to expect if they had to respond to a sexual assault and assist the victim, said Walker.

After working cases similar to the ones in the course as a police officer, U.S. Army Sgt. Kateri Silveira, a JTF Trooper with the 744th

Military Police Battalion, said it is noteworthy to see the sexual assault incident from the victim advocate perspective.

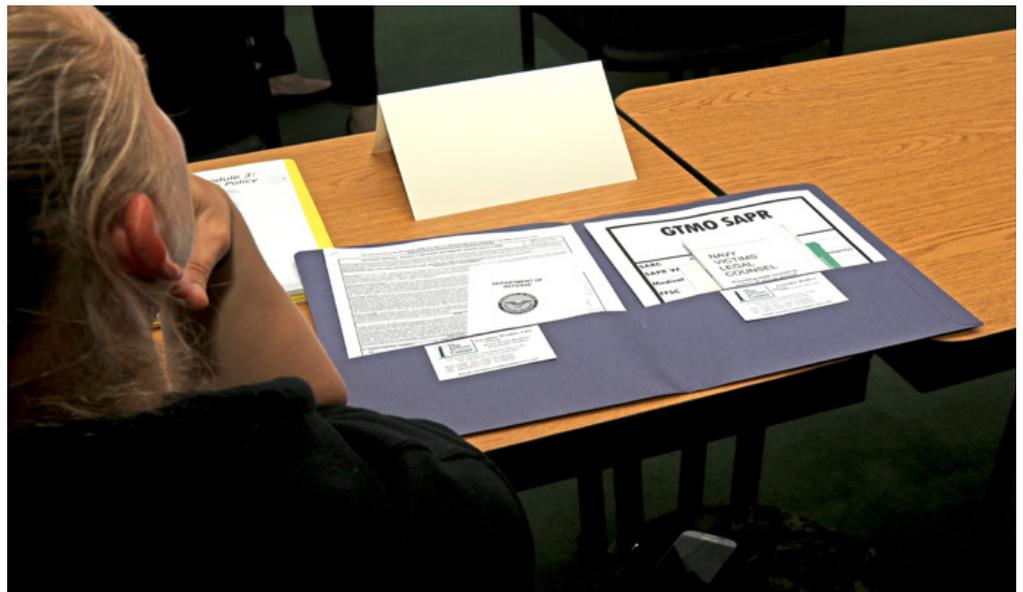
People may or may not see how detrimental sexual assault is to victims, but taking the course is definitely something that would be a good tool for all branches of service to participate in, said Silveira.

U.S. Navy Petty Officer 2nd Class Hannah Brown, a JTF GTMO Trooper, said the course was very informative with great videos and brought additional training opportunities for anyone wanting involvement in the SAPR program.

"Being a victim advocate is tough, but a rewarding role," Walker said. "This position is volunteer only and that is because not everyone can do this type of job. If a Trooper wants to learn more information about the SAPR Program and wants to assist and support victims of sexual assault, then this is the class for them."

The next Initial SAPR Victim Advocate Course has not yet been scheduled. Every branch of service entails different certification requirements to become a SAPR victim advocate. Troopers can get more information by contacting FFSC at x4141. For those with emergencies or to contact a victim advocate after hours, call x84578.

Article and photos by
ARMY SGT. SHANNON BALL



Joint Task Force Guantanamo Troopers participate in many blocks of instruction to complete the 40-hour Initial Sexual Assault Prevention and Response Victim Advocate course, June 13-17, on U.S. Naval Station Guantanamo Bay, Cuba. The Fleet and Family Support Center certified three Joint Task Force Guantanamo Troopers as sexual assault victim advocates.

HIKE THROUGH HISTORY

"The entrance was narrow and winding, though deep; the harbor expanded within, like a beautiful lake in the bosom of a wild and mountainous country, covered with trees, some of them in blossom, others bearing fruit." On a history hike June 26, U.S. Army 1st Sgt. Michael B. Shimer, Joint Task Force Guantanamo Trooper and hike leader, read an account of Christopher Columbus's arrival to Guantanamo.

"Not far from the shore were two cottages built of reeds, and several fires burning in various parts of the beach gave signs of inhabitants..."

The seven-mile hike from Windward Ferry Landing to Cuzco Well Cemetery encompassed the history from Columbus's first landing in April 1494, to the epic battle of Cuzco Well in June 1898.

The United States went to war with Spain in April 1898, said Shimer. On April 22, the 1st Marine Battalion boarded the Auxiliary Cruiser U.S.S. Panther in New York. The Marines traveled to Key West, Florida to train for the inevitable invasion of Cuba.

History hikers retraced the steps of U.S. Marines during the invasion of Cuba.

"I enjoyed being able to walk in the footsteps of the Marines who climbed the Cuzco Hills over 100 years ago," said Jennifer Palmer, a JTF GTMO Trooper and participant in the hike. "It was possible to envision exactly what they may have seen. This brought accounts of the battles to life in a way that you just can't get from reading the history books alone."

Shimer led the way from Windward Ferry Landing to McCalla Hill reciting more of the history and the battle, in which six Marines lost their lives.



U.S. Army 1st Sgt. Michael Shimer, a Joint Task Force Guantanamo trooper, shows photographs of early U.S. Naval Station Guantanamo Bay, Cuba at the Lighthouse Museum, June 26. Participants of the hike followed in the footsteps of the Marines who led the Battle of Cuzco Well in June 1898.

On June 9, 1898, the 1st Marine Bn., under the command of U.S. Marine Lt. Col. Robert W. Huntington, arrived off of Santiago de Cuba, said Shimer. The following day, four companies of Marines landed at Fisherman's Point and occupied the hilltop, which is now known as McCalla Hill, named after the commander of the USS Marblehead, U.S. Navy Cmdr. Bowman H. McCalla.

"After a relatively calm night, the Marines at Camp McCalla were attacked by a larger force of Spanish soldiers at dawn," said Shimer.

"Two Marines, Pvts. William Dumphy and



James McColgan, situated at an outpost were brutally slaughtered by the Spanish. Both were shot multiple times and, according to some, stripped of all their gear and slashed by machetes."

The Spanish then led a three-day and three-night assault on the Marine position on McCalla Hill. On the evening of June 12, the Spanish came close to overturning the camp but naval fire from the USS Marblehead and the Marines' machine guns turned them back. Assistant Surgeon John Gibbs and Sgt. Charles Smith lost their lives during the fighting, and the next night two more died, Acting Sgt. Maj. Henry Good and Pvt. Goode Taurman. This was the turning point in the battle.

Lt. Col. Huntington sent Capt. George F. Elliot with a contingent of Marines and 50 Cubans over the hills to attack the Spanish headquarters. This battle would later be named The Battle of Cuzco Well.

The hikers stopped at the memorial for Dumphy and McColgan, and moved onto the lighthouse, where Shimer gave a brief history of the lighthouse and the hikers took a break from the heat.

Following along Sherman Avenue, Shimer



Hikers traverse over Cuzco Hill on U.S. Naval Station Guantanamo Bay, Cuba, June 26. Hikers participated in a history hike that retraced the steps of the Marines in the Battle of McCalla Hill and the Battle of Cuzco Well that occurred in June 1898.

led the hikers to Cable Beach. The Morale, Welfare & Recreation provided a lunch of sandwiches, chips and granola bars. The hikers replenished their water supplies before the last trek of the hike, which turned out to be the most grueling.

Shimer led the way over Cuzco Hill, entrancing everyone with the tale of how Marines raced up the hill side in three minutes to be met with enemy forces and a grueling battle.

After visiting the marker for the Battle of Cuzco Well, Shimer led the group through the destroyed Spanish Hacienda and the Cuzco Well Cemetery, concluding the hike.

Shimer will lead another hike July 2 starting from Ferry Landing. The hike will start at 7:00 a.m. Contact Shimer at x55182 or x8066 for more information.

Article by

ARMY SGT. CHELSEA GARCIA

Photos by

ARMY STAFF SGT. MATHIEU PERRY

MAKING TROOPERS LOOK SHARP

Many people have nicknames and U.S. Army Spc. Rodney Sharples, a Trooper assigned to Joint Task Force Guantanamo, is no different. He is better known as “Sharp Kutz” to the residents of Camp America, as well as other JTF GTMO Troopers.

“I’ve been going to Sharp ever since we got here, and he currently cuts hair for Soldiers in at least four different units,” said U.S. Army Sgt. Derrick Petry, a JTF GTMO Trooper. “It helps a lot because the barbershop isn’t always open, and Sharp is very flexible with his hours.”

Petry believes it is essential to put forth the highest professional appearance. Service members from different branches of the military see Soldiers, and for many, it might be their only experience with the U.S. Army, so it is important to leave a positive impression, he said.



U.S. Army Spc. Rodney Sharples gives U.S. Army Sgt. Derrick Petry a haircut at a common area in Camp America housing, June 26. Both Troopers are assigned to Joint Task Force Guantanamo on U.S. Naval Station Guantanamo Bay, Cuba. Sharples began cutting his co-workers’ hair before they deployed to JTF GTMO and continued the practice to create a small-town atmosphere on the island for fellow Troopers.

Sharples wants his clients to unwind, relax and walk away recharged and with a great haircut.

“This is a stress relief because you are on deployment and away from your family,” said Sharples. “There are a lot of restrictions here on what you can and can’t do so when the guys come over, it’s just like being in a regular barbershop. It’s a great place for guys to talk and get stuff off their chest that they can’t talk about with other people.”

Sharples enjoys the small town feel of Camp America and the brotherhood of the Troopers in the units living there. He says it’s common to have neighbors walk by and offer to get drinks from the shoppette for the guys waiting in line for haircuts.

“Back in the states, I had a barber that I always went to, and I miss that familiar sense of home by being on deployment here,” said Petry. “Sharples makes this place feel a little more like home by being able to sit around and joke with each other and talk about different issues and being able to decompress after work.”

Sharples says a Soldier from the outgoing unit provided barber services as well, and the two men went out to the common area in Camp America and cut hair, sometimes

as late as 11 p.m. Currently, Sharples says he gives between four to six haircuts per night.

“The location is ideal because we are in a common area and people are either going to the gym, the movies or to wash laundry,” said Sharples. “Usually I start cutting hair around 1900 hours, but I try to be flexible with my hours because I do this to help take care of Soldiers.”

Sharples notes that being convenient to fellow Troopers is essential because many of them work different shifts and this affects their ability to access the local barbershop.

Sharples has been cutting his fellow Troopers’ hair even before they arrived at JTF GTMO.

“Every time I go on deployment, I always bring my clippers because people need haircuts,” said Sharples. “I didn’t bring a lot of my supplies and equipment, but once I got to McGregor [Training Complex] Fort Bliss, Texas, I really saw the need to help my coworkers keep up their professional appearance.”

Sharples says he initially resisted being a barber until his father asked if he thought about cutting his sons’ hair.

“I have three boys and at first I wasn’t very open to the idea, but then I thought about what he said and realized I could save money, so I went to school to be trained and

licensed,” he said.

Sharples went on to explain that he graduated barber school in 2003 while living in Virginia, and after developing enough clientele, he gave haircuts on location rather than in a traditional barbershop.

“I had business cards, and I was like a barber on wheels,” said Sharples. “You’d call me and I’d show up.”

Sharples gave up cutting hair because his new job as a federal police officer became too demanding. However, it wasn’t long before he recognized his talents could benefit his brothers-in-arms.

“It started at Fort Bliss,” said Sharples. “Due to the long hours of training and the logistical issues of travelling to and from McGregor, it was hard to get a haircut.”

“I’ve got all professional stuff when it comes to the equipment and I try to keep up with all the supplies and skills I would use in a barbershop,” said Sharples. “I want people to walk away with a professional haircut and a great experience.”

Article and photos by
ARMY STAFF SGT. MATHIEU PERRY

TROOPERS GET FINANCIAL CERTIFICATION

The Fleet and Family Support Center conducted a five-day Command Financial Specialists course for Joint Task Force Guantanamo Troopers on U.S. Naval Station Guantanamo Bay, Cuba, May 23-27. Ten U.S. Air Force Prime Base Engineer Emergency Force 18 Troopers attended.

Many of the participants, to include U.S. Air Force Staff Sgt. Christopher Mursch, a heavy equipment operator for BEEF 18, took the class to gain financial knowledge for themselves, as well as help others with their financial needs.

"I like to help people," said Mursch. "Not only did I attend to absorb and gain useful financial knowledge for myself, but to have the ability to help others succeed financially."

The course is designed to help participants provide financial education, training, counseling and information to their command, said Mike Rivera, the accredited financial counselor for FFSC.



The Fleet and Family Support Center provides Joint Task Force Guantanamo Troopers assigned to the Base Engineer Emergency Force 18 a five-day Command Financial Specialist course, May 23-27 at Camp Justice on U.S. Naval Station Guantanamo Bay, Cuba. The course is designed to help participants provide financial education, training, counseling and information to their command.

The rigorous and intensive financial training helped Troopers successfully develop financial strategies and enhance the education of their command and service members, said Rivera. The CFS course is the first line of assistance for service members who have questions or issues concerning their financial readiness.

"Money is one of the main reasons personnel experience stress on the job and it is one of the top things couples fight about," Rivera said. "By helping individuals achieve financial success we can foster confidence in facing their finances and alleviate many of these stressors. Also, the (Department of Defense) promotes sound financial practices, personal integrity and responsibility among its members."

Participants used a spreadsheet to list their personal debt information and found areas where they can save money and pay off their debts quickly, said Rivera.

"The best part is that the numbers don't lie because it shows the member when, who and how much to pay, along with how much they are saving," Rivera said.

"This class is beneficial to anyone willing to better themselves or help others financially," said Mursch. "I have a better understanding of budgeting and smart spending. Knowing



U.S. Air Force 1st Lt. Trevor Webber, a platoon leader for the Base Engineer Emergency Force 18, asks Mike Rivera, the accredited financial counselor for the Fleet and Family Support Center, a question during the 5-day Command Financial Specialist course at Camp Justice on U.S. Naval Station Guantanamo Bay, Cuba.

where your money goes is important; you need money to survive. You work hard for your money, why not learn how to be smarter with it and be more financially savvy?"

For additional information on other available financial trainings or to schedule a five-day Command Financial Specialist class, please contact FFSC at x4141 or x4153. Each class needs a minimum of six participants.

Article and photos by
ARMY SGT. SHANNON BALL



Mike Rivera, the accredited financial counselor for the Fleet and Family Support Center, organized a five-day Command Financial Specialist course at Camp Justice on U.S. Naval Station Guantanamo Bay, Cuba for U.S. Air Force Base Engineer Emergency Force 18 Troopers, May 23-27.

JOINT DETENTION GROUP CHANGE OF COMMAND CEREMONY

More than 200 Troopers assigned to Joint Task Force Guantanamo and distinguished guests attended the Joint Detention Group change of command ceremony June 23 at the Naval Station Chapel on U.S. Naval Station Guantanamo Bay, Cuba.

After serving as the JDG commander for two years, U.S. Army Col. David Heath turned over responsibility of the JDG to U.S. Army Col. Stephen Gabavics, incoming JDG commander.

"My time in command has been an awesome experience," Heath said. "Due to the joint, interagency and high visibility nature of our mission, I've learned more and experienced more with regard to our sister services, the government, the law and the media than I have in any other assignment in my 26 years of active service."

U.S. Navy Rear Adm. Peter Clarke, JTF GTMO commander, spoke about working with Heath and Heath's accomplishments during his time as the JDG commander.

Under Heath's leadership, detainee compliance significantly improved; the JDG achieved the highest level of detainee compliance in the 14-year history of the group, said Clarke.

"The list of significant and lasting positive contributions Col. Heath has made during his tenure as the Joint Detention Group commander is too extensive to cover here," Clarke said. "His emphasis on consistency starts by ensuring that the standard operating procedures are followed correctly every single time. Consistency in the camps ensures the humane care and custody of the detainees and keeps the guard force safe."

Heath attributed his success to the Troopers who work internal and external security throughout JTF GTMO.

"Since June 2014, 41 units from all three Army components have rotated through the JDG," Heath said. "That's almost 4,000 Soldiers who have been shaped and have shaped the mission in some way. I truly owe all of my success to them and the rest of my team."

U.S. Army Command Sgt. Maj. James Hummel, JDG command sergeant major, said he learned a lot serving as Heath's command sergeant

major and feels honored to have served under his command.

"Col. Heath set the bar very high and has a legacy of fairness and respect from everyone in the JDG," Hummel said. "He made a positive impact and created an environment of guard force safety in detention operations on a level that hasn't been seen before in the JDG."

Heath gave Troopers assigned to JTF GTMO some words of advice.

"Be a leader of character at all times," Heath said. "Do the right thing even when no one is watching. Do your mission here with honor, and go home with your head held high. Be proud to tell your friends, family and fellow citizens the way in which you served your country here."

"There is no greater honor for a military officer than to be entrusted with command," he continued. "It has truly been a privilege to lead the outstanding men and women of this Joint Detention Group over the past two years. I will miss all of you, and wish you great success for the future."

Gabavics promised to complete the JTF GTMO mission, which is providing safe, humane, legal and transparent care and custody to the detainees.

"I stand before you, humbled to have been afforded this opportunity and privileged to assume command of this incredible unit," Gabavics said. "The bottom line is, this is all about the importance we have in the mission we do, and you Soldiers, Sailors, Marines, Coast Guardsmen and Airmen, you Troopers stand in the front lines helping to ensure the security and the welfare of the citizenry of the United States."

Article by

ARMY PFC. LAUREN OGBURN

Photos by

ARMY SGT. CHELSEA GARCIA



U.S. Navy Rear Adm. Peter Clarke, Joint Task Force Guantanamo Commander, presents U.S. Army Col David Heath, outgoing Joint Detention Group commander, with the Defense Superior Service Medal at the Naval Station Chapel on U.S. Naval Station Guantanamo Bay, Cuba, June 23. During Clarke's speech at the change of command ceremony, he spoke about Heath's dedication and outstanding service during his tenure.





The Joint Task Force Guantanamo Honor Guard posts the colors at a change of command ceremony June 23, at the Naval Station Chapel on U.S. Naval Station Guantanamo Bay, Cuba. The Joint Detention Group commander, U.S. Army Col. David Heath, relinquished command to U.S. Army Col. Stephen Gabavics.

“I stand before you, humbled to have been afforded this opportunity and privileged to assume command of this incredible unit”

- U.S. Army Col. Stephen Gabavics



U.S. Army Col. David Heath gives his final speech as the Joint Detention Group commander for Joint Task Force Guantanamo at the change of command ceremony June 23, at the Naval Station Chapel on U.S. Naval Station Guantanamo Bay, Cuba. Col Heath took command of the JDG in June 2014.



Col. Stephen Gabavics, Joint Detention Group commander for Joint Task Force Guantanamo, addresses the crowd at the change of command ceremony June 23, at the Naval Station Chapel on U.S. Naval Station Guantanamo Bay, Cuba. Gabavics assumed command from U.S. Army Col. David Heath.



U.S. Army Col. Stephen Gabavics, Joint Detention Group commander, cuts a cake with his daughter at the Naval Station Chapel on U.S. Naval Station Guantanamo Bay, Cuba, June 23. Gabavics assumed command from U.S. Army Col. David Heath as the JDG commander for Joint Task Force Guantanamo.



JSMART SPOT

JSMART HELPER: HARLEY

YOU CAN QUIT SMOKING



Photo by Staff Sgt. Jess Williams

Thinking about quitting smoking? The Joint Stress Mitigation and Restoration Team and Joint Troop Clinic can help.

Even while here at beautiful Guantanamo Bay, there are many stressors that can influence people to smoke. Whether it's work, deployment, military life, interpersonal issues, boredom or even being away from friends or family, many people turn to smoking as a way to cope. While we know that smoking and dipping are bad for you, the fact remains that people still do it.

Sometimes people smoke because they just want to get away from work for a bit and take a break. A lot of people find it relaxing. It takes less than 10 seconds for your body to feel the effects of nicotine.

So why is it relaxing? When you're inhaling the smoke from your cigarette, you're diaphragmatic breathing, a popular relaxation technique according to smokefree.gov, an online resource dedicated to empowering people to quit smoking.

Diaphragmatic breathing is meant for relaxation and to calm your body, in turn reducing your heart rate, and over time your brain misinterprets smoking as a relaxing activity.

Learn more about options to quit smoking today at JSMART. We are open from 6 to 5 p.m., Monday through Friday and every second Saturday of the month for our self-care days.

Our tobacco cessation class is available as a walk in service Monday-Friday.

Medication assistance is an option as well. We work with JTC providers who can prescribe certain medications that help curb cravings and slowly lower the intake of nicotine to reduce the effects of withdrawal symptoms.

So pop on over to JSMART and learn more about crushing the habit today or call us at x2321 for more information.

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

JTF RECEIVES THE COMBINED FEDERAL CAMPAIGN EVERGREEN AWARD



U.S. Navy Rear Adm. Peter J. Clarke, Joint Task Force Guantanamo commander, thanks U.S. Air Force 1st Lt. Andrea Reininger, Joint Task Force Guantanamo Combined Federal Campaign-Overseas coordinator, as she presents CFC's Evergreen Award, June 24. Within each of the five overseas combatant commands, one component earns the CFC Evergreen Award if that component obtains the highest online giving level, taken as a

percentage of total campaign pledges. The Evergreen Award is named as such because online giving reduces waste and clerical errors and lowers the campaign costs. The reduction of operating costs ensures more money goes directly to the charities. During the 2015 CFC-O, JTF GTMO achieved nearly 80 percent of contributions via online giving with an average gift of \$129.

Article and Photo by
**ARMY STAFF. SGT.
 MATHIEU PERRY**

HEALTH

MEET YOUR PROVIDER



The Joint Troop Clinic would like to welcome U.S. Navy Lt. Matthew Bolton, Family Nurse Practitioner-Board Certified, U.S. Navy Reserve. Bolton has a combined 14 years of service between the Air Force, Army and Navy both with active and reserve. He specializes in internal medicine.

Bolton originally entered the military

through the Air Force, becoming a flight medic and doing two years of active service before transferring to the Reserves. He received his undergraduate degree from Mississippi University for Women before earning his master's degree from South University.

In order to become an FNP-BC, Bolton earned his bachelor's degree in nursing before obtaining a state license as a registered nurse. After enrolling and completing an FNP master's degree program, which can take up to four years depending on the area of concentration selected, Bolton applied through the American Nurses Credentialing Center for certification through FNP-BC.

As an FNP, Bolton diagnoses and treats health conditions of the body and mind. An FNP develops treatment plans for acute and chronic diseases, educates patients on disease prevention and healthy lifestyles, conducts exams, performs diagnostic tests

and screenings, manages overall patient care, prescribes medications and more.

Bolton enjoys playing sports, his favorite is basketball. At the JTC, Bolton works primarily on the administrative side as assistant officer in charge and patient case manager but still assists patients as needed.

To make an appointment at the JTC, call x3395. Office hours are Monday to Wednesday and Friday from 7 a.m. to 5 p.m. and Thursday from 7 a.m. until 1 p.m. Sick call hours are from 7 a.m. until 8:30 p.m. Monday through Friday.

Article courtesy of

**NAVY PETTY OFFICER 2ND CLASS
CAITLYN STRADER**

Photo by

**ARMY STAFF SGT.
MATHIEU PERRY**

DON'T BE A FOOL, STAY COOL



U.S. Naval Station Guantanamo Bay, Cuba is full of outside recreational activities. Some of these activities include spending a day at the beach, enjoying the water while swimming or snorkeling, running one of the many 5K's or just trying to get to work. This gives Troopers a lot of time in direct sunlight.

We all hear about how the sun is a good source of vitamin D, but that does not mean you should go out into the sun without some sort of protection. Here are a few ways to

protect yourself from getting sun burned:

- Cover up. Wear tightly-woven clothing that blocks sunlight.
- Use sunscreen. A sun protection factor of at least 15 blocks 93 percent of Ultraviolet rays. Reapply sun screen as recommended on the bottle.
- Wear a hat. A wide brim hat is ideal because it protects the neck, ears, eyes, forehead, nose and scalp. Baseball caps can help, but only cover the face and can leave the rest exposed.
- Wear Ultraviolet protected sun glasses to minimize damage to your eyes.
- Limit exposure. Seek shade often if you are planning a day outside, even in cloudy or overcast weather.

Exposure to the sun's Ultraviolet rays accelerates the effects of aging and increases your risk of developing skin cancer. According to the Centers for Disease Control and Prevention, every time you go tanning you are at an increased risk for melanoma, which is a tumor usually associated with skin cancer.

One way you can always know the relative temperature on island is by viewing the Heat Stress flags located at Denich Gym,

Bulkeley Gym and several other spots between Roosevelt Gate and the Naval Exchange. Each flag represents a range of temperatures and recommendations for work/rest cycles and hourly fluid consumption.

White flag: describes heat conditions that are not likely to adversely affect personnel.

Green flag recommends personnel be cautious about exercising.

Yellow flag indicates personnel should acclimatize the first two weeks prior to strenuous outdoor work in this condition.

Red flag indicates a high probability that heat stress is likely for personnel not acclimatized who are working outdoors.

Black flag temperatures restrict non-mission essential physical training and suspend strenuous exercise due to the high possibility of heat casualties.

Article by

**NAVY PETTY OFFICER 3RD CLASS
DOUGLAS AUSTIN**

Photo by

ARMY SGT. CHELSEA GARCIA

WHO IS GTMO'S STRONGEST?



Blaze Alpha, a Joint Task Force Guantanamo Trooper, completes a deadlift of 600 pounds during a powerlifting competition on U.S. Naval Station Guantanamo Bay, Cuba, June 25. Alpha won the overall competition for the males.

The Denich Gym never sounded so loud, with spectators cheering on their fellow Joint Task Force Guantanamo Troopers and U.S. Naval Station Guantanamo Bay personnel as they participated in the powerlifting competition June 25.

There were three events: bench press, dead lift and squat. The participants attempted to lift the maximum amount of weight they could. If they were unable to on the first try, they regrouped and attempted two more times for a total of three attempts. Out of the three attempts, the judges calculated the heaviest weight lifted and gave a power index number based on the competitor's bodyweight, and then it was on to the next event.

Even though the participants were competing against each other, they couldn't resist

cheering on their competitors to push more and lift heavier.

Lifters exchanged different techniques and strategies to get the weight up. Many of the lifters who competed are members of the 1,000 pound club, which totals bench press, deadlift and squat to equal 1,000 pounds or more, and some of the competitors pushed their way into the club with the lifts they performed during the competition.

The top lifters in their weight class earned awards ranging from medals to a crystal trophy.

Chelsea Sellers, a JTF GTMO Trooper with the 525th Military Police Battalion, surpassed her competitors and won first place as the top overall female lifter. Blaze Alpha, a JTF Trooper with the 525th MP Bn. out lifted the rest of the participants and won the first place overall award in the male division.

"I feel like I hit the goals I placed for myself, and that was the real accomplishment throughout the day, to leave the gym knowing I went all in for me and for God," said Sellers.

For Alpha, the best part of the competition wasn't about the weight.

"My favorite part wasn't one particular lift but having the support of my unit the entire time," said Alpha. "It was a great feeling to have their support. Overall the atmosphere was my favorite part of the day."

As for Sellers, she stated she enjoyed the atmosphere of the competition as well.

"My favorite part was the encouragement

from the crowd and especially from the other athletes," said Sellers. The support system on GTMO is unlike any other you will find because of the jobs that we do and how often we see each other. Most of the athletes here see each other day in and day out putting in the work and that makes seeing each other compete that much more exciting. We can see each other's journey and respect it."

Hayley Morrison in the lightweight division, Jessica Alese in the middleweight division and Kenya McCoy in the heavyweight division won first place in their respective female divisions.

Edward Hawthorne in the lightweight division, Matthew Sickles in the middleweight division and Grant Price in the heavyweight division won first place in their respective male divisions.

"There will be another powerlifting competition held in December or January, we have not set a date yet," said Kaleb Hening, fitness coordinator with the Denich Gym. Kaleb stated he would like to thank all the lifters who participated, the volunteers who helped put the competition together and tear it down and all the Morale, Welfare & Recreation staff for their support.

"My advice to those who would want to compete and do well would be to dedicate yourself in and out of the gym," said Alpha. "How you fuel yourself, how you rest and also how you mentally prepare all play a part. Then after that just have fun with it because it should be enjoyable above all else."

Article and photos by
ARMY SGT. MATT YOUNG



Chelsea Sellers, a Joint Task Force Guantanamo Trooper on U.S. Naval Station Guantanamo Bay, Cuba, completed her deadlift of well over 400 pounds to secure her spot as the top female lifter for the powerlifting competition June 25.



Kenya McCoy, a Joint Task Force Guantanamo Trooper, performs a 275 pound squat during the competition on U.S. Naval Station Guantanamo Bay, Cuba, June 25. McCoy took home first place for the females in the heavyweight division.

SWING AWAY, REGULAR SOFTBALL SEASON WRAPS UP



Douglas Fox, a Joint Task Force Guantanamo Trooper and the pitcher for *Beef*, takes off down the line during the Morale, Welfare & Recreation softball game on U.S. Naval Station Guantanamo Bay, Cuba, June 21. Fox pitched well in the early innings of the game to help keep the score close, but it was not enough

to secure a win.

Unified Ballers came out strong against *Beef* in the final game of the regular season and finished with a 14 to 1 victory.

Article and photos by
ARMY SGT. MATTHEW TARPLEY

GRAVE DIGGERS: A ROAD TO A CHAMPIONSHIP



Grave Diggers and *Supreme Court* players kick off a match in the hunt for a championship during the volleyball playoffs in the Morale, Welfare & Recreation league on U.S. Naval Station Guantanamo Bay, Cuba, June 22. G. J. Denich Gym was loud as *Supreme Court* took the first round, 25 to 22, in the best of three matches; nevertheless, the *Grave Diggers* came back and won 25 to 8 and 15 to 6, staying in the running for the title.

Ariana Mankus, a Joint Task Force Guantanamo Trooper and a player for the *Grave Diggers*, delivered hard-hitting serves that left *Supreme Court* jostled and disoriented and the *Grave Diggers* with a perfect record.

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

| | |
|--------------------|-----------------------------|
| 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.

| 7/1 FRIDAY | 7/2 SATURDAY | 7/3 SUNDAY | 7/4 MONDAY | 7/5 TUESDAY | 7/6 WEDNESDAY | 7/7 THURSDAY |
|---|---|---|---|--|--|--|
| The BFG (New) PG, 8 p.m. Central Intelligence PG 13, 10:30 p.m. | The Legend of Tarzan (New) PG 13, 8 p.m. Neighbors 2: Sorority Rising R, 10 p.m. | Me Before You (New) R, 8 p.m. Money Monster (LS) R, 10:30 p.m. | X-Men: Apocalypse PG 13, 8 p.m. | Independence Day: Resurgence PG 13, 8 p.m. | The Nice Guys (LS) R, 8 p.m. | The Angry Birds Movie PG, 8 p.m. |
| The Legend of Tarzan (New) PG 13, 8 p.m. Teenage Mutant Ninja Turtles: Out of the Shadows PG 13, 10 p.m. | Me Before You (New) R, 8 p.m. Alice Through the Looking Glass PG, 10:30 p.m. | The BFG (New) PG, 8 p.m. The Nice Guys (LS) R, 10 p.m. | LYCEUM CLOSED | Money Monster (LS) R, 8 p.m. | LYCEUM CLOSED | The Conjuring 2 R, 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.

JTF COMMANDER ADDRESSES TROOPERS

U.S. Navy Rear Adm. Peter Clarke, Joint Task Force Guantanamo commander, held an All Hands Call at the U.S. Naval Station Guantanamo Bay Downtown Lyceum and JTF Bulkeley Lyceum June 30, to inform Troopers of upcoming internal and external transitions as well as changes in the internet and cell phone availability later this year.

Clarke discussed three points before moving on to a question and answer session with the Troopers.

Clarke addressed the recent turnover and thanked Troopers for their hard work, consistency and dedication to the mission.

“The fact that we can continue to do business as professionally as we always have is a testament to all of you; to how well you know the standard operating procedures,” said Clarke.

He went on to address future JTF consolidation efforts and manning. Eventually, there will be a consolidation of resources based on the number of detainees in the camps, said Clarke.

Finally, Clarke explained upcoming changes to internet and cell phone service throughout the housing areas; ViaSat, the new provider, is scheduled to replace Satellite Communication Systems

Incorporated in August. There is a possibility of a very small period of no connectivity for all Troopers, and Clarke thanked those in attendance for their flexibility and patience.

Clarke closed his All Hands Call with a message to Troopers.

“Fourth of July weekend is coming up; be safe,” he said. “I’m proud of how you all carry yourself on and off duty.”

Article by
**ARMY 1LT.
 HAROLD WILLIAMS**
 Photos by
**ARMY SGT.
 CHELSEA GARCIA**



U.S. Navy Rear Adm. Peter Clarke, Joint Task Force Guantanamo commander, speaks at an All Hands Call at the Downtown Lyceum, June 30, on U.S. Naval Station Guantanamo Bay, Cuba. Clarke spoke to troopers about current and upcoming transitions for the JTF as well as changes to internet and cell phone availability scheduled for later this year.



U.S. Navy Rear Adm. Peter Clarke, Joint Task Force Guantanamo commander, addresses JTF Troopers at the Downtown Lyceum, June 30, on U.S. Naval Station Guantanamo Bay, Cuba. Clarke briefed Troopers on internal and external JTF transitions and responded to concerns about internet provider changes scheduled for the end of August.

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 & 1100 Annex Room 19 (Sabbath School)
Latter Day Saints Sunday 0900 Annex Room 19
Pentecostal Sunday 0800 & 1700 Annex Room 13
*Christian Fellowship** Sunday 1800 Main Chapel (Non-denon)
Jewish Torah Study Friday 1930 Annex Room 16

BIBLE STUDIES (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 0900 & 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

OBSCURE HOLIDAYS

As we prepare to celebrate the birth of American independence from Great Britain, let us also recognize other, more obscure holidays that inspire joy, nostalgia or spontaneous laughter. This week, we invite Joint Task Force Guantanamo Troopers to pick your favorite holiday and celebrate it in style, which should be easy to do on July 3, Compliment Your Mirror Day. Sunday is also Eat Beans Day; think camp fire scene in the movie "Blazing Saddles." July 7 is Chocolate Day, thank goodness, and Father-Daughter Take a Walk Together Day. For fathers who are fortunate enough to have daughters, be sure to take them for a walk Thursday even if requires using your phone and walking around the local wifi hotspot.

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 Barbara Garrett

PARTING SHOT



COMOCAUSI TURTLE BY JTF TROOPER BARBARA GARRETT. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE

