

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE

July 8, 2016



PHOTO STORY

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COMPETITION**

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**CHAPLAIN'S CORNER:  
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## LEADERSHIP / CHAPLAIN

Joint Task Force Guantanamo U.S. Army Master Sgt. Lawrence Mawhinney speaks about what leadership means to him; U.S. Army Chaplain (Capt.) Robert Haskins encourages Troopers to enjoy GTMO.

## GTMO NEWS

The Dirt Boyz, the 474th Expeditionary Civil Engineer Squadron, of the U.S. Air Force Base Engineer Emergency Force, are first responders for maintenance issues at U.S. Naval Station Guantanamo Bay, Cuba.

## ENTERTAINMENT

Service members and civilians alike celebrate Independence Day with food, fun and fireworks at Windward Ferry Landing. Rapper and actor, Ludacris, performs for Troopers.

## PHOTO STORY

The 525th Military Police Battalion, Joint Task Force Guantanamo, holds their quarterly Vigilant Warrior Challenge June 28 at the Morale, Welfare & Recreation's Cooper Field on U.S. Naval Station Guantanamo Bay, Cuba.

## JSMART & HEALTH

The Joint Stress Mitigation and Restoration Team gives advice on goal setting and ways to accomplish them. Meet your provider U.S. Army Maj. Deborah Oldfield.

## SPORTS

*InTENTcity* wins the Morale, Welfare & Recreational softball tournament defeating *Midnight Marauders* in two games back-to-back.

# MOTIVATORS OF THE WEEK

**NAVY PETTY OFFICER 2ND CLASS  
TANYA KIVETT**

**AIR FORCE TECH SGT  
KENNETH WRIGHT**

## COVER PHOTO CAPTION

Joint Task Force Guantanamo Soldiers take off on a 5K run, the last physical event of the 525th Military Police Battalion's Vigilant Warrior Challenge, June 28 at the Morale, Welfare & Recreation's Cooper Field on U.S. Naval Station Guantanamo Bay, Cuba.

## OPSEC IS A PROCESS

What is the five-step process? First, you identify what information is sensitive to you or your organization; this is called critical information. Second, you analyze the threat and third, figure out how vulnerable your information is to adversaries. Fourth, if someone were to get your information, what is the risk involved? The fifth step is to emplace countermeasures. Countermeasures can range from shredding your important paperwork to changing your routine. It's easy to do and protects everyone. Use the Operations Security process both personally and professionally. It pays to be a hard target.

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# LEADERSHIP IS THE ART OF PERSUASION



**W**hat is leadership? To me as a career Soldier, I often define leadership from a military perspective. Leadership is the art of persuasion – Getting people to do what you want or need them to do, when you need them to do it, even though they may not want to

do it. But is it really that simple? The short answer is “no.”

Some say leaders are not born but made; I disagree. People can teach anyone the necessary traits of leadership, this is true, but I do not believe anyone can be taught to lead. Leadership is a character trait and to some, a gift from God, no different from any other gift. Teaching anyone the fundamentals of baseball or football or basketball is possible, but very few will play at a professional level. The same is true for leadership. There must be something in a person to make him or her a leader. To be the person out front, to stand up and take charge of a group, to face fears and persevere or to say, “Not on my watch” – These are just some of the attributes of leadership and these attributes are born, not taught, just like any other attribute.

The great leaders have this gift, and their field of expertise

does not matter, whether it be the military, industry, education or athletics. The leader is the person who possesses the gifts of his field but also those of leadership. These are the people, who others turn to, look up to, emulate. “I want to be like Mike.”

During my promotion ceremony to sergeant, my commander said to me, and each one of us, as the shoulder boards were slid on to our epaulets, “Sergeant, you now get paid to make decisions; you will make some good ones and some bad ones, but never hesitate to make a decision.” Leadership is the embodiment of this statement. Good leaders are decisive. This does not mean their decision is always the right one, but they make decisions.

Leadership is also being accountable. When leaders make a decision, they own it, right, wrong or indifferent, the decision is theirs. My commander was

right. In my time as a noncommissioned officer, I have made good decisions and bad ones, but I have owned up to those bad decisions and I have humbly accepted the consequences of those decisions. More importantly I have learned valuable lessons from those decisions.

A leader is the expert in his or her field. Additionally, they have the intestinal fortitude to want to be “The Guy;” to be decisive, accountable and steadfast; to coach, mentor and train others to surpass and one day take their place; to have honor and loyalty to those who have put trust and faith in them; to never forget or allow their comrades to forget: We are professionals, noncommissioned officers, leaders.

*Article by*  
**ARMY MASTER SGT. LAWRENCE MAWHINNEY**  
*JTF GTMO*

## CHAPLAIN'S CORNER - “I HATE THIS ISLAND”

**T**his is a phrase I've heard so many times, in its various forms, that I've even found myself repeating it. I wonder if it is accurate for many of the people who have said it. Do so many people really hate our little slice of Cuba?

As my time to leave Cuba draws closer, I actually find myself filled with regrets. I wish that I had done more during my time here. I only started snorkeling two months ago and yesterday I took my second boat ride to grill meat for the first time on Hospital Cay. Through this experience, it has occurred to me that most of us do not really hate this island at all; we just miss our home.

“Sometimes the best way to appreciate something is to be without

it for a while.” This quote, from an unknown source, really says it all doesn't it? The longer we are away from what we love the most – loved ones, activities, landmarks, internet and phone service – the more we find ourselves missing home. This can affect how we see our current situation and give us the idea that we hate being here when, in fact, we just hate being away from home.

A couple of weeks after arriving on board U.S. Naval Station Guantanamo Bay, Cuba, I contacted my wife and asked her to consider moving here. I loved the Naval Station so much that I was ready to move my family here and take a contract job once my mobilization was completed. What changed? Nothing, nothing at all. My wife, who is comfortable

in her current position, did not move here and I did not look for a contract job, but the island is exactly the same as when I arrived. As time went by without my family close to me, I became more and more tired of being here, not because the location is unpleasant, but because it simply was not my home.

My point is this: Cuba may not be your home, but that doesn't mean you need to turn your frustrations against the island. There are still so many activities that you can do to enjoy yourself here while still missing home. The two emotions, missing home and enjoying the island, are not mutually exclusive. So, please, miss your loved ones while you snorkel the rocky beaches. Miss your Facebook updates while

working out in the amazing, and free, fitness center. Miss your house while making a paddle in the woodshop or a personalized cup in the craft shop.

Bottom line, change your perspective. Home is where the heart is and, for most of us, our heart is not here. Look around you, I guarantee you there are people with whom you work who do nothing but work, eat and sleep. Find those people and invite them to go bowling or out on a boat. We all miss our home, but we don't need to miss home alone and this does not mean we need to “hate this island.”

*Article by*  
**ARMY CAPT. ROBERT HASKINS**  
*JTF GTMO Chaplain*

# INDEPENDENCE DAY RIDGELINE TRAIL RUN

As the sun rose, peaked over the mountains and glistened off the water, service members and civilians from Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay, Cuba, laced up and headed out on the Independence Day Ridgeline Trail Run July 2 at the Ridgeline Trail on NSGB.

Morale, Welfare & Recreation hosted the 4.5-mile run to kick off the Fourth of July weekend.

One hundred and twenty-one participants ran, walked and even ruck marched from Christmas Tree Hill down to Skyline Drive and back.

U.S. Army 1st Lt. Ariana Mankus, a participant and Trooper assigned to JTF GTMO, said the best way to start a day is with physical training.

"It makes you earn your Fourth of July barbeque food, and all the cake you'll be eating," Mankus said. "I think it's a huge morale booster. It builds a lot of good camaraderie, coming out here with friends and people you work with. You get to see people sweating it out and embracing the suck together."

Jennifer Nelson, a volunteer for the Ridgeline Trail Run and fitness instructor at the Morale, Welfare & Recreation's G.J. Denich Gym, said the MWR hosts runs and other similar events for various reasons.

"We do this because it's beautiful out all year round, so you can come and do a race

in January, you can do a race in August – anytime, there's a race almost every weekend," Nelson said. "Part of it is also because we have a lot of people here on deployment, and do you really want to sit in your barracks, and look at the ceiling? This is a good way to get you active, get you out-and-about, get your mind off stuff and it's also a way for you to meet other people."

One platoon of JTF GTMO Troopers decided to not only ruck march the Ridgeline Trail Run, but continued past the finish line down to Cable Beach, said U.S. Army Spc. Guillermo Ballesteros, a participant and JTF GTMO Trooper assigned to the 744th Military Police Battalion.

"We kind of came up with the idea to ruck this, so when everyone finishes, we're going to ruck over to Cable Beach and have a cookout," Ballesteros said. "There's nothing better than doing some PT with our buddies, especially hiking the trail with our ruck sacks."

Ballesteros said participating in MWR events like the Independence Day Ridgeline Trail Run brings him and his platoon closer together.

"It's definitely a blessing to be on a deployment like this where you can do ruck marches and runs to boost morale," Ballesteros said. "Every time we do these things it's a horse race because we always have guys competing against each other, so it's definitely a lot of fun. We were trying to compete with our platoon sergeant, but I think he actually ended up beating us."

For the people who are unsure about participating in future races, Nelson said there is nothing to lose.

"Just give it a shot," Nelson said. "We have people who run. We have people who walk. We have the guys with the 40-pound backpacks, so it's for everybody. Don't be afraid to just give it a shot. The worst thing you're going to do is you're going to run a race."

Article and photos by  
**ARMY PFC. LAUREN OGBURN**



William Christian, a Sailor assigned to U.S. Naval Station Guantanamo Bay, Cuba, and the Independence Day Ridgeline Trail Run winner, shows off his speed during the run July 2 at the Ridgeline Trail on NSGB.



Sgt. 1st Class Gilbert Palomares, a Trooper assigned to Joint Task Force Guantanamo, shows his patriotism during the Independence Day Ridgeline Trail Run July 2 on U.S. Naval Station Guantanamo Bay, Cuba.



Troopers assigned to Joint Task Force Guantanamo grab a quick drink while ruck marching the Independence Day Ridgeline Trail Run July 2 on U.S. Naval Station Guantanamo Bay, Cuba.

# DIRT BOYZ SHAPE THE HORIZONS OF GTMO

Positioned at the far reaches of Joint Task Force Guantanamo's Camp Justice stands a row of heavy operational equipment and a small team known as the Dirt Boyz, who are ready to take on any work order thrown their way. Their squadron, the 474th Expeditionary Civil Engineer Squadron, of the U.S. Air Force Base Engineer Emergency Force, is JTF GTMO's first response when in need of repair or maintenance to any of its facilities at U.S. Naval Station Guantanamo Bay, Cuba.

The Dirt Boyz have a vast skill set in horizontal engineering such as grading the island's steep slopes and roads to redirect stormwater runoff, explains U.S. Air Force Tech. Sgt. Tommy A. Schute, the noncommissioned officer-in-charge of the team.

There are 11 duty-specific shops that make up the BEEF, such as electrical, mechanical and power equipment. The Dirt Boyz

is a nickname commonly referred to in the Air Force as the team that works in horizontal engineering, because they are often seen on heavy operational equipment repairing and maintaining grounds and roads.

"We cover all of the work orders that happen on the JTF side," said U.S. Air Force Master Sgt. Gary Hughes, 474th ECES Operations Superintendent. "The work requests come into our work control center, and we dispatch them either to our guys or Centerra."

Centerra is the contracted civilian maintenance group here that also handles maintenance for NSGB, but only if the job is estimated to run more than 32 man-hours or \$2,500 in material costs. Centerra also has a one-hour open window of response time; if they can get there faster in an emergency situation such as a water main burst, then the job goes to them. If the work orders involve the repair and maintenance of the roads and grounds allocated to JTF GTMO, then the Dirt Boyz will arrive on the job, explained Hughes.

But the Dirt Boyz are not limited to working with the earth.

U.S. Army Staff Sgt. Maria Delgado, the facility maintenance representative for the Joint Trooper Clinic on NSGB, requested a work order to redesign the clinic's entry ramp,



The 474th Expeditionary Civil Engineer Squadron's horizontal engineering team, or Dirt Boyz, grade a back road at the farthest land-based boundaries of Joint Task Force Guantanamo on U.S. Naval Station Guantanamo Bay, Cuba, June 28. The Dirt Boyz are equipped with heavy equipment operation vehicles used for digging, scrapping and lifting.



which was more of an obstacle than an asset to the facility.

"The ramp was only about three feet-wide," said Delgado. "Whenever we had to move a gurney or stretcher there was always a safety hazard as it would not fit correctly, and the wheels would hang off of the side. The Dirt Boyz were really thorough in making sure all regulations of the construction were met and all precautions were covered."

The Dirt Boyz accomplished 25 work order requests during their six-month long deployment at JTF GTMO; including the repairs of weather-beaten sniper netting lining the perimeter fences of Camp Delta and the Expeditionary Legal Complex and sweeping operations to remove hazardous foreign debris on the major roads and airfield of NSGB.

"Every day it feels like I am learning a new skill," said U.S. Air Force Senior Airmen Manuel A. Acuna, a heavy equipment operator for the Dirt Boyz. "We have tackled a variety of jobs on island along with the helping hands of our fellow Airmen. I love working in this shop and unit. We have a bond that keeps us together while we work, kind of like concrete."

Article and photos by  
**ARMY SGT. SARAH KIRBY**



U.S. Air Force Senior Airmen Manuel A. Acuna, a heavy equipment operator for the 474th Expeditionary Civil Engineer Squadron's horizontal engineering team, aka the Dirt Boyz, grades a rain-damaged back road on U.S. Naval Station Guantanamo Bay, Cuba. Cuba's tropical weather brings harsh rains during its summer months, forming many hazardous obstacles.

# FAMILY FUN ZONE WITH FIREWORKS

The 4th of July marks the day that the thirteen colonies claimed their independence from England, an event which eventually led to the formation of the United States. Conflict between the colonies and England was already a year old when the colonies convened a Continental Congress in Philadelphia in the summer of 1776, according to the "History of the 4th of July" article on military.com. The Congress struggled for more than a month to come to a decision on whether to seek independence from England or not. Thomas Jefferson drafted the Declaration of Independence in preparation for a vote by the colonies. Nine of the Colonies voted in favor of the Declaration, two voted against, one remained undecided and one abstained from voting all together.

The Declaration was officially adopted on July 4, 1776.

Morale, Welfare & Recreation hosted the annual Freedom Fest at Windward Ferry Landing on U.S. Naval Station Guantanamo Bay, Cuba, July 4. Service members and families celebrated Independence Day with fireworks, a live disk jockey and food.

"None of my family was born in the United States, but we all moved there to enjoy the liberties of the country," said Richie Heath, a Joint Task Force Guantanamo Trooper. "The

MWR put on a great event, from the stilt walker to the fireworks. There is nothing that compares to being with family, but this was definitely a close second."

The event hosted bounce houses, face painting and an artist who drew cartoon-like portraits of service members and their families. There was something for everyone to do and enjoy. Food vendors sold hamburgers and hot dogs throughout the celebration.

Organizers of the event set off fireworks at 9 p.m., over the waters of the bay. Spectators gathered to watch as the vibrantly colored fireworks exploded, creating a brilliant contrast in the dark hue of the night sky.

President Barack Obama gave an Independence Day speech at the White House in Washington D.C., before watching the fireworks in the nation's capital.

"So today we also celebrate all of you, the men and women of our Armed Forces who defend this country we love. We salute the United States Army, we salute the United States Navy, we salute the United States Air Force, we salute the United States Marine Corps and we salute the United States Coast Guard," said Mr. Obama. "You are patriots, and you have earned your place among the greatest of generations."

*Article and photos by*



*A civilian poses with a volunteer on stilts at the Freedom Fest at Windward Ferry Landing, July 4 on U.S. Naval Station Guantanamo Bay, Cuba. Service members and civilians alike celebrated Independence Day with food, fun and fireworks.*

**ARMY SGT. CHELSEA GARCIA**



*Colorful fireworks go off over U.S. Naval Station Guantanamo Bay, Cuba, July 4 during the Morale, Welfare & Recreation's Fourth of July Freedom Fest at the Windward Ferry Landing.*



*Joint Task Force Guantanamo Troopers hand out goodies at the Freedom Fest Family Fun Zone at Windward Ferry Landing on U.S. Naval Station Guantanamo Bay, Cuba, July 4. The annual Freedom Fest celebrates Independence Day.*

# LUDACRIS RAPS UP INDEPENDENCE DAY

Approximately 1,500 Joint Task Force Guantanamo Troopers and U.S. Naval Station Guantanamo Bay residents rallied after the 4th of July fireworks show to attend the Armed Forces Entertainment concert featuring Ludacris. It is the first time GTMO hosted a rapper for Independence Day, and it is the rapper's third concert performance for service members.

"It's not every day you get a free concert from somebody as notable as Ludacris with his multi-talented facets in both the movie and the music industry," said U.S. Army 1st Lt. Kim Pinske, a JTF Trooper. "It afforded Soldiers a welcome opportunity to relax and unwind."

The three-time Grammy award winning musical artist performed at the Windward Ferry Landing for an audience of about 1,500 people. The rapper is best known for his biggest hits, "What's Your Fantasy?" and "Area Codes." He is the recipient of an MTV Video Music Award and was nominated twice for American Music Awards.

"This was my first ever hip-hop show I've been to and I enjoyed myself thoroughly," said U.S. Army Staff Sgt. Jordan Linville, a JTF Trooper. "My favorite part was when he



Rapper and actor Ludacris performs the first hip-hop concert at U.S. Naval Station Guantanamo Bay to an audience of approximately 1,500 fans during the 4th of July celebration. The crowd included Joint Task Force Guantanamo Troopers and NSGB residents.



A crowd of approximately 1,500 Joint Task Force Guantanamo Troopers and U.S. Naval Station Guantanamo Bay residents bid farewell to rapper Ludacris at the 4th of July celebration at NSGB.

performed songs from his earlier albums that were released when I was in high school."

"It was a high-energy crowd and the vast majority of people were dancing and singing along," said Linville. "'Rollout' was my favorite song of the evening."

Linville said it took him back in time to when the Word of Mouf and Chicken-n-Bear records came out. He reminisced about driving around town with his speakers blaring.

He was not alone; the concert gave Troopers a temporary escape from their daily grind.

The break from the routine stress experienced every day at JTF GTMO is critical for Soldiers to distance themselves from work and refocus themselves, said Pinske.

For other Soldiers, it's the distance from home that forms the hardship during their deployment.

"We're here on an island where it doesn't really feel like home," said U.S. Army 1st Lt. Catheryn Blankenbiller, a JTF Trooper. "This gives deployed Soldiers a sense of familiarity and a reminder of home. It helps them stay focused on the job; it gives them a little bit of a break. That's important with how tedious some of these jobs can be and they need a break from it every once in a while."



Rapper Ludacris performs for a crowd of approximately 1,500 for the opening at the 4th of July celebration at U.S. Naval Station Guantanamo Bay, Cuba. The crowd included Joint Task Force Guantanamo Troopers and NSGB residents.

Blankenbiller believes this improves the Trooper's morale by fostering camaraderie, strengthening unit cohesion and building friendships.

"My favorite part is just being out here with all of my friends and enjoying the great fireworks," said Blankenbiller.

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

# 525TH MILITARY POLICE

## VIGILANT WARRIOR COMPETITION

In the wee hours of a warm morning on U.S. Naval Station Guantanamo Bay, Cuba, Soldiers assigned to the 525th Military Police Battalion, Joint Task Force Guantanamo, gathered to participate in the quarterly Vigilant Warrior Challenge June 28 at the Morale, Welfare & Recreation's Cooper Field.

The challenge provided Soldiers an opportunity to perform seven different events; six physically trying events and one that tested mental and technical skills. Participants' performance in each event determined whether they earned a gold, silver or bronze level of award, according to U.S. Army Sgt 1st Class Santo Villar, the proctor of the challenge.

The challenge allowed Soldiers to push their mental and physical boundaries, and those who participated gave their all and felt accomplished afterward, said U.S. Army Staff Sgt. Krysta Manning, a Vigilant Warrior Challenge Participant.

Manning took part in the challenge for the first time, and felt that it built morale, boosted comradery and kept the Soldiers of

the 525 MP Bn. motivated, she said.

"I think it went well," she continued. "We all came together, especially the competitors. We cheered each other on, so I think that is extremely important. Even the graders were there with us; making sure we knew exactly what we needed to do, and pushed us to where we needed to be."

U.S. Army Spc. Karina Cuevas, a Vigilant Warrior Challenge participant, found her weaknesses and began training for the event about a month ago. Also, she said regardless of her personal accomplishments at the event, she will continue to train so she can keep getting better.

"I'm looking forward to the next time and just improving," Cuevas said. "This is my first time, and it's nice to see where I stand, where I can go from here, how much more I need to work on and how to improve."

Soldiers who participated in the Vigilant Warrior Challenge met some preliminary requirements before entering the challenge. Participants earned a score of 240 points on the Army Physical Fitness Test

within the last six months, completed a college course or a military correspondence course within 90 days of the challenge and possessed an up-to-date weapons qualifications card.

Twelve Soldiers participated and began the challenge with a 100-meter sprint, followed by pull-ups, deadlifts, push-ups, sit-ups, a 5K run and programming a radio before performing a nine-line medical evacuation request.

Each event required participants to perform to a minimum standard in the gold, silver or bronze level category. For example, participants had three minutes to perform as many sit-ups as possible; 100 repetitions to earn gold, 90 to earn silver and 80 to earn bronze.

As an additional incentive, those who achieved gold also earned an Army Achievement Medal and a four-day pass, those who achieved silver earned a battalion certificate of achievement and a four-day pass and those who achieved bronze earned a battalion certificate of achievement and a three-day pass.

Of the 12 participating Soldiers, only three achieved an award category. U.S. Army Spc. Garrett Tobias, U.S. Army Spc. Rayshawn Moore and U.S. Army Spc. Jehovanna Ceja achieved the silver level award category.

Some Soldiers gave the event a second, third or even fourth go, participating as Vigilant Warrior veterans. U.S. Army Sgt. Christopher Hammons, a Vigilant Warrior Challenge participant, took on the challenge for the fourth time.

Hammons said he improved in every event and improved the most on the dead lift, which made it his favorite event of the day. He went on to say that continual improvement sets an example of what Soldiers are capable of achieving.

"At 27 years old, I love the Army," Hammons said. "I love leading soldiers and I think as a young, mature E-5, I'm out here setting the example for my Soldiers, so they can see that it's not that hard. It just takes a little willpower and a lot of heart. If you're not quite sure, just do it. You just come here, and give it your all. All you can do is your best. If you fail, you fail, but you come to the next Vigilant Warrior and you kick butt."

Article by  
**ARMY PFC. LAUREN OGBURN**

Photos by  
**ARMY SGT. SHANNON BALL**



Joint Task Force Troopers, 525th Military Police Battalion, take part in the communications portion of the Vigilant Warrior Challenge, June 28, at the Morale, Welfare & Recreation's Cooper Field on U.S. Naval Station Guantanamo Bay, Cuba.



Joint Task Force Guantanamo Troopers complete sit-ups, one of seven events in the 525th Military Police Battalion's Vigilant Warrior Challenge, June 28, at the Morale, Welfare & Recreation's Cooper Field on U.S. Naval Station Guantanamo Bay, Cuba.



Joint Task Force Guantanamo Soldiers complete the pull-up portion of the Vigilant Warrior Challenge June 28 at the Morale, Welfare & Recreation's Copper Field on U.S. Naval Station Guantanamo Bay, Cuba.



A Joint Task Force Guantanamo Trooper, completes one last push-up before time is up during the Vigilant Warrior Challenge June 28 on U.S. Naval Station Guantanamo Bay, Cuba.



A Joint Task Force Guantanamo Trooper prepares to powerlift during the 525th Military Police Battalion's Vigilant Warrior Challenge at the Morale, Welfare & Recreation's G. J. Denich Gym June 28.



A Joint Task Force Guantanamo Trooper participates in the communications portion of the 525th Military Police Battalion's Vigilant Warrior Challenge, June 28 at the Morale, Welfare & Recreation's Cooper Field on U.S. Naval Station Guantanamo Bay, Cuba.



## JSMART SPOT

JSMART HELPER: HARLEY



Photo by Army Sgt. Matt Young

July marks the official halfway point of the year, and it may be a good time to check in on those New Year's resolutions. You

remember those right? Whether you just got here or have been here for a while, setting goals is important to your success.

## ACHIEVE YOUR GOALS

Goals allow us to accomplish our dreams and propel us forward. They don't happen overnight; it takes planning and changing our behaviors to get to where we want to go.

When setting a goal we need to break it down into a framework that will help make the goal more achievable to increase our chance of success. We do this by utilizing the SMART goals technique. The Society for Industrial and Organizational Psychology talks about goals in this manner: Goals should be specific (lose five pounds in one month); measurable (weigh yourself every Monday morning); action oriented (work out on Monday, Wednesday and Friday with a friend; limit to two ice cream sandwiches per week, etc.); realistic (losing five pounds in one month rather than losing five pounds in one week) and timely (start on the first of the

month and lose five pounds by the first of next month). By utilizing the SMART goals technique you are more likely to achieve your goals and stick to your resolution, which will provide you with a sense of accomplishment and boost your self-esteem, which will in turn propel you to set even more goals.

Now think about goals you would like to complete during your time at U.S. Naval Station Guantanamo Bay, Cuba. Maybe it is to complete your Military Outstanding Volunteer Service Medal, complete a half marathon or learn a new skill. Stop by the Joint Stress Mitigation and Restoration Team for more information about setting goals.

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

## HEALTH



U.S. Army Maj. Deborah Oldfield is the 525th Military Police Detention Battalion

physician assistant and officer-in-charge of the Joint Troop Clinic, Joint Task Force Guantanamo at U.S. Naval Station Guantanamo Bay, Cuba. Born and raised in Southern California, she enlisted in the Army in 1997 as a medical lab technician. While attending advanced individual training, she was accepted to and departed for the United States Military Academy at West Point. She earned a Bachelor of Science in chemistry and life science, graduating in 2002.

She was assigned to Fort Lewis as a military police officer from 2002 to 2007, where she deployed to JTF GTMO once and twice to Iraq. She served as a platoon

## MEET YOUR PROVIDER

leader for the 571st Military Police Company and was the battalion logistics officer and a human resource officer for the 508th MP Bn.

She applied to the inter-service physician assistant program and was accepted, graduating in 2010 with a Bachelor of Science and Master's Degree in physician assisting through University of Nebraska Medical Center. She attended flight surgeon school and was assigned to the 159th Combat Aviation Brigade out of Fort Campbell, Kentucky from 2010 through 2014, which included a deployment to Afghanistan.

Her number one goal while assigned to JTF GTMO is to

enhance the JTC's ability to provide world class care to maintain mission readiness across the 525th MP Detention Bn. and the Joint Task Force.

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

Article courtesy of  
**NAVY PETTY OFFICER 2ND  
CLASS CAITLYN STRADER  
JTF GTMO**

# POLICY FOR TRANSGENDER SERVICE MEMBERS



WASHINGTON -- Secretary of Defense Ash Carter announced June 30 that transgender individuals will now be able to openly serve in the U.S. armed forces. The DoD policy also establishes a construct by which service members may transition gender while serving, sets standards for medical care and outlines responsibilities for military services and commanders to develop and implement guidance, training and specific policies in the near and long-term. "This is the right thing to do for our people and for the force," Carter said. "We're talking about talented Americans who are serving with distinction or who want the opportunity to serve. We can't allow barriers unrelated to a person's qualifications prevent us from recruiting and retaining those who can best accomplish the mission."

The policy will be phased in during a one-year period. Effective immediately, service members may no longer be involuntarily separated, discharged or denied reenlistment solely on the basis of gender identity. Service members currently on duty will be able to serve openly.

Not later than October 1, 2016, DoD will create and distribute a commanders' training handbook, medical protocol and guidance for changing a service member's gender in the Defense Eligibility Enrollment System (DEERS). At this point, the services will be required to provide medically necessary care and treatment to transgender service members according to the medical protocol and guidance, and may begin changing gender markers in DEERS. Prior to October 1, 2016, requests for medical treatment will be handled on a case-by-case basis consistent with the spirit of the Directive Type Memorandum and the DoD Instruction issued today.

Over the course of the next year, the Department will finalize force training plans and implementation guidance, revise regulations and forms, and train the force, including commanders, human resources specialists, recruiters and service members. Acting Under Secretary of Defense for Personnel and Readiness Peter Levine will work with the military services to monitor and oversee this effort.

At one year, the services will begin allowing

transgender individuals to join the armed forces, assuming they meet accession standards. In addition, an otherwise-qualified individual's gender identity will not be considered a bar to admission to a military service academy, or participation in the Reserve Officers' Training Corps or any other accession program if the individual meets the new criteria.

The full policy must be completely implemented no later than July 1, 2017.

To support service members, medical professionals and commanders during the implementation period, the DoD has set up a central coordination cell which will serve as a central point of contact for technical questions and concerns. The coordination cell is made up of legal experts, policy experts and medical professionals familiar with the issue.

*Article courtesy of*  
**DEPARTMENT OF DEFENSE**

*DOD Photo by*  
**NAVY PETTY OFFICER 1ST CLASS**  
**TIM D. GODBEE**

## ANNUAL (2015) CONSUMER CONFIDENCE REPORT FOR DRINKING WATER QUALITY

According to an annual report on the quality of water delivered by the U.S. Naval Station Guantanamo Bay, NSGB drinking water is in compliance with Safe Drinking Water Act

Regulations.

Drinking water (including bottled water) may reasonably be expected to contain at least small amounts of contaminants. Their presence does not necessarily

indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water

Hotline (800-426-4791), or the NSGB Public Works Department's Environmental Office x5625.

# MOUNTAIN BIKING THE TRAILS OF GTMO



A Joint Task Force Trooper and mountain biking enthusiast rides one of the many recreational trails on U.S. Naval Station Guantanamo Bay, Cuba, July 28. The Ridgeline Trail is an extension of the Sierra Maestra Mountain range that surrounds NSGB.

"I had no idea scuba diving was a great way to pass the time here," said no Joint Task Force Trooper ever. All Troopers at U.S. Naval Station Guantanamo Bay, Cuba, are well aware of the seemingly limitless opportunities for water sports and activities. For those more comfortable on land, why not explore the island's unique terrain and carve down steep rocky inclines on a mountain bike instead? There are nine recreational trails on

NSGB Windward side varying in levels of difficulty from calm flat stretches, such as Warbler's Way, to the steep demanding inclines on Lizard Lane.

Here are a few tips for ensuring a fun and safe time on the island's trails:

1. First and foremost, use a mountain bike or off-road bike on these rocky trails and not a road bike, which has thinner, smoother tires. The knobby-tread on the tires of a mountain

bike are better suited for the loose gravel and unpredictable terrain regardless of the trail.

2. Pack essential adventure items including sun block, snacks and plenty of water; but also consider bringing a small tire repair patch kit and air pump. Nothing will deflate fun-filled plans faster than a cactus needle to a tire.

3. Plan your route, and tell a buddy where you will be and when you plan on getting back. In the event that things do not go as planned, there will be someone ready to bring aid and support if needed.

4. Bring a camera to record the experience. The views from the peaks of the Ridgeline Trail are one of a kind, and you never know, you may encounter rarely-seen Cuban wildlife such as the Cuban Boa.

5. Instead of racing to the Morale, Welfare & Recreation Marina to test for the coveted Boat Captain's license, consider renting one of their many mountain bikes and experience GTMO like you never have before. Rentals are \$5 for a day, \$25 for a full week and \$80 for one month. Contact the MWR Marina at x2345 for a full list of hiking and biking available.

Article and photos by  
**ARMY SGT. SARAH KIRBY**

# INTENTCITY WINS SOFTBALL TOURNAMENT



*InTENTcity* (right), softball tournament champions, pose with *Midnight Marauders*, the runner-up, following the day-long Morale, Welfare & Recreation softball tournament on U.S. Naval Station Guantanamo Bay, Cuba, July 2. Despite the hot, humid day spectators came to support, cheer and encourage their team.

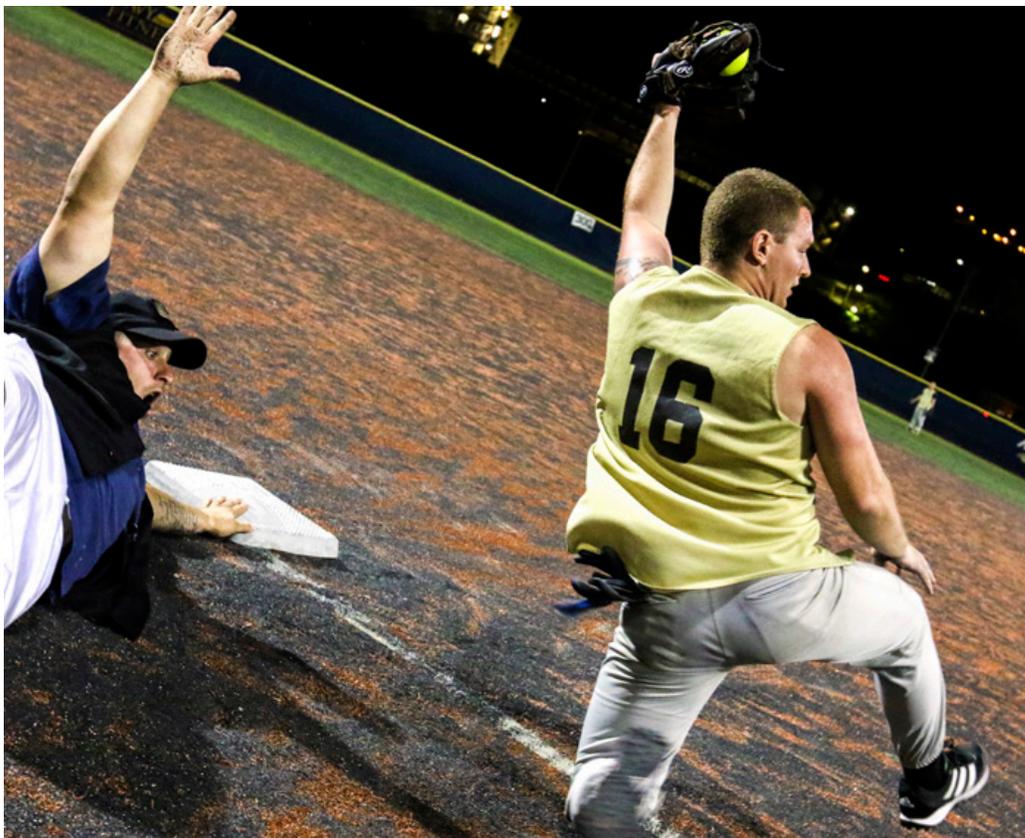
*InTENTcity* and *Midnight Marauders* were the two top teams throughout the entire tournament. *InTENTcity* only

suffered one loss through the whole day. *Midnight Marauders* went the full tournament undefeated until the championship round. *Midnight Marauders* found they did not quite have enough gas left in the tank to get one last victory. *InTENTcity* won the tournament defeating *Midnight Marauders* in two games back-to-back.

Article and photos by  
**ARMY SGT. MATTHEW TARPLEY**



A Joint Task Force Guantanamo Trooper and Freedom Ballers player earns a run in the Morale, Welfare & Recreation softball tournament as he smashes the softball toward centerfield on U.S. Naval Station Guantanamo Bay, Cuba, July 2. Freedom Ballers lost to InTENTcity in the second round.



A Joint Task Force Guantanamo Trooper on InTENTcity tags out one of Midnight Marauders' players in the Morale, Welfare & Recreation softball tournament on U.S. Naval Station Guantanamo Bay, Cuba, July 2. InTENTcity brought more energy and found the strength to outdo Midnight Marauders in two back-to-back victories winning the title.

# MWR

## 2016 SPORTS SCHEDULE

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

### MONTH / DAY ACTIVITY

July 11	Basketball League starts
July 16	Cable Beach Run
July 23	Adult Swim Sprint 300 Yard
July 25	Badminton League starts
<b>August 6</b>	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
<b>September 3</b>	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
<b>October 22</b>	Glow Run
October 29	Zombie Run
<b>November 5</b>	Olympic Triathlon
November 19	Max Performance Games
November 24	Thanksgiving Half & 5K
November 26	Across the Bay Swim
<b>December 3</b>	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.



A Joint Task Force Guantanamo Trooper for 3307 slams the ball to the outfield during the Morale, Welfare & Recreation softball tournament at U.S. Naval Station Guantanamo Bay, Cuba, July 2.

# 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.

<p><b>The Secrets Life of Pet</b> (New) PG, 8 p.m. <b>Warcraft</b> PG 13, 10 p.m.</p>	<p><b>Now You See Me 2</b> (New) PG 13, 8 p.m. <b>Teenage Mutant Ninja Turtles: Out of the Shadows</b> PG 13, 10:30 p.m.</p>	<p><b>The BFG</b> PG, 8 p.m.</p>	<p><b>The Angry Birds Movie</b> (LS) PG, 8 p.m.</p>	<p><b>The Legend of Tarzan</b> PG 13, 8 p.m.</p>	<p><b>Neighbors 2: Sorority Rising</b> (LS) R, 8 p.m.</p>	<p><b>The Conjuring 2</b> R, 8 p.m.</p>
<b>7/8 FRIDAY</b>	<b>7/9 SATURDAY</b>	<b>7/10 SUNDAY</b>	<b>7/11 MONDAY</b>	<b>7/12 TUESDAY</b>	<b>7/13 WEDNESDAY</b>	<b>7/14 THURSDAY</b>
<p><b>Now You See Me 2</b> (New) PG 13, 8 p.m. <b>Central Intelligence</b> PG 13, 10:30 p.m.</p>	<p><b>The Secret Life of Pets</b> (New) PG, 8 p.m. <b>Independence Day: Resurgence</b> PG 13, 10 p.m.</p>	<p><b>The Angry Birds Movie</b> (LS) PG, 8 p.m.</p>	<b>LYCEUM CLOSED</b>	<p><b>Neighbors 2: Sorority Rising</b> (LS) R, 8 p.m.</p>	<b>LYCEUM CLOSED</b>	<p><b>X-Men: Apocalypse</b> PG 13, 8 p.m.</p>

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.

## 53RD TROOP COMMAND LEADERSHIP VISITS GTMO

The Commanding General for the 53rd Troop Command headquartered in New York visited a Military Police Company under his command deployed at Joint Task Force Guantanamo, June 30. U.S. Army Brig. Gen. Mike Swezey, along with Command Sgt. Maj. Corey Cush, Command Sergeant Major of the 53rd Troop Command, toured JTF GTMO and U.S. Naval Station Guantanamo Bay, Cuba.

On the morning of their arrival, Swezey and Cush spent time looking at the work areas of the MP company and meeting with the individuals working there.

Swezey and Cush ate lunch at the Camp America Galley surrounded by Soldiers under their command. They took the time to get to know the Soldiers by asking questions about their lives back home and their plans for the future.

"The Soldiers were interested in telling us about how things are going here," said Swezey. "They asked a lot of questions about how things are back home. Our Sergeant Major talked to the Soldiers about the process of getting promoted and continuing their service in the Guard."

Cush urged Soldiers to take time to think about their futures

and reenlisting in the military. Cush spoke about the best route for promotions and continuing professional military education.

The Soldiers from 53rd Troop Command deployed here as part of the detention mission.

"I am a resident of New York; I have been to ground zero," said Swezey. "I, along with all of our Soldiers here, understand the importance of the detention mission here at Guantanamo Bay."

Swezey moved from lunch to an inspection of the living quarters at Tierra Kay, where many of the Soldiers under his command are housed.

"After 36 years of service, you can almost tell without even talking to the Soldiers that they are being taken care of," said Swezey. "They seem happy with the mission here, happy with the job and happy with what Guantanamo has to offer."

Swezey wrapped up his day at dinner with some of the officers from the MP unit.

During the dinner, Cush spoke about teaching up-and-coming



U.S. Army Brig. Gen. Mike Swezey, Commanding General for the 53rd Troop Command headquartered in New York, visits with Joint Task Force Guantanamo Soldiers from a Military Police Company under his command during lunch at the Camp America Galley on U.S. Naval Station Guantanamo Bay, Cuba, June 30.

noncommissioned officers about the importance of creating leadership binders and the new Noncommissioned Officer Evaluation Report. He urged everyone to create a leadership binder and take it with him or her everywhere. They never know when they will need it, said Cush.

Swezey thanked everyone in JTF GTMO, and said he appreciated the time he was able to spend here. Swezey also spoke about the selfless service of each and every person on JTF GTMO.

"By virtue of their service

here at Guantanamo Bay, they're exemplifying and living the value of selfless service," said Swezey. "Hopefully the hardest part of this deployment is the time spent away."

Article and photos by  
**ARMY SGT.  
CHELSEA GARCIA**

**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** Sunday\* 0900 & 1900 JTF Troopers' Chapel

**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

# OBSCURE HOLIDAYS

Hello, Joint Task Force Troopers. Once again it's time to give love to the obscure holidays that convey in us pride, laughter or another reason to celebrate those unique things that appeal to our individuality. This week we invite you to take part in these lesser known holidays: If you brought your teddy bear with you, Sunday is Teddy Bear Picnic Day; yes, that's actually a holiday. If you don't have a teddy bear and you're feeling left out, you can go to the gift shop outside the Naval Exchange and add your own Guantanamo touch by purchasing a stuffed banana rat. Wednesday is Embrace Your Geekness Day, so feel free to go all out and show the world how proud you are to be a geek. If there were ever a time to gather and play a game or match of Quidditch, this would be your opportunity. Enjoy your weekend, and have a great GTMO day.

**BUS SCHEDULE 05:00 - 01:00**

Camp America :00/:20/:40  
 Gazebo :01/:18/:21/:38/:41/:58  
 Camp America NEX :02/:17/:22/:37/:42/:57  
 Camp Delta :04/:13/:24/:33/:44/:53  
 Camp 6 :07/:10/:27/:30/:47/:50  
 HQ Building :55/:15/:35  
 TK 1 :01/:17/:21/:37/:41/:57  
 TK 2 :02/:16/:22/:36/:42/:56  
 TK 3 :03/:15/:23/:35/:43/:55  
 TK 4 :04/:13/:24/:33/:44/:53  
 CC :00/:19/:20/:39/:40/:59  
 JAS :14/:34/:54  
 Windjammer / Gym :02/:17/:22/:37/:42/:57  
 Gold Hill Galley :04/:15/:24/:35/:44/:55  
 NEX :06/:13/:26/:33/:46/:53  
 NEX Laundry :07/:27/:47  
 C Pool :10/:30/:50  
 Downtown Lyceum :11/:31/:51

**EXPRESS BUS SCHEDULE 09:55 - 19:55**

Camp America :48/:55  
 TK 1 :05/:36  
 Windjammer / Gym :11/:31  
 Gold Hill Galley :14/:29  
 NEX :16/:27  
 Downtown Lyceum :17/:25

**BEACH BUS (Saturday & Sunday only)**

Windward Loop / E. Caravella:  
 0900/0930/1200/1230/1500/1530/1800/1830  
 SBOQ / Marina:  
 0905/0935/1205/1235/1505/1535/1805/1835  
 NEX:  
 0908/0925/1208/1225/1508/1525/1808/1825  
 Phillips Park: 0914/1214/1514/1814  
 Cable Beach: 0917/1217/1517/1817  
 Return to Office: 0940/1240/1540/1840

**FERRY SCHEDULE**

*Monday - Saturday*

**FERRY**

**Windward:**

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

**Leeward:**

0700 / 0800 / 1000 / 1100 / 1200 / 1400 / 1600

**UTILITY BOAT**

**Windward:**

1630 / 1730 / 1830 / 2030 / 2230 / 2330

**Leeward:**

1700 / 1800 / 1900 / 2100 / 2300 / 0000

*Sunday & Holidays*

**FERRY**

**Windward:**

0730 / 1330

**Leeward:**

0800 / 1400

**UTILITY BOAT**

**Windward:**

1030 / 1530 / 1730 / 1830 / 2030 / 2230

**Leeward:**

1100 / 1600 / 1800 / 1900 / 2100 / 2300

# CONFIDENTIAL COUNSELING FOR TROOPERS

The Military & Family Life Counseling Program, 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 Michael Woods*

# PARTING SHOT



FIREWORKS BY JTF TROOPER MICHAEL WOODS. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: [THEWIRE@JTFTMO.SOUTHCOM.MIL](mailto:THEWIRE@JTFTMO.SOUTHCOM.MIL)

THE WIRE

