

THE WIRE

A JTF Journal



Swim to Hospital Cay

Troopers take to the water

H1N1: The truth about the flu

How to keep yourself healthy



Pride and professionalism

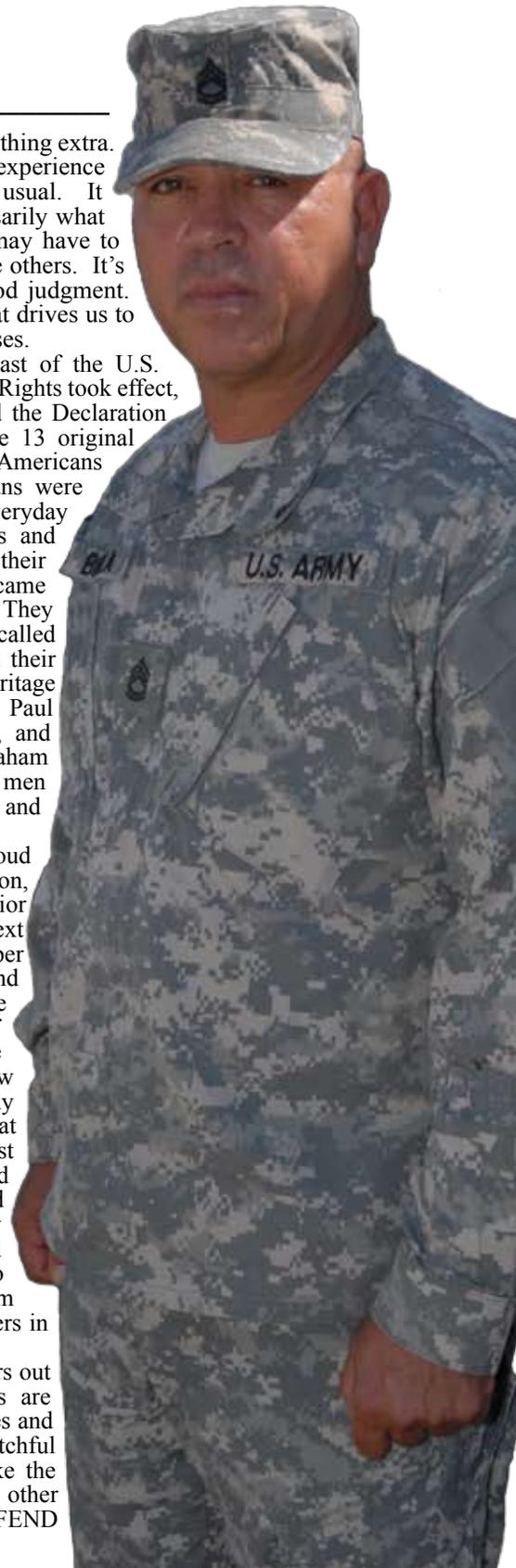
Army Sgt. 1st Class Miguel Bonilla
JTF HHC First Sergeant

Being a professional requires something extra. It takes more than skills, capabilities or experience and may not represent business as usual. It may even be different and not necessarily what everyone else does. It means you may have to set yourself apart and even encourage others. It's a frame of mind and exercise of good judgment. Above all, it is a code of behavior that drives us to display the best skills a leader possesses.

As we look back to the proud past of the U.S. Armed Forces, years before the Bill of Rights took effect, long before Thomas Jefferson penned the Declaration of Independence and even before the 13 original colonies raised a flag, there were great Americans fighting for freedom. These Americans were not Soldiers by trade; they were everyday people: farmers, blacksmiths, doctors and even shopkeepers. But to protect their new homes, they joined hands and came together in times of common danger. They were ordinary colonists who could be called upon at a moment's notice to defend their homes and their land. It is a proud heritage that includes many great men like Paul Revere, Ethan Allen, John Hancock, and Presidents George Washington, Abraham Lincoln and Harry S. Truman. These men are a few great examples of leadership and professionalism.

We in the U.S. military are very proud of our commitment to defend our nation, but in the end, it falls on all the senior personnel to guide their Troops to the next level; to take that new, young Trooper out of basic training or boot camp and give them the knowledge to survive both in and out of combat. Inside of every good leader is the pride, courage and commitment to have their fellow Soldier, Marine, Sailor, or Airman ready at all times and that feeling is one that could be found deep inside the oldest traditions and customs of the Armed Forces. As the old motto says, "Lead the way." We lead the way every day with our actions. As leaders we should strive for excellence and reflect that to all our Troopers in order to make them better as the future generation of leaders in the Armed Forces.

I would just like to add to all leaders out there that non-commissioned officers are the "backbone" of each of our branches and as leaders we should always be watchful of each of our Troopers and also take the initiative to look out for Troopers in other branches. **HONOR BOUND TO DEFEND FREEDOM.** ✪



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COVER:

U.S. Coast Guard Petty Officer 2nd Class Adam McNeil, an aviation maintenance technician with AVDET GTMO, prepares to wash the jet turbines after a patrol around GTMO and Caribbean waters. – Joint Task Force

Guantanamo photo by Spc. Cody Black



The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regards to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Document Automation & Production Service with a circulation of 1,000.



New guards learn the mission

Sailors with the Navy Expeditionary Guard Battalion discuss operations in Camp 6 as one Sailor conducts visual checks on detainees. – JTF Guantanamo photo by Army Spc. David McLean

**Army Spc.
David William McLean**

JTF Guantanamo Public Affairs

The Navy Expeditionary Guard Battalion at Joint Task Force Guantanamo strives to perform their mission of fair, firm and impartial treatment with the highest sense of professionalism. This month, the current force will be training a group of new Sailors in mission essentials.

The newest Sailors began their training at Fort Lewis, Wash., and are now in the right-seat, left-seat phase of training. The right-seat, left-seat training process allows the new Troopers to acclimate to the job, and then allows them to take over from the more experienced Sailors. The training is especially important at the NEGB because Sailors filling these positions may not have had previous experience in detention operations.

The NEGB guard force comes from a wide array of job specialties in the Navy. They are a mixture of aviation, surface sailor, and master-at-arms ratings; they are sonar techs, culinary specialists, electricians, welders, and even ordnancemen. Over 60 ratings are represented, and they are trained as one team with one common mission.

Navy Master Chief Petty Officer Edward Moreno, command master chief for the NEGB, said the NEGB mission is comprised of four basic duties which allow for consistency and security.

The first of these duties is the consistent observance of standard operating procedures that create an environment where there are no unknown responses to situations. The procedures have to be flexible enough to handle any and all situations that arise, and give guidance to all Sailors in this group.

“Knowing it is the same procedure for the same situation regardless of where you are is a reassuring concept,” said a petty officer 1st class. “The training we received at Fort Lewis helped us to anticipate what to expect in this environment.”

One duty in which the SOPs are especially important is searching detainee quarters and public areas. This ensures both the guard force and the detainees remain safe by eliminating anything that may endanger them.

“We search for weapons, contraband and ordinary items in their area to see if they are being used properly,” said a male petty officer 2nd class. “They will try to use just about anything they can get their hands on.”

Searches may be initiated by the regular visual checks of detainees. Every guard on a tier or a block will have eyes on a detainee regularly, looking in on the detainees to make sure they are safe and the environment around them is safe. These checks ensure not only that the detainees are safe, but help the Troopers guard information that may compromise OPSEC.

Operational security measures in and

around the detainees is the fourth and ongoing basic duty. For their safety and the safety of others, the Sailors protect certain operational maneuvers and practices, as well as personal information about each other the detainees should not know.

“The less the detainees know about us, the more impartial and fair we can be,” said a female Petty Officer 3rd Class. “You never know what information they would try to use against us or our families.”

Moreno said he expects this right-seat, left-seat phase to go smoothly and that the experienced Troopers will bring the new Troops into the team.

“I haven’t been disappointed with any of the training yet,” Moreno said. “The teams that have been here kind of just put that final edge on things and get them through so they can be part of the team.”

To focus on becoming a team, Moreno said he wants the new company to focus on three important things.

“We need to have consistency, need to be able to communicate, and most importantly, we need cohesion,” Moreno said. “It’s not just a commitment or a contract; you have to know that you’re here for something bigger than yourself.”

Sailors’ names have been omitted to ensure operational security and the safety of the guard force that work in the camps.

JTF Guantanamo conducts safe, humane, legal and transparent care and custody of detainees. ☆



Properly transporting detainees

A Detention Operations Center escort instructs a detainee during the process of transporting him to a legal visit. – JTF Guantanamo photo by Army Sgt. Michael Baltz

Army Sgt. Michael Baltz

JTF Guantanamo Public Affairs

In order to ensure safe, humane, legal and transparent care of the detainees in custody at Joint Task Force Guantanamo, Troopers are assigned to escort detainees to medical appointments, lawyer appointments and commissions.

The Navy Expeditionary Guard Battalion conducts detainee escorts at JTF Guantanamo as part of the ongoing detention mission. They also escort contractors who come into the camps to do enhancement projects.

“My mission is to support detainee movements,” said Navy Petty Officer 2nd Class Brian, non-commissioned officer-in-charge for Detention Operation Center escorts. “We also escort contractors throughout the camps.”

Most of the Troopers who are escorts were guards in the camps for several months until earning the opportunity to become escorts.

“They normally work in the camps for a few months until they learn about the environment,” said Navy Senior Chief Petty Officer Glen Porter, senior enlisted

advisor for the escorts. “They are then properly trained on how to be an escort.”

The escorts are broken into teams, and a dispatcher assigns the team’s task.

“When I come into the office, I lay out

is on time.”

The escorts pick up the detainee at the camp, where he has already been informed of an appointment.

“We go pick up the detainee as a team, then safely transport him,” Porter said.

The detainee has the right to refuse to be transported. They are never forced to attend an appointment of any sort.

“If they refuse to go, we cannot force them,” Tyler said. “If it is an appointment that is important, someone will visit them at their location.”

The escorts are also responsible for maintaining the flag program. This program supports Trooper morale by affording the opportunity to have a flag flown over Camp Delta. After the flag is flown, the individual for whom the flag is flown receives an official certificate for the flag.

The Troopers of the DOC escort program work hard and have daily struggles like many others who are deployed, but that doesn’t change their focus on the mission.

“I think we are doing what needs to be done here,” Tyler said in regards to the mission at JTF Guantanamo. “I am proud to be here during this historical period.” 🌟



Joint Task Force Guantanamo Troopers escort a detainee to an appointment, ensuring the safety of the detainee and the escorts. – JTF Guantanamo photo by Army Sgt. Michael Baltz

a plan for the day,” said Navy Petty Officer 2nd Class Tyler, an escort dispatcher. “There are [many] detainee movements every day and it is imperative to make sure everyone

Laissez les bon temps roulez, GTMO!

**Army Spc.
David William McLean**
JTF Guantanamo Public Affairs

Air Force Chief Master Sgt. Brian T. Schexnaydre, the Joint Task Force Guantanamo command master chief, is soon leaving the JTF Guantanamo family and a new command chief will be taking the reins.

Schexnaydre says that when he arrived, this was his first true joint service assignment. He said he had great confidence in the abilities of his Troopers.

“As long as I could empower the Troops below me, and trust them because we trained them, my job was going to be quite easy,” Schexnaydre said of his time as chief of operations for the 474th Expeditionary Civil Engineering Squadron at Camp Justice.

In Dec. 2008, Schexnaydre was asked to become the acting command chief for the JTF, and in Jan. 2009, an official announcement confirmed he would be the new command master chief. Troopers have looked to him for leadership throughout his time here.

“He has done a phenomenal job,” Air Force Tech. Sgt. Jeanette Gooch, with 474th ECES, said. “I’m going to miss his work ethic. He always had an open-door policy and I knew I could go in and talk to him.”

The position of command master chief will be filled by Navy Master Chief Petty Officer Scott Fleming when he arrives here in a few weeks. Air Force Senior Master Sgt. Michael Withrow will fill the position as acting command master chief until Fleming arrives.

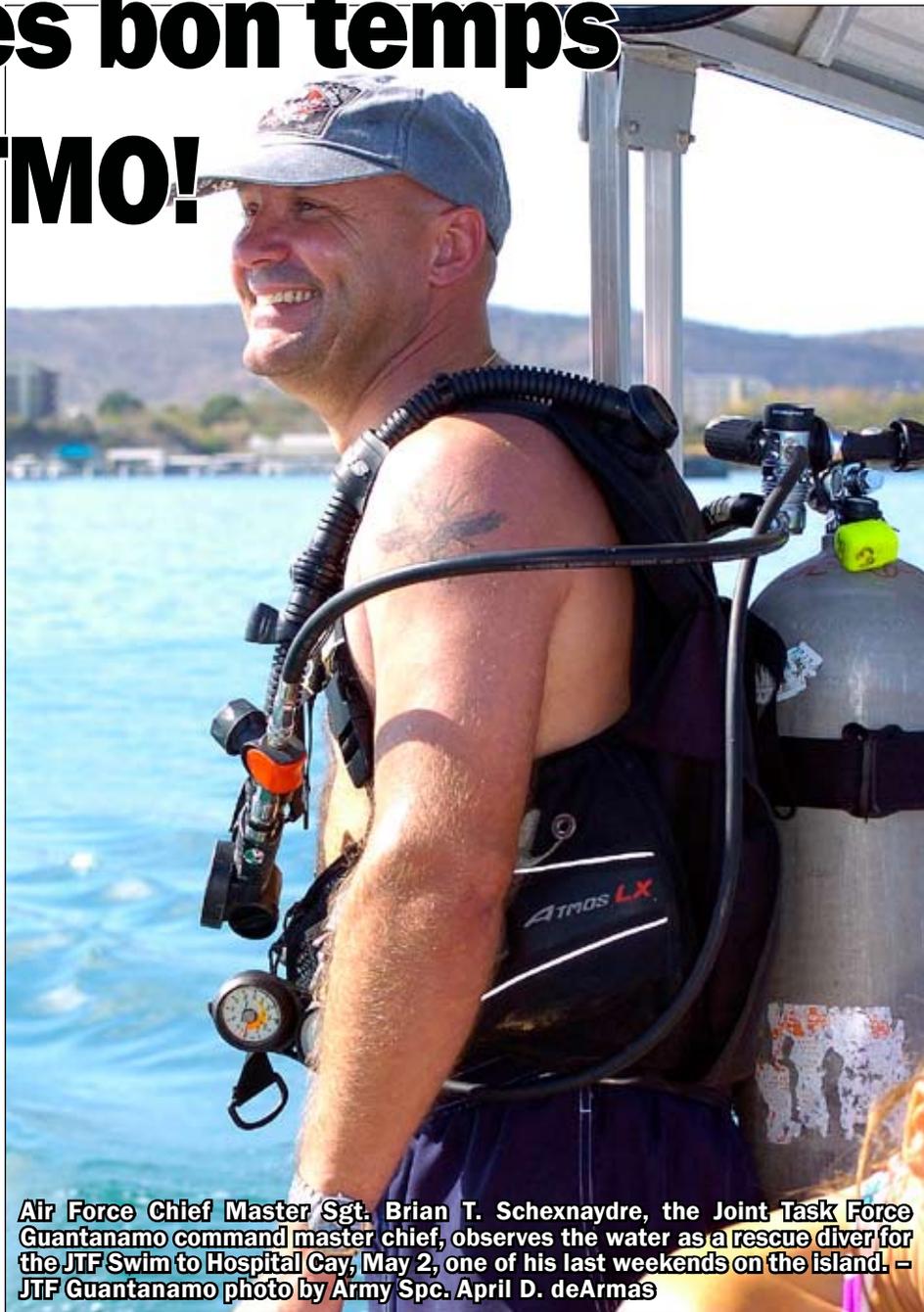
Withrow said he has big shoes to fill with Schexnaydre leaving at this time in the JTF mission.

“The thing I will miss most is the ease in which he made things happen,” Withrow said. “He made it look easy. My goal will be to maintain the efforts that [Command Chief Master Sgt. Brian] Schexnaydre has put into place as it relates to the Troopers and also to ensure that we all are working to fulfill the mission requirements that Rear Adm. David M. Thomas Jr. has entrusted us with.”

Schexnaydre says he has faith in the abilities of his successors and knows the job will be done right.

“I’m highly confident that between Air Force Senior Master Sgt. Michael Withrow and Command Master Chief Scott Fleming, things will continue in a positive fashion,” Schexnaydre said.

Schexnaydre said he wants to give his thanks to each and every Trooper who



Air Force Chief Master Sgt. Brian T. Schexnaydre, the Joint Task Force Guantanamo command master chief, observes the water as a rescue diver for the JTF Swim to Hospital Cay, May 2, one of his last weekends on the island. – JTF Guantanamo photo by Army Spc. April D. deArmas

served with him. He said everyone from the admiral down to the lowest enlisted Trooper has given him an education in how to be the best professional Trooper he can be.

“I was put in a position to reinforce the fact that a well-taken-care-of Trooper is the heart of the success of the mission,” Schexnaydre said. “I’d like to tell the Troopers that if it wasn’t for each and every individual Trooper out there, I would not have been afforded the opportunity to sit in this seat. Whether they saw me as a success or as a failure, hopefully I’m walking out as being successful. The overall experience is something that I will remember and cherish for the rest of my career and my life.”

Schexnaydre said he feels this is a good time to leave. He has a daughter he said he wants to see and make up for lost time. His next assignment will allow him to take his daughter with him to Andrews Air Force

Base, Md., as the acting civil engineering manager for the Air National Guard. Following this temporary assignment, he said he hopes to settle into a traditional Air National Guard role with his 159th Fighter Wing, Civil Engineering Squadron in his home state of Louisiana.

Schexnaydre said he has a special place in his heart for each Trooper and memories that will last a lifetime.

“This is a family I will never forget for the rest of my life,” Schexnaydre said. “Thanks for the professionalism and the success, and it could not have happened without the input and performance of every single Trooper.”

Rather than a more typical, “Hasta la vista” as a farewell to the Troopers, Schexnaydre, a Louisianan, concluded, “Laissez les bon temps roulez,” or “Let the good times roll, GTMO!” ☆

Tourney time for indoor volleyball

**Army Sgt.
Michael Baltz**

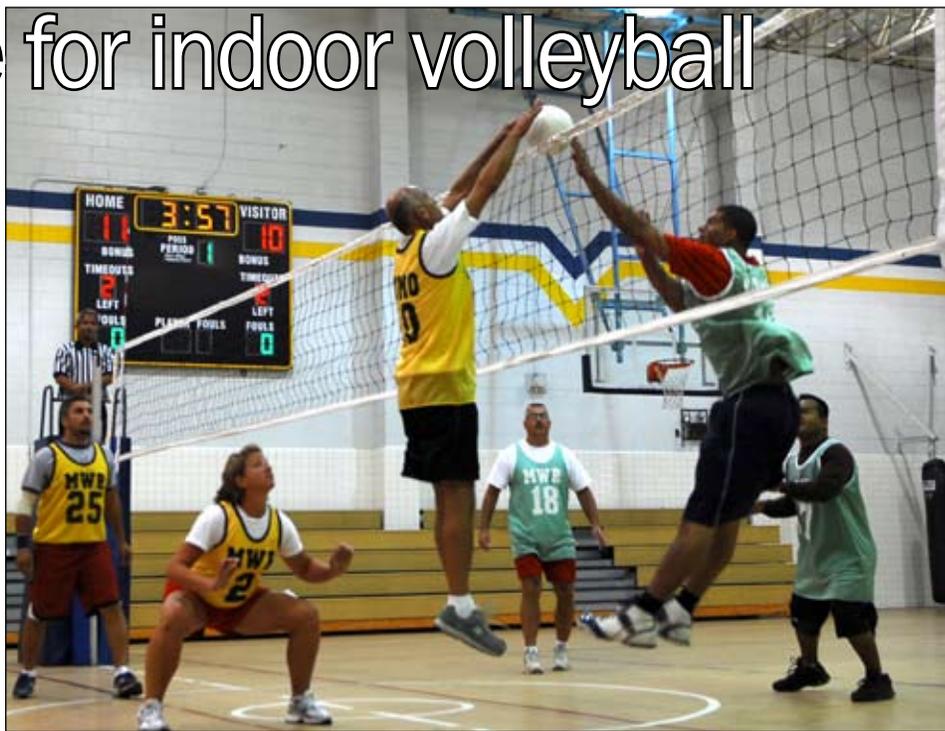
JTF Guantanamo Public Affairs

The Coed Indoor Volleyball League season is over and the 2009 volleyball tournament is underway at Naval Station Guantanamo Bay.

Justice Served was crowned as the league champions with a 9-1 record. They were awarded a first-round bye in the double-elimination tournament as a result. The GTMO Latinos finished second in the league standings at 8-2, while Bumps and Dinks rounded out the top three with a 7-3 record.

“The season was a lot of fun,” said Air Force Staff Sgt. Wedler Harry, a GTMO Assassins player. “Volleyball is a great way to meet new people, whether people from [Joint Task Force Guantanamo] or people at NAVSTA.”

In early round play of the tournament, the 4th-seeded team, PPI, defeated the 5th seeded team, Side Out. In the other half of the bracket, the Assassins, the 6th-seeded team, upset the 3rd-seeded team, Bumps and Dinks, in a game that went back and forth. The 2nd-seeded team, GTMO Latinos,



A Bumps and Dinks player (left) attempts to spike the ball on the GTMO Assassins (right) May 4. The Assassins defeated Bumps and Dinks in the first round of the volleyball tournament. – JTF Guantanamo photo by Army Sgt. Michael Baltz

continued to do well by defeating the 7th-seeded team, the Goat Locker.

The tournament began May 4 and will

come to an end with the championship played May 18, at 7:30 p.m. in G. J. Denich Gym. ☆

Softball: beginning to warm up

**Army Sgt.
Michael Baltz**

JTF Guantanamo Public Affairs

Morale, Welfare and Recreation has organized several leagues to suit the needs of Troopers at Naval Station Guantanamo Bay and Joint Task Force Guantanamo including the 2009 Captain’s Cup Men’s Softball League and the 2009 Captain’s

Cup Women’s Softball League seasons, which are currently in progress.

MWR sports encourage a positive lifestyle for Troopers.

“It is good exercise,” said Navy Seaman C.J. Foster, the Lady Doc’s shortstop. “It gets you out of the house and keeps you out of trouble.”

As of May 5, the men’s standings are as follows: the USCG Mariners are in

front with a 7-1 record followed by the Antagonizers (6-1), Untouchables (6-2), GTMO Latinos (6-2), USNH (5-2), 480th MP’s (4-3), MK9 (4-3), the BEEF (3-4), Violators (3-5), Biohazard (1-7), W.T. Sampson Pirates (0-7), and NAVSTA (0-8).

As of May 6, the women’s standings are as follows: the NAVSTA Pink Ladies (3-0), W.T. Sampson Lady Pirates (2-1), the Lady Docs (1-2), and GTMO United (0-3).

The men’s softball league is ongoing from Tuesday to Friday starting at 7 p.m. at the Cooper Sports Complex.

The women’s softball league plays games on Tuesdays at 7:15 p.m. and 8:15 p.m., and Thursdays at 7 p.m. and 8 p.m. on the Cooper fields.

If you have any questions regarding MWR sports, call ext. 2113 for more information. ☆



Navy Seaman C.J. Foster, a Lady Doc player, swings at a pitch during a game against the NAVSTA pink ladies, May 5. – JTF Guantanamo photo by Army Sgt. Michael Baltz



**Army Sgt.
Emily Greene**

JTF Guantanamo Public Affairs

Big Brother is watching, or so this tale of government conspiracy and looming alien invasion would have one believe.

“Race to Witch Mountain,” Disney’s “reimagining” of the 1970s children’s movies “Escape to Witch Mountain” and “Return from Witch Mountain,” has overtones of distrust and loathing of big government. It opens with a minutes-long montage of newspaper clippings and fuzzy photographs of government cover-ups of alien life, followed by a cliché group of agents in black suits and ties racing to the scene of the latest crash.

This band of shady government spooks, led by Henry Burke (Ciaran Hinds), is pursuing a pair of teenage aliens named Sarah and Seth (AnnaSophia Robb and Alexander Ludwig) who are on a mission to save their planet. If they save their planet, they save Earth as well.

The kid-aliens manage to choose ex-convict cab driver, Jack Bruno, (Dwayne Johnson, aka The Rock) to get them to their objective and help fight off the alien bad guy. Along the way, the group picks up an astrophysicist (Carla Gugino) who is able to do most of the thinking on the human side.

“Witch Mountain” is full of not-so-witty one-liners and blonde kids using a



vocabulary suggesting intelligence beyond their years, or light-years as the case may be. The combination of the children’s extraterrestrial smarts and the tough guy practicality of their chauffeur is sometimes amusing, but mostly stilted.

Disney does try to teach us all a lesson, as is traditional in these films. This one is environmentally-based and is so weak

a link to the plot, it hardly gets the point across.

Strangely enough, the saving grace of this flick is Johnson’s performance. While the script is less than stellar, he manages to pull off his character’s cheesy lines and limp action scenes with a certain amount of grace. He doesn’t take himself or his role too seriously.

Special effects are limited to a magical hiding place in the basement of an abandoned house and a few decent car chases. Even the teens’ space ship is uninspiring, reminiscent of a Star Wars vessel with few of the expected neat gadgets.

The two sets of bad guys, alien and human, are not as scary as one would hope. The alien Siphon is somewhat intimidating until it becomes obvious he’ll never catch up. The government agents are mainly concerned with covering up the incident and never cross the line to become truly evil.

The original “Witch Mountain” films struck a chord with young viewers with their schmaltzy fun and nerdy intrigue. This one hardly manages to entertain its audience beyond the opening scenes. The result is a disappointingly unadventurous adventure, with characters and events that

PG
99 minutes
Rating: ★★☆☆☆

Influenza: Be prepared; but don't panic

■ What you can do to prevent the flu

**Army Staff Sgt.
Blair Heusdens**

JTF Guantanamo Public Affairs

People around the world are watching closely as a strain of the influenza virus continues to spread across continents, leaving many sick and dead in its wake. According to the Centers for Disease Control and Prevention, the H1N1 influenza virus is a respiratory disease of pigs caused by the type A influenza virus which causes regular outbreaks in pigs. People do not normally get this flu, but human infections can and do happen. At Naval Station Guantanamo Bay, there are currently no documented cases of H1N1, but service members should be prepared and take steps now to stay healthy and stop the spread of germs.

"The most important thing is not to panic," said Navy Lt. Stacy Hoffman, Joint Task Force health protection officer.

Service members and residents of the naval station are encouraged to follow simple steps to prevent the spread of disease and promote a healthy community. To prevent the spread of influenza and other illnesses transmitted by coughing or sneezing, you should:

- Avoid close contact with people who are sick.
- If possible, stay home from work, school and errands when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often or use alcohol-based cleansers.
- Avoid touching your eyes, nose or mouth.
- Practice good health habits such as getting plenty of sleep, being physically active, managing stress, drinking plenty of fluids and eating nutritiously.

H1N1 influenza, commonly referred to as swine flu because of its origins in swine, cannot be transmitted through food. Eating pork products, cooked in a safe manner, does not pose a risk of contracting the illness. H1N1, like many other strains of influenza, is however, passed through person-to-person transmission by the coughing or sneezing of people infected with the influenza virus. People may become infected by touching something



A microscopic view of the H1N1 virus, courtesy of the Centers for Disease Control and Prevention.

with flu viruses on it and then touching their mouth or nose.

People often mistake a common cold for the flu, explained Hoffman. Flu symptoms include fever, sore throat and coughing that last for more than 72 hours. With these symptoms, patients should stay home. If certain emergency warning signs develop, however, a trip to the nearest medical facility would be appropriate. Seek immediate medical attention if you experience any of the following symptoms along with normal flu symptoms: chest pain or pressure, vomiting and inability to keep liquids down, fever (greater than 100.5 degrees Fahrenheit) with a rash, signs of dehydration, loss of responsiveness or confusion, rapid breathing or trouble breathing, convulsions, seizures or bluish skin color.

Though H1N1 influenza is not currently a threat to Guantanamo Bay, public health officials and senior leadership from both the Joint Task Force and naval station are prepared, should an outbreak occur. There is a plan in place for an outbreak or pandemic scenario.

To prepare for a possible outbreak or pandemic, service members and residents can put together an emergency supply kit, should there be a need to stay indoors for

an extended period of time. An emergency supply kit should include: a 5-7 day supply of food and water, a battery-powered or hand crank radio, flashlight with extra batteries, first aid kit and a supply of prescription and over-the-counter medications. This kit should be kept at all times and restocked as appropriate, especially with hurricane season on the horizon.

The flu vaccine that is available each year is not made for H1N1 influenza, but can be helpful in staying healthy. The yearly flu vaccine is targeted toward three specific strains of flu each year. A new vaccine should be available when regular flu season starts in the fall.

Additional measures such as sneezing or coughing into a sleeve or tissue and using antibacterial or disinfectant wipes to sanitize surfaces may be helpful in preventing the spread of disease.

For medical emergencies on Naval Station Guantanamo Bay, dial 911 or visit the emergency room at the Naval Hospital. For medical inquiries or non-emergency questions, Troopers can call the Navy Hospital at ext. 2360 or the Joint Troop Clinic at ext. 3683.

For more information on H1N1 influenza, visit www.pandemicflu.gov or www.cdc.gov. ★



Air Force Senior Airman Ryan McClung, a Joint Task Force heating, ventilation and air conditioning technician, checks the batting roster with fellow volunteer coach Air Force Staff Sgt. Aaron Rule. – JTF Guantanamo photo by Army Sgt. Carmen Gibson

Little league makes it big

Army Sgt. Carmen Gibson

JTF Guantanamo Public Affairs

Far away from their own families, Joint Task Force Guantanamo Troopers unfortunately miss out on the joy of watching their children toss around the ball in the backyard. Their lengthy deployments also prevent them from attending baseball games and other childhood sporting events. Thanks to Naval Station Guantanamo Bay Morale, Welfare and Recreation however, Troopers can still be a vital asset in instilling that sense of teamwork and pride in other children.

Several JTF Troopers volunteer their time in the evenings to coach children in the base little league.

At least 60 of Guantanamo Bay’s youngest residents took part in this season’s youth baseball league opener. This was the first time the league has been able to utilize the new baseball facilities at Cooper Field. A combination of ball park concession favorites, soft red dirt and cheering fans conspired to bring America’s favorite pastime to the installation. From early April until the end of May, two divisions, ranging in ages from seven to 14, will go head-to-head with an opposing team. At the first game of the season, the Mud Cats took on the Bees, and the Yankees battled the Rangers.

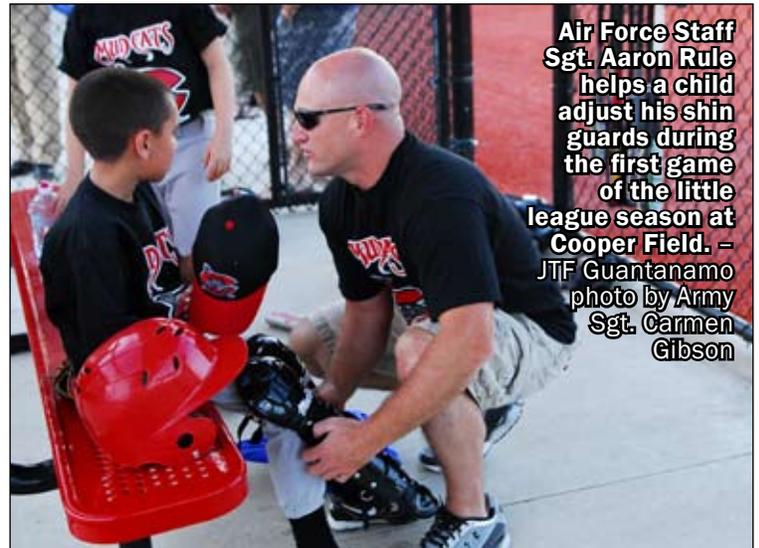
Navy Petty Officer 2nd Class Orlando Quintero, a JTF combat cameraman, sees coaching the Rangers as a way to pass on the true values of baseball in young military dependents.

“The program teaches them the value of teamwork and good sportsmanship,” Quintero said. “The main objective is not to win every game, but to learn the value of working together.”

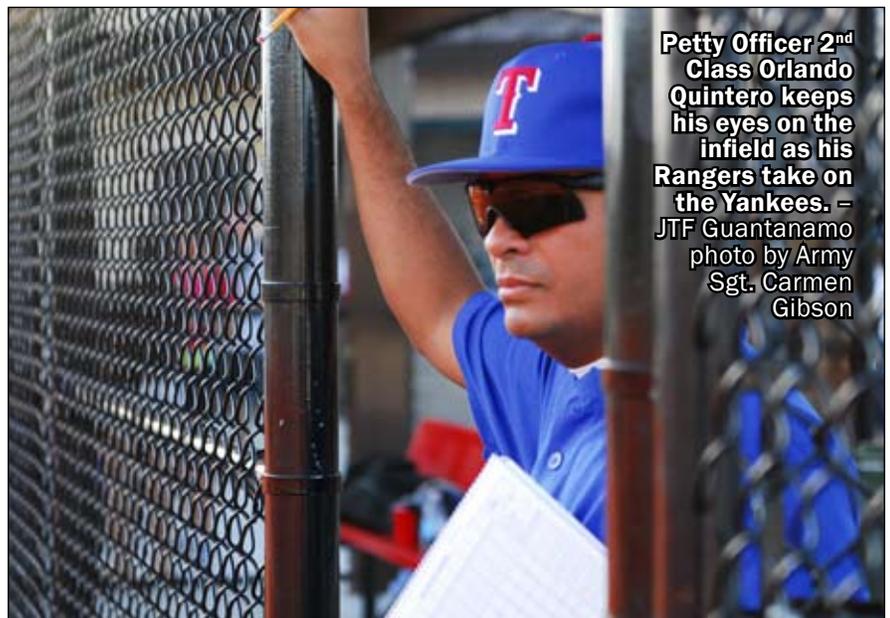
The JTF volunteer coaches also try to maintain a sense of encouragement and sportsmanship with the youngsters, without adding the pressure of striving for victory. That’s why the seven- to 10-year-old teams do not even keep score. Instead, their performances are gauged by examining their motivation, participation and skill level.

“I’m impressed,” said Army Sgt. Michael Baltz, with the Joint Task Force public affairs office. “They knew it was game time.”

Over the next 11 games, the coaches hope their teams will grow together in camaraderie, improve their individual skills and – above all – have fun. ★



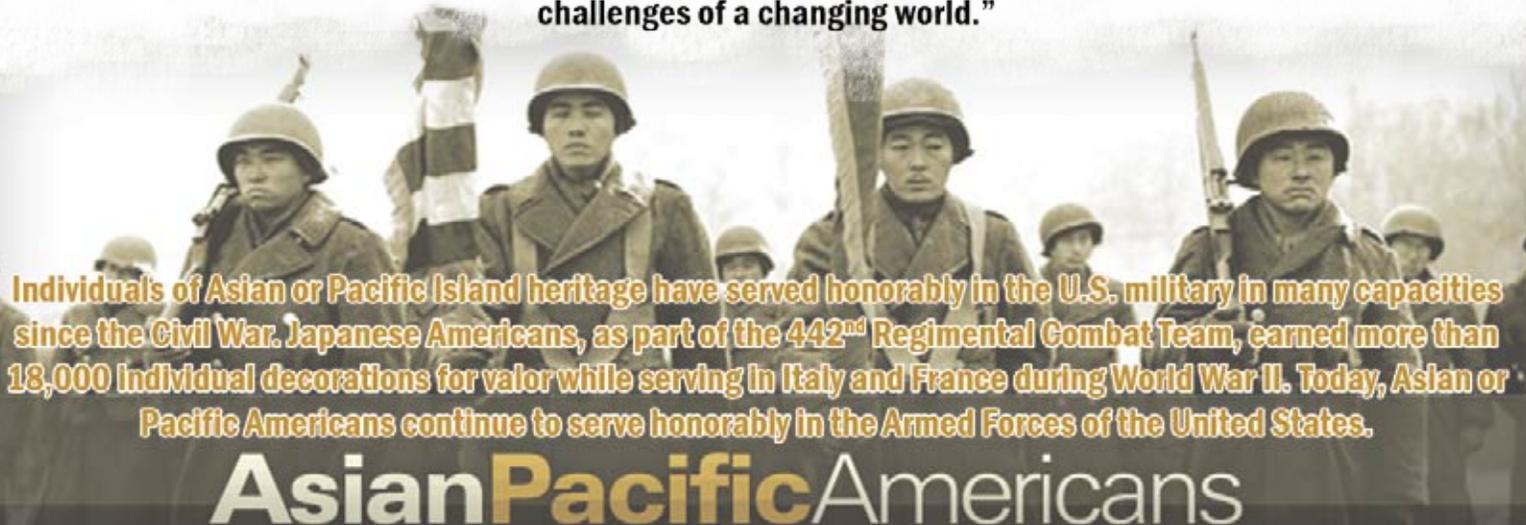
Air Force Staff Sgt. Aaron Rule helps a child adjust his shin guards during the first game of the little league season at Cooper Field. – JTF Guantanamo photo by Army Sgt. Carmen Gibson



Petty Officer 2nd Class Orlando Quintero keeps his eyes on the infield as his Rangers take on the Yankees. – JTF Guantanamo photo by Army Sgt. Carmen Gibson

May is Asian Pacific American Heritage Month

In 1992, Congress designated May as Asian Pacific American Heritage Month. The month of May commemorates the immigration of the first Japanese to the United States on May 7, 1843, and the anniversary of the completion of the transcontinental railroad on May 10, 1869, which was constructed largely by Chinese immigrants. The 2009 national theme is "Leadership to meet the challenges of a changing world."



Individuals of Asian or Pacific Island heritage have served honorably in the U.S. military in many capacities since the Civil War. Japanese Americans, as part of the 442nd Regimental Combat Team, earned more than 18,000 individual decorations for valor while serving in Italy and France during World War II. Today, Asian or Pacific Americans continue to serve honorably in the Armed Forces of the United States.

AsianPacificAmericans

Drink Water!

- ! Don't wait to feel thirsty; your body may need water before you feel thirsty.
- ! Drink enough water to replace your sweat loss.
- ! Remind your buddy to drink. Refill your canteens or bottles at every opportunity.
- ! Look at your urine. If it is dark or if you have not urinated, you need to drink more.

Prevention Works!

For more information, please e-mail safety@jftgmo.southcom.mil



Eyes over Guantanamo

U.S. Coast Guard Lt Matt Laughlin, aviation commander with AVDET GTMO, patrols the water from Guantanamo Bay Naval Station to the Haitian border. – JTF Guantanamo photo by Army Spc. Cody Black

Boots on the Ground

by Army Sgt. Michael Baltz

How do you have fun without drinking at GTMO?

**Army Spc.
Timmy Dawson**



"I go scuba diving and watch Sports Center."

**Army Spc.
Christine Moorehouse**



"I read books; lots and lots of books."

**Army Warrant Officer
Nelson Bigas**



"Scuba diving."

**Army Spc.
Manuel Rios**



"Rent a movie, buy some popcorn and have a blast."

Prayer and adventure

**Navy Lt. Cmdr.
Clint Pickett**
JTF Command Chaplain

How adventurous are you? Merriam-Webster's dictionary defines adventure as an undertaking involving danger and unknown risks. Because I enjoy sailing, my wife once bought me a collection of sailing stories. One of the stories I enjoyed was about the first solo sailing race around the world in a 32-foot boat. Talk about an adventure! Nine men started from England in 1968 to sail non-stop around the world. The race would last for nine or 10 months, with no stopping and no resupply.

They sailed south from England, around the Cape of Good Hope, south of New Zealand, and then on to Cape Horn. Then, finally they would travel north to return to England. Enduring 30,000 miles, and month after month of solitude, only one sailor finished the race, Sir Robin Knox-Johnston. All the others dropped out of the race for one reason or another. Sailing around the world certainly qualifies as an adventure. Life itself can be an adventure!

Did you ever think about prayer as being an adventure? A pastor and author named Eugene Peterson had this to say about prayer: "Praying is a daring adventure!" Think about what is actually happening when we pray. When we pray, we mingle our words with God's living Word. We are involved with a holy God, who wills our holiness. Eugene Peterson also talks about caution when he says, "Be slow to pray."

When we pray, we open ourselves up to the eternal. Things happen in prayer, but the things that happen are usually surprising. Because, as Peterson says, praying most often doesn't get us what we want but what God wants. Prayer is a daring adventure.

Sometimes as a chaplain I am asked to offer a little prayer. But if you think about it at all, there is no such thing as a "little" prayer. There are short prayers – sometimes only a few words long that take only a couple of seconds. When we pray, we step into God's presence and open ourselves to him. What happens when we pray can often be life-changing.

How adventurous are you? Sailing can be adventurous, but I am talking about a different kind of adventure. I used to ask my confirmation students in the parish what kind of relationship they had with God. It was multiple choice, and I would give them four statements to describe their relationship with God. Which statement best describes your relationship with God?

- 1) Just be there
- 2) Help me when I ask
- 3) Really know me
- 4) Lead and change me

Which one did you choose? If you are at all like me, you may like to think that you would want God to lead and change you, but that can be a very scary thought. Just praying that one little line can be a risky adventure. We want life on our conditions, not on God's conditions. But when we pray, we put ourselves at risk of getting involved in God's conditions and God's will. When you pray, you never really know where you are going to end up.

It isn't easy to open ourselves to change on God's terms, but when we do, we open our hearts and our minds to hear God's voice. In the end, that is always a good thing. So pray, and pray boldly! ✨

JTF CHAPEL SCHEDULED PROGRAMS

Catholic Mass

Sunday: 7 a.m. Confession
7:30 a.m. Mass

Wednesday: 11 a.m.
Spanish Mass

Protestant Worship

Sunday: 9 a.m.

Spanish Protestant Worship

Sunday: 11 a.m.

Bible Study

Sunday: 6 p.m.

Wednesday: 7 p.m.

Trooper pushes through 100K



Air Force 1st Lt. Christopher Matuszak, with the Joint Task Force Commissions Support Group, pauses for a photo during the Miwok 100K Trail Race held in Calif., May 2. – Photo courtesy of Air Force 1st Lt. Christopher Matuszak

Army Staff Sgt. Blair Heusdens

JTF Guantanamo Public Affairs

Running 62.4 miles makes the 1.5 mile run for the Air Force Physical Fitness Test seem like a breeze. Not everyone can complete an ultra-marathon, but Air Force 1st Lt. Christopher Matuszak, the budget and acquisitions officer for the Joint Task Force Guantanamo Commissions Support Group, recently put himself through the grueling challenge at the Miwok 100K Trail Race in Marin Headlands, Calif.

Matuszak finished the race May 2 in 14 hours, 8 minutes and 26 seconds, two hours under the allotted 16 hours and 30 minutes. 322 runners started the race, with just 260 finishing the full 62.4 miles.

“Basically, we just beat the crap out of our bodies to try to finish,” said Matuszak.

The Miwok 100K race is one of the most scenic races in the U.S., stretching across the very hilly terrain of western California and spanning approximately 10,000 feet of cumulative elevation gain. The weather was rainy and cool for California, with an average temperature of 55 degrees and Matuszak often had to wade through puddles of water on the narrow trails.

Matuszak completed the race as a personal challenge. In January, Matuszak attempted the Bandera 100K in Bandera, Texas, but finished short of his goal. This time, however, he was ready.

“I like adventure and doing things that most people wouldn’t do,” Matuszak said.

To train for the race, Matuszak runs four times a week with friends on base and has participated in 5K runs sponsored here. He feels that training in the heat at Guantanamo Bay made a difference, as well as Pilates classes he takes to strengthen his

back. In the future, he plans to incorporate more weight training into his routine.

Trail running is significantly different from running on a hard, flat surface. He says the large hills on base were similar to those on the trail, with the largest one requiring a 45-minute climb. Matuszak has done most of his running at Guantanamo Bay on the roads, but enjoys trail running because it provides a more scenic, enjoyable experience and requires different muscles to excel.

“[When you run on a trail] you’re more focused on the run and more in control of your body because you have to use more of your stabilization muscles,” Matuszak said.

Aid stations were positioned throughout the route to provide water, food and encouragement to the runners. Matuszak’s dad and sister came to the race and met him at the aid stations to provide moral support and encourage him along the way.

“Having my family there was extra special,” said Matuszak. “It helps when you can see a familiar face there cheering you on.”

Throughout the race, runners would often group together on the narrow track. Matuszak found that talking with other runners helped him to keep his mind off the task at hand.

“If I wasn’t having fun, I wouldn’t have kept going,” Matuszak said.

Throughout the intense race, Matuszak tried to maintain a positive attitude to help keep him going. To pass the time, he sang songs in his head and listened to music on his iPod. The final six miles proved to be the hardest because the battery on his iPod had died and he was alone. But his determination to finish the race made him continue.

“[I kept telling myself,] I’ve never made it this far, I’ve got to keep going,” Matuszak said.

Matuszak plans to continue to challenge himself physically and would like to participate in another 100K run in the future. ☆

Around the JTF



Navy Rear Adm. Dave Thomas Jr. promotes Navy Senior Chief Petty Officer Rick Kaczmarek to Master Chief Petty Officer during a ceremony May 8. - JTF Guantanamo photo by Army Sgt. 1st Class Steven Rougeau



Members of Port Security Unit 305 stand in formation for a promotion ceremony at the lighthouse on Naval Station Guantanamo Bay, May 1. - JTF Guantanamo photo by Navy Petty Officer 1st Class Joshua Treadwell



Navy Chief Petty Officer Catherine Chavarria takes the oath of reenlistment at Joint Task Force Guantanamo, May 5. Chavarria enjoys riding motorcycles and chose to wear a motorcycle helmet during her reenlistment. - JTF Guantanamo photo by Army Pfc. Christopher Vann