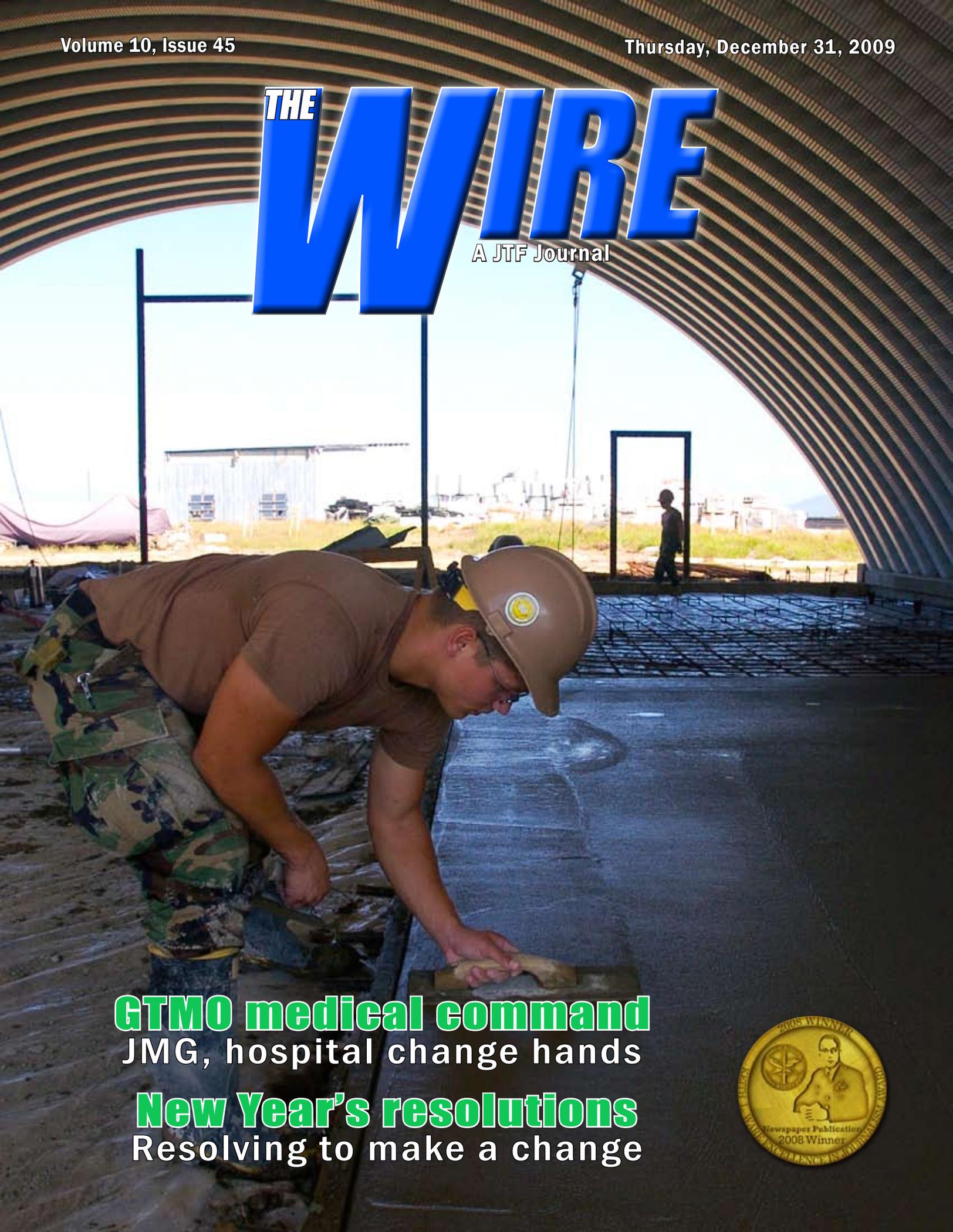


# THE WIRE

A JTF Journal



**GTMO medical command  
JMG, hospital change hands**

**New Year's resolutions  
Resolving to make a change**



# Personal accountability

**Navy Master Chief Petty Officer  
Scott Fleming**

JTF Guantanamo Command Master Chief

With rare exception, Joint Task Force Guantanamo personnel do a phenomenal job every day in an extremely challenging environment. It would be difficult to hope for a much higher success rate, considering the number of troops we have assigned to so many complex and diverse roles. Our service members thrive through demanding work schedules, unending scrutiny, extended family separation and isolated duty to make this team a model for proficiency, camaraderie and professional accomplishment. Your efforts in 2009 have been nothing short of extraordinary. Thank you.

I am concerned, however, about incidents involving improper off-duty conduct. It doesn't take a statistics major to realize the common denominator can often be excessive consumption of alcohol. And no particular service, pay grade or command is immune to this concern.

We need to fix these problems whenever they arise. One transgression is too many considering we have so many resources readily available to prevent them. When we jeopardize lives and break laws, it's time to circle the wagons as an organization. Otherwise, we will eventually be mourning a tragedy and wondering what we should have done differently.

All services have very little tolerance for irresponsible use of alcohol. Punitively, it can cost anything from money and pay grade to loss of upward mobility or even career. Issues like non-judicial punishment simply don't improve your résumé. While our armed forces don't have a zero-defect mentality, it can be difficult to recover from a bad decision made after too many drinks.

JTF GTMO is unusual. Much of the force is deployed in an arduous setting, sharing many characteristics with combat theaters. However, unlike those locations, we have the unique privilege of visiting bars on base and buying alcohol available to people over 21. There's an assumption that we will protect that privilege with maturity and moderation. Still, there are a few people missing the mark and making stupid choices. Why? Is it poor communication; job-related stress; a lack of common sense; addiction; failure to look out for each other; blatant disregard for rules or an absence of leadership? I suppose it's probably a combination of all those things and more.

So how do we attack these types of problems? The common answer is personal accountability – send a message by holding those who cross the line responsible for their actions. Troops are, in fact, paying serious consequences for alcohol-related incidents at GTMO. But what happens when that doesn't correct the course? Leaders are understandably reluctant to penalize the masses for the sins of a few. However, it has been previously employed as a last resort and remains a viable response if we can't figure out a more proactive measure of prevention. Nobody wants it to get to that point. The preference is that we come to terms with the causes and eliminate problems before they occur at all.

First, frontline leaders need to know their troops, especially those who are under 21 or vulnerable to alcohol abuse. Non-

See **FLEMING/13**



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### COVER:

**A member of Naval Mobile Construction Battalion 25 smooths cement while working on a construction project, Dec. 28. The Seabees conduct operations in support of Naval Station Guantanamo Bay and Joint Task Force Guantanamo. – JTF Guantanamo photo by Army Sgt. David McLean**

### BACK COVER:

**Christmas lights adorn a Christmas tree at Naval Station Guantanamo Bay in celebration of the holidays. – JTF Guantanamo photo by Army Staff Sgt. Blair Heusdens**



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.

# Fair winds and following seas

■ *GTMO's medical command changes hands*

**Army Staff Sgt.  
Blair Heusdens**

JTF Guantanamo Public Affairs

Service members and family members gathered to celebrate the successes of the Naval Station Guantanamo Bay naval hospital and Joint Task Force Guantanamo's Joint Medical Group under the command of Navy Capt. David Wright during a change of command ceremony, Dec. 30. Navy Capt. Monte Bible assumed the dual command from Wright, who leaves Guantanamo for a position in Virginia as director of health care operations at Navy Medicine East.

The naval station hospital at Guantanamo Bay is a general care medical facility with 12 operating beds, capable of expanding to 25 beds with a combined staff of military and civilian employees. The hospital supports the base community with inpatient and outpatient services. In addition to the hospital's care of the general base population, the Joint Medical Group provides medical care to Joint Task Force Guantanamo Troopers and the detainee population.

Wright saw the ceremony as an opportunity to recognize his shipmates who have contributed to the success of the mission at GTMO. His unique command brought together two organizations of professionals from multiple branches of the service into one team that benefitted from the combined experience of all.

"I'm honored to serve two excellent teams of professionals who have together accomplished exceptional things," Wright said.

Wright credited the diversity and professionalism of his team for successes including gaining approval for a new long-term care facility on base, preparing for an upcoming survey by the Joint Commission and repeated recognitions from the International Committee of the Red Cross for compassionate medical care for detainees.

"You've demonstrated perseverance under difficult situations to provide safe, humane, legal and transparent care for the detainees," Wright said.

Navy Rear Adm. Tom Copeman, commander of Joint Task Force Guantanamo, praised Wright's leadership by saying that although he was only in command a short time, he made a positive impact on the community. Copeman cited his family's personal experience with the hospital staff as being caring and professional, a direct reflection on their leadership.

"The commander sets the tone that enables his subordinates to flourish," said Copeman. "It is the people who operate the technology, and how they've been led – that leads to success."

Guest speaker Navy Rear Adm. William Kiser, commanding officer of Navy Medicine East, spoke of the leadership qualities



**Navy Capt. Monte Bible accepts the unit guidon from Navy Capt. David Wright during a change of command ceremony for the Naval Station Guantanamo Bay hospital and Joint Task Force Guantanamo Joint Medical Group, Dec. 30. – JTF Guantanamo photo by Army Staff Sgt. Jim Wagner**

demonstrated by Wright during his command.

"He invested himself in those he's been blessed to lead, he has lived the values of honor, courage and commitment with reckless abandon, and he remembers that he and the hospital are part of something greater than themselves," said Kiser. "He is leaving this place, the staff and facility better than he found it."

Kiser also brought a message to the medical staff in attendance about the significance of Guantanamo Bay, and in particular, one man – John Blair Gibbs – an acting assistant surgeon in the Navy attached to the 1<sup>st</sup> Marine Battalion during the Spanish American War. Gibbs participated in the 1898 invasion of Guantanamo Bay, providing medical care to the Marines he supported. During the battle, Gibbs, along with five other Marines, died.

"You are now proud bearers of the legacy of sacrifice left to you by John Blair Gibbs," said Kiser. "It was in this place he gave his life for his shipmates and exercised commitment, focus and passion in support of his country and the Marines he was serving."

Kiser encouraged the medical staff to follow the examples set by Wright and Gibbs and to continue to provide a high level of care under the leadership of Capt. Bible.

"Today we are a nation at war," said Kiser. "One hundred years from now, people will be telling stories about what you do."

Bible assumed command with a few short words and a promise to those present.

"I'm here to be a part of the team," said Bible. "I want to help you succeed and make sure you're fulfilled personally and professionally." ✪

# The buzz around GTMO

**Navy Petty Officers  
2<sup>nd</sup> Class Jake  
Seichter, Brent  
Rensink and  
Matt Martin,  
construction  
mechanics with  
Naval Mobile  
Construction  
Battalion 25,  
repair the hydraulic  
system on a  
tractor, Dec. 28.**  
- JTF Guantanamo  
photo by Army Spc.  
Christopher Vann



**Army Spc.  
Christopher Vann**  
JTF Guantanamo Public Affairs

The Seabees are the Construction Battalions (CBs) of the U.S. Navy. They have a history of building bases, bulldozing, paving thousands of miles of roadway and airstrips and overall general construction on military bases.

At Naval Station Guantanamo Bay, the Seabees of Naval Mobile Construction Battalion 25 are on a six-month deployment in support of Joint Task Force Guantanamo and naval station construction projects.

Navy Petty Officer 1<sup>st</sup> Class Michael Ludwig, assistant operations officer, gives a little insight as to the ongoing and upcoming projects that the Seabees are currently performing.

“We have performed multiple projects, humanitarian work and base needs throughout the U.S. Southern Command and Guantanamo,” Ludwig said.

“We handle the work for the roads that the Marines use to conduct their perimeter checks, as part of their mission requirements,” Ludwig said.

Not only the roads used for Marines patrols, but also streets used by civilians and other service members, are being repaired to fix cracks and potholes that can cause damage to vehicles or result in an accident.

“We also have just completed a minor demolition project at Zaiser Field, removing the old, unutilized structures and so the land can be reused in the future,” Ludwig added.

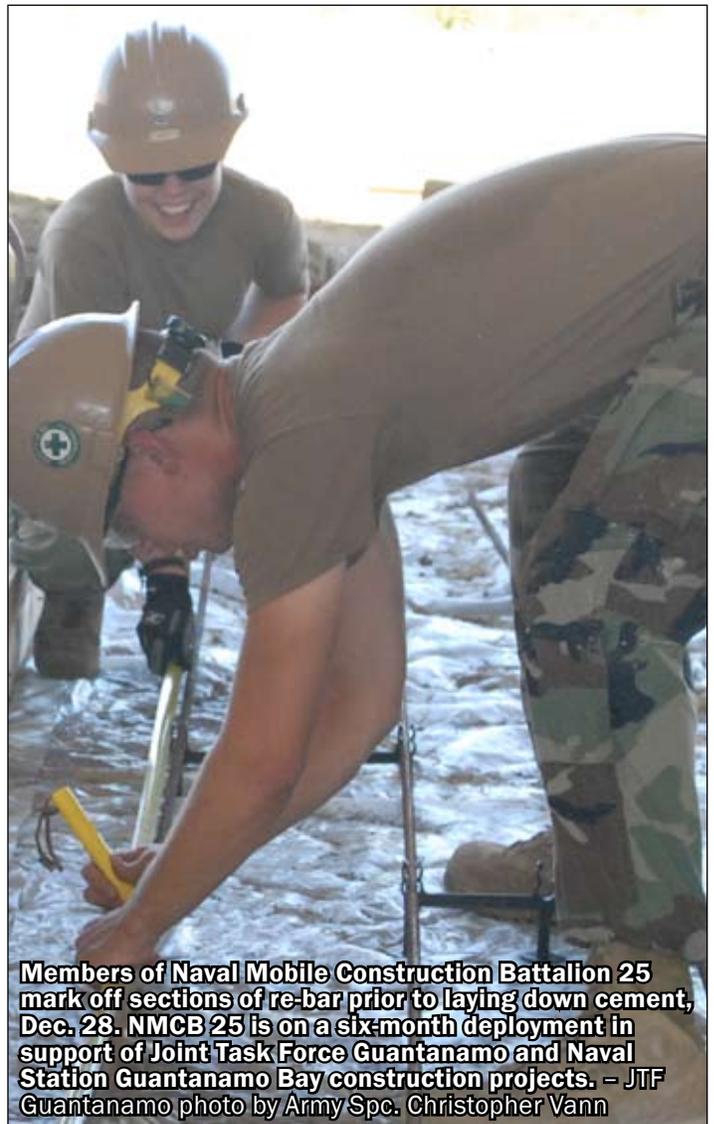
One of the major projects underway is the building of two K-Span structures located across from Nob Hill housing complex on Sherman Avenue K-Span buildings are a new form of construction within the Seabee community. These 60 feet tall, 120 feet long facilities are used to house equipment and prevent weather corrosion. The K-Spans will be air-conditioned, lighted and have overhead doors for large equipment storage, and are virtually maintenance-free, since they are watertight, rust-free, earthquake and fire-proof.

Navy Petty Officer 1<sup>st</sup> Class Fred Stoaks, a construction mechanic, knows that it is a team effort just to get started on a section of the building.

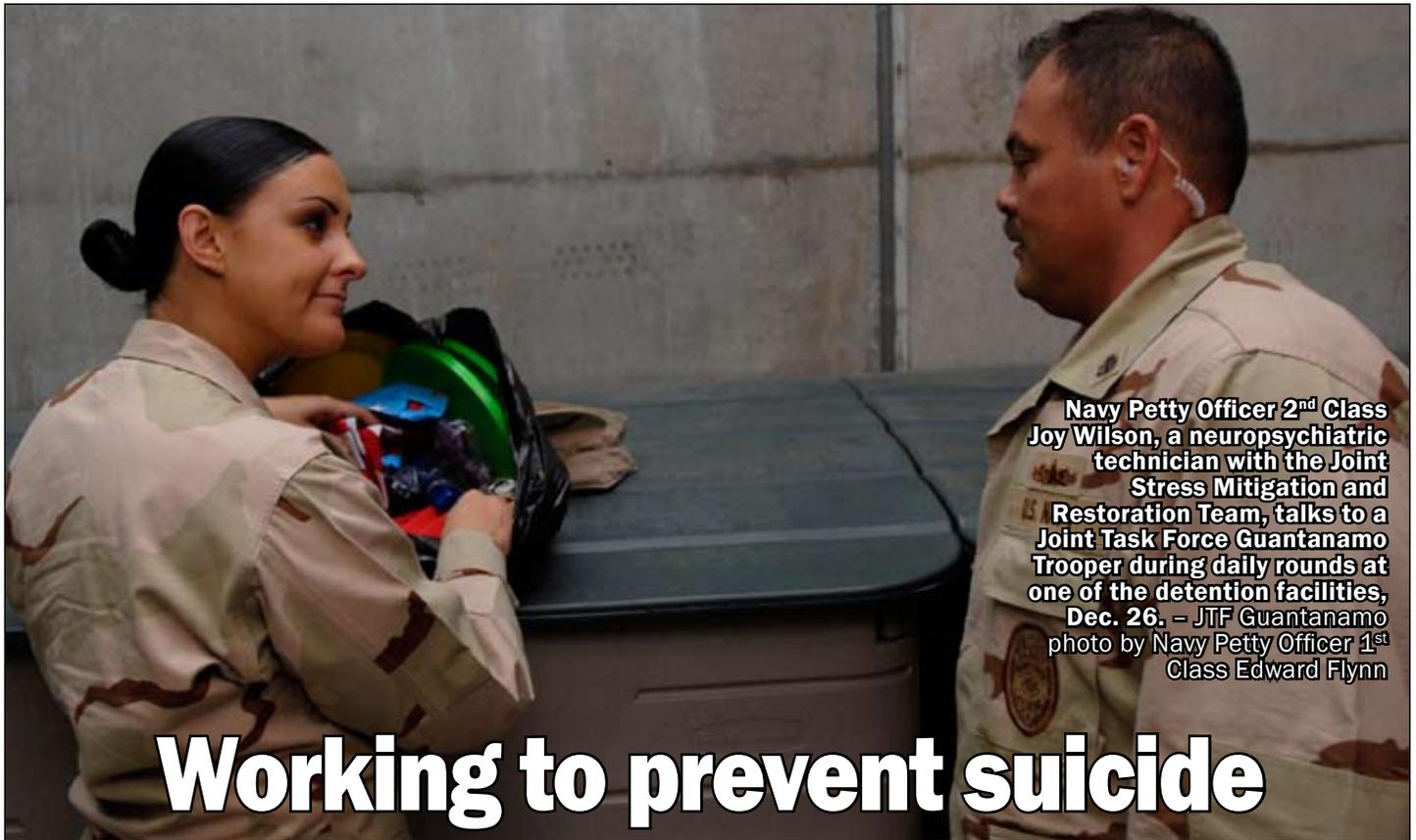
“It’s a 15-person job, just to lay the material out,” Stoaks said. “With everyone working together on the same page, it’s an easy process but it’s just a little time consuming.”

As the work continues, the Seabees review blueprints and specifications, to ensure that the plans are being followed correctly, and making sure no one gets hurt.

As with any project, safety is a big concern. The Seabees enforce the use of safety equipment such as hard hats, safety glasses and work boots, which all must be worn when entering the construction site. ★



**Members of Naval Mobile Construction Battalion 25 mark off sections of re-bar prior to laying down cement, Dec. 28. NMCB 25 is on a six-month deployment in support of Joint Task Force Guantanamo and Naval Station Guantanamo Bay construction projects. - JTF Guantanamo photo by Army Spc. Christopher Vann**



**Navy Petty Officer 2<sup>nd</sup> Class Joy Wilson, a neuropsychiatric technician with the Joint Stress Mitigation and Restoration Team, talks to a Joint Task Force Guantanamo Trooper during daily rounds at one of the detention facilities, Dec. 26. – JTF Guantanamo photo by Navy Petty Officer 1<sup>st</sup> Class Edward Flynn**

# Working to prevent suicide

**Navy Petty Officer 1<sup>st</sup> Class Edward Flynn**

JTF Guantanamo Public Affairs

At an alarming rate over the last few years, suicide and suicide attempts have increased significantly throughout the U.S. military. Mental health, depression and stress are issues that are constantly discussed throughout the military. Suicide is now the second highest cause of death for U.S. military forces. Fortunately, living and working in difficult and often hazardous conditions is not something you have to experience alone. While deployed to Joint Task Force Guantanamo, help is readily available to any individual seeking counseling or just someone with whom to talk.

Providing Trooper's with the needed support system has been the cornerstone of the Joint Stress Mitigation and Restoration Team (JSMART). The JSMART staff includes a clinical psychologist and three neuropsychiatric technicians who are experienced in stress management, positive coping skills, assertiveness training, conflict resolution and relationship building.

Without someone to talk to or share your concerns or even frustrations with, these issues can often mushroom into something larger. From deployment-related stress, family concerns back home, emptiness during the holiday season and operational security measures, many Troopers experience some type of anxiety

or depression while deployed. JSMART personnel also provide outreach at various lectures and forums throughout Naval Station Guantanamo Bay. Additionally, JSMART offers sessions to individual Troopers on a walk-in or scheduled basis at the JSMART office.

From behind the wire, inside the galley and at the often busy work spaces, the

**Most of the time, just sharing your concerns with those willing to listen makes a situation that might seem bleak, much brighter.**

– Lee Adelman

“on-the-spot” outreach effort by JSMART staff ensures the communication effort to Troopers is frequent, consistent and readily available.

“I try to give the service members a positive outlook, which helps with their stressors at the time,” said Navy Petty Officer 2<sup>nd</sup> Class Joy Wilson, a neuropsychiatric technician and member of the JSMART team. “JSMART offers a variety of services while out on rounds. We provide personnel with information that can be used to improve the quality of life, reduce the probability of problems developing, improve work performance, and improve the environment of the command to further the mission.”

Additionally, Fleet and Family Support Center (FFSC), working closely with JSMART, provides clinical and non-

clinical services to Troopers and base personnel on suicide prevention, referral sources and one-on-one counseling. FFSC has personnel who understand the many hardships experienced by military personnel.

Although the FFSC is physically located on the naval station side of the base, they also maintain an office at the JTF One-Stop. FFSC has licensed clinical professionals and mental health counselors to work with those at risk. One-on-one counseling sessions are available to anyone dealing with stress, depression and experiencing any signs of suicide.

Additionally, the non-clinical staff provides monthly training on suicide prevention, anger management, stress management, family advocacy and work and family life programs.

“Fleet and Family Support Center is one piece of the entire puzzle,” said Lee Adelman, education services facilitator. “We work closely with JTF, the hospital staff, the chaplain’s office and an entire network of support personnel throughout the base. We are available to anyone that needs our assistance. Most of the time, just sharing your concerns with those willing to listen makes a situation that might seem bleak, much brighter.”

Adelman praised the supportive relationship and partnership with the leadership of Joint Task Force Guantanamo

See **JSMART/13**



Troopers stationed at Naval Station Guantanamo Bay participate in MWR's cardio-kickboxing class, Dec. 28. — JTF Guantanamo photo by Army Sgt. Michael Baltz

# Cardio-kickboxing, kicking Troopers into shape

**Army Sgt.  
Michael Baltz**

JTF Guantanamo Public Affairs

Fast-paced music, an intense instructor and dozens of exhausted, sweaty people is what you will find at the Naval Station Guantanamo Bay cardio-kickboxing class at the Marine Hill Fitness Center.

The Morale, Welfare and Recreation fitness program is here to support mission readiness by providing multiple options for Joint Task Force Guantanamo Troopers and Naval Station Guantanamo Bay residents to maintain physical fitness.

Army Staff Sgt. Sherri Anne McFarlane, with JTF Guantanamo, participates in the cardio-kickboxing class and plans on attending them all until her departure.

"It is a great way to stay fit," McFarlane said. "It is my first time in a cardio-kickboxing class, and he does a great job at making it easy to learn. It is like riding a bike — easy to learn and you won't forget."

"The instructor creates a great workout environment," McFarlane added.

Carl Heron, an MWR fitness instructor, has been teaching cardio-kickboxing for 10 years.

"It is mostly martial arts mixed with aerobics," said Heron, who has a second degree black belt in martial arts. "It is a three-level class — basic, intermediate and advanced — so it is for everyone."

Cardio-kickboxing improves and maintains cardiovascular fitness, increases strength and flexibility, improves coordination and balance, and sharpens reflexes. It also relieves stress by allowing your body to get aggression out. The class includes a variety of punches, kicks, knee strikes and other self-defense moves interspersed with a bouncing move. The class is on Mondays, Wednesdays and Fridays from 6 p.m. to 7 p.m.

"It is a good way to lose weight and get lean," Heron continued. "The class is self driven, so you will get as much out of it as you put into it."

There are more than 20 different fitness classes each week taught by five instructors. The classes include:

Yoga — tones up the muscles and circulatory system. It massages the glands and internal organs, helps to lessen fatigue and the aging processes; deepens breathing and can extend endurance, and increase your flexibility. Yoga also increases willpower and mental outlook, as well as help in relaxation of everyday strains and stresses. The class is on Mondays, Wednesdays and Fridays from 5 p.m. to 6 p.m. and Saturdays from 9:30 a.m. to 10:30 a.m.

Pilates — focuses on the core postural muscles that help keep the body balanced and are essential to providing support for the spine. It also teaches awareness of neural alignment of the spine and strengthening

the deep postural muscles that support this alignment, which are important to help alleviate and prevent back pain. The class is on Tuesdays and Thursdays from 6 p.m. to 7 p.m. and Mondays from 11:30 a.m. to 12:30 p.m.

Spinning — concentrates on building your leg muscles. The class is on Mondays, Wednesdays and Fridays from 6 a.m. to 6:45 a.m. and Tuesdays and Thursdays from 6 p.m. to 7 p.m.

Step Aerobics — uses a platform, lively music and choreography in order to burn calories with half of the impact as running. It also includes 10-15 minutes of upper body workout and abdominal exercises, allowing for a full body workout. The class is on Tuesdays and Thursdays from 5 p.m. to 6 p.m.

Aqua Aerobics — improves strength and tones and increases flexibility of all muscles by using the resistance of water. The fast-paced program uses music designed to increase aerobic capacity, aid in weight control, burn calories quickly and tone the body. Swimming ability is not required. The class is on Saturdays from 9:00 a.m. to 10:30 a.m.

Other classes include Step-N-Sculpt on Wednesdays from 10:30 a.m. to 12:30 p.m. and Stability Ball training on Tuesdays from 11:30 a.m. to noon.

For more information on MWR classes, call ext. 77262 or 75576. ★

# Goats: un-bleat-ably bad

Army Lt. Col.  
**James Crabtree**

JTF Guantanamo Public Affairs

I've never been embarrassed for a movie before I saw "The Men Who Stare at Goats." And since I've seen Lou Ferrigno in "Hercules," that's saying a lot.

It starts out with a claim that "more of this is true than you would believe." If by that, they mean there is the tiniest atom of fact in the idea that the U.S. Army once experimented with psychic warfare then yes, they're right. But beyond that sliver of reality, the maker of this film took more liberties than David Letterman with his staff.

The film is set in modern-day Iraq, but frequently flashes back to the 1980s. The

plot begins with a reporter, played by Ewan McGregor, an excellent actor who played young Obi-Wan in the "Star Wars" movies. In Kuwait the reporter meets with Lyn Cassady (played by George Clooney), who drives him into Iraq while telling him about the 1st Battalion of the New Earth Army, the unit he used to belong to during the 1980s, which explored new-age techniques to "wage peace," such as remote viewing, invisibility, hippy philosophy, mind-altering drugs and native American spiritualism. So much new-age gobbledygook is mentioned in this movie during and in between flashbacks, that I'm surprised pyramid power and aura readings didn't at least get a mention. These psychic soldiers called themselves "Jedi Knights" because they were supposedly developing special powers to fight, or actually not to fight, evil.

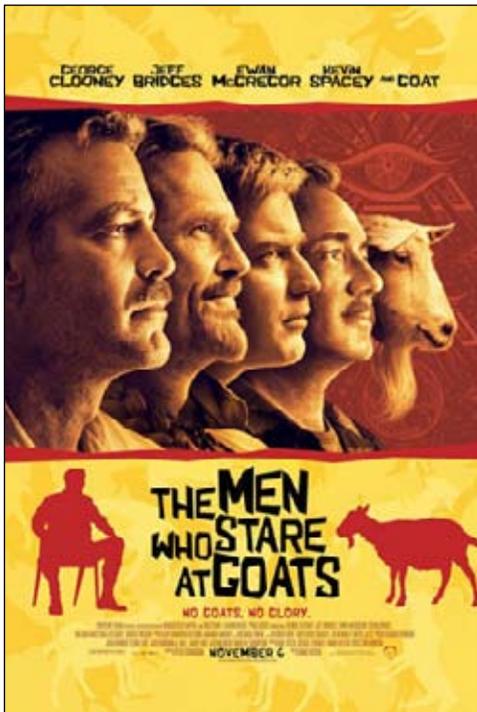
"The whole point was to avoid conflict," Cassady tells us. Apparently, the New Earth Army was supposed to find something more logistically practical than having the entire United States run away. So we turned to unproven, unverifiable and unsubstantiated new age methods. If you can see the logic in this, then I'll make a psychic prediction that you were not a philosophy major in college.

Commanded by Lt. Col. Bill Django, (played by Jeff Bridges who has done great work in several films, just none that I recall), whose command philosophy can

be summed up by, "I'm your commanding officer and I order you to let the dance out," the unit explores new ways of thinking and of styling their hair. Ultimately, Django is relieved of command and the experiments take a new and darker turn, with Cassady concentrating on a goat with such intensity that he kills it.

He might have been doing the goat a favor, as it is highly unlikely that it will get any kind of decent roles after being in this movie. He'll be lucky if he can get a bit part as livestock in the R-rated remake of "The Sound of Music." Clooney, on the other hand, gives a masterful performance as someone who really thinks he can kill goats just by thinking about it. I see Oscar material here.

We later find out that some of the things learned by this unit in the 1980s are being used in modern-day Iraq, "but without all the hippy stuff." Near the end, the reporter learns from Django something the rest of us figured out in the first 15 minutes of the film: none of that stuff really worked. And neither does this movie. You know what would have worked? Setting the entire movie in the 1980s when what little of this stuff that happened actually happened instead of trying to make it "relevant" to someone with a political axe to grind today. But if you feel you MUST see this movie, watch out for the flashback whiplash. ☆



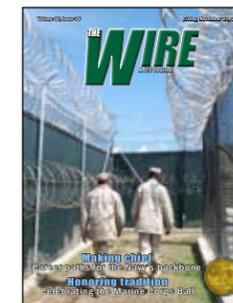
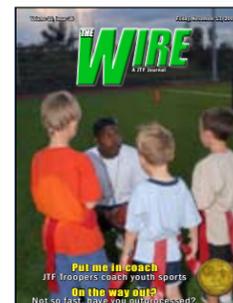
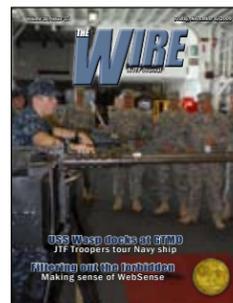
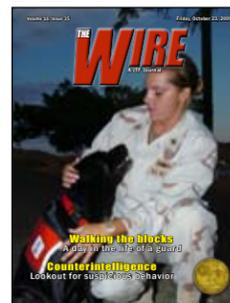
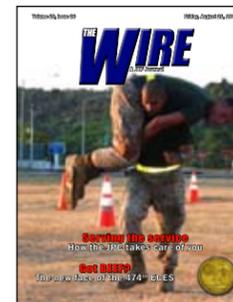
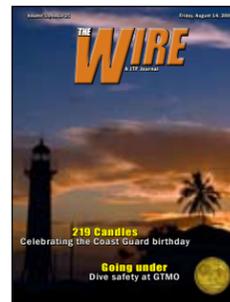
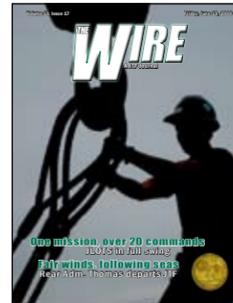
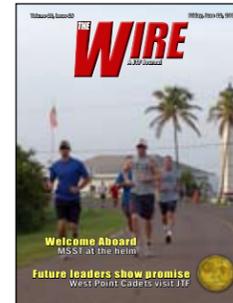
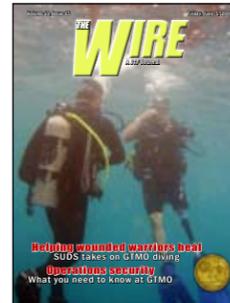
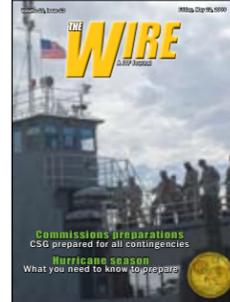
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94 minutes

Rating: ★☆☆☆☆



# The year in review



# Resolutions for the New Year

**Navy Petty Officer 1<sup>st</sup> Class  
Katherine Hofman**  
JTF Guantanamo Public Affairs

It is the end of the year and many Joint Task Force Guantanamo Troopers might be wanting to make changes in their life. We've all done it – made a decision at the beginning of the year to make a change. For many, it is a drastic change to lose weight, quit smoking or begin a totally foreign new routine in our lives. How well has it worked? Do you have the support of your fellow Troopers? What has worked for others? These are some questions we ask ourselves when we prepare to make a change.

Army Spc. Anthony Berkowitz, a chaplain's assistant for the 525<sup>th</sup> Military Police Battalion has his own ideas on resolutions.

"If something is that important why did you wait until New Year's to make the change?" said Berkowitz. "If someone says they are going to quit smoking, I think 'oh please!' they're not going to quit smoking." Having tried to quit smoking, he knows how hard it is to change a habit, even with support.

"We think of the New Year as a time to change," said JTF command chaplain Air Force Lt. Col. William Ferrell, who has his own thoughts on successful life changes. "Often we use any particular marker in our lives to make changes. Birthdays and the New Year are those times when people think about their lives and where they're going. In any change we make in our habits, it starts with our thinking."

Ferrell recommends using moderation as a tool for change.

"New Year's resolutions need to be followed up on with action," he said. "It's like making a 90-degree turn. If it is too dramatic of a change, the change will not work. But if you shoot for a gradual change, something that is more realistically achievable, then you can move more toward

the 90-degree turn."

"I didn't make a resolution for this year because I'm too busy getting ready to redeploy home," said Army Sgt. Carlos Chapman of the 189<sup>th</sup> Military Police Company. He admits it's not always easy to



- Photos courtesy of Time Life

What are you doing to change your life or improve yourself? If you want changes, then look to the experts for advice. Here are a few tips from the University of Maryland Medical System and *Psychology Today* if you are trying to make life-changing

- resolutions
- Make your resolutions specific and actionable. "Lose weight," and "get in better shape," are vague and unhelpful resolutions. "Walk 45 minutes every other day," is a useful resolution.
  - Be realistic. "I'll get up every day at 5:00 a.m. and run," or "I'll never eat sweets again," will likely feel more like punishment than a healthy routine.
  - Keep track.

Even a simple system of check marks on a calendar helps you see the big picture and stay accountable to yourself. Enlisting a buddy with whom to compare notes has also been shown to increase adherence to healthy diet and exercise.

• Aim to be "good enough," not perfect. Don't be so hard on yourself that you give up after the first failure. ☆



**In any change we make in our habits, it starts with our thinking.**

- Air Force Lt. Col.  
William Ferrell

start the New Year by making resolutions, but adds, "I've made [resolutions] in the past and accomplished them, but I've had relapses. So I try to make little changes, and not slip back."

Chapman has used the strategy of being realistic in setting goals and has seen the positive results from his action.

"My best accomplishment was when I

[resolved] to make an attitude adjustment; It really helped me and it was good for my career," said Chapman.

Sometimes it is a matter of looking at your goals in general terms to help with the success of changing your life.

"I usually have a theme instead of a resolution," said Navy Petty Officer 3<sup>rd</sup> Class Woodrow Scott, a neuropsychiatric technician at the Joint Stress Mitigation and Restoration Team. This year, my theme is to keep the faith. I have a broad focus and apply it to everything. When I'm at work I think about keeping the faith and what that means. I also apply it in my [personal] relationships and with God. How am I keeping the faith in what I am doing everyday?"

**If you intend on making a change and haven't picked a resolution for yourself, here are the top 10 New Year's Resolutions (according to About.com):**

10. Get organized
9. Help others
8. Learn something new
7. Get out of debt
6. Quit drinking
5. Enjoy life more
4. Quit smoking
3. Tame the bulge
2. Fit in fitness
1. More family time

Finding a safe ride home or arranging for a designated driver when drinking can prevent career-damaging run-ins with the law. – JTF Guantanamo photo dramatization by Army Spc. Christopher Vann



# Get a ride, don't drink and drive

**Army Staff Sgt.  
Blair Heusdens**

JTF Guantanamo Public Affairs

Many Troopers at Naval Station Guantanamo Bay may be thinking of ringing in the New Year by having a few drinks with friends. While drinking isn't prohibited at GTMO, common sense and good judgment are the keys to avoiding bad decisions and mistakes that could lead to disciplinary action or injury.

"Troopers should be responsible and have a plan before they go out," said Navy Senior Chief Petty Officer Danny Shelton, the Navy Expeditionary Guard Battalion operations lead chief petty officer.

All Troopers are subject to the policies of their individual commands, JTF policies and naval station policies while living at Naval Station Guantanamo Bay. In regard to drinking, JTF Policy Memorandum No. 5, the Use of Alcohol, and Naval Station Instruction 1700.1, Alcoholic Beverage Control, govern the use of alcohol by members of the JTF.

Policy No. 5 states that, "all individuals drinking alcohol will do so responsibly and in compliance with this policy, all other applicable JTF-GTMO policy memoranda and all applicable naval base regulations... a single incident of alcohol abuse may result in the loss of this privilege for the duration of an individual's deployment with the JTF."

For those new to the JTF, or those preparing to leave, alcohol use is prohibited for the first 14 days after arriving at GTMO and the last 14 days prior to departing to ensure a smooth left seat/right seat transition.

Drinking and driving is a serious offense, with grave consequences for Troopers at home and abroad. At Naval Station Guantanamo Bay, masters-at-arms conduct frequent traffic stops and patrol for any signs of impaired driving.

Luckily, there are many options for Troopers who need a safe ride on base. A base shuttle system runs throughout Guantanamo Sunday through Thursday until 1:00 a.m. and Friday and Saturday until 2:00 a.m. Taxis are available through Morale, Welfare and Recreation and Safe Rides are provided by various commands. Walking is also an option as many places on base are within walking distance. Remember, you must wear a reflective belt



whenever walking on base, day or night.

The Courtesy Patrol and Safe Ride programs are a presence watch intended to deter improper conduct and excessive use of alcohol. The courtesy patrol aspect of the program uses JTF leadership to provide a presence at locations where Troopers usually gather to monitor for those who are acting inappropriately. The Safe Ride patrols the streets, offering rides to those who are walking and watches for Troopers leaving from drinking establishments to ensure they have a designated driver or a Safe Ride home. JTF Troopers can call ext. 84913 or ext. 84781 for the JTF Safe Ride and NEGB Troopers can call ext. 8139 for the NEGB Safe Ride.

"We are the Troopers' first line of defense in prevention of DUI or vehicular incidents," said Army Sgt. 1<sup>st</sup> Class Kelvin Bailey, who coordinates the JTF Safe Ride program.

The Safe Ride programs operate in addition to a Morale, Welfare and Recreation program that allows Troopers to call the base MWR taxi service, at ext. 75586, and present a Safe Ride card. The Trooper will then be given a free ride home and the taxi driver will be reimbursed through MWR.

"With all of the options for safe transportation on base, there's no excuse for Troopers to drink and drive," said Shelton. ☆

# 189<sup>th</sup> MP Company defines volunteerism

**Army Sgt.  
Michael Baltz**

JTF Guantanamo Public Affairs

Joint Task Force Guantanamo's 189<sup>th</sup> Military Police Company volunteered with the Red Cross to support the Holiday Mail for Heroes mission, which allowed Troopers stationed at Naval Station Guantanamo Bay to receive a holiday card.

"The program provides a morale boost for a lot of people here without family," said Sharon Coganow, the Naval Station Guantanamo Bay American Red Cross manager. "A lot of the cards are made by kids, which makes it a little more personal and enjoyable."

One of the cards, with childlike handwriting, reads, "Merry Christmas. Y'all are the best, and I hope you come home soon and safely to your family and friends."

And another card that has a Christmas tree and snowman drawn all on it ends with, "P.S. Santa is watching you."

This is the third year for this program and it has already sent out many cards to service members around the world.

"The National Red Cross Headquarters collects thousands of boxes, which have thousands of cards in them, and then dictates which locations to send them, and how many boxes to send to each location," Coganow said. "So the 189<sup>th</sup> Military Police Company sorted through thousands and thousands of cards, scanning for stuff that is inappropriate and offensive to [Troopers.] The cards can't contain personal information, extremely religious or any negative remarks. People can get carried away. Then they were passed out to the [Troopers] throughout GTMO by the fire department."

"It is a really time-consuming mission," she added. "We get a lot of active duty [Troopers] volunteering for the Red Cross."

Army 2<sup>nd</sup> Lt. Stephanie Wormwood, the 189<sup>th</sup> MP executive officer, is able to see the benefits of volunteering.

"I think it is important to give back to the community," said Wormwood, who is also the company's volunteer program coordinator. "It is a great way to meet people and support the community, especially in a joint environment like this."



**Army Capt. Susan Redente (left), 189<sup>th</sup> MP Co. commander and Army 2<sup>nd</sup> Lt. Stephanie Wormwood (right) 189<sup>th</sup> MP Co. executive officer, each receive a certificate of appreciation from Sharon Coganow, American Red Cross manager, Dec. 28.**

- JTF Guantanamo photo by Army Sgt. Michael Baltz

More than 15 Troopers from the company volunteered approximately 72 hours, which lead to receiving a certificate of appreciation from the American Red Cross.

"I volunteered a lot with different organizations," said Army Spc. Brittany Green, with the 189<sup>th</sup>. "I love to help out with the community. I enjoy volunteering when I have the opportunity."

The 189<sup>th</sup> volunteer program continues to work within the local community to find opportunities for Troopers to volunteer their time.

"We are always looking for ways to support the GTMO community," Wormwood said. "Whether it is trash pick-up or sorting through cards, volunteering maintains a level of importance in our command." ☆

## Be Courteous

- ♦ Quiet hours will be maintained from 2200 until 0600 daily for all JTF-GTMO Bachelor Housing residents.
- ♦ Since many JTF-GTMO personnel are on shift work or stand watch, noise during other hours should be kept to a reasonable level.
- ♦ No one should be able to hear any noise outside the room or structure where the activity is occurring. For outdoor events, music will be maintained at a moderate level appropriate for the listening pleasure of personnel in the immediate area attending the event.
- ♦ The use of stereos, radios and televisions is a privilege that should not be abused.
- ♦ Multiple noise complaints will result in a permanent relocation to Camp Bulkeley for the offender.



# CMC: Drink responsibly over the holiday weekend

Fleming from 2

commissioned officers are charged with paying attention to people and equipping them with the resources to be successful both on and off duty.

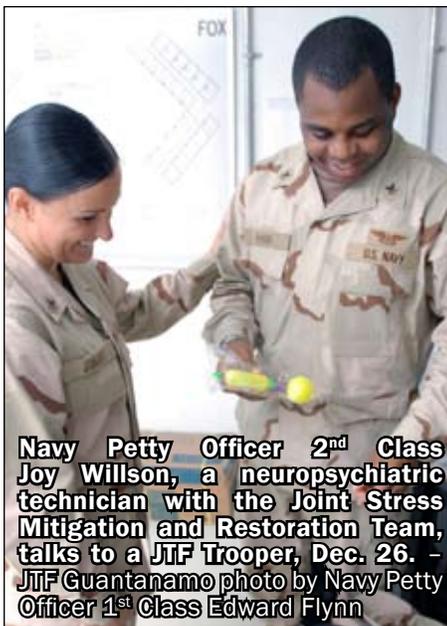
Communication is a resource. Talk about cause-and-effect, discuss plans for social activities in advance, make people familiar with alternatives to alcohol and options to avoid driving when they have had too much to drink, and confront those who appear to be making bad decisions. NCOICs must set the tone with personal example by emphasizing the legal and responsible use of alcohol, practicing it themselves, and constantly engaging their troops in two-way dialogue on the subject.

Exercise situational awareness. Alcohol-related incidents usually do not occur instantaneously in a vacuum. They develop gradually with other people watching and either enabling the problem or ignoring it altogether. Battle buddies, shipmates, wingmen need to cover each other's six, especially when rational thought is clouded by six or seven drinks. Senior people at social events have an obligation to intervene when good order and discipline are absent or the welfare of subordinates is at risk. The responsibility does not disappear because you take off the uniform or happen to be hanging out at O'Kelly's.

Get help to people who need it. We have the Joint Stress Mitigation and Restoration Team, counselors at the Fleet

and Family Support Center, unit Drug and Alcohol Program Advisors, chaplains and medical professionals who may recognize warning signs and symptoms early enough to protect service members from walking down a dangerous path. A lot of times, it doesn't necessarily take a trained expert – just someone who cares enough to ask questions when things don't seem normal.

Guantanamo Bay is a fantastic duty assignment with numerous benefits, but when some of those privileges begin to undermine mission accomplishment, all of us need to look in the mirror and decide what's really important. I want to wish everyone a safe and happy New Year's weekend. Please look out for each other and get us off to a smart start in 2010. ☆



**Navy Petty Officer 2<sup>nd</sup> Class Joy Willson, a neuropsychiatric technician with the Joint Stress Mitigation and Restoration Team, talks to a JTF Trooper, Dec. 26.** – JTF Guantanamo photo by Navy Petty Officer 1<sup>st</sup> Class Edward Flynn

## Assistance available for Troopers

JSMART from 5

on these issues and in identifying and providing counseling services to Trooper's dealing with stress, depression and other issue.

Since nearly eight percent of those who attempt or commit suicide give some warning of their intentions, it is important for each Trooper to know common suicide high-risk factors: psychiatric issues, drug and alcohol use, relationship issues, domestic violence, financial problems, family history, prior suicide attempts, a significant loss, depression, hopelessness and social loss. Each incident and reason why is as unique as the individual.

If you think a Trooper is at risk of suicide, it is important to ACT = Ask – Be willing to

listen, Care – Take it seriously, Treat – Seek professional help; stay with your friend, and call 911 or emergency personnel – Troopers taking care of Troopers!

Joint Task Force Guantanamo and the Fleet and Family Support Center continue to provide exceptional mental health services with open arms, a personal touch and an understanding heart. Just listening to a Trooper can begin to address their concerns.

JSMART is available at ext. 3566 and psychological services are available 24 hours a day, 7 days a week. The Fleet and Family Support Center is open Monday – Thursday, from 7:30 a.m. to 4:30 a.m. and on Friday from 10:00 a.m. to 4:30 p.m.. Come by bldg 2135 or call ext. 4141 to make an appointment. ☆

## Boots on the Ground

by Army Sgt. David McLean

*What is your New Year's resolution?*

**Navy Petty Officer 3<sup>rd</sup> Class  
Brittany Bishop**



**"I resolve to not get busted down this year."**

**Air Force Staff Sgt.  
Jim Degnan**



**"I want to quit smoking."**

**Coast Guard Petty Officer 3<sup>rd</sup>  
Class Michele Sylvester**

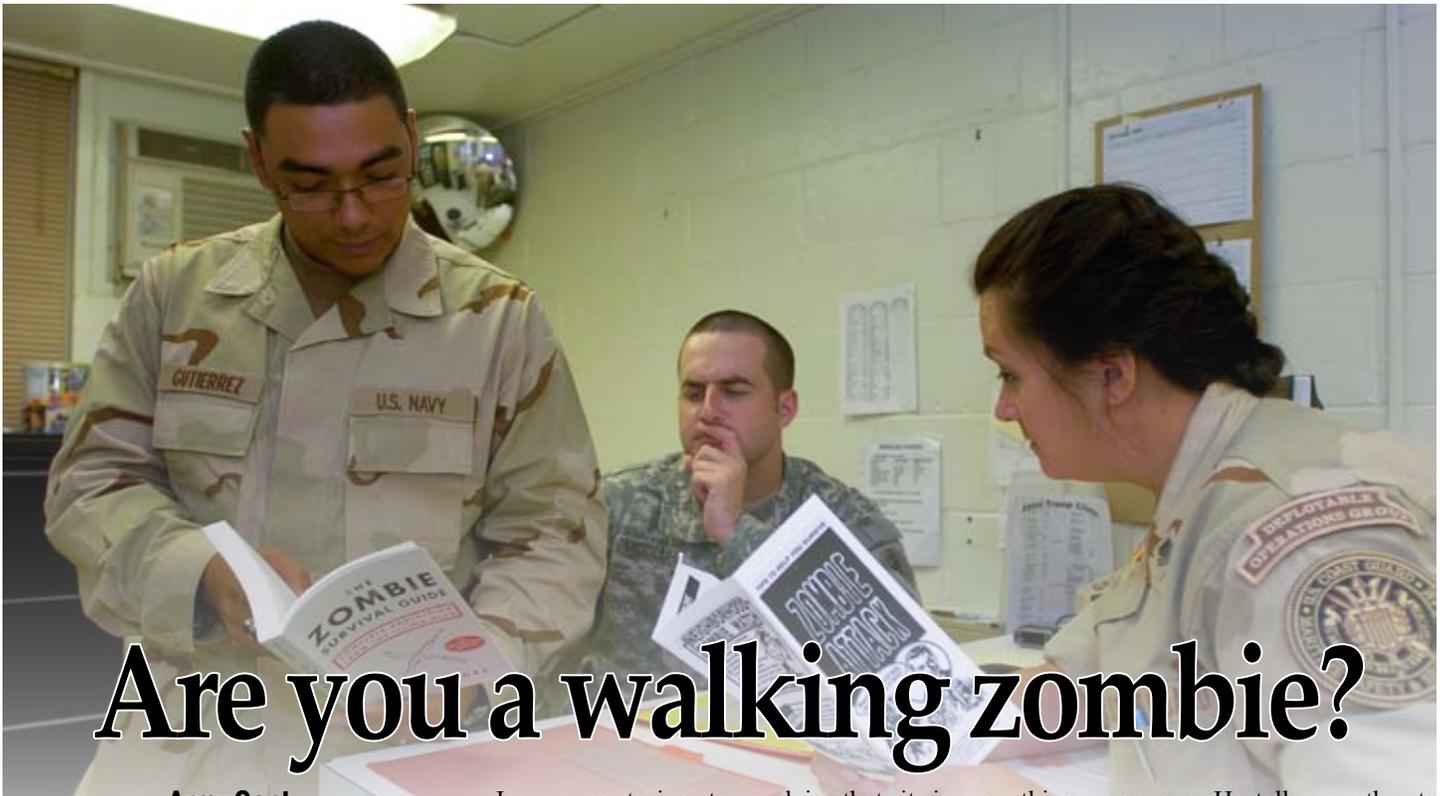


**"I want to finish one scrapbook for my son."**

**Army Sgt.  
Lee McClure**



**"I resolve to be in 'The Wire' more this year."**



# Are you a walking zombie?

**Army Capt.  
Eric Bey**

525<sup>th</sup> Military Police Battalion Chaplain

Have you ever seen a walking dead person? I'm not talking about zombies, per se, but I guess a case could be made for the similarities.

What I am referring to is a passage of scripture in the book of John. Jesus was approached at night by Nicodemus, a leading member of the Jewish Ruling High Counsel, the Sanhedrin. Nicodemus declared they knew Jesus was from God because of the miracles he was performing. Jesus didn't acknowledge a word he said, but rather perplexed him by going into what appeared to be a difficult teaching.

Jesus essentially tells Nick that unless a person is "born again," they will not see or enter the Kingdom of Heaven. Nick was perplexed and, like most of us would do, he went back to what he knew and asked if he had to enter a second time into the womb to be born. Jesus explained and differentiated the natural realm with the spiritual. He said, "That which is born of the flesh is flesh, but that which is born of the Spirit is spirit."

I shall try to boil this down for you.

Jesus was trying to explain that it is spiritual rebirth that needs to take place because spiritually we died when we chose sin over obedience.

To prove my point and to show the principle, I would like you to look at Adam and Eve. The Lord told Adam he would die the very day he ate of the forbidden fruit, yet we know through biblical account that Adam lived to be 930 years old. So did he die that day or was God wrong? What did happen that day?

The Bible tells us that he was expelled from the garden. That doesn't sound like any big deal until you realize that was where the presence of God dwelled. Yes, He is omnipresent, but His manifested presence was exclusively in the garden. To be expelled from there was to be banished from His presence, spiritually dead, separated from your God.

That is all death is really. Even physical death is nothing more than a separation of your soul and spirit from your body. Death is separation.

Now to the creator of life, the animator of clay, the God of the resurrection, physical death means nothing. He tells us not to fear those who can kill the flesh... mainly because he can resurrect and restore life to

anything or anyone. He tells us rather to fear Him who can kill both the body and the spirit... and, of course, He is referring to Himself.

In physical life, at conception we are born in complete perfection. The soul, body and spirit are unified until the day of our death, or separation. At some point in our lives however, we chose to disobey God and spiritually we are separated from Him. So though we walk around and continue our daily lives, we are in fact spiritually dead; walking dead men.

It is this condition that the Lord is addressing and trying to make Nick aware of. He is trying to tell us that we need to take care of the sin that has killed or separated us. We need to be reunited with our God through Jesus. He is the one who has paid our debt in full and offers it to us. But like any gift, it only belongs to those who claim or receive it.

Have you received the gift of Christ or are you a walking dead person still separated from your God in trespasses and sins? The gift will be offered for a limited time only. When we physically die, it is too late. Today, if you hear His voice, don't harden your hearts. Heed His call and so be saved, reborn! ☆

## GTMO Religious Services

### Daily Catholic Mass

Mon. - Fri. 5:30 p.m.

Main Chapel

### Vigil Mass

Saturday 5:00 p.m.

Main Chapel

### Mass

Sunday 9:00 a.m.

Main Chapel

### Daily Catholic Mass

Sun. - Fri. 6:30 a.m.

Troopers' Chapel

### Protestant Worship

Sunday 9:00 a.m.

Troopers' Chapel

### Islamic Service

Friday 1:15 p.m.

Room C

### Jewish Service

Friday 7:00 p.m.

FMI call 2628

### LORIMI Gospel

Sunday 1:00 p.m.

Room D

### Seventh Day Adventist

Saturday 11:00 a.m.

Room B

### Iglesia Ni Christo

Sunday 5:30 a.m.

Room A

### Pentecostal Gospel

Sunday 8:00 a.m.

Room D

### LDS Service

Sunday 9:00 a.m.

Room A

### Liturgical Service

Sunday 10:00 a.m.

Room B

### General Protestant

Sunday 11:00 a.m.

Main Chapel

### United Jamaican Fellowship

Sunday 11:00 a.m.

Building 1036

### Gospel Service

Sunday 1:00 p.m.

Main Chapel

### GTMO Bay Christian Fellowship

Sunday 6:00 p.m.

Main Chapel

### GTMO Christian Fellowship

Sunday 8:00 p.m.

Main Chapel

### Bible Study

Sunday 6:00 p.m.

### Wednesday 7:00 p.m.

Troopers' Chapel

**Army Spc.  
Tiffany Addair**  
JTF Guantanamo Public Affairs

# Around the world; back to GTMO

After a four-month tour with the U.S.A. Express band, Army Sgt. Daniel Jaggie, a preventive medicine non-commissioned officer with the 525<sup>th</sup> Military Police Battalion, returned to finish his deployment at Joint Task Force Guantanamo.

Jaggie was released from his command to perform with the band from the end of July to the end of November. U.S.A. Express is a variety band funded by the Family and Morale, Welfare and Recreation Command, which believes Soldiers need a balance of work and play and should be afforded the same quality of life as the individuals the military defends.

The band is made up of performers and musicians of all different military occupational specialties. The group tours around the world to entertain military members from all five branches of service. The band usually consists of, but is not limited to, drums, bass, guitar and keyboards, as well as vocalists, and is made up of men and women from the Army, in the rank of sergeant and below.

Auditions for U.S.A. Express are open Army-wide and only the best are selected. Jaggie was one of six performers selected to comprise the band. He auditioned by sending a DVD filmed at Camp Justice along with his resume. His reasons for auditioning were to go on a world tour and play music, which he loves to do.

While on tour, Jaggie visited several different areas of the world singing and strumming on the guitar.

"We visited Puerto Rico, Hawaii, GTMO, Alaska, South Korea, Japan and different cities across the United States," Jaggie said. "We played at different installations in the respective countries we visited."

Jaggie stated that one of his favorite parts of touring with the band was traveling and becoming more comfortable on stage.

"I really enjoyed the traveling aspect of it and seeing all the different parts of the pacific, particularly Alaska," Jaggie said. "It was a really good experience."

While on tour, Jaggie grew as a performer and he noted both rewards and challenges.

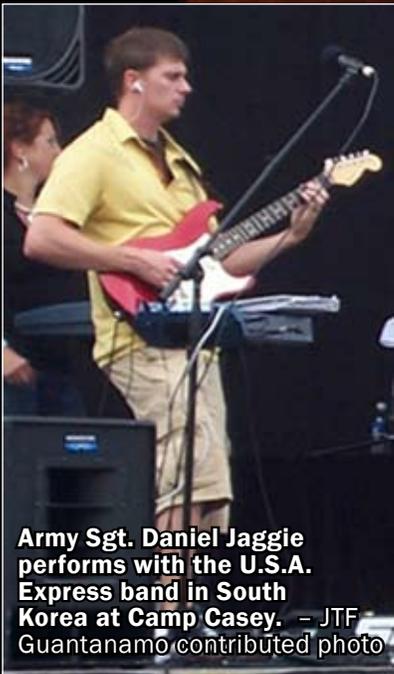
"The toughest part was definitely the long hours and constantly living out of a suitcase," Jaggie said. "The days were long. We would travel for eight or nine hours and have to set-up the stage, perform and then tear it all down."

One of the scheduled stops on the tour was GTMO. As Jaggie is currently stationed here, he enjoyed performing for familiar faces.

"I really enjoyed when we came to GTMO," Jaggie said. "It was the only place I got to perform for people I know. After being away for two months, it was nice to come back and see everyone."

After a great experience, Jaggie said he is ready to be back in GTMO. He departs GTMO this month and plans to go home and continue playing music, as well as other aspirations.

"I am leaving the Army and going home to finish my business degree over the summer," Jaggie said. "I plan to take the CPA exam at the end of 2010. I am going to resume working as a musician part-time. Also, I am looking forward to spending time with my wife." ★



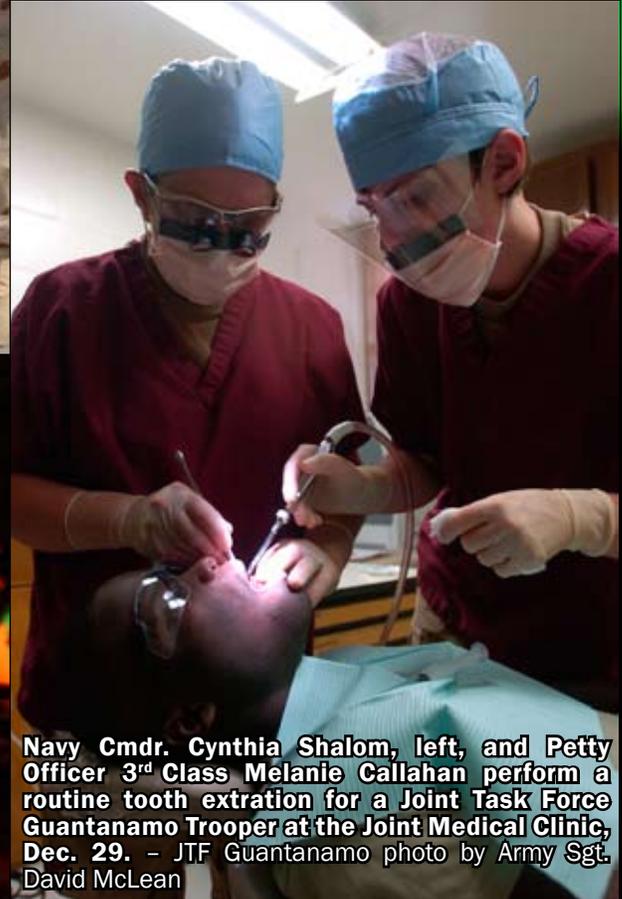
**Army Sgt. Daniel Jaggie performs with the U.S.A. Express band in South Korea at Camp Casey.** – JTF Guantanamo contributed photo



**Army Sgt. Daniel Jaggie strums his guitar at a local bar.** – JTF Guantanamo contributed photo



**Navy Petty Officer 3<sup>rd</sup> Class Anastasia Teres, left, and Navy Petty Officer 1<sup>st</sup> Class John Caldwell load vehicles with drinking water at the supply warehouse, Dec. 24. - JTF Guantanamo photo by Army Spc. Cody Black**



**Navy Cmdr. Cynthia Shalom, left, and Petty Officer 3<sup>rd</sup> Class Melanie Callahan perform a routine tooth extraction for a Joint Task Force Guantanamo Trooper at the Joint Medical Clinic, Dec. 29. - JTF Guantanamo photo by Army Sgt. David McLean**



**Army Sgt. Jordan Wheeler, a supply specialist with the 525<sup>th</sup> Military Police Battalion, rearranges the supply office at Joint Task Force Guantanamo, Dec. 28. - JTF Guantanamo photo by Army Sgt. Emily Greene**

**Around the**

**JTF**