



## Navy gains permanence through “Expeditionary”

By Army Pfc. Philip Regina

JTF-GTMO Public Affairs Office

The Navy Provisional Guard Battalion-Guantanamo has officially changed their name to Navy Expeditionary Guard Battalion-Guantanamo in support of the Global War on Terrorism.

The name change holds much significance for the sailors of the guard battalion stationed here now and for sailors stationed here in the future, said Navy Lt. Cmdr. William K. Hommerbocker, the executive officer of the NEGB.

Originally, the Navy’s role in detainee operations was viewed as a temporary one. Sailors were pulled from permanent duty stations, mainly from the continental U.S., to support the mission. The term “provisional” suggests temporary. The significance of changing the word “provisional” to expeditionary suggests permanence. The Navy hopes changing the guard battalion’s tour of duty from temporary to permanent will help underscore the Navy’s commitment to the crucial mission at GTMO, de-

scribed Hommerbocker.

Although detainee operations is traditionally a mission area met by the Army, because of the nature of the GWOT, the Navy has stepped up to the plate to provide resources and manpower for the important mission here,



Photo by Navy Petty Officer 1st Class Brien Aho

A detainee is escorted to recreation activities by Troopers of the Navy Expeditionary Guard Battalion at Camp Delta.

said Hommerbocker.

“We are hoping that by changing the Guard’s name from provisional to expeditionary that we will instill a sense of belonging within the sailors who are a part of the Guard. When you pull Sailors from several different permanent duty stations, you suggest to the Sailor the temporary mentality. Now, by making Guantanamo a permanent duty station, sailors who are stationed here will no longer have this mentality. It instills a sense of pride and duty within the sailor, knowing that their job here is just that, their job, not a detail, not something that they just do for six months then come back to, their *real job*,” added Hommerbocker.

Although the Navy will now play a more permanent and vital role here in detainee operations, it doesn’t necessarily mean the Navy will take over the operation. Troopers must remember that it is a Joint Task Force and it is the role of every Trooper to

**NEGB continued on page 3.**

**Joint Task Force Guantanamo welcomes Rear Adm. Harry B. Harris, Jr.!**

# Staying fit at GTMO

**By Navy Lt. Cmdr. L. D. Youberg**

JTF-GTMO Physical Therapist

One of the best ways to spend your time at GTMO is to get involved in fitness activities. A fitness program should include strengthening, stretching, and cardiovascular/aerobic activities. As you continue your fitness routine or begin a new one, please explore all your options. There are many classes offered by MWR and GTMO's year-round summer weather provides plenty of time for intramural sports and activities.

One of the most common athletic injuries is the ankle sprain. We commonly see this injury with basketball and running. Ankle sprains often result from running on a sidewalk and accidentally stepping off the edge. There are also a lot of uneven surfaces and unpaved roads/trails on which to run or hike in GTMO, keeping running interesting but dangerous.

Ankle sprains should be treated immediately with rest, elevation, and ice. Finishing the game or the run is not the best answer and controlling swelling is the first step on the road to recovery. Seeking medical care is important and will often result in a consult to Physical Therapy. Physical Therapy will focus on decreasing swelling, regaining range of motion, and returning normal function to the ankle.

Knees may become painful or injured during sports and fitness activities. While a few people will actually injure his/her knee during sports, a much larger percentage will experience gradual onset knee pain in the anterior (front portion) of the knee, due mainly to overuse. Anterior knee pain commonly hurts most with running, going up/down stairs or hills, sitting for long periods

with the knees flexed, and/or deep squatting. People may experience a grinding or popping sensation in the knee and around the knee cap. While anterior knee pain can get severe, it seldom leads to surgery or disability. You need to focus on low-impact exercises (decrease running and jumping) and eliminating positions of deep knee flexion.

Treatment is a combination of activity modification and strengthening of the inside quadriceps muscles.

Fear of sports injuries should not be a reason not to exercise. Sports injuries are often preventable and always treatable. Alternatively, not exercising will frequently lead to more debilitating problems that plague the "couch potato." Get up, get moving and stay tuned for an upcoming article focused on heat injuries that can occur in a tropical environment. ■

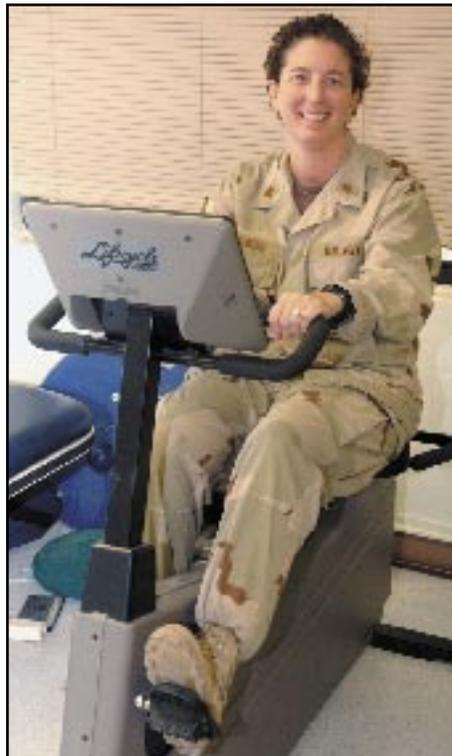


Photo by Army Sgt. Brian Gruspe

**Navy Lt. Cmdr. Youberg encourages Troopers to stay in shape.**

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### Joint Task Force CSM:

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# Rear Adm. Harry B. Harris, Jr.

Rear Adm. Harry B. Harris Jr., the incoming commander of Joint Task Force Guantanamo, has had a distinguished career in the United States Navy. He was born in Yokosuka, Japan, and reared in Tennessee and Florida. He graduated from the U.S. Naval Academy in 1978.

Upon commissioning and completion of flight training, he was assigned to VP-44, homeported in Brunswick, Maine. His other operational tours include assignment as a Tactical Action Officer onboard USS Saratoga, homeported in Mayport, Fla., when CV-60 participated in strike operations against Libya; Operations Officer in VP-4 during Operations Desert Shield/Desert Storm; and three tours with Patrol and Reconnaissance Wing 1/CTF57/CTF 72, homeported in Kami Seya, Japan.

In 2002, he reported to Commander, U.S. Naval Forces Central Command/Commander U.S. Fifth Fleet, serving as ACOS for Operations, Plans, and Pol-Mil Affairs (N3/N5) where he was involved in planning and execution of the Naval component's portion of Operation Iraqi Freedom.

His command assignments include VP-46 at Whidbey Island, Wash., and Patrol and Reconnaissance Wing 1/CTF57/CTF 72 at Kami Seya, Japan. While in command of TF 57, the Task Force was heavily involved in Operation Enduring Freedom, flying nearly 1,000 combat sorties over Afghanistan.

Rear Adm. Harris' shore and edu-

cation assignments include Aide and Flag Lieutenant to the Commander, U.S. Naval Forces Japan, in Yokosuka, Japan; duty on the staff of the Chief of Naval Operations as a strategist in the Strategy and Concepts Branch; and Special Assistant and Chief Speechwriter for the Chairman of the Joint Chiefs of Staff.

Selected for the Navy's Harvard/Tufts Program, he attended the John F. Kennedy School of Government at Harvard University, graduating in 1992 with a Master's degree in Public Administration. He was later selected as an Arthur S. Moreau Scholar and commenced studies in international relations at Oxford and Georgetown Universities, earning a Master of Arts in National Security Studies from the latter in 1994. While at Georgetown, he was also Fellow in the School of Foreign Service. He was an MIT Seminar XXI Fellow for the 1999-2000 academic year.

In August 2004, he reported to the staff of the Chief of Naval Operations as Director, Information, Plans and Security Division (OPNAV N3IPS). On March 31, 2006, he assumed duties

as Commander, Joint Task Force Guantanamo. Rear Adm. Harris has logged 4400 flight hours, including over 400 combat hours, in U.S. and foreign maritime patrol and reconnaissance aircraft.

Rear Adm. Harris' personal decorations include the Defense Superior Service Medal, the Legion of Merit (2 awards), the Bronze Star (2 awards), the Meritorious Service Medal (4 awards), the Air Medal, the Joint Service Commendation Medal, the Navy Commendation Medal (5 awards), Navy Achievement Medal, and various campaign and unit decorations. He is a recipient of the Navy League's Stephen Decatur Award for Operational Competence. ■



Photo by Army Pfc. Philip Regina

## **NEGB continued from page 1.**

work cohesively to achieve the mission, explained Hommerbocker.

“Ultimately, the main reason behind the name and tour

of duty change is that the Navy wants to emphasize its commitment to the mission here. The mission cannot be sustained properly with a ‘band-aid’ solu-

tion of temporary duty. In order to properly sustain the mission, we had to make the operation here a permanent one,” said Hommerbocker. ■

## Are you feeling stressed out?



### Combat Stress Control:

Mon-Fri 8 a.m. to 5 p.m. at ext. 3566

On call: cell 84448/84066

Pager 4447/2337

### JTF Chaplain:

ext. 3203/3202

Are you feeling overwhelmed by personal, relationship, deployment or work issues?

The JTF Chaplain, Combat Stress Control team and Military OneSource are three major support groups that you may take advantage of in your time of need.

These groups provide personal and informal counseling.

“The strictest confidence anywhere in the United States is the relationship between a military chaplain and those to whom he/she ministers,” said Navy Lt. Nick Hamilton, a JTF chaplain here.

“We are available at any time. I have had 6 a.m. appointments, 11 p.m. appointments; it doesn’t matter,” said

Army Sgt. Natosha K. Monroe, a member of the CSC team here.

Military OneSource provides confidential service 24/7 and guidance on many topics, from parenting and education to health and addiction recovery. This DoD-funded website is a well-rounded resource for military families in just about any life topic.

If you are in need of counseling or guidance, you can set up an appointment with a JTF Chaplain or the Combat Stress Control team. Walk-ins are also welcome. Additionally, you may visit [www.militaryonesource.com](http://www.militaryonesource.com) for helpful information as well as toll free numbers you can call for help.

Remember, the JTF cares about your well being! ■

## Confining classified discussions

By James R. Parker

JTF-GTMO Chief of Security

The most basic of security procedures is the individual responsibility to confine classified discussions to secure areas. Your quarters, the Windjammer, Tiki Bar, Rick’s Lounge, bus stops and other public places are not authorized areas to discuss classified information. The possibility that unauthorized persons could overhear such conversations dictates a need to guard against classified discussions in non-secure areas.

For the purposes of this article, a “classified discussion” encompasses a meeting, conference, seminar, symposium, exhibit, convention, training course or other such gathering during which classified information is disseminated.

Classified discussions increase security risks. Several regulations specify the ground rules for hosting classified meetings in non-secure areas. There are specific criteria, approvals, procedures and actions required prior to, during, and after conducting classified meetings or presentations in non-secure areas.

Some key points:

- Classified sessions shall be held only where adequate physical security and procedural controls have been approved.
- Classified presentations shall be segregated from unclassified

presentations to the maximum extent practicable.

- The Department of Defense official who authorizes the classified meeting shall appoint a security manager for the meeting. The security manager shall be a DoD official of sufficient rank and experience to ensure regulatory security requirements are met.

- Announcements of classified meetings shall be unclassified and shall be limited to a general description of topics to be presented.

- ALL attendees of classified meetings must have a security clearance equal to or higher than the classification level of the material presented.

- Classified note-taking, electronic recordings and use of cell phones shall not be permitted by attendees during classified presentations.

- The area where the classified presentation is to be presented must be inspected and secured prior to the meeting and inspected after the meeting.

Contact your security representative for additional information. POC: JTF Command Security Manager: Mr. Parker at ext. 9757. Mission first, security always! ■

# Troopers take charge through Tae Kwon Do

By Army Pfc. Philip Regina

JTF-GTMO Public Affairs Office

Kuyup! The ancient battle cry resounds through the fluorescent-lit *dojang*, echoing with it a millennium of history, a history of pride, honor and indomitable spirit. From the mouths of these ardent students come the promise of a tradition upheld and a certain future in its continuation.

Troopers here have the privilege of experiencing this proud tradition through the Tae Kwon Do classes offered at Marine Hill.

According to Wikipedia.com, Tae Kwon Do is an ancient Korean martial art with roots dating as far back as 668 A.D. Today, Tae Kwon Do is not only the most widely practiced martial art in Korea, but it is also the national sport. Although it's a Korean martial art, its influence has gone far beyond its national borders, and has found its way to the U.S.

*San Bun Nim* (Master) Matt Brittle, a 3rd Dan (degree) black belt in Tae Kwon Do, leads the Tae Kwon Do classes here. Brittle has over 21 years of experience in the art and has been an instructor for ten.

Troopers deployed here have up to a whole year ahead of them. They can either take the initiative to use this year constructively to develop new skills, or they can squander their precious free time and resources doing other activities.

Tae Kwon Do is a great way to stay in shape and stay focused mentally and physically, said Brittle.

"Students can take their training here and continue stateside," explained Brittle, "The class is a good starting point because it has a great atmosphere and everybody helps out."

"Tae Kwon Do offers great benefits for Troopers. These include, cardio stamina, physical endurance/strength, flexibility, mental awareness, increased reaction time, balance, coordination and proper kicking and punching techniques. Most importantly, Tae Kwon Do helps facilitate physical and mental discipline," described Brittle.

"All JTF Troopers who have come through our dojang, who trained and were promoted through the Tae Kwon Do ranks, have all enhanced their physical readiness, scoring higher on their physical fitness tests," said Brittle.

The classes are every Tue, Wed and Thu at Marine Hill. The classes cost \$35 per month. The hours are 6 p.m. to 7 p.m.

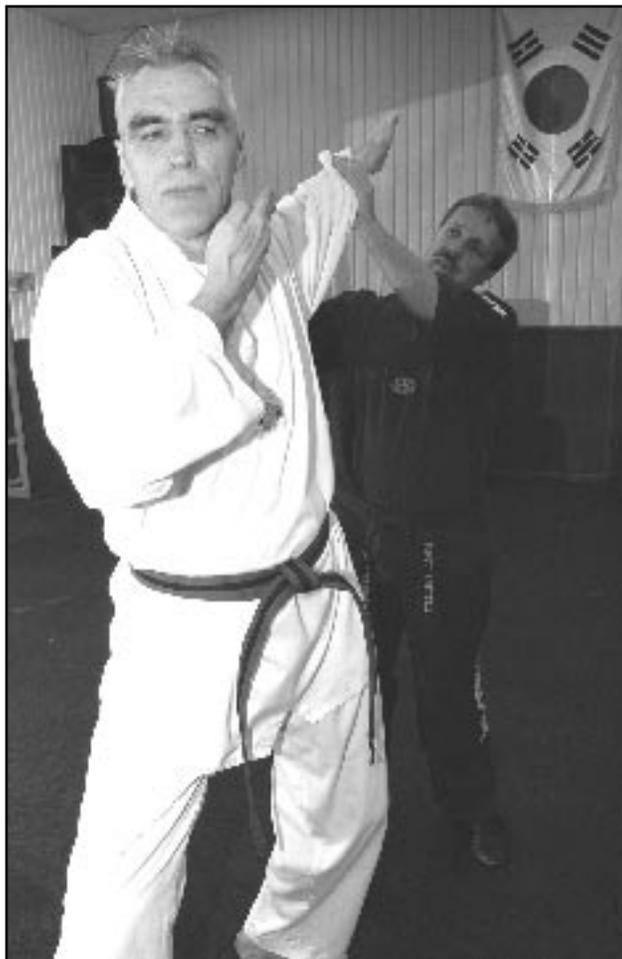


Photo by Army Pfc. Philip Regina

**Navy Chief Petty Officer Matt Brittle (in black) instructs his student, Alex Mazourenko.**

for kids and 7 p.m. to 8 p.m. for adults.

As the last student leaves and the *dojang* lights dim, the disciplined sounds of *kuyup* continue to echo in the silence, an echo that resounds in the hearts of its students. From the bright-eyed youth to the eager adult, the Tae Kwon Do classes offered here allow people of all ages the opportunity to learn and become part of a proud martial arts tradition. ■

# Troopers take time to train in unarmed self-defense

By Spc. Jamieson Pond

JTF-GTMO Public Affairs Office

Troopers from the Joint Medical Group here are participating in the Unarmed Self-Defense Course. Each class is a full, eight-hour day of intense training that tests Troopers both physically and mentally.

Unarmed Self-Defense training is used to help Troopers survive on the battle field and in real life.

The training gives Troopers confidence, so they know they can protect themselves if something happens, said Sgt. 1st Class James E. Watson, an instructor for the Unarmed Self-Defense Course.

The main emphasis is to subdue the assailant and then back away, said Army Capt. Walter R. Fuata, the Joint Detention Group operations officer-in-charge. The class usually consists of 15 to 47 students, said Fuata.

We were instructing the students on how to

free themselves from certain holds. Everything we do is defensive and we always use the minimum amount of force necessary to control a situation, said Watson.

“The training is a lot of fun. It’s useful and a lot better than I thought it would be,” said Navy Seamen Apprentice Joshua R. Whitaker, a Trooper attached to the JMG.

There are different skill levels to the training. The JMG is receiving the basics, said Watson. There are more advanced forms of this training, which include how to perform more locks and pressure points.

This training is something good to keep in your back pocket in the event the worst-case scenario arises, said Fuata.

Whether it is on the mixed martial arts mat or on the streets, being able to adequately defend yourself is a necessity. With proper self-defense training any individual under any circumstance can better stand a chance. ■

## Congratulations to newly promoted Spc. Sean Benton



Photo by Army 1st Lt. Anthony John

Joint Task Force commander Army Maj. Gen. Jay W. Hood surprised Army Pfc. Sean Benton, a driver for the commander of the JTF, from the Headquarters, Headquarters Company, 3rd Brigade, 29th Infantry Division, with a promotion to specialist March 30 during a change of command rehearsal. Benton, full of smiles, thanked Command Sgt. Maj. Angel Febles for making everything possible.

# Army Maj. Gen. Jay W. Hood and Command Sgt. Maj. Angel Febles' farewell ceremony

Photos by Army 1st Lt. Anthony John

JTF-GTMO Public Affairs Office



▲ They came together, they left together. A decorated cake helped celebrate the two years of selfless leadership by the command team of Maj. Gen. Hood, Command Sgt. Maj. Febles and their families.



▲ Gifts are presented to outgoing JTF commander Army Maj. Gen. Jay W. Hood during a farewell ceremony.



A gathering was held March 29 at the Windjammer to bid farewell to outgoing JTF Commander Maj. Gen. Jay W. Hood, and Command Sgt. Maj. Angel Febles.

◀ Master Chief Hospital Corpsman Ira Wenzel presents a plaque from the Joint Medical Group to Command Sgt. Maj. Angel Febles.

# NEGB dominates Rockin' Anchors in 17-5 blowout

**By Army Pfc. Philip Regina**

JTF-GTMO Public Affairs Office

The NEGB softball team dropped the anchor on the Rockin' Anchors Wednesday at Cooper Field, with a 17-5 spanking.

The NEGBs and the Rockin' Anchors are part of the MWR softball league here.

The NEGBs is comprised of members of the Naval Expeditionary Guard Battalion. This diverse crew of 15 spends their day performing detainee operations, but by the end of the duty day they trade in their khaki uniforms and desert boots for high socks and baseball cleats.

The NEGB softball team started the game with home field advantage, taking the field for defense at the top of the first. The Anchors started the game with a mere ripple, with an inning of three batters up, three batters down.



Photo by Spc. Jamieson Pond

**Navy Petty Officer 3rd Class Stephani Norman catches a low ground ball between first and second base.**

The NEGBs, on the other hand, took their bats and created a tidal wave, with a three run inside the park homerun hammered in by the team's coach, Navy Petty Officer 1st Class John Mathews.

The Anchors answered back with base hit after base hit in the second inning. An overthrow at first and a few pop flies tied the game for three.

The NEGBs made up for the errors with an impeccable hitting streak at the bottom of the second. With runners on first and second, speedster Navy Petty Officer 3rd Class Brandon Beasley hit an in the park homerun, almost catching up with the runner on first. Run after run got batted in and by the end of the second, the score was nine to three.

The Anchors could only muster a measly one run in the third, cutting the NEGBs lead to five.

The NEGB's first baseman, Navy Petty Officer 2nd Class Noah Winstead swung a heavy bat in the third, taking it over the fence for a three run homer, bringing the NEGBs to a 12-4 lead coming into the fourth.

The Anchors came into the fifth like a struggling swimmer in desperate need of a lifesaver. Unfortunately for the Anchors, the lifeguard never came. The Anchors could only manage to tack one run onto the scoreboard, placing them dangerously close to the ten run mercy rule.

The NEGBs grabbed hold of their bats with ill intentions, hoping to add the game to their growing near-spotless record of 8 wins, 1 loss.

The NEGBs came into the fifth swinging, scoring two runs on base hits and line drives alone, bringing the NEGBs within one run of the mercy rule victory. The winning runs came in from a lofty, long ball shot to left-center off the bat of Navy Petty Officer 2nd Class Antonio Romero. With runners on first and second he swung for the fence, bringing in the winning run plus two, making the final score an all out blowout at 17-5.

"Playing softball is a big morale booster and after a long day of being in the wire, you just want to take your free time to get your mind off work," said NEGB's Navy Petty Officer 3rd Class Stephani Norman. Norman is currently trying to become a part of the All-Navy Softball team.

The win over the Anchors puts the NEGBs in a tie for second with the GTMO Devils. Both teams are in pursuit of the undefeated Hydroids. ■

# New PAO unit hits ground running

By Spc. Jamieson Pond

JTF-GTMO Public Affairs Office

The 305th Press Camp Headquarters, stationed out of Fort Shafter Flats, Hawaii, arrived here Saturday, March 11 to replace the 326th Mobile Public Affairs Detachment.

“Our JTF public affairs mission includes command information, media relations, public information/marketing and public affairs support to commissions,” said Army Lt. Col. Lora L. Tucker, the commander of the 305th.

JTF Command Information Guantanamo produces command information products to create awareness of the command’s goals and objectives; enhance retention, morale, mission execution and productivity; keep Troopers informed, and tell their stories. This includes producing “The Wire,” as well as producing broadcast and radio products, said Tucker.

“The Wire” is a weekly publication with a circulation of 1,200 papers and is available globally online. “The Wire,” which is located on the JTF GTMO website, receives approximately 7,000 hits a month, said Army 1st Lt. Anthony E.



Photo by Army Master Sgt. Charles Owens

John, the command information officer in charge of the print, radio and broadcast sections of the 305th.

JTF Media Relations GTMO conducts support for accredited national and international media organizations in order to provide them the opportunity to report, film, and photograph all approved JTF and Naval Station operations, said Tucker.

JTF Marketing GTMO ensures that Troopers’ hometown news releases get filed as well as markets our public affairs products across the nation, said Tucker.

During JTF GTMO commissions, the 305th provides media operations and

logistical requirements in order to perpetuate the most accurate coverage of the commission’s process, said Tucker.

“I see our role as being the guardians of the JTF reputation,” said Tucker. “The mission that all Troopers perform here at GTMO, the safe, secure, humane custody of the detainees in our charge, is being performed in an exceptional manner and it’s our job to facilitate the media visits so the media can take what they see and hear and do the right thing with that information. We are proud to serve and ready to perform this incredible public affairs mission.” ■

## April fools jokes from the troops

Spc. Jamieson Pond asked Troopers around JTF-GTMO ...

What is the best April Fool’s joke you have ever played on someone?



Photo by Army Pfc. Philip Regina

◀ **Army Sgt. Natosha Monroe:** “I would pile up baby powder on the top of the nine ceiling fan blades so when someone would come in the room and turn on the fan it would blow the baby powder everywhere.”

▶ **Army Sgt. Anthony Mack:** I was in the Marine Corps at the time, and I was stationed in Japan. I took a Polaroid picture of my buddy’s wall locker and then I took everything out of it. I then turned his wall locker upside down and then taped all of his things back onto the shelves. So when he came into the room everything was in his wall locker, except it was all upside down. ■

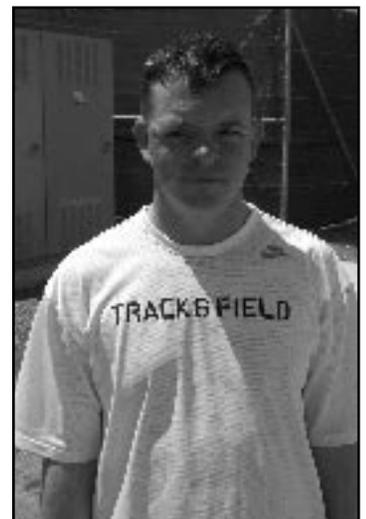


Photo by Army Pfc. Philip Regina

# Passover "101"

By Army Chaplain (Lt. Col.) Ron Martin-Minnich

JTF-GTMO Chaplains Office

Of all the Jewish holidays, Passover, or as it is known in Hebrew, Pesach is the one most commonly observed, even by otherwise non-observant Jews. According to the 1990 National Jewish Population Survey, more than 80% of Jews have attended a Pesach seder.

Pesach begins on the 15th day of the Jewish month of Nissan. The primary observances of Pesach are related to the Exodus from Egypt after generations of slavery. This story is told in Exodus, Chapters 1-15. Many of the Pesach observances are instituted in Chapters 12-15.

The name "Pesach" (PAY-sahch) comes from the Hebrew meaning to pass through, to pass over, to exempt or to spare. It refers to the fact that God "passed over" the houses of the Jews when he was slaying the firstborn of Egypt. In English, the holiday is known as Passover. "Pesach" is also the name of the sacrificial offering (a lamb) that was made in the Temple on this holiday.

Probably the most significant observance related to Pesach involves the removal of chametz from homes. This commemorates the fact that the Jews leaving Egypt were in a hurry, and did not have time to let their bread rise. The process of cleaning the home of all chametz in preparation for Pesach is an enormous task. On the first night of Pesach (first two nights for traditional Jews outside Israel), Jews have a special family meal filled with ritual to remind us of the significance of the holiday. This meal is called a seder. Pesach lasts for seven days (eight days outside of Israel). The first and last days of the holiday (first two and last two outside of Israel) are days on which no work is permitted (Reference [www.jewfaq.org](http://www.jewfaq.org)) for more information).

Chaplain, Air Force Maj. Kalman Dubov, will be at GTMO in support of the Jewish Passover. The Passover begins at sundown on 12 April. Contact Susan Otto (x72920) for more information about Passover events and the Jewish congregational activities at Guantanamo Bay. ■

## Easter Season Chapel Services and Events

### April 13 - Holy Thursday -

- Roman Catholic Mass - 6 p.m. at the Naval Station Chapel
- Protestant - 7 p.m. at the Naval Station Chapel

### APRIL 14 – Good Friday -

- Protestant - noon at Troopers Chapel (Camp America)
- Protestant - noon at the Naval Station Chapel
- Roman Catholic Service - 6 p.m. at the Naval Station Chapel
- Protestant - 7:30 p.m. at Camp America Chapel, Bldg. A5206

### APRIL 15 - Holy Saturday-

- Easter Egg Hunt & Carnival at Cooper Field, for more information call ext. 4360
- Roman Catholic Vigil Mass - 8 p.m. at the Naval Station Chapel

### APRIL 16 - Easter Sunday-

- 7 a.m. Sunrise Service at the Bayview Club. Call the Naval Station Chapel to reserve a no fee ticket by Apr. 7 at ext. 2323.
- Easter Brunch at the Bayview Club – 9 a.m., \$12.95, FMI x5604
- Roman Catholic Mass – 9 a.m. at the Naval Station Chapel
- Protestant – 9 a.m. at Troopers Chapel (Camp America)
- Liturgical Protestant – 10 a.m. at the Naval Station Sanctuary "B"
- Protestant – 11 a.m. Naval Station Chapel
- Gospel – 1 p.m. Naval Station Chapel
- Roman Catholic Mass - 6:30 p.m. at Troopers Chapel (Camp America)
- Protestant - 7:30 p.m. Camp America Chapel, Bldg. A5206

## CAMP AMERICA WORSHIP SCHEDULE

<b>Sunday</b>	9:00 a.m.	Protestant Service	Troopers' Chapel
	6:00 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Evening Prayer	Troopers' Chapel
<b>Wednesday</b>	7:30 p.m.	Soul Survivor	Camp America North Pavilion

## NAVAL BASE CHAPEL

<b>Sunday</b>	8:00 a.m.	Pentecostal Gospel	Room 13
	9:00 a.m.	Catholic Mass	Main Chapel
	9:00 a.m.	Church of Jesus Christ of Latter-day Saints	Sanctuary A
<b>Monday</b>	9:30 a.m.	Protestant Sun. School	Main Chapel
	10:00 a.m.	Protestant Liturgical	Sanctuary B
	11:00 a.m.	Protestant Service	Main Chapel
	1:00 p.m.	Gospel Service	Main Chapel
	5:00 p.m.	Pentecostal Gospel	Room 13
	7:00 p.m.	Prayer Group Fellowship	Fellowship Hall
	7:00 p.m.	Family Home Evening	Room 8
<b>Tues. to Fri.</b>	12:00 p.m.	Daily Mass	Cobre Chapel
<b>Wednesday</b>	7:00 p.m.	Men's Bible Study	Fellowship Hall
<b>Friday</b>	12:30 p.m.	Islamic Prayer	Sanctuary C
<b>Saturday</b>	4:00 p.m.	Confessions	Main Chapel
	5:00 p.m.	Vigil Mass	Main Chapel

Jewish Shabbat Services held every second Friday at 7:30 p.m. in the Naval Base Chapel complex Room 11.

# 15 Minutes of Fame

## with Spc. Alan Roche and Army Pfc. Brian Roche

**By Army Sgt. Ivey Hodges**

JTF-GTMO Public Affairs Office

**Sgt. Hodges:** So we have the Roche Brothers here. First of all I have to say, that that is the coolest last name in the world. For our readers out there, I have to let them know that your last name is pronounced like “roach.” Do you know what its origin is?

**Together:** It’s Irish

**H:** Do you know what it means?

**Together:** It means rock.

**H:** Cool, so you go from Roche to Rock? Technically you can call yourselves the “Roach Rocks”

**Alan:** Well, he’s Baby Roche and I’m Papa Roche.

**H:** That’s funny, dude. So what brings the wonderful Roche brothers to GTMO?

**A:** We are with the 629th Infantry, just different platoons. Small story, I joined originally and when we found out we were getting deployed, I told my brother about the mission and he decided to come along with us.

**H:** So what do your parents think about your decision to both go into the guard? And what do they think about you both being here now?

**A:** I think they are both very proud of it, you know...what we are doing.

**H:** Are you guys excited about the year to come?

**B:** (speaking in a very CNN voice) Uhh, why yes, we are very excited about the mission here that we are doing in Guantanamo Bay Cuba. (ahem) Very proud to serve our country and ...stuff.

**H:** No sir, no sir...really, what is your REAL answer?

**A:** Nah, we’re just kidding. We’ve found that in our limited spare time we really like snorkeling. Snorkeling is pretty fun.

**B:** Yeah, the MWR out here is great. They do a good job of taking care of us and make sure that we have plenty to do.

**H:** Okay, now I have to make light of this, Brian, since this was my first recollection of you. Umm, Papa Roche, have you happened to hear about an incident involving your brother and a pair of speedos? He really kind of captured the attention of the island with that one.

**A:** Yeah, I did (smirking).

**B:** No, see, what happened was I was hanging out at the NEX one day and this sergeant I was kidding around with was walking past the wall of Speedos. My platoon leader walked by and was like, “You would not go from Camp Bulkeley to Windmill beach in a pair of those...” and I was like, “why not?” So I walked from Bulkeley to Windmill...in [just] my Speedo and this nice new pair of shoes I picked up.

**H:** Wow. So does he pull stunts like this all the time at home?

**A:** He does a lot of stuff very similar and in some way shape or form he will goof off a lot.

**H:** Wow. So do you do anything wild and outlandish like your brother or are you rather mild?

**B:** He talks in his sleep. And he’s run about 80 miles since he’s arrived here.

**H:** Wow, why are you running so much? You just like to stay in shape?

**A:** Nah, (our leadership) says that if you run 500 miles you get a 4-day pass.

**H:** Quit playing. Are you serious?



Photo by Spc. Jamieson Pond

**Spc. Alan Roche carries younger brother Army Pfc. Brian Roche. The two brothers are deployed together to JTF-GTMO.**

**A:** Yeah, so I want to get that 4-day pass.

**H:** Well this has been a great interview, by the way, but if there were anything that you could say to the denizens of GTMO, what would it be?

**B:** Sgt. McMahan is the greatest thing that has happened to my life. (smile)

**A:** I’m not sure. Nah, I’m just going to make sure I keep (Brian) outta trouble, ‘cause as long as he is outta trouble then I am outta the spotlight. ■

## 15 Minutes of Fame

Know a Trooper worthy of being highlighted in “15 Minutes of Fame?” Call Army Sgt. Christina Douglas at 3594.

# AROUND THE JTF



Photo illustration by Army Pfc. Philip Regina



Photo by Spc. Jamieson Pond

▲ Army Pfc. Philip C. Regina and Lance Cpl. Joshua R. Harmon retire the colors at the end of the duty day during flag detail at the IOF here.

▲ From the inside of the 1/18th Cavalry Regiment's monument, their tiny mascot looks on, ever vigilant, as members of the 1/18th dedicate his permanent residence here at GTMO.



Photo by Army 1st Lt. Anthony John

▲ Army Maj. Gen. Hood presents Command Sgt. Maj. Mendez with the Defense Meritorious Service Medal at the Bayview Terrace March 27.



Photo by Army 1st Lt. Anthony John

◀ From left to right: JTF Troopers Navy Petty Officer 2nd Class Robert A. Matos, Sgt. 1st Class Frederick K. Jackson, and Nathan J. Ouellette graduated with their Associate's Degree in General Studies from Columbia College Sunday, March 26.