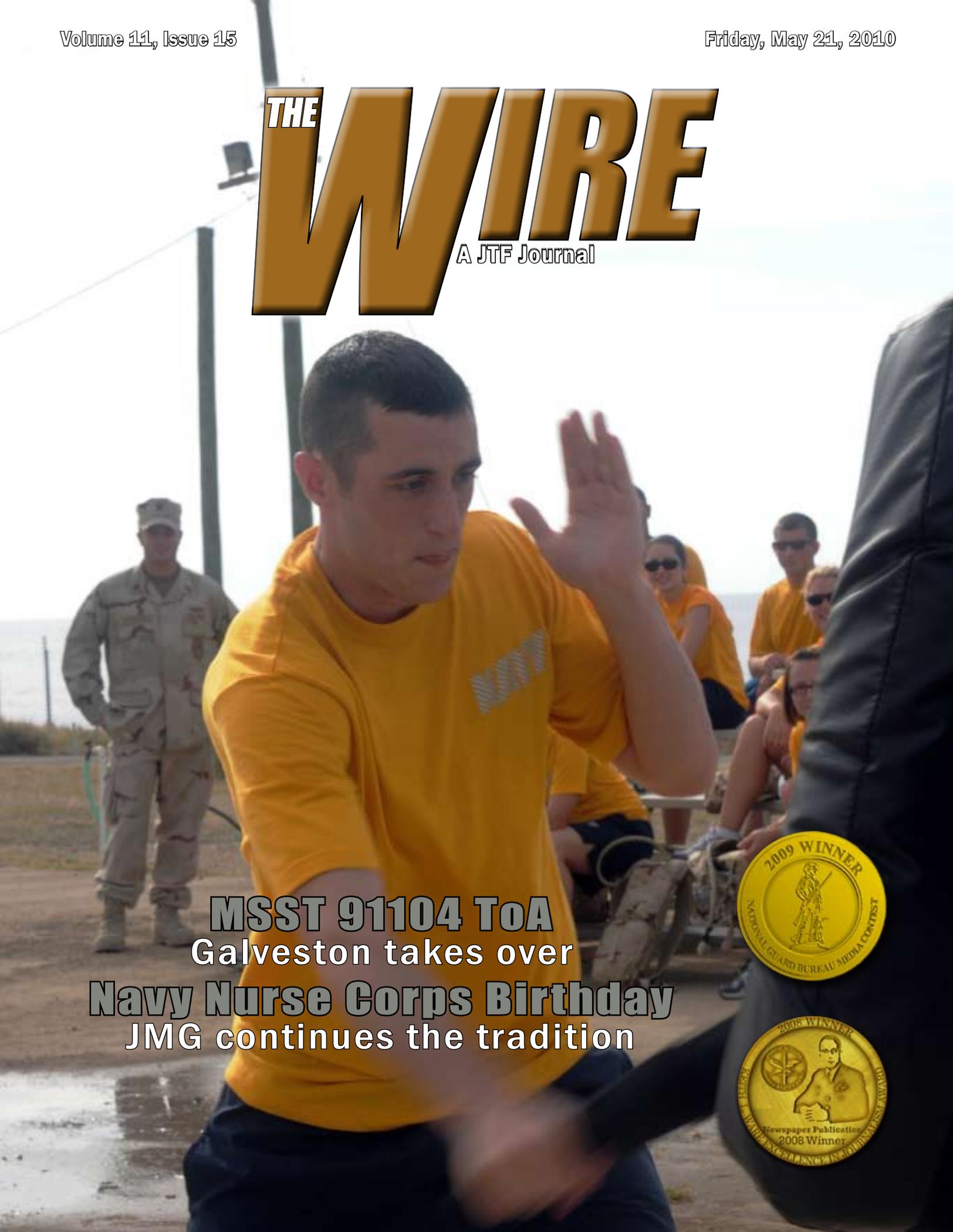


THE WIRE

A JTF Journal



MSST 91104 ToA
Galveston takes over
Navy Nurse Corps Birthday
JMG continues the tradition



Toxic Leadership

Army Master Sgt. Deborah Storm
JDG S1 NCOIC

A toxic leader is someone who has responsibility over a group of people or an organization, and abuses the leader-follower relationship by leaving the group or organization in a worse condition than it was in when he or she arrived.

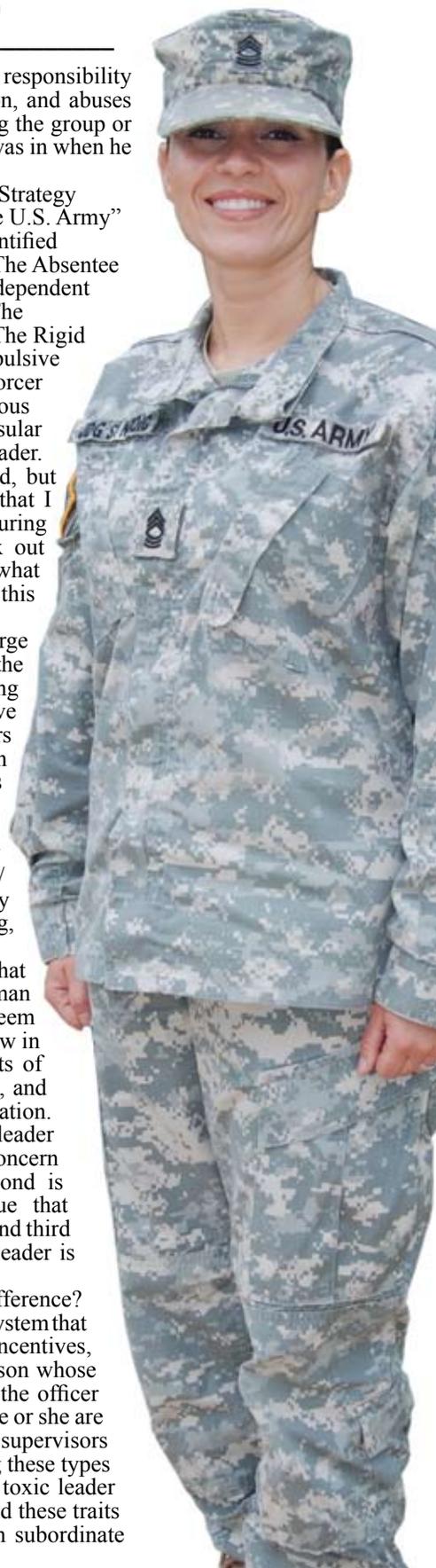
The United States Army War College Strategy Research Project "Toxic Leadership in the U.S. Army" by Army Col. Denise F. Williams, has identified eighteen different types of toxic leaders; The Absentee Leader, The Incompetent Leader, The Codependent Leader, The Passive Aggressive Leader, The Busybody Leader, The Paranoid Leader, The Rigid Leader, The Controller Leader; The Compulsive Leader, The Intemperate Leader, The Enforcer Leader, The Narcissistic Leader, The Callous Leader, The Street Fighter Leader, The Insular Leader, The Bully Leader and the Evil Leader.

I knew these types of leaders existed, but it was not until I read Williams' report that I identified them as "Toxic Leaders." During my 16 year career I've experienced six out of the 18 toxic leadership styles and what I've noticed is that more often than not, this behavior is tolerated by their superiors.

According to Craig Bullis and George E. Reed's report to the Secretary of the Army (February 2003) titled "Assessing Leaders to Establish and Maintain Positive Command Climate," "Destructive leaders are focused on visible short-term mission accomplishment. They provide superiors with impressive, articulate presentations and enthusiastic responses to missions. But they are unconcerned about, or oblivious to, staff or Troop morale and/or climate. They are seen by the majority of subordinates as arrogant, self-serving, inflexible, and petty."

In my research, it's been identified that toxic leaders have not addressed basic human needs such as safety, love, belonging, esteem and self-actualization, which leads to a flaw in their personal characteristics. The effects of these types of leaders can be detrimental, and destructive to an individual and/or organization. There are three key elements to toxic leader syndrome: first is an apparent lack of concern for the well-being of subordinates; second is a personality or interpersonal technique that negatively affects organizational climate and third is a conviction by subordinates that the leader is motivated primarily by self-interest.

How can positive leaders make a difference? According to Bullis and Reed, "We have a system that is totally supervisor-centric in terms of incentives, rewards, and punishments. The only person whose opinion counts is the person who writes the officer evaluation report." No one believes that he or she are a toxic leader, so I think it's important that supervisors first become knowledgeable in identifying these types of leadership traits. Once the signs of a toxic leader are recognizable to leaders, they will avoid these traits and act to correct these characteristics in subordinate leaders. ☆



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COVER:

JTF Navy personnel participate in an orleoresin capsicum spray qualification in Camp America. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Kellie Bliss

BACK COVER:

An iguana sits on a rock at Kittery Beach. - JTF Guantanamo photo by Navy Mass Communication Specialist 2nd Class Shane Arrington

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 regard 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.

A U.S. Coast Guard vessel patrols Guantanamo Bay. Marine Safety and Security Team 91104 performs maritime anti-terrorism and force protection duties for Joint Task Force Guantanamo – JTF Guantanamo
photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas



Galveston guards GTMO

**Mass Communication Specialist 2nd Class
Shane Arrington**
JTF Guantanamo Public Affairs

When thinking of Joint Task Force Guantanamo, many focus on the detention facility and the men and women who stand the watch every day inside the wire. Less thought of, but no less important, are those who stand the watch outside the wire and on the water. The job of protecting JTF Guantanamo's waters currently falls to Coast Guard Maritime Safety and Security Team Galveston (MSST 91104).

Before arriving in Cuba, members of MSST 91104 spent the majority of their time performing training exercises. Only a month ago, they were off the coast of Texas conducting advanced on-water tactical boat-handling training in preparation for their mission of supporting JTF Guantanamo and U.S. Southern Command.

"We're here to provide waterside security for the JTF," said Coast Guard Lt. George Adams, MSST 91104 Operations Officer. "It's a great mission, and I know myself and my guys feel great to be a part of the larger effort."

Created under the Maritime Transportation Security Act of 2002, the Maritime Safety and Security Teams are a part of the United States Department of Homeland Security's multi-levelled strategy focused on protecting U.S. ports and waterways.

It's not all about riding in boats equipped with big guns. According to Coast Guard Maritime Enforcement Specialist 1st Class

Johnny Roach, there are a lot of things to cram into a 12 hour-shift.

"We have to eat," said Roach with a chuckle. "We also have a little down time to e-mail and do online classes. Mostly though, when we're not out, we're cleaning our weapons, cleaning the boat and making sure everything is ready to go for the next crew."

MSST 91104's overall mission is to provide enhanced port safety and security and law enforcement capabilities to JTF Guantanamo.

As part of Joint Task Force Guantanamo, the MSST is not only responsible for securing the waterways, but also provides some landside security while Commissions proceedings for detainees are underway. ♡



U.S. Coast Guard Petty Officer 3rd Class Ryan Lewis mans a .50-caliber while patrolling Guantanamo Bay. – JTF Guantanamo
photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas.



Army Specialist Edward L. Jones, a combat medic from the 525th MP Battalion attached to the Joint Trooper Clinic checks the blood pressure of Navy Operations Specialist 1st Class Don L. McGowan . - JTF Guantanamo photo by Army Sgt. Cody Black.

Trooper teaches others to save lives

Army Sgt. Derrol Fulghum
JTF Guantanamo Public Affairs

Army Specialist Edward Jones has only been in the Army for three-and-a-half years, but he’s already made his mark. Newly assigned to Joint Task Force Guantanamo, Jones is a 525th Military Police Battalion Soldier attached to Joint Medical Group at the Joint Trooper Clinic. Jones has become essential to the JTF mission through his knowledge.

Jones was certified by the Navy Hospital to become an instructor for Combat Lifesaver classes. He’s also earned certificates in advanced cardiovascular life support and pediatric advanced life support. Jones is able to run a live medical code, which is basically any distressful situation patients might find themselves in, such as a heart attack.

When the real emergencies happen, they’re not quite like an episode of “ER,” but Jones knows how to respond. He is proficient in the use of a defibrillator and pacer. The defibrillator restarts hearts that have stopped due to cardiac arrest with an electric shock, while the pacer slows down the heart beat.

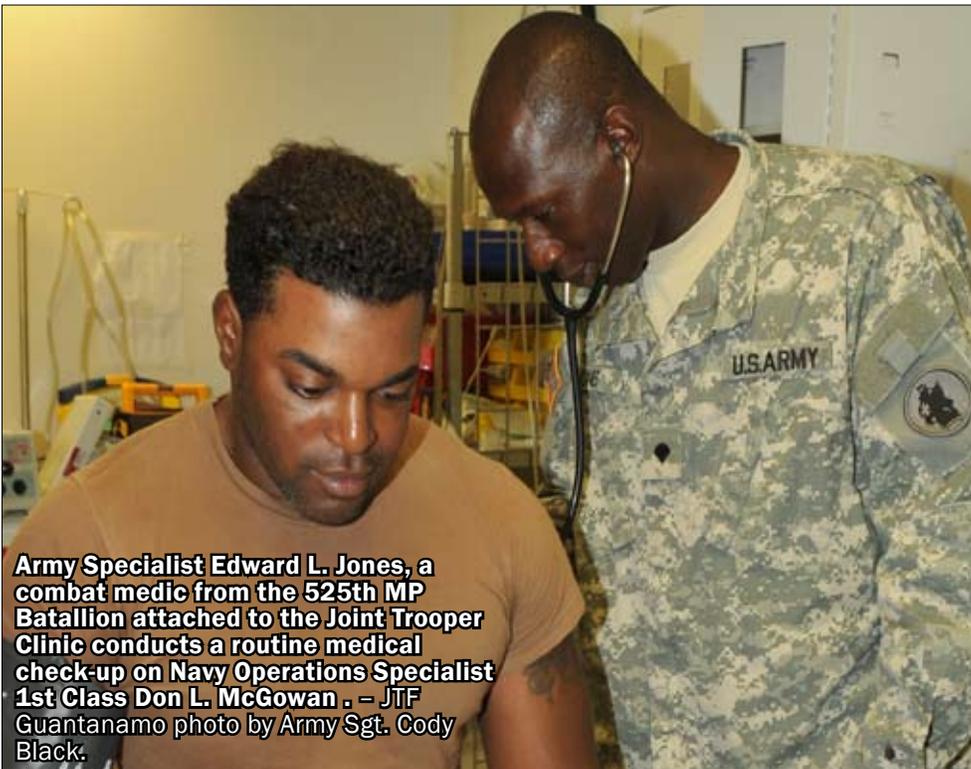
“I find the entire experience rewarding,” said Jones. “There’s nothing like saving lives.”

Jones’ goal is to get everybody in the JTC trained on all the equipment and make sure they’re prepared for the worst case scenario. Being new to the JTF, Jones wants to help lead, and gain the trust and respect of his fellow Soldiers.

Jones hopes to pick up sergeant soon, and is working toward his Bachelor of Arts degree in accounting.

Jones provides the JTC a daily check list for tools and utilities. “Sometimes it can be challenging,” said Jones, “having to continually find support and funding for this program to help Troopers learn to save lives.” However, Jones added he was happy to do so.

One of the major contributions Jones is ready to bring to the JTF is getting as many Troopers as possible qualified to be Combat Lifesavers. He’s looking to offer week-long training and weekend classes. Training NCOs will let their Troopers know when this program begins. ★



Army Specialist Edward L. Jones, a combat medic from the 525th MP Battalion attached to the Joint Trooper Clinic conducts a routine medical check-up on Navy Operations Specialist 1st Class Don L. McGowan . - JTF Guantanamo photo by Army Sgt. Cody Black.

The electricians of Tent City

Marine Corps Lance Cpl. Justin R. Wheeler
JTF Guantanamo Public Affairs

Without electricity, Camp Justice would be a hot and humid collection of tents with little to no operations and productivity.

The electrical shop of the Base Emergency Engineering Force, or BEEF, maintains the basis for the livelihood of operations in Camp Justice.

“If we weren’t here, we wouldn’t have power,” said Air Force Senior Master Sgt. Larry McQueen, the electrical superintendent of the electrical shop. “No one would be able to do their work.”

The shop generates and maintains the electric power in Camp Justice by conducting periodic maintenance. It also supports the Expeditionary Legal Complex.

BEEF Trooper duties generally consist of performing maintenance on high-voltage equipment, expanding existing electrical systems and providing raceways, which protect communication cables from damage, as well as other periodic tasks.

McQueen is especially satisfied with the abilities of his troops when conducting these duties.

“I’ve spent my whole career in the electrical shop and this is one of the best groups I’ve worked with,” McQueen said. “They do an outstanding job.”

However, integrating new additions to the team can be a challenge.

“One of the biggest obstacles is working with people you’ve never worked with before,” said McQueen. “We’ve overcome that by being patient, working together and by setting a standard.”

After experiencing the job as an electrician with the Air National Guard, Air Force Senior Airman Christopher Moore, an electrician with the BEEF, decided to become a full-time electrician as a civilian as well.

“I love what I do,” said Moore. “I’m a full-time high-voltage electrician and it’s helped me out a lot in the Air Guard.”

Because of his experience, Moore can conduct some aspects of the job more quickly than his peers. He hopes to become more experienced in Guantanamo Bay before returning to his home state of Mississippi.

Other than developing more experience, the reward for doing this job is the end result.

“We’re satisfied as long as the lights are on,” said McQueen. “It’s just our job. We don’t look for any recognition.” ☆

Air Force Senior Airman Christopher Moore checks the status of one of the generators inside Camp Justice May 18. – JTF Guantanamo photo by Marine Corps Lance Cpl. Justin R. Wheeler



Air Force Senior Airman Elizabeth A. Rodriguez grounds the high voltage electricity on a generator in Camp Justice, May 18. – JTF Guantanamo photo by Marine Corps Lance Cpl. Justin R. Wheeler



Supplementing Performance



There are numerous supplements available for nutritional and performance purposes. To learn about a certain supplement visit the Office of Dietary Supplements homepage at <http://ods.od.nih.gov/> – Courtesy photo

Navy Mass Communication Specialist 2nd Class
Zachary Harris
JTF Guantanamo Public Affairs

It's that time of year again: people are trying to get their bodies ready for the beach. The quest for the ideal figure is one taken by men and women alike. Sometimes, in the rush to attain the highly sought after "beach body," people forego the age-old idea of proper nutrition and exercise and seek out a short cut in the form of a nutritional supplement.

"National surveys show that 40% of Americans take some form of dietary supplement for various reasons," said Navy Lt. Cmdr. Tiniska Riggs, a nutritionist at Naval Hospital Guantanamo Bay. "This includes making up for a poor diet and to gain an 'edge' in athletics."

According to Riggs, not all supplements are bad, if taken as directed. It is recommended that a person always check with his or her healthcare provider before taking any form of supplementation.

"Stick with the recommended daily intake, RDI, for vitamins and minerals," said Riggs. "This will ensure that you get adequate levels of these nutrients."

She cautioned the side effects of exceeding the RDI for certain minerals.

"100% of the RDI is sufficient," Riggs said. "More than this could be dangerous. For instance, vitamin A can be toxic if taken in excess."

A supplement is not a free pass to eat and drink whatever you

want, either. Riggs warns that people can potentially overlook dietary excesses like hydrogenated fats, sodium, sugar and protein because they feel a vitamin or weight loss supplement is equal to a "free pass."

Creatine is popular supplement taken among weightlifters to increase muscle mass and energy during a workout, though supplementation may not be necessary.

"The body has the ability to make adequate amounts of creatine," said Riggs. "So there are no dietary requirements for it."

Riggs pointed out that there is some evidence that creatine supplements may increase muscular strength and power during short bouts of intense exercise. She stated that while no serious adverse effects have been reported in cited research, there are no studies testing the safety of creatine supplementation for longer than eight weeks. Individuals using the substance should be careful to hydrate adequately to decrease the risk of dehydration.

While trying to lose weight, some may opt to use "thermogenic fat-burners." The term is most often used to describe weight loss formulas. Riggs said the term is more of a marketing ploy than an actual term in the field of nutrition.

"Keep in mind these products are not tested by the Food and Drug Administration," said Riggs. "[Companies who make the products] do not have to back up their claims with research."

If you are in doubt of the validity of a supplement's claims or are wary of possible side-effects, Riggs said you can find reliable information from the Office of Dietary Supplements. 🌟



Marine Corps Lance Cpl. Justin R. Wheeler
JTF Guantanamo Public Affairs

In this futuristic world, killing is OK ... at least for the sake of repossessing mechanical organs from customers with overdue bills.

“Repo Men” presents a great concept and held high expectations for viewers; however, it is not executed to its full potential.

In yet another technologically advanced world, people are exploited by corruption. A company by the name of “Union” has made a breakthrough in science and technology by creating artificial organs, ranging from prosthetic eyes to a prosthetic heart.

The two main characters, Remy (Jude Law) and Jake (Forest Whitaker), are repo men whose job is to repossess the artificial organs of people with overdue payments. According to the contract customer’s sign, the repo men can retrieve the Union’s merchandise by any means necessary, even if it means killing the customer.

Repo men bend the boundaries of modern ethics and make murdering a daily occurrence. Remy and Jake take their business seriously, often saying “a job is a job.” Throughout several early scenes, they tell “comedic” stories of how they mutilated overdue clients and discuss the necessity of their work within society.

Remy’s whole perspective comes into question however, when he becomes the subject of his own work.

“Repo Men” has a stellar cast of characters that keeps the quality from

collapsing completely. Law does an outstanding job in playing the role of a troubled father and skilled repossession agent. Throughout the story, viewers find themselves laughing at the funny stories about his adventures with Jake and the comedic aspects of his work. Whitaker is very convincing in his role as a crazed repossession/killing machine and often does whatever it takes to complete his task at hand. Frank (Liev Schreiber), Remy’s superior, could easily be considered a well-played unsavory corporate boss. Alice Braga, who plays an important role in the later half of the story, increases the level of dramatic quality while adding a slight romantic twist to the plot.

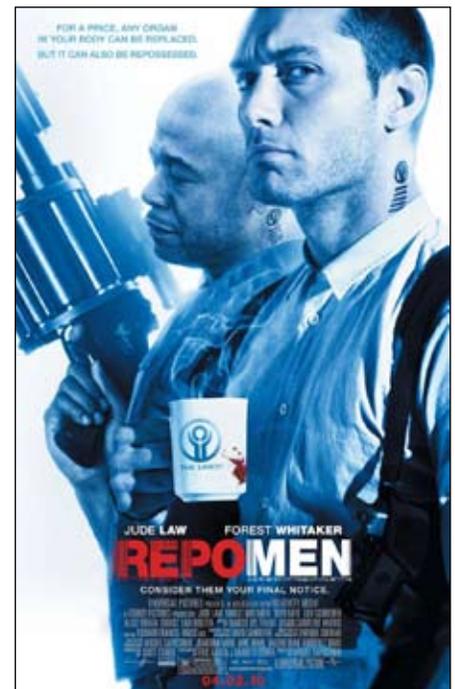
Throughout the story, there are hints that the conclusion will be far from gratifying. By the end, many questions will remain unanswered. Why isn’t there an apparent government perspective about the repo men? Can they just kill people without any retribution? How does a company profit when it focuses on repossession of its property?

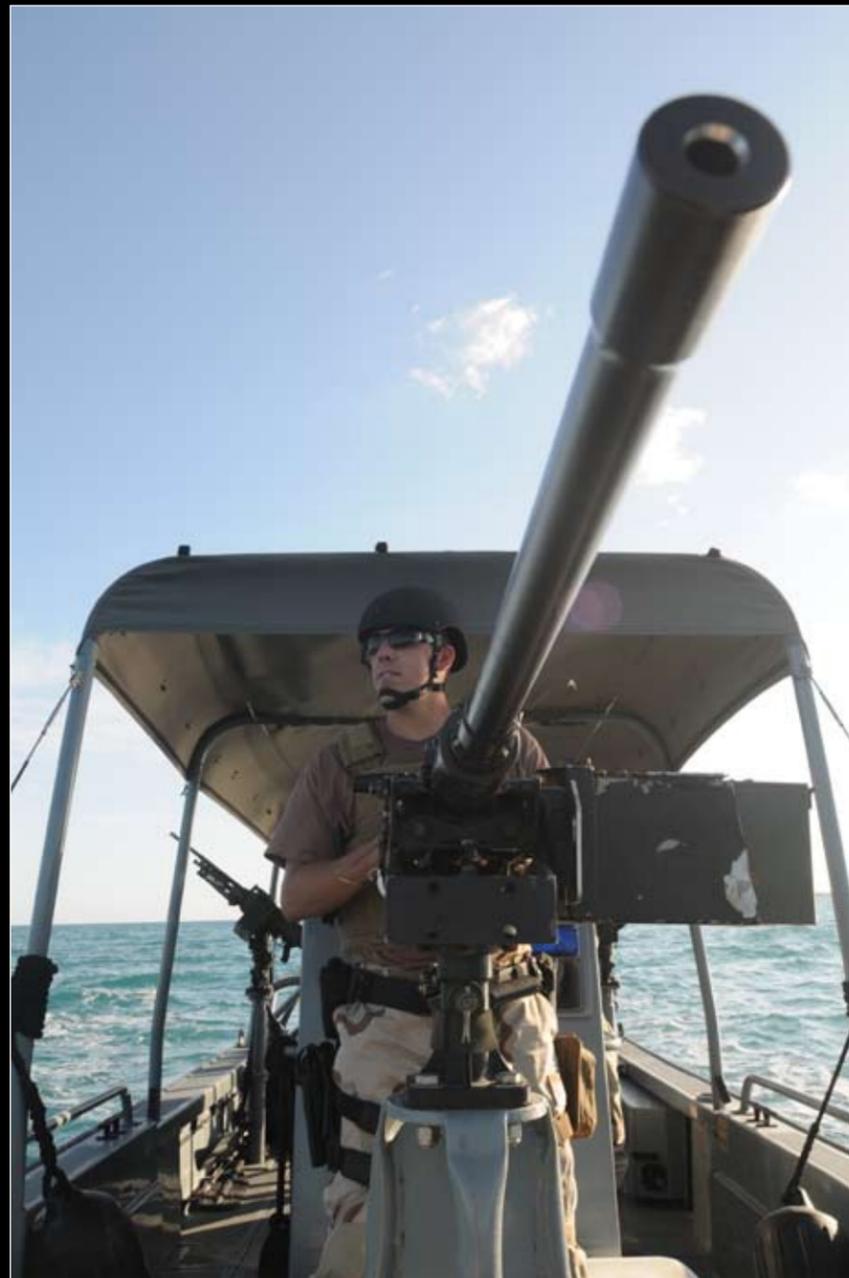
The viewer can expect scene after scene of action, violence and gore - with a small addition of comedy and romance. Many scenes showcase well-choreographed fighting.

One fighting scene was especially brilliant. It was choreographed elegantly to music that corresponds especially well with its action. This scene and some others were so satisfying that the viewer would want to view the scene again and again.

Overall, “Repo Men” is worth watching. Viewers will be compelled by the design of its action and violence, but “Repo Men” lacks the stimulating complexity that its premise has the potential to present. ★

R
111 minutes
Rating: ★★★★★





JTF Guantanamo photos by
Navy Mass Communication Specialist 3rd
Class Joshua Nistas

The U.S. Coast Guard Maritime Safety and Security Team Galveston (MSST 91104) is tasked with protecting the waters surrounding Guantanamo Bay and supplying waterside security for Joint Task Force Guantanamo. The MSST also play a role in landside security during Military Commissions proceedings. ☆



Maritime Safety and Security Team

Navy Nurse Corps Birthday



Marine Corps Lance Cpl. Justin R. Wheeler
JTF Guantanamo Public Affairs

JTF Guantanamo Photos By
Navy Mass Communications Specialist
3rd Class Joshua Nistas

For over 100 years, they've invested blood, sweat and tears into the titanic battles of the 20th century and continue to fight alongside the Troops today.

The Navy Nurse Corps was established by the U.S. Congress in 1908, and corpsman from the Joint Task Force Guantanamo celebrated the 102nd birthday of the Corps, May 13.

During the ceremony, four Navy Ensigns were promoted to the rank of Lt. j.g. and afterward the lowest and highest ranking nurse conducted the traditional cake cutting ceremony. The nurses today still carry out the traditions of the nurses throughout history.

When the Nurse Corps was first established, 20 women were selected and became known as "The Sacred Twenty." The Corps was greatly expanded when World War I began. Four Navy Crosses were awarded to nurses during the war, three of which were given to nurses who became victims during the fight against



the 1919 influenza epidemic.

"We're the one's who are within the midst of it all," said Navy Lt. Patricia Bartlatta, an emergency room nurse at Naval Hospital Guantanamo Bay. "It's imperative that the nurses were and are there for their service members."

With each large scale war, nurses were alongside deployed infantrymen. In World War II, some nurses graduated from the then-newly established Navy Flight Nurse School. The school produced nurses who were capable of swimming a

mile, transporting a victim over 200 yards and swimming over 400 yards in around 10 minutes, thus making them even more dependable in combat.

"If something happens, we are the ones to support you," said Bartlatta. "In any deployment, wherever you travel, we are there."

By the Korean War, reserve nurses were recalled to expand the Corps, and civilian nurses became eligible for a commission.

Nurses continued to participate in Vietnam, the first Gulf War and the War on Terror in more recent years. Many nurses served aboard the United States Navy's hospital ship USNS Comfort (T-AH 20) assisting Haiti after the earthquake this year, as part of Operation Unified

Response.

The Nurse Corps today represents a force of commissioned officers that provides consistent medical care to patients and families and teaches Hospital Corpsman quality patient care. The enthusiasm for helping wounded service members represents the Navy nurses of the past and continues today.

"It's the feeling I get when I'm helping the wounded," said Bartlatta. "It is rewarding." 🌟

Legal protection for reservists

Mass Communication Specialist 1st Class Edward Flynn
JTF Guantanamo Public Affairs

As a Reservist recalled to active duty, leaving your civilian job can present many challenges, and potential problems for you and your employer. While many companies and businesses provide exceptional support to members of the Guard and Reserve forces, Reservists also are protected under state and federal law.

"It's important for Reservists and National Guardsmen to know that there are federal laws in place to ensure that they will not be disadvantaged in their civilian careers or discriminated against because of their service," said Navy Lt. Geraldo Padilla, JAGC, Officer in Charge, Naval Legal Service Office Southeast Detachment Guantanamo Bay. "In most cases, they must be reemployed in their civilian jobs upon their return from duty."

These rights include employment, financial and legal protection; the Uniformed Services Employment and Reemployment Rights Act guarantees reemployment rights to those returning from active duty service.

"Many USERRA rights are predicated on notification to the employer by the employee," said Army Capt. Steven R. Cuckler, Joint Task Force Trooper and Chief, Military Justice. "Moreover, if the employer is in the loop at all time regarding drill weekends, annual training, alerts and possible future mobilizations, they can more readily plan for the employee's absence. The three most important practical things Reservists and Guardsmen need to do in regards to their employer is communicate, communicate, and communicate," Cuckler said.

Employers do not like surprises and if they feel involved in your Reservist/Guard experience, it is more likely they will support you when you are deployed, according to Cuckler.

"Notice should be timely and not last minute," said Army Maj. Marise James, a Joint Task Force Trooper and Chief, Legal Assistance. "Commanders should send a letter to each and every employer notifying them of the rights of the service member, how they can obtain information about USERRA, and thanking them for their support of the employee/service member."

This federal legislation has many employment protections for returning service members. Several of these rights include:

- Employers may not deny employment, re-employment, retention in employment, promotion or any other benefit of employment because of past or present membership in the U.S. military.
- Employers must provide time off for service members for military duties and upon completion of this service, Reservists must be given their civilian job back.
- Other provisions include automatic reinstatement of health insurance after returning from military service.

Additionally, as part of this communication and outreach effort, a Reservist also has certain responsibilities as well, such as reporting back to work when released from service within time limits established by law. Employees must also provide prior written notice of military service activities to their employer.

The National Committee for Employer Support of the Guard and Reserve, a Defense Department agency, also relies on several thousand volunteers to help answer questions and refer Reservists to various resources throughout the country. For additional information, please contact 800-336-4590 or www.esgr.mil ☆

Windjammer complex closing

- The Windjammer club complex, including Pizza Hut, O'Kelly's, Bingo and the Wind Jammer Ballroom, will be closed to the general public beginning on May 23 as a result of an HVAC (heating, ventilation and air conditioning) renovation project. The complex is scheduled to re-open on Sept. 1.
- June 3 the Bayview lunch buffet will kick the week off with your favorite Turkey Thursday buffet 1100 – 1300! Our lunch buffets will still be running at the Bay View every Monday through Friday beginning June 3, just as they did at the Windjammer.
- Monday = Pizza; Tuesday = Taco's; Wed = Asian; Thursday = All year round Turkey Day; Friday = Oxtail or Curried Goat alternating weeks
- The last night of Bingo in the Windjammer will be on May 23. After that, Bingo will be suspended until Thursday, June 3, as we move over to building #1111 across from Triple C. During the Windjammer renovation, there will be limited seating of 140 persons in the new bingo "hall" and the doors will open one hour prior to the games beginning. Please be considerate of your table mates as seating is limited.
- For your dinner enjoyment, we'll be offering favorites from both the Windjammer Café and Bayview dining room menus as our combined staff aims to please you! Our Catering services will be limited to Bayview patio functions of 105 persons unless special arrangements are made through our MWR catering office during our closure.
- Tiki Bar will be open seven days a week for music, TV, food and fun – place your food order with our bartenders and servers. Also if you like it hot, the Jerk House is serving all your favorite jerk chicken, ribs and boneless pork dinners – we'll even be doing jerk home delivery beginning June 7 (we can't deliver to JTF). Call 2535.
- Caribbean Coffee & Cream will begin serving Caribbean grilled pizza while Pizza Hut is closed and you'll be able to choose from our large Cheese, Meat Lovers or Veggie pizzas – sorry we won't be able to deliver this but you can carry out from Triple C to the Tiki Bar or Bayview.

For more info or any questions, please call or email Maggie or Jon at #75604 or 2046 or email Marjorie.luttrell@usnbgmto.navy.mil or jon.bradley@usnbgmto.navy.mil.

Protect Your Skin!

Skin cancer is the most common form of cancer.

3.5 million new cases are diagnosed every year.

Even if it's cold or cloudy outside, the sun can still damage your skin.

A person's risk for melanoma - the most serious form of skin cancer - doubles if he or she has had five or more sunburns.

Use a sunscreen with an SPF of 15 or higher every day.

Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours.





Transfer of Authority

Members from Maritime Safety and Security Teams 91103 and 91104 stand in formation during a transfer of authority between the units at U.S. Naval Station Guantanamo Bay, May 19, 2010. – JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas

Boots on the Ground

by Navy Mass Communications Specialist 3rd Class Joshua Nistas

What is the best comic book movie?

Army Pfc. Chadelle Sappa

Navy Master-at-Arms 3rd Class Melanie Acevedo

Army Pfc. Vincent Delaney

Air Force Capt. Nate Williams



“The first ‘Spiderman,’ because Spiderman rocks!”



“I like ‘Watchmen,’ because no one could mess with that chick in it.”



“Batman, ‘The Dark Knight,’ because the Joker was intriguing.”



“‘Superman,’ with Christopher Reeves. He’s the Man of Steel.”

Spiritual Fitness

Army Capt. Eric Bey
525th MP Battalion Chaplain



It is probably no secret that I am a good racquetball player. The fact is that I won six tournaments since being here on the island. Most people would challenge me or accept a challenge from me, because what people see is an unimposing, middle-aged, overweight, balding guy who doesn't appear to be able to play the game all that well - or at least not to the level that I do.

What they don't know or see is all of the hours, bruises, cramps, twisted ankles and sore muscles that it took to get where I am. I started playing handball in junior high school. I moved to paddleball in high school and realized I had an affinity for racquet sports. When I joined the Army I played some racquetball and failed miserably. But I loved the sport. I began to play a lot and over time progressed to a level where I could beat most intermediate players frequently.

There was a group of people who invited me up to play with them and I realized that I couldn't beat them. I tried to get better and dedicated more time only to end up very frustrated that I had hit a plateau. I decided to take a one-day clinic for five hours on a Saturday, and what I learned was that I had never learned the proper techniques and fundamentals of the game. I had to relearn how to play the game of racquetball. My game went down the toilet quickly.

In all fairness, I was told that would be the case, but it wasn't too long before I reached the level I was at before the clinic. What I found was that I was able to quickly pass that level. There is no level of play I can't reach now if I put in the time to practice.

All of this came with a price. Scripture talks about the discipline athletes have in training and links it to the training that Christians ought to undergo to excel and succeed in life (1 Corinthians 9:24-27). There are people, Christians that are totally OK with where they are at in their relationship with the Lord. The problem with most is that we are at the beginner or intermediate level and we have hit a plateau. We are complacent. We know nothing of the discipline it takes to get to the next level. We all want to get there, but are unwilling or ignorant of the steps to get there. We are not reading our Bibles, we don't kneel to pray anymore, we aren't going to church like we used to, and we don't appear to have a healthy fear of the Lord anymore. We need to get back to the basics. We need to want to get to the next level. We need to exercise strict discipline in the basics. Take the challenge! ☆

GTMO Religious Services

Daily Catholic Mass
Mon. - Fri. 5:30 p.m.
Main Chapel
Vigil Mass
Saturday 5 p.m.
Main Chapel
Mass
Sunday 9 a.m.
Main Chapel

Protestant Worship
Sunday 9 a.m.
Troopers' Chapel
Islamic Service
Friday 1:15 p.m.
Room C
Jewish Service
FMI call 2628
LORIMI Gospel
Sunday 8 a.m.
Room D

Seventh Day Adventist
Saturday 11 a.m.
Room B
Iglesia Ni Cristo
Sunday 5:30 a.m.
Room A
Pentecostal Gospel
Sunday 8 a.m.
Room D
LDS Service
Sunday 9 a.m.
Room A

Liturgical Service
Sunday 10 a.m.
Room B
General Protestant
Sunday 11 a.m.
Main Chapel
United Jamaican Fellowship
Sunday 11 a.m.
Building 1036
Gospel Service
Sunday 1 p.m.
Main Chapel

GTMO Bay Christian Fellowship
Sunday 6 p.m.
Main Chapel
Bible Study
Wednesday 7 p.m.
Troopers' Chapel
The Truth Project
Bible study
Sunday 6 p.m.
Troopers' Chapel

A mechanic's mechanic

Navy Mass Communication Specialist 2nd Class

Zachary Harris

JTF Guantanamo Public Affairs



For some people, looking at the engine of a car is as foreign as looking at the human brain. For Army Spc. Joseph Pine though, it's just another day.

Pine is the lone mechanic responsible for the proper maintenance and upkeep of the Joint Task Force Guantanamo Joint Detention Group's fleet of 58 Gator and Mule four-by-four vehicles. This is nothing new to him: he grew up in his family's autobody and fender repair shop, tinkering with cars since the age of 10.

"I've been doing this most of my life," Pine said. "I absolutely love it."

Pine serves as a mechanic with 115th Military Police Company of the Rhode Island National Guard. Coming from his full-time job as a federal technician servicing the Rhode Island National Guard's fleet of vehicles, his deployment to the JTF is not far from the norm - especially considering the fact that in his spare time, Pine likes to restore classic cars, such as his prized 1949 Dodge Wayfarer. Because he is the definition of the saying "mechanic's mechanic," and his vital service to the JTF and JDG mission, Army Spc. Joseph Pine has earned his 15 minutes of fame.

When he was given the opportunity to take on the sizable task of maintaining these mission-essential vehicles, Pine jumped at the chance.

"I happened to be the guy in the right place at the right time," he said. "If I didn't have the support of my chain-of-command, this wouldn't be possible."

Every 100 hours, the specialty vehicles come into the maintenance facility that Pine built from the ground up. Before establishing the repair shop, the Gators and Mules were turned over to government-contracted civilians for regular maintenance. This process could take a vehicle off the road for weeks, even months. After spearheading the maintenance program, Pine's goal is to keep the turn-around time on the vehicles to an absolute minimum.

"If I can service and fix it, there's no reason for [anyone in JDG] to walk," Pine said. "These are too valuable not to have a [maintenance] program in place."

Pine's not a one-trick pony though. He learned to how to weld from his family's business, but the Army's Welding School at Fort Stewart, Ga. helped him refine his abilities. Because of his increased capabilities, he was able to get more vehicles back out on the road in a timely fashion by welding shock brackets back onto the frame of one Gator and repairing the "push bar" bumper of another.

"I try to bring more to the party," said Pine. "I hate having to say 'I can't do that.'"

Performing everything from the simple changing of a tire to the changing of an entire engine, it would seem that there is not much this mechanic cannot accomplish. ★

Army Spc. Joseph Pine repairs a shock absorber on a Gator 4-by-4 vehicle. - JTF Guantanamo photo by Navy Mass Communication Specialist 2nd Class Zachary Harris



A five-year-old Cuban boa is held at the Guantanamo Bay Veterinary Treatment Facility before the insertion of a tracking chip. – JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas

Around the



JTF



Tech Sgt. Eddie Morgan, with the Base Emergency Engineering Force, Joint Task Force Guantanamo, replaces the tie-down patches on tents within Camp Justice. – JTF Guantanamo photo by Marine Lance Cpl. Justin Wheeler



Soldiers complete a live fire exercise while preparing for the Army's annual Military Police Warfighter competition. – JTF Guantanamo photo by Navy Mass Communication Specialist 2nd Class Zachary Harris