



THE WIRE



Honor Bound To Defend Freedom

Volume 6, Issue 20 www.jtftgmo.southcom.mil

Friday, August 19, 2005

15 Minutes of Fame, pg. 11

Sheriffs of the sea to land at GTMO

By Sgt. 1st Class Sheila Tunney

JTF-GTMO Public Affairs Office

FORT LEWIS, Wash.— Augmenting current skills may be the most difficult task the Navy's Masters at Arms will accomplish while training here to be guards at Camp Delta, Guantanamo Bay.

Over the course of 12 days, in rotations, several companies of Sailors will transform their corrections training and experience working in Navy briggs into detention operations skills, which do not include any aspect of rehabilitation.

They will also get a better understanding of the atmosphere inside the camps at GTMO and the rigors of various detainee behaviors; and most importantly, how to manage those behaviors, relying strictly on the camps' standard operating procedures.

"The keys to success are understanding—and learning... They will be performing detainee operations *not corrections*... using the minimum amount of force, reading and following the SOP to the letter, relying on NCOs and shipmates as their trainers and leaders to correct deficiencies on the spot," said Army Lt. Col. Warren Perry, the officer in charge of detainee operations training here.

The Sailors receive nine days of training, which includes two days of classroom lessons on cultural, safety and media awareness, communicating with and escorting detainees, medical precautions and completion of forms.

The third day is devoted to practical exercises in unarmed self defense, which stresses the use of minimum force and pressure points to fend off attacks.

On the fourth day, the Sailors move to "Camp Grizzly," Fort Lewis' detention operations training facility. The training facility and the training program were created in the fall of 2004, to meet the training needs of troopers guarding detainees.

The physical layout of Camp Grizzly is similar to the cells at GTMO, however, in place of metal grating for walls, there is chain link fencing over two-by-fours; and instead of detainees, there are military and civilian role-players, who, for the most part, have studied their character and play their roles well as aggressive and demanding detainees.

"[The detainees] are some smart individuals, well educated, a

JTF Commander Promoted



Photo by Mr. Jose Ruiz

The JTF-GTMO commander Army Brig. Gen. Jay Hood was promoted to Maj. Gen. July 1. He was pinned by Army Gen. Bantz Craddock and Lynn Hood, Maj. Gen. Hood's wife. The ceremony was held on Aug. 12. Hood was commissioned as a field artillery officer in 1975 and has served in many notable positions since then. He was the chief of staff for the 82nd Airborne Division, commander of the 82nd Airborne Artillery, chief of staff for the Kosovo Force, assistant division commander (Forward), 24th Infantry Division (Mechanized) and deputy commanding general (South) First United States Army.

lot with advanced degrees," said Sgt. 1st Class Chris McGuirk. "[The guards] are the only 'entertainment' the detainees will see...if they want CNN they'll collect intelligence [from guards]; if they want the Comedy Channel, they're going to fling something."

McGuirk is one of the Observer Controller trainers who eases the guards into life on the blocks on a day devoted to observing detainees, frisking and searching cells, shackling procedures, operations security, and supervising detainee meals. The detainees on this training

(continued on page 9...)



Reminders of Inspiration

By Capt. Lewis Nygard

JTF-GTMO Navy Element Commander

Sitting down to write the next Trooper to Trooper article I found myself at a loss to tell you something different from the great advice written in this spot over the last few months. Then I thought, why write something new? So I'm going to write a bit summing up the advice given by the leaders in the Task Force in the past few months. As Army Brig. Gen. Gong said last week "this article is really about you."

Brig. Gen. Gong discussed that through our many recent visits by Congressman, the media, and other agencies, we are truly turning the tide. He reiterated that the work done and the professionalism shown by the entire Task Force and Naval Station personnel have made a tremendous difference in

the way the people view the detention operations here in GTMO. Command Sgt. Maj. Febles also recently wrote about the importance of these Congressional Visits. By allowing our leaders access to the Camp for direct observation, our country sees how we really do business. Our government leaders now better understand our mission, how we actually perform the safe and humane custody of the detained enemy combatants and how we provide intelligence to help fight the Global War on Terrorism. He expressed his thanks to all the great professionals here that endure tough conditions daily and make the difficult tasks look effortless.

We become an easy target of criticism by those unfamiliar with our operations. Remember, no matter what you might read in the press or hear that may not be quite right concerning our mission and operations, Col. Bumgarner, Commander of the Joint Detention Group, gave us great advice for self reflection when he quoted the wisdom of a Medal of Honor veteran of battles in Cuba, President Theodore Roosevelt, in a 1910 speech that I'll paraphrase: "It's not the critic who counts...the credit belongs to the man who is actually in the arena, whose face is marred by dust, sweat, and blood; who strives valiantly...but who does actually strive to do the deeds..."

In doing those deeds, Command Sgt. Maj. Flannery told us to teach our Troopers ethical behavior. Lead by example! Troopers watch every move the leaders make, sit back and evaluate the behavior. Remember that each one of us is a leader for some Trooper in the Force. Someone is always looking to you as the example. Leaders must set the climate for success, a climate of trust and integrity and one free of ethical dilemmas. Besides ethical behavior, Col. Bumgarner, in another article, asserted that honor is the highest attribute of leadership. Honor is a core value of every military service. Honor often equates to respect, so how do you earn respect? Col. Bumgarner suggests that we look to words of advice from President Reagan, "When in doubt-do right."

Now, since most of us are a part of the Task Force for a relatively short time, a year or less, how can we maintain that honor to our mission? What is "doing right?" We can find that answer from our new Chief of Staff, Col. Hager. Col. Hager told us a few weeks ago; "We owe it to those who follow to ensure we prepare our successors for success." Easy for me to say, but how do we do that? We can now look to our Commanding General, Maj. Gen. Hood for that advice. He gave us just two orders, short and sweet: "Be disciplined and know your job." Excellent orders for JTF Troopers as well as outstanding advice for life. I would add on to those six words in the CG's orders to help complete Col. Hager's answer. I said in my last article specifically to those Troopers getting ready to redeploy soon, not to dwell on the homecoming, but to stay focused on your job all the way to the end of your tour. Do your job completely until you board the airplane for home.

The last great words come from our former Chief of Staff, Col. Hadjis. As he was leaving, he reminded us that everyone on the base is helping our nation win the most important conflict since the Cold War. Be proud of what you are doing and remain Honor Bound to Defend Freedom! ■

JTF-GTMO Command

Commander:

Maj. Gen. Jay W. Hood

Joint Task Force CSM:

Command Sgt. Maj. Angel Febles

Public Affairs Officer:

Col. Brad K. Blackner

326th MPAD Commander:

Maj. Jeffrey Weir: 3713

Command Information Officer:

Lt. Angela King-Sweigart: 3651

326th MPAD First Sergeant:

Sgt. 1st Class David Zerbe: 3649

Circulation: 1,100

The Wire

Editor:

Spc. Seth Myers: 3589

Managing Editor:

Spc. Dave Lankford: 3593

Photo Editor:

Spc. Timothy Book: 3592

Layout Editor:

Spc. Ian Shay: 2171

Staff Writers & Design Team:

Sgt. Todd Lamonica: 3589

Spc. Jeshua Nace: 3499

Contact us:

Base Information: 2000

Public Affairs Office: 3499 or 3651

From the continental United States:

Commercial: 011-53-99-3499

DSN: 660-3499

Online:

www.jftgtmo.southcom.mil



The 326th Mobile Public Affairs Detachment, Joint Task Force-Guantanamo, produces *The Wire*, which is printed under the provisions of Department of Defense Instruction 5120.4.

A salute to customs and courtesies

By Spc. Dave Lankford

JTF-GTMO Public Affairs Office

One of the first things Troopers learn in basic training is military customs and courtesies. The most basic of them is the hand salute. Although as members of a JTF, even something so basic may become confusing.

The origin of the salute dates back to medieval times. When two friendly knights passed each other, they would raise their visors and issue a proper greeting to each other. The right hand was always used because it was the sword hand. This was a sign of benevolence and trust. This tradition is still carried on today by members of the armed forces.

The first and last salutes rendered during a typical duty day at GTMO are when the national anthem is played in the morning and when To The Colors is played at sunset.

At these times, if in uniform (including PTs), Troopers are required to come to attention, render a salute on the first note of music and hold it to the last note. If in civilian attire, Troopers should remove headgear, stand at attention and place their right hand over their heart. If holding headgear, it should be in your right hand over the left shoulder, with the right hand over the heart.

If in a vehicle, the senior man or the person in the passenger seat, should exit the vehicle and render the proper salute. The driver never exits the vehicle. If indoors, everyone should come to attention until the final note of the music.

When in formation, marching or stationary, only the individual leading the formation renders the salute. If in a small group, the senior ranking person calls the group to attention and renders a salute. If walking in a small group, all individuals are required to salute. Larger groups should always be moved in formation, so the aforementioned rules would apply.

When an individual Trooper is running and a senior officer is approaching, the Trooper should assume a quick time march, render a salute and the appropriate greeting, then resume a double time.

When you overtake or pass a senior ranking officer from behind, the salute is

(continued on page 4...)



Photo by Spc. Dave Lankford

Army Sgt. 1st Class Stephen Miller greets Army 1st Lt. Angela King-Sweigart with a proper salute and an "Honor Bound."

THE PROPER SALUTE

Knowing the proper way to render a hand salute is crucial for all members of the armed forces. Although these guidelines come from an Army field manual, they are the standard for all services.

When marching, only the soldier in charge of the formation salutes and acknowledges salutes. When double-timing, an individual Trooper must come to "quick time" before saluting.

When wearing headgear with a visor (with or without glasses), raise the right hand sharply, fingers and thumb extended and joined, palm facing down, and place the tip of the right forefinger on the rim of the visor slightly to the right of the right eye. The outer edge of the hand is barely canted downward so that neither the back of the hand nor the palm is clearly visible from the front. The hand and wrist are straight, the elbow inclined slightly forward and the upper arm horizontal.

When wearing headgear without a visor (or uncovered) and not wearing glasses, execute the hand salute in the same manner as previously described, except touch the tip of the right forefinger to the forehead, near and slightly to the right of the right eyebrow.

When wearing headgear without a visor (or uncovered) and wearing glasses, execute the Hand Salute in the same manner as previously described, except touch the tip of the right forefinger to the point on the glasses where the temple piece of the frame meets the right edge of the right brow. When reporting or rendering courtesy to an individual, turn the head and eyes toward the person addressed and simultaneously salute. In this situation, the actions are executed without command. The Salute is initiated by the subordinate at the appropriate time (six paces) and terminated upon acknowledgment.

When the salute is rendered, the greeting of the day is exchanged, (good morning/afternoon), followed by Sir or Ma'am. If the officers are in a group the proper greeting is Ladies and, or Gentlemen. Naturally, as members of the JTF, Honor Bound can be used in place of the greeting of the day.

Making GTMO paradise

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

With the Air Force and Navy approaching the end of their tour and the Army nearing the halfway mark, some Troopers are starting to feel the strain of being here. There are many things here that can contribute to this strain. For some, it is problems at work or even at home. Perhaps, it is simply being away from home. Whatever the reason, one has to learn to manage problematic stress. But, how does one do this?

“You need a good attitude. Being at GTMO can be a paradise or a hell depending on how you approach it,” said Army Maj. Alan Fehr, combat stress OIC and a clinical psychologist. Getting out there and doing fun things can help one keep their mind in the right place.

This contributes to a healthier attitude and lifestyle. Try things like snorkeling, scuba diving, fishing, activities at the Liberty Center, and various MWR events. You may find a new hobby that will help you cope with being here.

Inversely, having a bad attitude can cause more problematic stress. Not only are you going to be less inclined to do the things that make you happy, you may take up some habits that can increase your problematic stress.

“If you have a bad attitude, all you are going to do is sit around and drink,” said Fehr.

Believe it or not, drinking can increase the stress in your life. Fehr talked about the “0013 plan.” This stands for 0 drinks if you are under age, 0 drinks if you are driving, no more than 1 drink per hour and only 3 per night. In the aspect of stress management, maintaining these standards is important. This was created based



Photo by Spc. Seth Myers

Scuba diving is just one of the many fun things you can do here.

upon your average 180lb male.

Another important part of stress management is getting adequate nutrition, sleep and exercise. That’s right. Eating healthy is not only better for your health, it will help you feel better and more in control of your stress. Developing a routine to go through, before you sleep, can better prepare you mentally and physically for rest. This makes for a better night’s sleep, and thus, less problematic stress.

Combining these things can aid controlling your stress levels and your overall quality of life. Now, if stress ever becomes a problem that you can’t manage on your own, you can always turn to the 113th Combat Stress Detachment. They will always be there to help. In other cases, a little self-help, through these few simple things, can go a long way in your quest to manage stress at GTMO. ■

A salute to customs (continued from page 3)

rendered and the phrase, or more accurately request, “by your leave” is issued. The superior responds with the greeting of the day, therefore giving the subordinate permission to pass.

The vehicles of senior ranking officers are clearly marked with license plates depicting the passenger’s rank. This is done for a reason. Though salutes are not rendered while driving a vehicle, the senior person in a military vehicle, usually in the passenger seat, is required to salute when the Commanding General’s vehicle approaches. If a Trooper is dismounted when the CG’s vehicle approaches, use the same rules you would if both the superior and subordinate were dismounted.

Saluting is typically discouraged in a field environment, whether “real world” or training (train as you fight). The security of the situation and your chain of command will dictate.

AR 600-25 lists several situations when salutes are not required. They are: when in civilian attire, in ranks of a formation, engaged in routine work if the salute would interfere, carrying articles with both hands so as to make saluting impractical, working as a member of a detail, when engaged in sports or social functions where saluting would present a safety hazard, or in public places such as theaters, churches, and in public conveyances.

Salutes are rendered indoors only when reporting to your commander or the president of a board, at indoor ceremonies, on sentry duties indoors or when reporting to

a pay officer.

Finally, there has been some confusion regarding what to do when the CG enters the dining facility. It is proper in this situation to call “at ease.” However, other than a momentary pause to acknowledge the commander’s presence, everyone should carry on with what they are doing, unless directed to do otherwise by the commander or his representative.

The rules for saluting are simple, but sometimes Troopers may still be in doubt. In this situation, just remember the old army saying, “when in doubt, whip it out.”

Editor’s note: FM 22-5, in use since Dec. 8, 1986, was superseded July 7, 2003 by FM 3-21.5 (Drill and Ceremony). This information was taken directly from the new field manual. ■

BOOTS ON THE GROUND

Spc. Timothy Book asked Troopers around the JTF
 “What can Troopers do to advance in rank?”



◀“The most important aspect of rank advancement is not to wait for someone to pull you along. Waiting costs valuable time that could be spent on the many tasks that must be accomplished. A proactive approach will also develop your leadership skills. Set a promotion goal, research, ask questions, find a mentor, do the work and promotion will follow.”

—Coast Guard Senior Chief Petty Officer Jeff Christensen

▶“When it comes to Air Force promotion testing, WAPS (Weighted Airman Promotion System), you might get frightened when you think of the stack of technically filled books they have to study. Set aside time daily/weekly far enough in advance to allow enough time to not just remember, but also understand the material. Discipline and a set, structured study time is the key for advancement.”

—Air Force Master Sgt. David Gentry



◀“The first priority is to gain more education, civilian and military. The Army I started with was more tactical. With our fast-paced, high technology based jobs in the Army now, a Soldier needs training and education in their field to advance. Soldiers should also seek guidance from the leadership around them. We understand that they are our replacements and we can guide them in the right direction.”

—Army Sgt. 1st Class James Baker

▶Study, study, study. Learn all you can about your rating or MOS and increase your professional military knowledge. Also, volunteer for collateral duties as your job and time permits.

—Navy Senior Chief Petty Officer Stephen Ball



Photos by Spc. Timothy Book

Letters to the editor

Torpedo the mosquitoes?

In reference to Lt. Alyson McInerney’s article “Mosquitos: Fight the Bite” (July 15), her brothers (2nd Lt. John McInerney and Capt. Mike McInerney) would like to offer the following criticism: That mosquito business is some real...(yawn)...exciting stuff. I am sure the troops were gripped with excitement. No, I really mean that. The problem is your little stories about insects *aren’t* gripping. That’s why it’s no surprise you got bumped to page 5. You are going to have to sensationalize things if you want to compete with the big dogs. Like why couldn’t the story be about dangerous Cuban Marxist mosquitoes? Even better, it could have been about a mutant rat-mosquito cross species. Now that will get you noticed. Or you could punch up the title a bit. How about “*Beat the Skeets*” or “*Torpedo the Mosquitos*,” since it is a Navy base. You have to move quickly with this article before you lose too much popularity, lest you end up on the Surreal Life or Celeb-reality. No need to thank us, that’s what we are here for.

--John & Mike, Camp Liberty Iraq

Capt. McInerney responds

I can’t believe those guys! Wow, I can feel the love. I can’t believe my brothers would do that - but it was really funny! I guess Iraq isn’t keeping my older brother busy enough!

Honor Bound!

Surprise!



Photo by Army Sgt. Todd Lamonica

▲JTF-GTMO Commander Army Maj. Gen. Jay Hood prepares to cut his cake, as Command Sgt. Maj. Angel Febles gives him some ideas on how to slice it. The cake was presented to him during a surprise party for his new promotion held at the IOF.

Mariners of the b



▲ Members of the ferry crew help a driver load his vehicle on the deck.



Photos and story by Army Sgt. Todd Lamonica

JTF-GTMO Public Affairs Office

One service on this island Troopers should not take for granted is the Ferry. It takes us to the other side of the island when going on leave, and mail is brought over on it along with supplies for the base and personnel.

The folks at Burns & Roe are responsible for these voyages that take place throughout various hours of the day. Operations Manager, Christy Lambert, who has been working here for 3 years, schedules these trips.

They take care of special needs for the JTF such as transporting visitors, scheduling crews to work late hours during troop rotations and keeping all operations running smoothly. “The Ferry is the workhorse of the base,” said Christy. They ship troops and cargo across the bay 74 times a week, not including special trips.

To keep this operation going strong, you need experienced crews. They have a lot of that, with 8 captains, 3 crews and 180 years of combined experience amongst the captains alone.

One of these salty dogs is Captain Mike Kline, a retired Navy Chief Petty Officer. He has 20 plus years of experience piloting various ships in the Navy. Upon retiring from the Navy in 2000, Kline began his second career at Guantanamo, piloting the ferry and other ships.

Yard Ferry Boat (YFB) is the class of boat used by Burns & Roe here. “This class of boat is very unique at Guantanamo. Only two of its kind exist and they’re both here,” said Kline. Twin engines power the YFB, one at either end of the boat, each producing 180 hp. The Ferry can be steered from either end of the pilothouse, making navigating and landing easier for the captain. The boat is 150 feet long, 50 feet high and has a flat bottom. This boat is very susceptible to wind due to the size of the draft on the boat and the wind speeds in the bay.

“Six knots of wind is all it takes to get this boat rocking and rolling,” said Kline. This is one of the main reasons the boat has been seen hitting the dock so hard.

Only one Ferry runs at a time, while the others are down for scheduled maintenance. It would be very costly to operate all of them at the same time. Although if it were mission essential, all of the boats would run.

Customer service is the name of the game with ferry operations. These mariners of the bay have gone out of their way on many occasions to help Troopers and civilians travel across the bay, by working longer hours and making special trips. For this we say “Thank You.” ■

Day



◀The pilothouse, where all navigation of the fer-ryboats takes place.

▲Captain Mike Kline surveys the deck, making sure all cargo is properly loaded.



▲Civilians, along with vehicles, disembark the ferry.

And down the stretch they come

Commentary by Staff Sgt. Jeremy Patterson

JTF-GTMO Public Affairs Office

This baseball season has many interesting storylines behind it, including the Red Sox defense of their World Series title, Derek Lee's pursuit of the triple crown, as well as the Oakland A's and Houston Astros tearing up their respective leagues the past few weeks. Here is a breakdown by division, previewing what needs to happen for the contenders to get it done the final two months.

N.L. East: We see it every year, so why is the fact that the **Atlanta Braves** are in first so surprising this year? Their pitching has been effective, and adding Kyle Farnsworth to the bullpen was a good move. The offense, aside from Andruw Jones, has been suspect at times and needs an infusion of Chipper Jones to turn it up down the stretch. Jeff Francouer has been 'dyn-o mite' since getting called up -- a huge positive. This team, more than ever, relies on heart, of which they have a ton.

The **Washington Nationals** were enjoying much success in their inaugural campaign in the nation's capital, but have fallen off the wagon since the break, being recently swept by the red-hot Braves. Getting Nick Johnson back will be huge but their offense, even with him in the lineup, reminds me of Kate Moss at times: anemic. The pitching and defense is there but that's about it. There's always next year (and the year after that, etc.).

I have always said the **Philadelphia Phillies** needed better starting pitching if they were going to contend. This year it has been better. Billy Wagner has been his normal dominating self out of the pen, but one thing, or person, is killing this team: Jim Thome. The eighteen million-dollar man has done nothing for the Fightin Phils this year, and for them to have any hope, he will have to revert to being the home run hitting, tobacco spitting, RBI machine of the past. Not likely, but possible.

The remainder of the division is still within striking distance but it will take a lot for either the Florida Marlins or New York Mets to make some noise. The Marlins staff has been decimated by injuries this year taking away the only advantage they had in this division. I give the Mets a better shot, as long as Pedro Martinez is healthy, but I still don't think the Braves will be topped.

N.L. Central: The **St. Louis Cardinals** are clearly set for the playoffs. Their starting rotation, led by All Star Starter Chris Carpenter, is deep and healthy, something they lacked last year. Any lineup with Albert Pujols, Jim Edmonds, and a healthy Larry Walker and Scott Rolen is going to make postseason noise. The only other team in this division worth noting is the Houston Astros, who have made an incredible run at the wildcard over the past few months. Roger Clemens, Roy Oswalt and Andy Pettite, along with a strong bullpen, have carried their end, and the offense has come along nicely since an early season teamwide slump. The only question is, like last year, can they keep it up for two more months? Time will tell. The Chicago Cubs still have a shot, but health issues with Kerry Wood and Mark Prior have been the team's achilles' heel most of the season. The offense is spotty at best, which increases the importance of healthy pitching. The



Jon Garland needs to pitch well in October in order to secure American League dominance for the White Sox.

Cincinnati Reds, Milwaukee Brewers, and Pittsburgh Pirates might as well mail it in, although the Pirates and Brewers showed some promise with their young nuclei and could cause trouble for others in the coming years. The Reds need to trade one of their slugging outfielders (Austin Kearns, Adam Dunn, Ken Griffey, Jr., or Willy Mo Pena) for some young, promising starters before they even think about making the playoffs.

N.L. West: This division is a real mess, like the A.L. West of 1994. Not one team is over .500, with the **Arizona Diamondbacks** leading the charge at 51-52. Nothing about this team stands out, other than being in the right place at the right time. The **San Diego Padres** definitely have the talent, just not the know-how. Jake Peavey and Adam Eaton are two of the most underrated young hurlers in the game, yet the offense, aside from Brian Giles, hasn't been anywhere near consistent enough to be considered a danger to any other playoff contender. A strong start hasn't done much lately for the **Los Angeles Dodgers**, despite the fact they are still hanging around because their division mates won't kill them off. There is a good mix of young talent and veterans on this squad, but they can't put it all together. Losing closer Eric Gagne for the season didn't help, though. Randy Winn has been added to the San Francisco Giants outfield and Jason Schmidt surprisingly went nowhere. Without Barry Bonds they might as well join the **Colorado Rockies** in the "Wait till next year" club. The Rockies made a few trades after the all-star break, but they were made with the future in mind, definitely not the present. Rookie Clint Barmes was having a stellar rookie campaign before getting injured earlier in the season. A struggling Todd Helton lost his power stroke during the off-season and the pitching is its usual Colorado self. How do you spell relief in Colorado? If you know the answer to this question contact the Rockies front office. I'm sure they'll have a job for you. Hey, at least they still have the Nuggets in Denver!

Enough for this week, next week we'll look at the American circuit where the Boston Red Sox and New York Yankees are battling again, The Chicago White Sox are running away with the central, and the little A's that could are making everyone's lives miserable, especially in the west. Until then, keep your feet in the box and keep swinging for the fences. ■

Water conditions ripe for danger

By **Chief Warrant Officer Mike Roulier**
JTF-GTMO Safety Officer

One of the things that you can appreciate about Guantanamo Bay, as a deployment site, is the variety of recreational activities available. In my previous deployments, those types of activities were rather limited to sports like scorpion herding, sand flea swatting and camel spider relay racing (hint: they tire easily).

And, if there is a dominant recreational activity here at GTMO, it probably involves the water. When it comes to swimming or diving in the ocean, however, it behooves us to remember that ignoring Mother Nature, and the powers she controls, can be a fatal mistake.

There have been numerous incidents here where swimmers or divers have become exhausted, primarily because they underestimated the extraordinarily strong currents that are present in our surrounding water, and the biggest culprit may be something that the United States Lifesaving Association estimates is responsible for over

80 percent of rescues by ocean lifeguards: rip currents.

Rip currents (or riptides) are simply narrow channels of water that flow seaward from the beach through breaking waves. They occur when opposing currents meet and set up a swirling motion that can carry swimmers away from shore.

While these currents don't need storm activity in order to form, they do become stronger and more frequent when hurricanes and other storms churn the ocean. But, it actually only takes a steady, fresh breeze, blowing perpendicular to the shore, to stir them up. In other words, conditions here are always ripe for rip currents!

You can identify areas where rip currents are present by the murky brown water that is caused by the sand stirred up off the seabed. Waves may be breaking further out on both sides of the current, and there may be a rippled look in the area while the water around the current appears calm.

The key to surviving these currents is to understand what you are dealing with. Rip currents are rarely more than 100 feet wide,

so the best way to escape the current is to swim parallel to the shoreline until you are free of the current. Don't make the mistake of fighting the current by attempting to swim directly to the shore.

So, the first rule is never to swim alone. And, if you get caught in a rip current:

- Remain calm, conserve your energy, and think.

- Don't fight the current.

- Swim out of the current by following the shoreline. When you are out of the current, swim at an angle, away from the current, towards shore.

- If unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.

- If you are unable to reach shore, draw attention to yourself by waving your arm and yelling for help.

Just remember, this isn't Baywatch. There won't be any voluptuous blondes running out into the surf to save you. Follow these guidelines, and if you ever need safety tips on herding scorpions, give me a jingle. ■

Navy guards

(continued from page 1)

day are considered to be compliant, but that's not to say they're all pleasant.

Under these simulated conditions, Army and Navy observer-controller trainers show MAs how to conduct cell block operations, which covers everything from accountability of detainees to sally port operations. One of the most challenging things they learn can be feeding detainees in cells.

"You have no idea what a 'nut roll' mealtime can be, and how it can make or break your next 12 hours on your shift," McGuirk warns during his class room instruction. Getting meals to detainees on time is of the utmost importance, and he warns, they'll get grumpy and angry if they're not fed on time or the food tastes bad...

Editor's note: Because of space limitations, the second part of this story will be published next week.

The first rotation of new Navy Provisional Guard Battalion companies arrived at GTMO on Aug. 11, and will be followed by several more companies. ■



Photo by Sgt. 1st Class Sheila Tunney



Photo by Sgt. 1st Class Sheila Tunney

▲ Role players at Fort Lewis adopt the cultural attitudes of the detainees they are representing. This detainee requested a new spoon because the guard handed it to him using his left hand.

◀ The fine art of safely shackling detainees is practiced by MAs headed for GTMO.

✠ Padre's Corner ✠

Foot in Mouth

By Navy Chaplain (Lt. Cmdr.) S.J. Vanden Boogard

NAVBASE Chaplain's Office

A good description of Queen Victoria of England, whose long reign of 64 years in the 19th Century encompassed the greatest period of the British Empire is, "every inch a queen." One of the reasons Victoria was admired so much was with high or low, rich or poor, stranger or intimate, she was a gracious and charming lady. She made all people feel at ease and treated them with kindly dignity or a gentle rebuke. Queen Victoria had learned the great skill of being tactful without being hypocritical.

Tactfulness is one of the lubricants that make the wheels of daily living in the military turn more smoothly. It is the ability to know how to say the right word in the right place at the right time. It is a skill that all military men and women, whether senior or junior, need to develop in their professional career. In this process of learning, one will find "a time for tears and a time for laughter, a time to be stern and a time to be soft." In other words, it is tolerance for the shortcomings of others. It is the ability to give and take criticism. Above all, tact is an attitude of mind that comes from liking people, and appreciating *our own shortcomings*.

All of us have had occasions when we stuck our foot in our mouth. We often forget that words, like water, are easy to pour out but impossible to recover. Tactful is not paying compliments to gain an advantage. It is not playing up to the colonel or captain, not being silent because of fear, nor avoiding disagreements at all costs.

We can learn tactfulness by our own discipline, by learning to criticize the error, rather than the person, and above all, by reforming our own bad habits before we reform those of others. ■



Photo by Spc. Dave Lankford

CAMP AMERICA WORSHIP SCHEDULE

Sunday	9 a.m.	Sunday School	Troopers' Chapel
	10 a.m.	Protestant Service	Troopers' Chapel
	6:00 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:45 p.m.	Protestant Service	Troopers' Chapel
Tuesday	7 p.m.	Bible Study	Building 3203
Wednesday	7:30 p.m.	Soul Survivor	Camp America North Pavilion

NAVAL BASE CHAPEL

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

Jewish Services held every third Friday at 7:30 p.m. in the Naval Base Chapel complex.

Hebrew classes are being offered at the Naval Base Chapel complex

A new worship opportunity: Protestant Liturgical service

In response to requests by members of the Guantanamo Bay community, a Protestant Liturgical Service will be added to the opportunities for worship at the NAVBASE Chapel. The Worship will be conducted in Sanctuary B at 10:00 a.m. beginning Sunday, 4 September. Army Chaplain (LTC) Chris Molnar and Navy Chaplain (LCDR) Karl Koch will lead the services. Those who attend can expect a formal worship much like they would experience in Lutheran, Episcopal or Anglican Churches around the world. The worship services will include Scripture readings and hymns that reflect the seasons of the Church Year. The Eucharist will be offered. You may direct your questions to Chaplain Molnar @ 3202 or MolnarSC@JTFGTMO.southcom.mil. ■

"Baptism is a holy ordinance appointed by Christ as a rite of passage into the fellowship of the redeemed community, his holy church," said Deputy Command Chaplain Navy Lt. Arthur Wiggins. On July 7, several members of NAVBASE and the JTF entered this "redeemed community" at a ceremony at Cable Beach.

15 Minutes of Fame

with Army Staff Sgt. Kevin Bowe

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

The sun rises over the Caribbean Sea as a Trooper walks to the 20-passenger bus he was assigned to drive. Today, he will transport members of Congress when they arrive for a tour of the facilities at Guantanamo Bay. He is prepared. He spent six hours the day before, in black-flag conditions, cleaning the vehicle inside and out. It's spotless. There's a cooler filled with bottled water and plenty of ice for the distinguished visitors. He hops in, turns the key and nothing happens.

With his butt on the line, this Trooper ought to be sweating as much as he was the previous day, but he's not concerned. He exits the vehicle and returns to his office to make an important call. He dials 3005 and hears the voice of salvation.

Army Staff Sgt. Kevin Bowe, the NCOIC of JTF Maintenance and Transportation for non-tactical vehicles, is the Trooper to call when problems like this happen.

Bowe has been on the island since May 2004. He said he has, "worked inside the wire and outside the wire." Inside the wire he was the NCOIC of detainee library operations.

Bowe currently has a dual role. He described his current job, maintenance NCOIC, as a transitional position. The military is in the process of outsourcing the maintenance of non-tactical vehicles, such as the busses, vans and mini vans that many units rely on for transportation. Maintenance of tactical vehicles will remain unchanged, he said.

As the NCOIC of transportation he is, "responsible for all transportation, whether that is movement to a range, the need for a vehicle to pick up media visiting or distinguished visitors."

"I hope everyone knows that I'll do whatever I can to provide temporary transportation," he said. "Whether their vehicle breaks down or a senator or media show up in an untimely manner, I'll do my best to help them out."

"Everyone here has a mission. Whether



Photo by Spc. Timothy Book

it's providing food for the detainees or communicating to the people outside of here, everyone makes a difference. If I can help them accomplish that mission, I'm happy," Bowe said.

Bowe enjoys his time outside of work too. "I like spending time with my wife. I'm pretty lucky to have my wife here. I know it's stressful for a lot of Troops to be away from their loved ones," said Bowe.

He explained that his wife was deployed here first, and then she accepted a position as a civilian contractor. She is an account manager for J-6. "She is one of the people who answers the phone when you have a problem with your NIPR account," he said.

Every Friday, around 7:00 p.m., Bowe can be found at the bowling alley. He, his wife, and some of his coworkers organized a bowling get-together. Troopers from all branches, as well as civilians, meet and have a good time. At this function, "rank does not have privileges. We have lieutenant colonels as well as privates," he said. It's a chance to meet other people outside the work environment and just have a good time with good people.

Bowe extended an open invitation to everyone on the base. "We have people from

all over. We have Jamaicans who come. It's open to everyone," he said. "If you want to meet people from different 'walks of life' and learn about other people, this is a good place to do it."

The bowling group usually lasts until closing time. From there, they frequently go to see a movie, go to the Salsa Club or end up spending time at the Tiki Bar.

Bowe feels fortunate for the time he has spent here. "I would like to personally thank a lot of people from all branches, civilian contractors and the workers from other countries for making this place friendly toward myself and my wife. I want everyone to know that I'll do whatever I can to help."

Shortly after calling Bowe, the Trooper has a clean, operating van, is able to complete his mission and receives a "good job," from his commander. He also has plans for Friday night, because he met Bowe. ■

15 Minutes of Fame

Know a Trooper worthy of being highlighted in "15 Minutes of Fame?" Call Sgt. 1st Class Sheila Tunney at 3594.



Photo by Spc. Dave Lankford

◀Recently, Troopers from JTF-HHC qualified with their assigned weapons.



Photo by Army Sgt. Todd Lamonica

▲Army Sgt. Jason Lawson, of the 525th Military Police Battalion, reenlists in the Caribbean Ocean, while his executive officer, Army Maj. Vernon Anderson, delivers the oath.



Photo by Spc. Timothy Book

▲(left to right) Army Staff Sgt. Madeline Diaz, CAJAS NCOIC, Navy Petty Officer 3rd Class Melissa Rogers, KBJAS corpsman, and Navy Seaman Mia Bellamy, KBJAS corpsman, celebrate their birthdays. All their birthdays fall within one week.

AROUND THE JTF



Photo by Army Sgt. Todd Lamonica

▲JTF-GTMO commander Army Maj. Gen. Jay Hood briefs members of the Congressional Delegation, including Sen. Arlen Specter, during a visit to Guantanamo Bay on Monday.