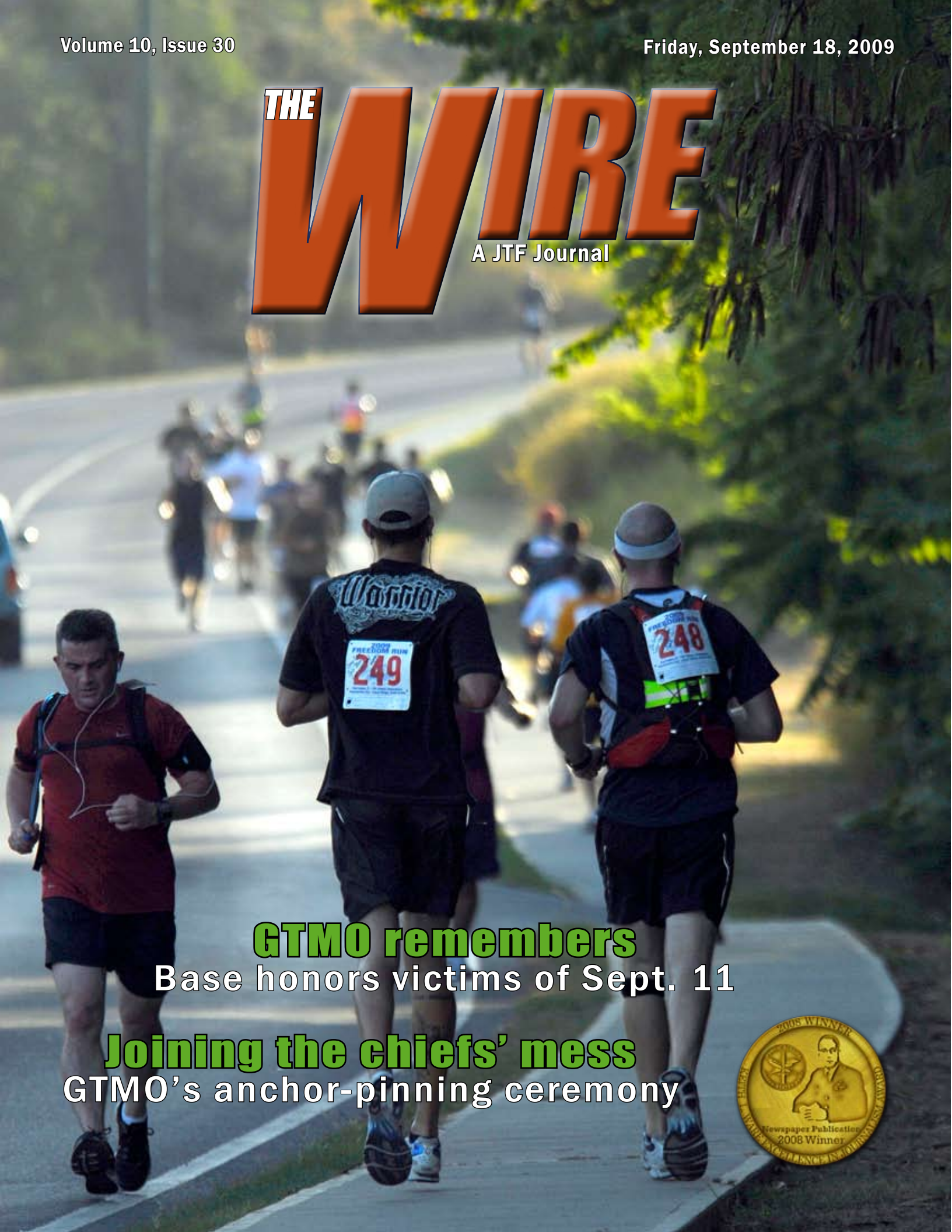


# THE WIRE

A JTF Journal



**GTMO remembers**

Base honors victims of Sept. 11

**Joining the chiefs' mess**

GTMO's anchor-pinning ceremony



# Taking care of Troopers

**Army Master Sgt.  
Maria Diaz**  
JDG S-1 NCOIC

Senior leaders have a sacred responsibility of taking care of their troops. Troops are our most valuable resource, take care of them and they will take care of our nation. William O. Wooldridge, a former sergeant major of the Army, once said, "Take care of each man as though he were your own brother. He is." This philosophy may sound simplistic, but it poses the question, "What exactly is taking care of the troops?"

It is our job to identify our Troopers' duties and responsibilities, ensure they understand them and have the opportunity to exercise those skills and stay proficient, so that if called upon to defend our great nation, they can achieve what they have been taught. It will be at that time that you will realize the importance of successfully accomplishing a mission.

Taking care of the troops goes beyond meeting their training and wartime needs. It goes beyond developing realistic training exercises. It goes beyond ensuring training resources and assets are available from A to Z. We as senior leaders should be aware of our troops personal and professional needs, and assist and guide them when necessary.

In order to accomplish any mission at 100 percent, we must be present before, during and after the mission so we can ensure that every one of our troops is taken care of. In order to take care of the troops, senior leaders must set the example for their Troopers in conduct, job performance and commitment.

Senior leaders must train their troops. Training is essential to the development of troops in all service branches. All troops must be tactically proficient so that they can survive the rigors and hardships of the battlefield. They must also be technically proficient in their job skills in order to perform their wartime and peacetime missions.

Senior leaders must counsel their troops and must provide them with honest feedback on their job performance and professional development. Leaders must also guide them in their careers and sometimes become a sounding board for their personal lives. This is where the skill of listening comes into play. Many professionals say that counseling is 90 percent listening. Every Trooper wants to know that someone is listening to his or her concerns.

Leaders must be available for their troops. When a troop says that he or she needs support, or just someone to talk to, they mean it.

Leaders must motivate troops. They need to explain to troops the importance of fulfilling their duties and responsibilities to the organization and military as a whole. Troopers must understand how their actions impact the whole team.

As leaders we receive authority, status and position in order to serve Troopers, units and our country. Caring for troops is an awesome responsibility, but one that it is also extremely rewarding. The joy leaders experience seeing troops succeed in their jobs and careers is overwhelming. After all, the most important legacy we leave behind is "our Troopers." ❖



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### COVER:

**Naval Station Guantanamo Bay runners participate in the 9.11-mile Freedom Run, Sept. 13.** - JTF Guantanamo photo by Army Sgt. Andrew Hillegass

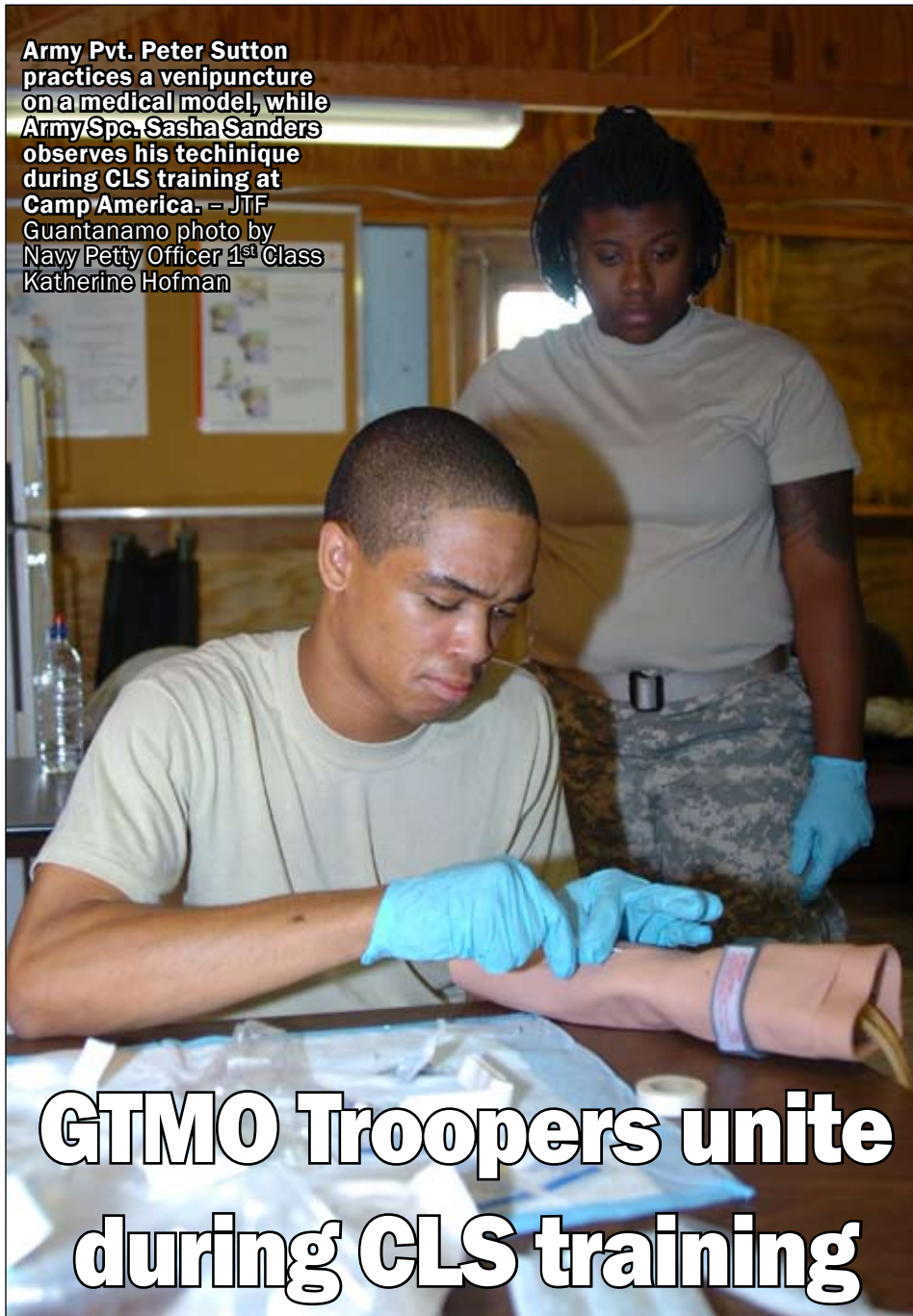
### BACK COVER:

**Participants in the Joint Civilian Orientation Conference shoot at Windward Range, Sept. 12.** - JTF Guantanamo photo by Army Spc. Cody Black



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

Army Pvt. Peter Sutton practices a venipuncture on a medical model, while Army/Spc. Sasha Sanders observes his technique during CLS training at Camp America. – JTF Guantanamo photo by Navy Petty Officer 1<sup>st</sup> Class Katherine Hofman



## GTMO Troopers unite during CLS training

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

As a part of Joint Task Force Guantanamo's mission readiness, the Joint Medical Group plans and conducts monthly Combat Lifesaver training for Troopers deployed to JTF Guantanamo. A CLS-trained Trooper is a non-medical service member with moderate emergency medical training who is able to provide care, primarily on the battlefield, but is also able to render aid to Soldiers in non-combat situations, such as natural disasters or accidents. Developed to increase survivability in combat environments, the CLS is a bridge between self-aid and a combat medic.

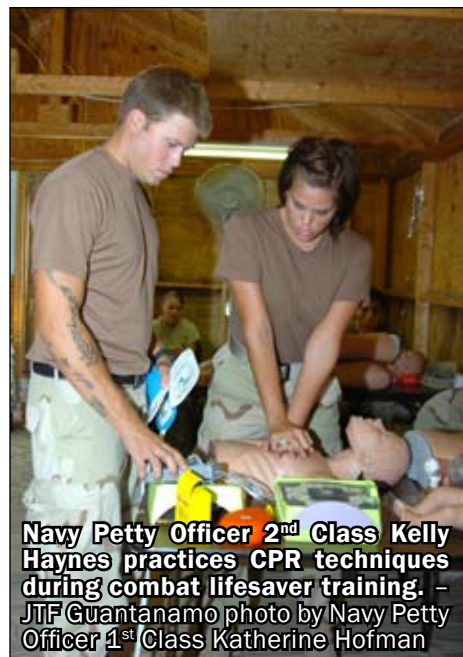
The number one medical priority is eliminating loss of life, limb, and eyesight on the battlefield by focusing the training

on three phases of tactical combat casualty care. The phases are care under fire, tactical field care, and casualty evacuation.

Army Sgt. Danielle Sharrock facilitates the course and finds her job critical in helping prepare Troopers for any given situation. Sharrock reminds students to go through the steps often. "It is critical to evaluate, manage, initiate and improvise in every phase of care on the battlefield without forgetting the combat mission," said Sharrock.

"Don't forget your mission!" exclaimed Sharrock during practical exercises in litter carrying. Troopers are reminded of the tactical environment and small unit tactics. "You are under fire," yelled Sharrock, encouraging Troopers to look around, stay low and listen to the casualty.

Army Pvt. Ashley Lawson sees the benefit of practicing the CLS techniques. "There is so much coming at you and



**Navy Petty Officer 2<sup>nd</sup> Class Kelly Haynes practices CPR techniques during combat lifesaver training.** – JTF Guantanamo photo by Navy Petty Officer 1<sup>st</sup> Class Katherine Hofman

nothing fully prepares you, but [CLS training] gives you the mindset that you need," says Lawson, who is completing the course as a recertification.

Lawson first took the CLS training as part of Army basic training, but found that the intensive course offered by the JMG gives her a different perspective. "This class is to the point. It gets across the job to be done," she said.

Words and phrases like tactical care, tension pneumothorax, casualty and evaluate fill the classroom as Troopers are instructed in various techniques to treat and stabilize Troopers with blast injuries, amputations, severe bleeding or penetrating chest wounds.

Army Pvt. Jake Dipietro, who enjoyed the class, can see the benefits of taking the class as a refresher. "This was focused, and that makes it easier," said Dipietro.

There are many topics and skills covered during the training. Every participant has their favorite experience and the part they could do without. Such is the case for Lawson, whose least favorite part was "the live stick," referring to the venous puncture needed to place an intravenous line, which is a requirement for completion of the course.

"I hate needles," Lawson said. "I don't mind sticking someone, I just don't want to be stuck." Lawson's partner, Dipietro, on the other hand, found the practical portions of "the live stick and practicing [transporting] on the litter really cool," he said.

Each Trooper will take away something different from the class, but each will understand the importance of quick treatment on the battlefield and the lives that can be saved because of their training.

Although not a requirement for Navy, Air Force, Marine Corps or Coast Guard personnel, it is possible, and advised, for all Troopers to have the training for JTF mission readiness. For more information on Combat Lifesaver and Basic Lifesaver courses, contact Sgt. Danielle Sharrock at ext. 3395. ♡



# Never Forget: JTF Troopers honor United 93 families

**Army Sgt.  
Andrew Hillegass**  
JTF Guantanamo Public Affairs

September 11, 2001. It is a date that is permanently etched into the psyche of Americans who were alive to witness the tragedy, as events unfolded live on TV. Many can tell you where they were when they heard the news or saw the first images. Some can still reflect on the emotions that surged over them as the second plane careened into the south tower of the World Trade Center complex.

Each year since Congress established Sept. 11 as Patriot's Day, Americans have gathered together to remember the 2,976 victims of the worst terrorist attack in American history. While many across the nation observed a moment of silence for the victims, Troopers and civilians deployed to Joint Task Force Guantanamo marked the day with another form of remembrance.

Starting promptly at midnight on September 11, Troopers lowered the flag at Camp Delta, and several other flag poles around the JTF, promptly replacing it with another flag. This other flag however, was not going to simply replace the one taken down. This was being flown with a specific purpose in mind. It would be given to the families that lost a family member aboard

the hijacked United Airlines flight 93 that crashed in Shanksville, Pa.

Navy Petty Officer 1<sup>st</sup> Class Scott Williams, the JTF flag coordinator, was on hand to personally oversee the more than 70 flags waiting to be flown that had been dropped off by Troopers and civilians.

"Each flag will be flown for 9 minutes and 11 seconds to pay tribute to the family members that lost loved ones during the terrorist attacks," said Williams.

Since the 9/11 attacks, many Americans have taken their time to pay tribute to members of the military and thank them for their service. For Williams, this is a way for the military to thank the victims of the attacks, in particular the passengers of Flight 93.

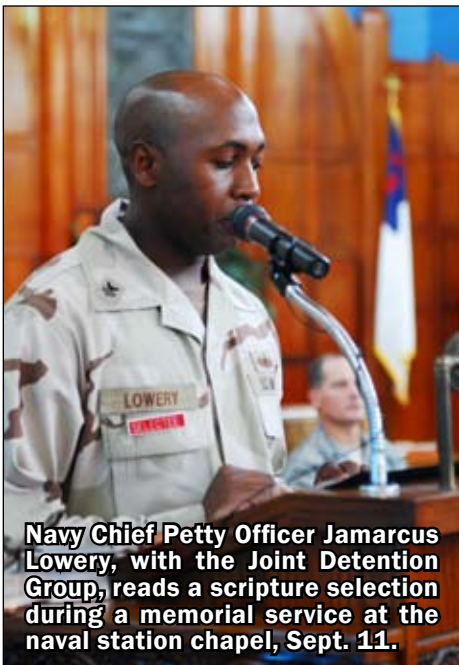
"We had a civilian who wanted to fly flags for each of the families that lost a family member aboard United 93. It is his way to let the families know that the military is down here, possibly with some of the masterminds of the attacks, and he wanted to thank them for the sacrifice their families made to make sure that the flight did not reach its intended target," said Williams.

With so many flags to fly during the overnight hours, Williams assembled a crew that included volunteers and utilized four different flag posts around the JTF.

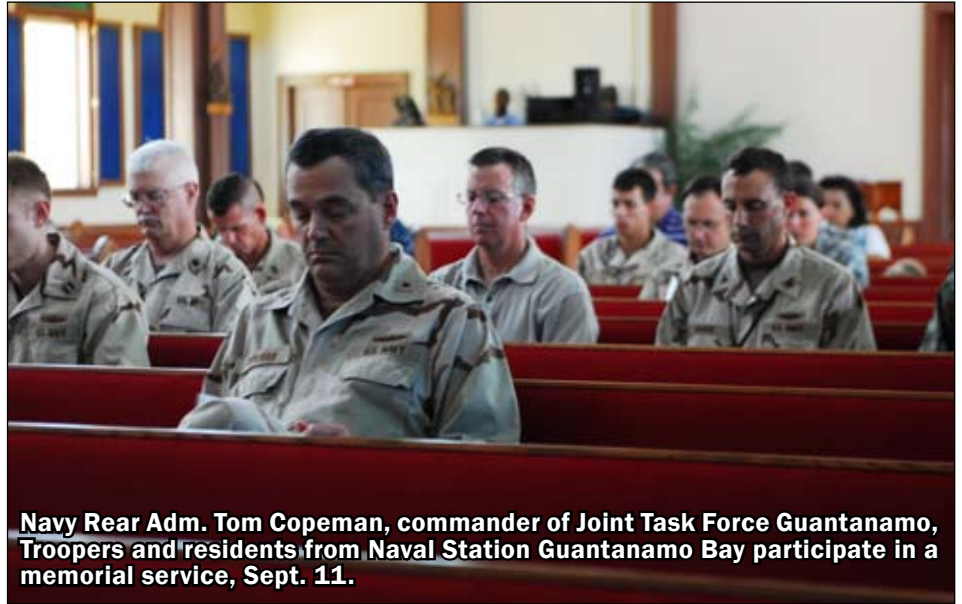
One of those volunteers was Coast Guard Petty Officer

See **FLIGHT93/15**





Navy Chief Petty Officer Jamarcus Lowery, with the Joint Detention Group, reads a scripture selection during a memorial service at the naval station chapel, Sept. 11.



Navy Rear Adm. Tom Copeman, commander of Joint Task Force Guantanamo, Troopers and residents from Naval Station Guantanamo Bay participate in a memorial service, Sept. 11.

# Sept. 11: GTMO remembers



Troopers from Naval Station Guantanamo Bay sing during a memorial service, Sept. 11.

Troopers and residents of Naval Station Guantanamo Bay held a memorial ceremony dedicated to those who lost their lives in the September 11, 2001, terrorist attacks. The service took place at the naval station chapel, Sept. 11, 2009. Those in attendance also took the time to remember those who sacrificed their lives in our nation's history. – JTF Guantanamo photos by Army Sgt. Michael Baltz



Navy Chief Petty Officer Duane Plymel with the Joint Detention Group recites a scripture at the U.S. Naval Station Guantanamo Bay chapel, Sept. 11.



Navy Chief Petty Officer Stephen Pace, with the Joint Detention Group, rings a bell in memory of the victims of the Sept. 11, 2001.



**Nicole Steele, the quarterback for the Caribbeans, runs away from a defensive player, Sept. 16. Steele would rush for a touchdown, but the Caribbeans eventually lost to Code Chaos, the Navy hospital team.**  
 - JTF Guantanamo photo by Navy Petty Officer 1<sup>st</sup> Class Roy Wine

# The wait is over for flag football

**Army Sgt.  
Michael Baltz**

JTF Guantanamo Public Affairs

It is that time of year again. After counting down the days, everyone's favorite season is here: football season.

From little boys playing in their back yard, to professionals playing in sold out stadiums, there is something about the sport of football that brings everyone together.

Troopers at Joint Task Force Guantanamo and Naval Station Guantanamo Bay are no exception. To appease the football fan in all of us, Morale, Welfare and Recreation offers male and female flag football leagues.

This year, leagues are comprised of nine male teams and three female teams.

The opportunity for Troopers to play flag football is a great way to relieve stress while deployed.

"You have to find an outlet to relieve stress," said Navy Petty Officer 2<sup>nd</sup> Class Casanova Romeo Love, a defensive back with the Wolfpack.

Love has been participating in flag football since he joined the Navy in 2002.

"I love it. Everyone loves to compete, and this is a healthy way to do so," Love said. "It also brings people together."

Love's team is comprised of Sailors from the Navy Expeditionary Guard Battalion. They are called the Wolfpack for a reason.

"We are called the Wolfpack, because we hunt together and feed together. We will be hunting and feeding all season long," Love claimed confidently.

"We have been practicing three times a week. The biggest challenge we have is everyone has to learn how to play together, but our strength will overcome that shortly," Love said.

According to Love, the strength of the Wolfpack is that they truly are a team.

"The willingness for everyone to come together really makes a difference," Love said proudly. "It is like everything else. You have good days and bad days, and you hope the good outnumber the bad."

Navy Petty Officer 3<sup>rd</sup> Class Justin Hardy, a defensive back with Code Chaos from the Navy Hospital, also feels confident about what the season may bring.

"I am looking forward to this season because I just want to



**Army Sgt. Shannon Brabson, the quarterback for Code Chaos, runs past a defensive player, Sept. 16. Brabson led her team to their second victory of the flag football season.**  
 - JTF Guantanamo photo by Army Sgt. Michael Baltz

show off my skills in front of everyone," Hardy said. "I am really agile."

Hardy actually compares himself to a cat.

"You know those cats that can jump up into a six-foot tree? That is like me on the field."

As for his team's name, there is also a reason behind that.

"We are called Code Chaos, because our team will cause the other team to have chaos," Hardy explained.

Whether it is to compete, to hang out or to stay in shape, flag football games will be played Monday through Friday until November starting at 7 p.m. at Cooper Field.

If you have any question regarding flag football or MWR sports, call the sports office at ext. 2113. ★



# Child horror movie flops

**Army Spc.  
April D. de Armas**

JTF Guantanamo Public Affairs

Directed by Jaume Collet-Serra, 'Orphan' is the latest release from Warner Bros. Studios. This child thriller has a good story line, but lacks the ability to keep viewers interested.

Life seems normal in the home of John (Peter Sarsgaard) and Kate (Vera Farmiga). They have two children, Daniel (Jimmy Bennett) and Max, (Aryana Engineer). Yet, the couple wants to add to their family. After an untimely miscarriage, the couple decides adoption might be the best way to continue to grow their family.

Esther (Isabelle Fuhrman) turns on her Russian charms when the couple visits the local orphanage. She appears to be mild-mannered and polite. She has an artist eye that impresses the couple and the decision is made quickly to adopt her.

Esther seems to get along well with young Max who is five years old and deaf but Daniel holds his reservations about the new addition to the family.

Not long after Esther enters the home, things start happening. John marks the



**R**

**123 minutes**

**Rating:** ★★☆☆☆

incidents off as part of childish action. He believes that with a little love and attention, Esther will turn out just fine; but Kate starts to feel they made a mistake in their hasty decision to adopt Esther.

After a visit from the nun (CCH Ponder) who handled the adoption, Esther's plan to kill and take over starts to take shape. Her evil nature starts to shine through and after causing bodily injury to a young classmate, Kate starts digging deeper into her new daughter's past.

The child actors in this movie were phenomenal, but the roles played by the parents were badly written. John is portrayed to be simple minded and overly gullible, while Kate is shown as a hyper-vigilant and preoccupied mother.

'Orphan' leaves the viewer feeling like they are watching just another bad 'B' rated horror flick that just won't come to an end.

After an excruciating two hours, the movie comes to an end; but not before a badly-planned last fight scene.

'Orphan' is not worth the price of a ticket at any theater, so it is a good thing residents and Troopers of Naval Station Guantanamo Bay have the opportunity to view movies for free. ☆



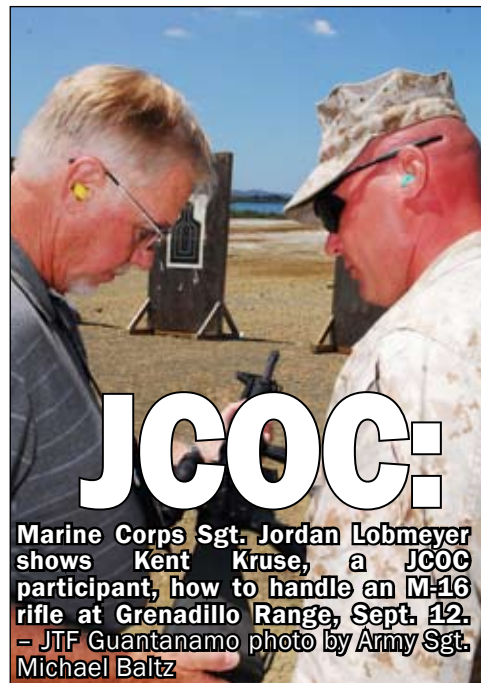
Members of the Joint Civilian Orientation Conference tour Joint Task Force Guantanamo's Camp 4, Sept. 12. - JTF Guantanamo photo by Army Sgt. Carmen Gibson



Participants in the Joint Civilian Orientation Conference tour Joint Task Force Guantanamo's Camp 6, Sept. 12. - JTF Guantanamo photo by Army Staff Sgt. Blair Heusdens



Marine Corps Cpl. Miguel Machado, with the Marine Corps Security Forces Company at Naval Station Guantanamo Bay, assists a JCOC participant at Windward Range, Sept. 12. - JTF Guantanamo photo by Army Sgt. Michael Baltz



**JCOC:**  
Marine Corps Sgt. Jordan Lobmeyer shows Kent Kruse, a JCOC participant, how to handle an M-16 rifle at Grenadillo Range, Sept. 12. - JTF Guantanamo photo by Army Sgt. Michael Baltz

**Army Staff Sgt. Blair Heusdens**  
JTF Guantanamo Public Affairs

Naval Station Guantanamo Bay hosted community and civic leaders from across the U.S. as part of the Joint Civilian Orientation Conference, Sept. 12.

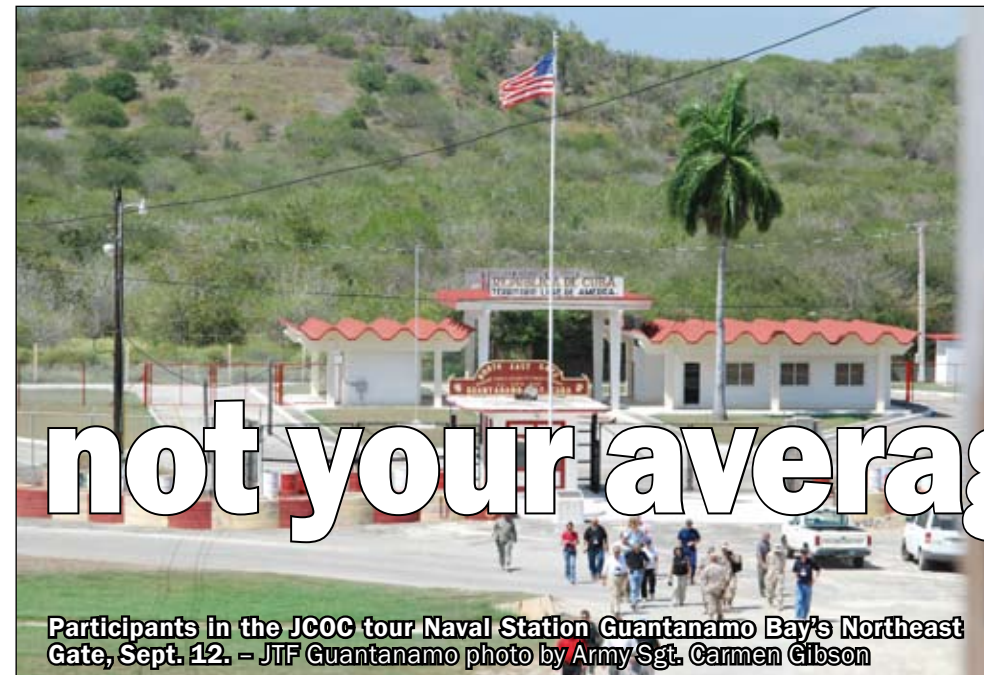
The JCOC is a program sponsored by the Secretary of Defense for civilian public opinion leaders interested in increasing their knowledge of military and national defense issues. JCOC participants attend Pentagon briefings by Department of Defense military and civilian leadership and then join the military in the field observing exercises and participating in training.

"The goal of the program is to introduce senior civilian leaders to the U.S. military and encourage two-way conversation," said Rose-Ann Lynch, director of the JCOC.

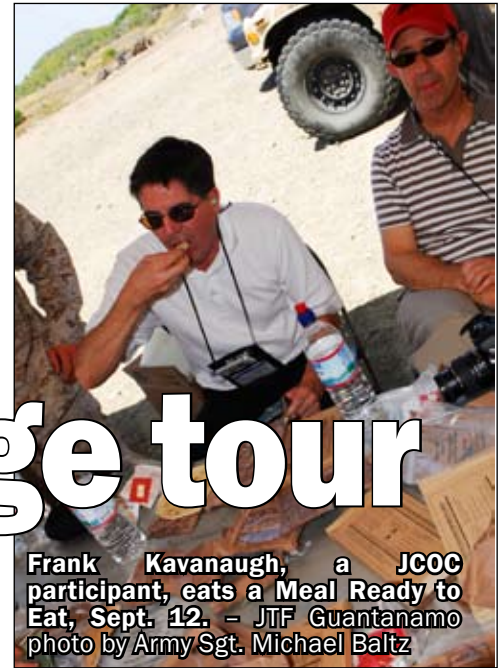
This year's conference is hosted by the United States Southern Command, with visits to U.S. Naval Station Guantanamo Bay and various other sites throughout the command. Participants in the conference have the opportunity to meet military personnel from the most junior enlisted to, in this case, the Secretary of Defense, who started off the trip with a briefing and introduction at the Pentagon.

According to the Department of Defense, fostering and furthering good relations with communities at home and abroad increases the understanding of the mission of the DoD and the U.S. defense posture and capabilities by increasing public exposure to military personnel, facilities, equipment and programs.

"I think we have become more distanced from the armed services," said Leigh von der Esch, managing director of tourism for the Utah Governor's Office of Economic Development. "I want to get the chance to see the men and women in uniform and get their perspective. There are a lot of things you can't fully understand if you only read



Participants in the JCOC tour Naval Station Guantanamo Bay's Northeast Gate, Sept. 12. - JTF Guantanamo photo by Army Sgt. Carmen Gibson



Frank Kavanaugh, a JCOC participant, eats a Meal Ready to Eat, Sept. 12. - JTF Guantanamo photo by Army Sgt. Michael Baltz

# JCOC: not your average tour

about them [in the paper]."

Participants are afforded the opportunity to observe all services in action during their trip. Naval Station Guantanamo Bay and Joint Task Force Guantanamo's joint missions provide a unique opportunity to observe all the services working together in one environment.

While at Naval Station Guantanamo Bay, JCOC participants spent time with members of each service branch; participating in live fire exercises and eating Meals Ready to Eat with the Marines from the Marine Corps Security Forces Company who provide base security here, witnessing a force protection demonstration by the Coast Guard's Maritime Safety and Security Team 91101 and touring the detention facilities and military commissions facilities of Joint Task Force Guantanamo, which is supported by members of all services, with the Navy and Army providing the guard force for the detention camps.

"You'll never see people so excited to eat MREs in your life," said Lynch.

Participants in the JCOC program are nominated by military leaders and past JCOC alumni. The DoD seeks to select a geographical, professional and cultural cross-section of influential Americans who are leaders in their fields. Once chosen, the participants must pay the fees for their trip, either with personal funds or funds raised in their communities.

Paul Finley, the mayor of Madison, Ala., lives in a community that is directly impacted by the military. Just outside Redstone Arsenal, home to the U.S. Army Aviation and Missile Command, the town with a population of 4,000 in 1980 has now grown to 43,000. Unlike many communities, Madison is dealing with a unique, but welcomed, problem of having too many jobs coming into the community.

"I came because of our community's support for Redstone Arsenal," said Finley. "Most who live in Madison work [at Redstone Arsenal]. It's a natural fit to be able to come and learn what they do at Redstone to support the war fighter."

Bobby Hoxworth, president of a community bank with branches across Texas and, specifically, at Fort Hood, the largest active duty armored post in the U.S., sees what his community and his business do to support the military and families and sees

**This was an eye-opening experience; not just because of the hospitality of the troops here or the mission they perform, but truly the spirit in which they do it."**

- Father John Schlegel

this trip as an opportunity to find ways to better support service members and their families through their deployments and after they return.

"I hope to gain a better understanding of what people experience during deployments and how the community can better serve their families," said Hoxworth.

Paul Kennedy, a broadcaster and announcer for Fox Sports Florida and Sun Sports, was personally impacted by Sept. 11, 2001. He was on a plane that morning and still carries his boarding pass, a reminder that it could have been him in one of those fated planes that crashed that day. The tour, which began last week with a briefing at the Pentagon on September 11 and brought him through the facility which houses suspected terrorists, has greatly affected him personally.

"From what I've seen today, what is being reported globally is not consistent with reality," said Kennedy. "I have never been more proud to be an American."

By educating influential community and business leaders, the military hopes, but does not expect, that those leaders will bring their experience back to their communities and share their knowledge and firsthand observations with the public.

"We will take the message back and help spread the word," said Andrew Berlin, chairman and chief executive officer of Berlin Packaging and a limited partner of the Chicago White Sox. "There's no reason you should toil without the recognition you deserve."

Government, media, community and international leaders visit Naval Station Guantanamo Bay each week as part of the U.S. military's and, specifically, Joint Task Force Guantanamo's mission to provide transparency of its operations to the world. The JCOC is just one example of the military's two-way interaction with the public.

"We want to be able to show [the public] what our mission is about," said Navy Cmdr. Cora Rogers, deputy director of JTF Guantanamo's Joint Medical Group. "It's not just about showing them what we are doing for the detainees, but also showing how well our Troopers are doing every day at providing safe, humane, legal and transparent care."

"It's very important that people in our country get to come down and see what we do here," said Navy Capt. Steven Blaisdell, the commanding officer of Naval Station Guantanamo Bay.

All of the participants left with a greater understanding of military operations and the Troopers who perform those missions every day.

"This was an eye-opening experience; not just because of the hospitality of the troops here or the mission they perform, but truly the spirit in which they do it," said Father John Schlegel, president of Creighton University in Omaha, Neb. ✦



# GTMO residents join in 9.11 Freedom Run

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

Residents of U.S. Naval Station Guantanamo Bay and Joint Task Force Guantanamo Troopers gathered in the early morning hours at GTMO's Windmill Beach, Sunday, Sept. 13, united in support and remembrance of the Sept. 11, 2001, tragedy. The participants took part in the second annual 9.11-mile Freedom Run sponsored by the JTF Guantanamo public affairs team; Morale, Welfare and Recreation; and We Do Care, a non-profit organization based in Barrington, Ill.

The run was modeled after the Freedom Run founded by Dirk Beveridge, president and founder of the We Do Care organization, whose mission is to provide the public opportunities to support and thank active duty military personnel, their families and veterans. Beveridge visited Guantanamo Bay in April 2008 and was inspired to add the JTF-GTMO Troopers to the Freedom Run partnership.

"I have seen firsthand the importance of Guantanamo Bay," said Beveridge. "We Do Care is honored to be partnering with all the service men and women of Joint Task Force Guantanamo for the second year." Beveridge added that he was impressed by the professionalism of the Troopers who provide care for the detainees at GTMO every day.

Beveridge continued on to say, "As you conduct safe, humane, legal and transparent care and custody of detainees, We Do Care is committed to connecting the American public to your mission and the exemplary work of those who wear the cloth of our nation while serving at Guantanamo Bay."

"This run is unique because it reminds the Troopers at GTMO why their mission here is so critical," said Maj. Diana Haynie, deputy director of public affairs for the JTF.

The run began at 6:45 a.m. traveling a course from Windmill Beach through a long and hilly route toward the naval station golf

course, then circling back toward the Windmill Beach finish line.

"The hills were rough," said Navy Petty Officer 1<sup>st</sup> Class Steven Chesson, one of 16 Navy chief selectees who participated in the run as a group. Chesson went on to express how his fellow selectees helped him to feel supported during the run. "The team kept me going."

The run had special meaning as it gave participants the chance to run in memory of the people who lost their lives on Sept. 11, 2001. Such is the case for Navy Petty Officer 2<sup>nd</sup> Class Amirah Azziz. Originally, Azziz chose to run because her friends were going to run, but then began to think about the run in a different way. "I had to do it; I'm here in GTMO," said Azziz. "Even as I ran, even as I was hurting, I kept thinking about the people on Sept. 11."

Beveridge spoke of the stateside Freedom Run which took place Sept. 12, in Barrington, Ill. He said the runners in Illinois were, "thinking of every one of you and your families back home with every step."

Sharing in the enthusiasm and sentiments for the 9.11 Freedom Run, more than 226 runners and 60 volunteers provided support at Naval Station Guantanamo Bay, along with 500 Barrington runners, 250 runners in Eskan Village, Saudi Arabia, and additional runners in Altimur, Afghanistan.

A small awards ceremony at Naval Station Guantanamo Bay acknowledged the first place men's and women's finishers, Air Force Capt. Dan Dean and GTMO resident Jen Iosue.

Runners who completed the run received an official Freedom Run t-shirt and as participants crossed the finish line, they were presented with a Freedom Run challenge coin. The event transitioned to a barbeque and beach party, hosted by the JTF public affairs office.

The We Do Care organization is a non-profit, non-political, grassroots organization founded by Barrington, Ill., area residents committed to finding appropriate ways of showing appreciation and support to those who serve. For more information, visit the Web site, [www.we-do-care.org](http://www.we-do-care.org). ★



**Participants in the 9.11-mile Freedom Run at Naval Station Guantanamo Bay climb one of the route's hills, Sept. 13.** - JTF Guantanamo photo by Army Sgt. Andrew Hillegass



**Runners approach the turnaround point for the 9.11-mile Freedom Run at Naval Station Guantanamo Bay, Sept. 13.** - JTF Guantanamo photo by Army Sgt. Andrew Hillegass



**Army Lt. Col. Alexander Conyers, commander of the 525<sup>th</sup> Military Police Battalion assigned to Joint Task Force Guantanamo, celebrates after finishing 9.11 miles, Sept. 13.** - JTF Guantanamo photo by Army Sgt. Andrew Hillegass



**Navy chief selectees from Naval Station Guantanamo Bay and Joint Task Force Guantanamo head toward the finish line of the second annual 9.11-mile Freedom Run, Sept. 13.** - JTF Guantanamo photo by Army Sgt. Andrew Hillegass



**Participants in the 9.11-mile Freedom Run at Naval Station Guantanamo Bay pause to remember the victims of Sept. 11, 2001, prior to GTMO's second annual memorial run, Sept. 13.** - JTF Guantanamo photo by Army Sgt. Andrew Hillegass



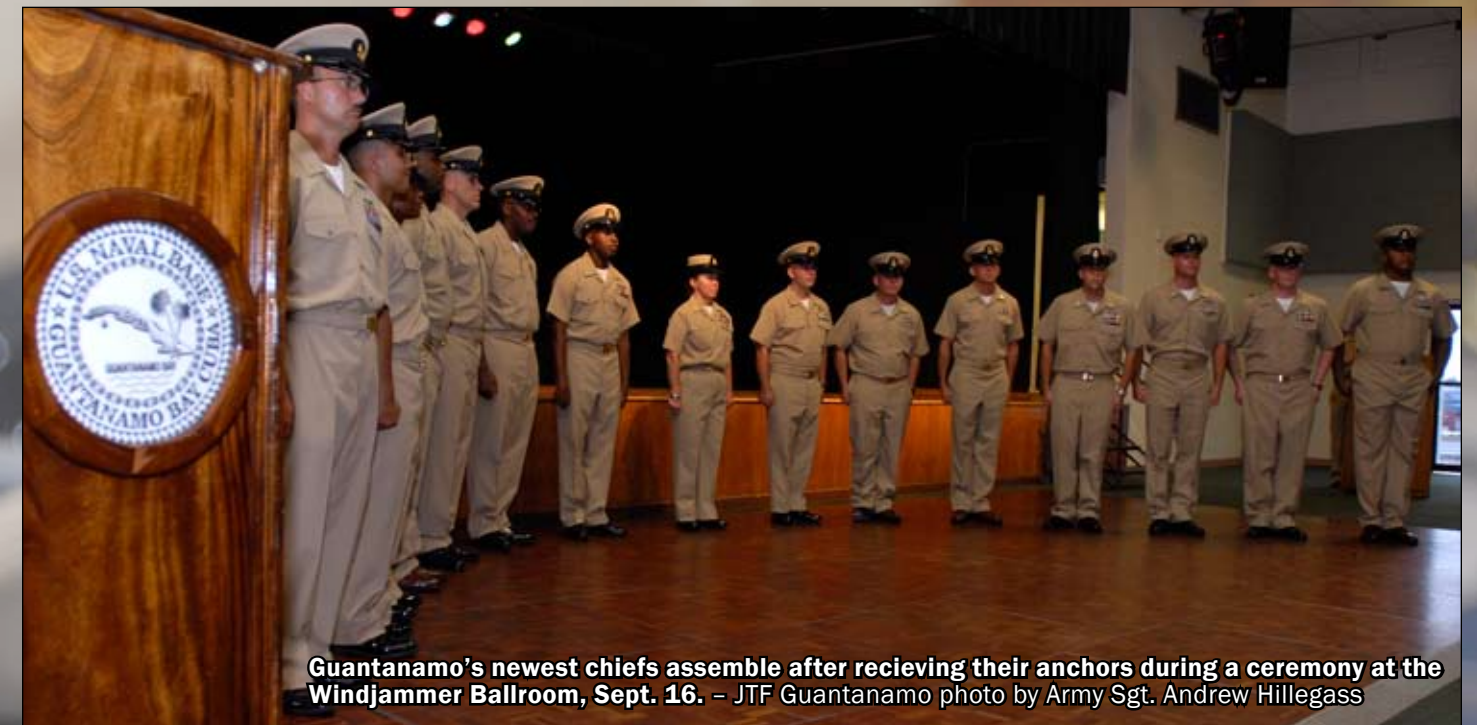
**Navy Lt. Cmdr. Jimmy Landrom hands out a coin to a participant in the 9.11-mile Freedom Run, Sept. 13.** - JTF Guantanamo photo by Army Sgt. Andrew Hillegass



Navy Chief Petty Officer Richard Vargas pins an anchor on newly-promoted Chief Petty Officer Jeremy Sluss during a ceremony, Sept. 16. – JTF Guantanamo photo by Army Sgt. Andrew Hillegass



Members of the Guantanamo community congratulate the newly-promoted chiefs. – JTF Guantanamo photo by Army Sgt. Andrew Hillegass



Guantanamo's newest chiefs assemble after receiving their anchors during a ceremony at the Windjammer Ballroom, Sept. 16. – JTF Guantanamo photo by Army Sgt. Andrew Hillegass

# GTMO's newest chiefs pinned 16 Inducted into Navy's Goat Locker

**Navy Petty Officer 1<sup>st</sup> Class  
Jerome W. Mapp**  
JTF Guantanamo Public Affairs

Sixteen chief petty officer selectees from Joint Task Force Guantanamo and the Naval Station concluded one chapter of their Navy careers and entered another, when they gathered at the Windjammer Ballroom for an anchor-pinning ceremony and full-fledged induction into the Chief's Mess, known affectionately around the Navy as the "Goat Locker," Sept. 16.

The annual CPO induction process, which began on Aug. 1, is a six-week, intensive training cycle that is geared toward developing the selectees' advanced leadership and teamwork skills. This process prepares them to become subject-matter experts in their particular trade as they assume the mantle of leaders and guides for their junior Sailors and junior officers.

"The [induction process] is about the transition into the chief petty officer ranks," said Senior Chief Petty Officer Anthony Williams, the leading chief of Naval Station Guantanamo Bay's public works center and senior enlisted leader of Navy Facilities Engineering Command Southeast, headquartered in Jacksonville, Fla. "This [induction process] involves more responsibility to your junior troops and more responsibilities to your [junior] officers."

The CPO grade was created on April 1, 1893, formalizing a tradition that existed of having the senior, most experienced, rated Sailors as the "Chief" Sailor, who was designated by the commanding officer as the one in charge of his peers.

When a Sailor is promoted to the rank of chief petty officer, he or she incurs a greater load of responsibilities and expectations. They will spend more time leading junior Sailors to accomplish

the Navy's mission than they will ever have done before.

Williams said that these 16 Sailors, while enduring fatigue and long nights, were mentally preparing for the moment when they transformed from "bluejackets" to CPOs, with an increase in responsibilities and an assumption of a higher level of leadership. "Bluejacket" refers to Sailors in rank from seaman recruits to petty officers first class.

"They are going through a very stressful time, in regards to the fact that they still have to [perform] their jobs for the JTF and for the naval station, plus their overall responsibilities will increase," Williams said.

"The [induction] process helps [CPO selectees] to understand what [the Navy] expects of them once that rank is achieved," Williams said.

The induction process began with 17 Sailors last month, but was reduced by one when a selectee transferred out of the JTF for a stateside command. That Sailor continued the process of ascending to the CPO ranks alongside selectees at the new command.

The JTF Guantanamo and naval station chief selectees are just a few of hundreds Navy-wide who were pinned with the coveted fouled anchor during a ceremony that signifies their status as "backbones of the Navy fleet" who are experts in their trade, and have been selected for their leadership and steady guidance. According to Williams, first class petty officers who aspire to join the CPO Mess should keep a few things in mind as they prepare for that next phase of their Navy careers.

"Mission first, people always," Williams said. "That's pretty much the greatest thing that [first class petty officers] need to understand. In order to get that increased responsibility, they should remember that it's about the mission, that it's about the people." ☆



Navy Rear Adm. Tom Copeman, commander of JTF Guantanamo, congratulates newly-promoted Chief Petty Officer Jedidiah Yisrael. – JTF Guantanamo photo by Army Sgt. Andrew Hillegass



Navy Petty Officer 3<sup>rd</sup> Class Joel Hulak looks at a WiiFit while shopping at the Navy Exchange. – JTF Guantanamo photo by Army 1<sup>st</sup> Lt. Cody Starken



# Alternative fitness at GTMO

**Army 1<sup>st</sup> Lt.  
Cody Starken**

JTF Guantanamo Public Affairs

The military does well to keep its Troopers physically fit, but what happens when your organization doesn't have a structured physical training program or you want to go above and beyond?

There are many alternative physical fitness programs provided by the naval station, technology and the Internet. All three provide flexible opportunities to work fitness into your own schedule.

One program that is gaining popularity is the fitness phenomenon called CrossFit. This program is very short and very intense, providing the user a 20-to-30-minute workout with a video explanation on how to perform the exercises.

"I like CrossFit because I don't have to worry about scheduling an exact time every day," said Army 1<sup>st</sup> Lt. Nicole Lopez, of the 189<sup>th</sup> Military Police Company. "I know I can get it done in a half-hour or so and do it whenever I have time during the day."

The benefit of this workout is to get you in and out of the gym feeling you've completed an intense workout in a short amount of time.

"I enjoy the high intensity of every workout," says Lopez, "and the fact that I am able to work so many different muscles in such a short amount of time."

Naval Station Guantanamo Bay's Morale, Welfare and Recreation provides

multiple programs to Troopers who are looking to stay fit. Various sports, fun runs and competitions are offered on the evenings and weekends for Troopers. There are multiple fitness options offered through MWR, such as yoga classes, bowling or the base gyms.

Advancements in technology have allowed the general public to focus on fitness on their time schedule. Various entertainment consoles provide software with fitness in mind. The Nintendo Wii has produced two products that create and track your fitness over time. Nintendo's WiiFit provides a balance board that measures your weight against your height and records your body mass index. It also offers games and exercises that measures your physical fitness and endurance. Electronic Arts, the makers of Madden 2010, also produced a fitness program called EA Active, which supplies resistance bands to help assist in your exercises. The game provides you a 30-day workout schedule and a video trainer who takes you through all the exercises so you're not second-guessing yourself.

Troopers at Guantanamo also have other fitness options. The snorkeling and dive community is very active.

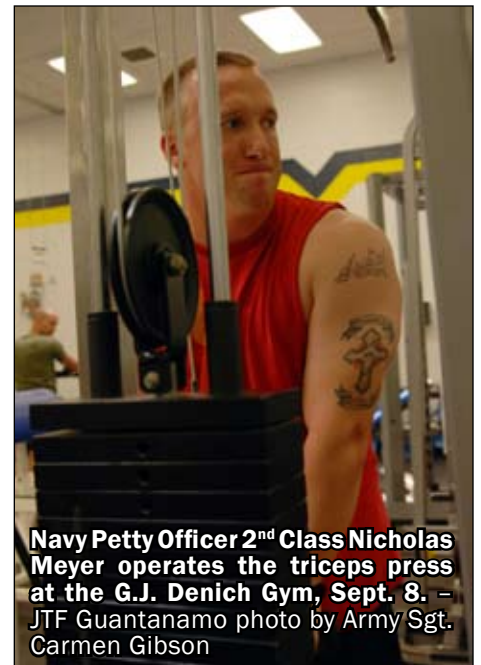
"[Diving is] like a break in the day," explains Navy Petty Officer 3<sup>rd</sup> Class Joel Hulak of the Navy Expeditionary Guard Battalion, "and it allows us to maintain our fitness."

Snorkeling may not seem like a workout, but it can involve fitness with

sightseeing.

"I run the ridgeline by Tierra Key, [and afterwards] enjoy swimming and snorkeling in the Caribbean," said Hulak.

It is hard to find an excuse not to work out here. With multiple options across the base, and availability for all ages, there is something out there for everyone. With changes in technology and the way the world views fitness, "finding the time" is now an excuse of the past. ★



Navy Petty Officer 2<sup>nd</sup> Class Nicholas Meyer operates the triceps press at the G.J. Denich Gym, Sept. 8. – JTF Guantanamo photo by Army Sgt. Carmen Gibson

# Flags flown over Camp Delta for Flight 93 families

**FLIGHT93** from 4

3<sup>rd</sup> Class Travis Smith, who after the 9/11 attacks was searching for a way to give back to his country.

"I joined the Coast Guard after the attacks, because I had to find a way to serve my county and give back," said Smith.

Smith's idea of selfless service is one all services try to impress upon their Soldiers, Sailors, Marines, Airmen and Coast Guardsmen. Those services all touch on the idea of putting something, whether a person, unit or country before one's own self. This concept was on full display as members from the night's detail had given their own time to assist with the flag detail.

"I wanted to take a small amount of my time and volunteer to give back to the families that suffered a loss eight years ago," said Smith.

For Williams, the opportunity to give back to the victims holds an even more personal connection.

"This day holds a special place in my heart. My family is third generation military and has strong ties to New York. More importantly, my brother was recently wounded in

a [rocket-propelled grenade] attack in Afghanistan," said Williams.

In a speech to a joint session of Congress, nine days after the terrorist attacks, President George W. Bush summed up the feelings of the country.

"Each of us will remember what happened that day and to whom it happened. We will remember the moment the news came, where we were and what we were doing. Some will remember an image of a fire or story or rescue. Some will carry memories of a face and a voice gone forever. And I will carry this. It is the police shield of a man named George Howard who died at the World Trade Center trying to save others. It was given to me by his mom, Arlene, as a proud memorial to her son. It is my reminder of lives that ended and a task that does not end," said Bush.

While the flags can not replace the loved ones lost, it can perhaps serve as a way for the men and women who are deployed to Joint Task Force Guantanamo to pay tribute and show their commitment to never forget the victims of that day or their families. ☆



**Coast Guard Petty Officer 3<sup>rd</sup> Class Travis Smith and Petty Officer 1<sup>st</sup> Class Kevin Knutsen fold an American flag after flying it over Joint Task Force Guantanamo, Sept. 11. - JTF Guantanamo photo by Army Sgt. Andrew Hillegass**

## Trouble Sleeping?

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

For more information, please refer to JTF-GTMO Bachelor Housing SOP <https://intranet/resources>.

# Muslim chaplain visits GTMO

**Army Sgt.  
Emily Greene**

JTF Guantanamo Public Affairs

This week, Joint Task Force Guantanamo and Naval Station Guantanamo Bay welcome a Muslim chaplain for observances and celebrations during the last days of Ramadan.

Army Maj. Abdullah A. Hulwe is both an imam and a teacher who has come to Guantanamo Bay as part of the chaplains' ongoing mission to accommodate the religious needs of Troopers.

Army Capt. Scott Brill, the chaplain deputy director for JTF Guantanamo, said he and the other chaplains at Guantanamo Bay are excited to have Hulwe here during this holiday and grateful for the aspect of religious accommodation he is able to provide.

"We want to provide for and accommodate every religious need here at

Guantanamo Bay. The opportunity to have a Muslim chaplain visit during this time is an honor," Brill said.

During the month of Ramadan, Muslims fast from food, drink and other pleasures. This is one of the five basic observances of the faith. Prayer five times a day is another basic practice, as well as group recitation of prayer and reading the Quran.

More than one billion Muslims around the world celebrate the holy month of Ramadan with fasting, prayer, and acts of charity. They believe the holiday marks the revelation of God's word in the Holy Quran to the prophet Mohammad.

Brill said the month of Ramadan is an important one at Guantanamo Bay and he is glad to be able to participate in the celebrations and learn from another religious leader.

"Having (Maj.) Hulwe here is a blessing. This is an opportunity to learn about Islam from someone in our midst, who is able

to show us firsthand what Ramadan is about and to demonstrate the beauty of the religion," Brill said.

Troopers and civilians of all faiths are encouraged to attend Ramadan observances. Hulwe said an important part of his ministry includes outreach to non-Muslims. He said he seeks to promote awareness and educate people about the beliefs and practices of Islam.

From Sept. 12 through Sept. 22, Ramadan activities include daily Qiyam at 5:00 a.m., a daily lecture at 7:30 p.m., followed by Taraweeh at 8:00 p.m. There will be a Friday I'tidaf on September 18 at 9:00 p.m. The Eid prayer will be on Sunday at 9:00 a.m. All activities will be held at the Naval Station Chapel (Sanctuary C).

For more information about final Ramadan activities, contact the JTF GTMO command chaplain's office at ext. 3302 or 3303.

# Visiting Rabbi provides Jewish services

**Army Sgt.  
Andrew Hillegass**

JTF Guantanamo Public Affairs

For the next two weeks Naval Station Guantanamo Bay and Joint Task Force Guantanamo will be hosting a Jewish chaplain to assist with two of the most revered days in Judaism.

Navy Lt. Jonathan Blum is visiting the JTF to coincide with the observances of Rosh Hashanah and Yom Kippur.

"I am here to celebrate the high holidays of Rosh Hashanah and Yom Kippur with the troops down here," said Blum.

Air Force Lt. Col. Dwayne Peoples, the chaplain director for JTF Guantanamo, explained the importance of Rabbi Blum's visit to the JTF.

"It is always great to have chaplains visit down here during their religion's holiday periods and celebrate it with members of the JTF community," said Peoples.

Rosh Hashanah and Yom Kippur are two days that are very closely related, not only on the calendar but also for the reason which they are celebrated.

In Hebrew, Rosh Hashanah literally means 'head of the year' or 'first of the year' and is commonly known as the Jewish New Year.

"[Rosh Hashanah] is also considered a day of judgment where mankind is judged by God for everything done during the previous year," said Blum.

Yom Kippur observance takes place 10 days after Rosh Hashanah and means 'the day of atonement.' The days between the holidays are used for reflection, introspection and the mending of one's ways.

"The day of Yom Kippur is when people can atone for anything they might not have been judge favorably for on Rosh Hashanah," said Blum.

Blum advised that services will be held at the naval station chapel fellowship hall Sept. 19, Sept. 20 and Sept. 28 starting at 10:30 a.m., and a 6:30 p.m. service on Sept. 27. Troopers and civilians of all faiths are welcome to attend any of the services.

For more information about Rosh Hashanah and Yom Kippur activities or to speak with Rabbi Blum, contact the JTF GTMO command chaplain's office at ext. 3302 or 3303.

**"All the Kabbalah I need to know, I learned in Kindergarten"**

**An introduction to everything you'd want to know about Kabbalah \***

**By**

**Navy Lt. Jonathan D. Blum, Chaplain**

**Tuesday, Sept. 22, from 6:30 p.m. to 7:45 p.m. at Troopers' Chapel**

**All are welcome to attend**

**\* Kabbalah is believed to be the World's oldest study of the Divine**



## GTMO Sailors take advancement exams

Navy petty officers from Naval Station Guantanamo Bay take the Navy E-6 advancement exam at G.J. Denich Gym, Sept. 10. Sailors across the base in the grades of E-4 through E-6 participated in this year's advancement exams in hopes of moving up in the Navy ranks. – JTF Guantanamo photo by Army Pfc. Christopher Vann

## Boots on the Ground

by Army Spc. David McLean

*International "Talk Like A Pirate" day is Saturday, Sept. 19; so who is your favorite pirate, and what is your favorite pirate phrase?*

Army Sgt.  
Sandy Cho



"Captain Jack Sparrow.  
Arrrrrrrrrrrrrrgh!"

Air Force Staff Sgt.  
William Jones



"Sloth Fratelli (Goonies). Hey  
you guys!"

Navy Ensign  
Ryan Platt

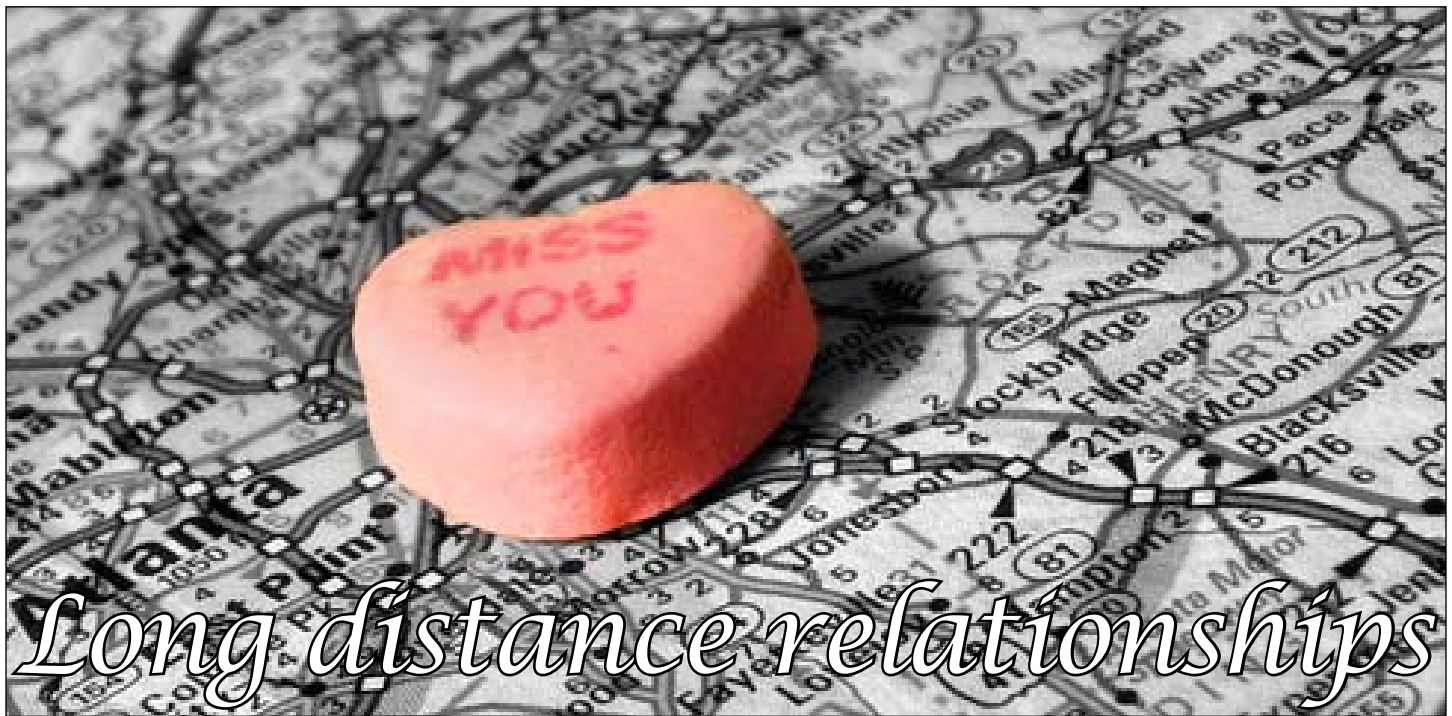


"Long John Silver. Would  
you like fries with that?"

Army Spc.  
Aaron Rogers



"Captain Jack Sparrow.  
Drink up me mateys, yo  
ho!"



**Navy Lt.  
Justin Top**

Naval Hospital Jacksonville chaplain

There is great news for those who are or will be experiencing separation. Recent research has shown that long distance relationships have as good a chance at being successful as other relationships. A study concluded that there is no connection between distance or frequency of contact and the success of LDRs. It matters more how a couple interacts than how often. In a way, separation can actually be beneficial to a relationship because it forces the couple to strengthen areas of their relationship that may not get much attention otherwise.

There are several things you can do to help your relationship grow stronger through separation. Here are just a few suggestions based on research.

Send mail. The number one factor linked to successful LDRs is the sending of actual letters. E-mail and text messages don't have the same effect. By writing letters and sending packages, you provide physical evidence of your commitment to the relationship.

Control phone conversations. If you don't know what you are doing, phone conversations can cause a lot of frustration. Control what you talk about and how often.

Many people believe that the only way to overcome the separation is to spend as much time as possible talking on the phone or online, but when you talk too much, conversations can become negative and leave you full of self-pity. You both need to get a life outside of each other. If you are using all your free time to talk on the phone, then you are probably isolating yourself from the world you are in. When you run out of uplifting things to say, end the conversation. You may even decide to put a limit on yourselves. The last thing you want is to begin dreading phone conversations.

Be positive. Negativity will suck the life out of the relationship, even if it is directed elsewhere. Many couples think that it will strengthen their relationship to tell each other all their problems, but the other person usually feels responsible to fix the problem. Unfortunately, they cannot always fix the problem, and they then begin to feel frustrated and trapped. Though it is OK to occasionally vent your frustrations, try to limit it and make sure the other person understands that you just want them to listen, not to fix it. Share with each other happy things and make sure the positive far outweighs the negative. Be upbeat, optimistic and excited and the enthusiasm will spill over into your relationship.

Laugh together; just like you did when

you first fell in love. Humor is a great reliever of stress. Look for funny things (jokes, stories, experiences, etc.) to share with each other. Try to always have both of you smiling when you hang up the phone.

Establish rituals. Choose uplifting family rituals to keep you close and in a routine. This is especially important if you have children. Some examples of family rituals are telling a bedtime story over the phone and sending mail once a week. Rituals are also important in romantic relationships. Some examples may be reading scripture and praying together over the phone, choosing a book to read together and discussing them. Base your rituals on what you love to do, what brings you close and what your family needs.

Empower each other. Don't fall into the trap of believing that if you really love each other you will be miserable when you are apart. In truth, needy relationships are the most likely to fail. "I need you" is actually the opposite of "I love you." If you truly love each other, you will want what is best for each other. Empower each other to get involved and to do things that will bring happiness. Foster in each other the ability to be happy and independent. Only when your happiness comes from yourself, will you be able to share it with each other. ★

## JTF CHAPEL SCHEDULED PROGRAMS

**Catholic Mass**  
**Sunday - Friday:**  
6:30 a.m. Mass

**Spanish Catholic Mass**  
**Sunday:** 5 p.m.  
at NAVSTA Chapel

**Protestant Worship**  
**Sunday:** 9 a.m.

**Spanish Protestant**  
**Worship**  
**Sunday:** 11 a.m.

**Bible Study**  
**Sunday:** 6 p.m.  
**Wednesday:** 7 p.m.

# Back to BUD/S

**Army Spc.  
David McLean**

JTF Guantanamo Public Affairs

The training to become U.S. Navy Sea, Air and Land Forces, commonly known as the Navy SEALs, is intense and demanding. This training is considered to be the most challenging and difficult the Navy and the U.S. military have to offer. Many try, and few succeed, but few get a chance to try again. Navy Petty Officer 3<sup>rd</sup> Class Jared Borg, a mail clerk with JTF Guantanamo Joint Detention Group, is getting a second chance to push his mind and body to the limit and wear the trident.

Borg said he joined the Navy in 2006 with the dream of becoming a SEAL. He finished college at Ohio State University and said he wanted to become an elite warrior.

“This was what I was going to do,” Borg said. “I wanted to be the most highly-skilled, highly-trained warrior that the majority can’t become.”

Borg was tested following basic training at Recruit Training Command, Great Lakes, Ill., and the Naval Special Warfare Preparation Course, Great Lakes, Ill., as he continued to Basic Underwater Demolition/SEAL training at the Naval Special Warfare Center in Coronado, Calif. BUD/S lasts approximately 31 weeks and is divided into three phases; basic conditioning, diving and land warfare.

Many start the BUD/S training, but few finish. Borg said most attrition happens in the basic conditioning phase, but he found trouble in the diving phase and was released.

“I was so close initially,” Borg said. “I was in the second phase when I got dropped for a safety violation. I had some issues with water going down the back of my throat. It was a small muscle in the back of my nose that failed to close properly, and would cause problems when I tried to surface.”

Borg was sent to Joint Task Force Guantanamo with an undesignated rating to fill a billet as part of the guard force. He has since been able to train for a gunner’s mate rating, advance in rank and has stayed on longer to work in the detainee mail office.



**Navy Petty Officer 3<sup>rd</sup> Class Jared Borg trains intensely at G.J. Denich Gym in preparation to return to Basic Underwater Demolition/SEAL training in Coronado, Calif. – JTF Guantanamo photo by Army Spc. David McLean**

Borg has had to wait two years to become eligible to return to BUD/S, and his packet has been approved to go in December.

“Coming to Guantanamo Bay undesignated puts you at the bottom of the pecking order,” said Navy Petty Officer 3<sup>rd</sup> Class Ian Ballard, a religious program specialist at JTF Guantanamo, and former boat crew member with Borg in BUD/S. “So to start at the very bottom, and work your way up, get a rate and advance and then get a package approved, shows a lot of character and motivation.”

Motivation and determination are seen in Borg’s daily workout routines to remain

physically fit and mentally ready for the challenge. He tailors his training to focus on aspects of running, strength and pool skills based on his experience. His mental training includes experiences working in the camps and learning to relax in the water. A focused individual, Borg works to achieve his dream.

“This is what he was born to do,” Ballard said. “To make it as far as he did and to run into a little bad luck, and then turn around and try to do it again, that takes courage. He is better prepared physically and separated himself as a candidate. He’s a tough guy to come here and then succeed to go back.” ☆

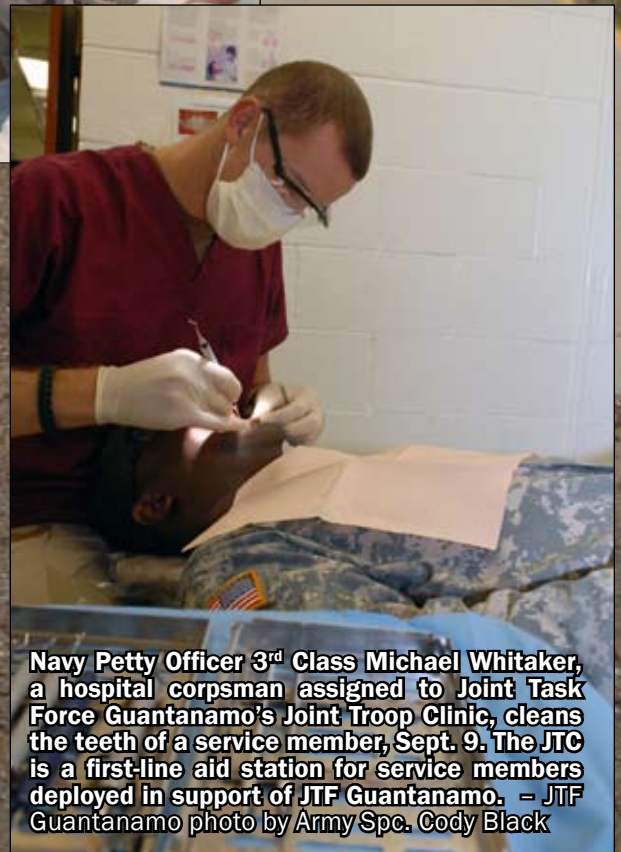


# Around the

# JTF



Navy Petty Officer 3<sup>rd</sup> Class William Boyer, right, and Navy Petty Officer 3<sup>rd</sup> Class Rachel Mendoza, both aviation electronics technicians assigned to Joint Task Force Guantanamo's Navy Expeditionary Guard Battalion, load supplies bound for Camp 4, Sept. 9. - JTF Guantanamo photo by Army Sgt. Carmen Gibson



Navy Petty Officer 3<sup>rd</sup> Class Michael Whitaker, a hospital corpsman assigned to Joint Task Force Guantanamo's Joint Troop Clinic, cleans the teeth of a service member, Sept. 9. The JTC is a first-line aid station for service members deployed in support of JTF Guantanamo. - JTF Guantanamo photo by Army Spc. Cody Black



Members of the 474<sup>th</sup> Expeditionary Civil Engineering Squadron participated in a volunteer clean-up project at a local beach, Sept. 12. - JTF Guantanamo photo by Air Force Tech Sgt. Amy Grennan