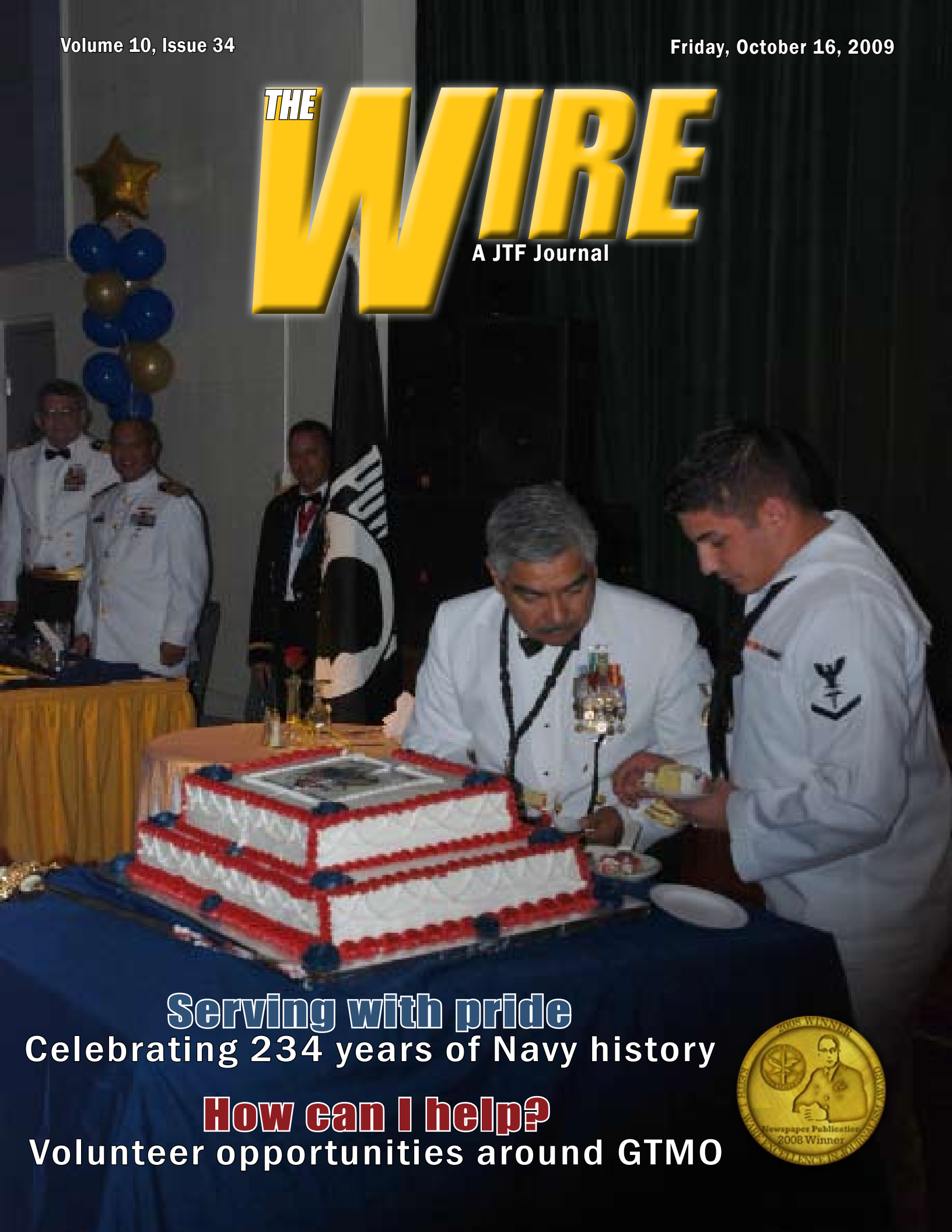


# THE WIRE

A JTF Journal



**Serving with pride**  
Celebrating 234 years of Navy history

**How can I help?**  
Volunteer opportunities around GTMO



# Fulfill your obligations

**Army 1<sup>st</sup> Sgt.  
Davis Dumeng**

480<sup>th</sup> Military Police Company 1<sup>st</sup> Sgt

“The essence of duty is acting in the absence of orders or direction from others, based on an inner sense of what is morally and professionally right.” – Gen. John A. Wickham Jr., Army Chief of Staff

Duty begins with everything required of you by laws, regulations and orders; but it also includes much more than that. As a professional, do your work not just to the minimum standard, but to the very best of your ability. Commit to excellence in all aspects of your professional responsibility so that when the job is done, you can look back and say, “I couldn’t have given any more.”

On a drill weekend prior to our deployment, I was asked if I would take the unit’s first sergeant position. At the time, I was a master sergeant with three previous deployments and wasn’t sure if I wanted the additional responsibilities, commitment and stress the position would put on me and my family. My superiors, peers and subordinates encouraged me to take the challenge. Three months later, we found out that we would be deploying to provide external security for the Joint Detention Group in support of Joint Task Force Guantanamo.

As National Guardsmen, it’s our duty to train one weekend a month and two weeks each year. Though it is not enough time, it is expected of us to be trained and ready to deploy when called upon.

Once deployed, it’s expected of us to perform like our counterparts of active duty components. We perform the job to Army standards, with commitment, selfless service and pride.

We all have the duty to give the extra effort, the extra commitment and the extra responsibility to take on tasks and work together to continue making the mission a success.

The 480<sup>th</sup> Military Police Company is close to finishing our year-long deployment here at Naval Station Guantanamo Bay. We have all done our duty here, alongside both active duty and reserve components who perform outstandingly every day.

The JDG mission would not be a success if it weren’t for the Troopers who do their duty each and every day and then give their extra work to find ways to improve the manner in which we function at every level. Without the support of all of the people and entities that make up the JTF, we would not have been able to perform our mission as well as we did.

The feeling you get when you fulfill your duty is something to be proud of. Although our duty doesn’t end until we retire or leave the service, successfully completing a mission and knowing that you gave your best, gives you a feeling of satisfaction that will stay with you your entire career. ☆



## JTF GUANTANAMO

### Commander:

Navy Rear Adm. Tom Copeman

### Command Master Chief:

Navy Master Chief Petty Officer  
Scott A. Fleming

### Office of Public Affairs

#### Director:

Navy Lt. Cmdr. Brook DeWalt: 9928

#### Deputy Director:

Army Maj. Diana Haynie: 9927

#### Supervisor:

Army 1<sup>st</sup> Sgt. Shellie Lewis: 3649

## The Wire

### Executive Editor:

Army 1<sup>st</sup> Lt. Chris Cudney: 2171

### Command Information NCOIC:

Army Sgt. 1<sup>st</sup> Class Michael Gholston:  
3651

### Editor:

Army Staff Sgt. Blair Heusdens: 3594

### Staff Writers:

Army Sgt. 1<sup>st</sup> Class VeShannah Lovelace

Navy Petty Officer 1<sup>st</sup> Class

Katherine Hofman

Army Sgt. Michael Baltz

Army Sgt. Emily Greene

Navy Petty Officer 2<sup>nd</sup> Class

Shane Arrington

Navy Petty Officer 3<sup>rd</sup> Class

Justin Smelley

Army Pfc. Christopher Vann

## Contact us

**Editor’s Desk:** 3594 or 2171

From the continental United States:

**DSN:** 311-53-99-3594

**Email:** [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

**Online:** [www.jftgmo.southcom.mil](http://www.jftgmo.southcom.mil)

### COVER:

**Navy Senior Chief Petty Officer Victor Gonzales and Navy Petty Officer 3<sup>rd</sup> Class Ashton Bennett, participate in a cake cutting ceremony celebrating the Navy’s 234<sup>th</sup> birthday, Oct. 10.** – JTF Guantanamo photo by Navy Petty Officer 1<sup>st</sup> Class Edward Flynn

### BACK COVER:

**Coast Guard Petty Officer 2<sup>nd</sup> Class Joshua Pryor catches some air off-duty while wakeboarding in “The Maze,” Oct. 11.** – JTF Guantanamo photo by Army Staff Sgt. Emily Russell



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.



**Trooper advocate candidates practice active listening techniques during the practical portion of Sexual Assault Victim Intervention training, Sept. 30. – JTF Guantanamo photo by Navy Petty Officer 1<sup>st</sup> Class Katherine Hofman**



## Troopers get 'SAVI' about sexual assault

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

In the background of every command, there are collateral duties dealing with all aspects of Trooper life. Easily overlooked, many Troopers don't realize that specially-trained Sexual Assault Victim Intervention (SAVI) advocates are out there and available for victims of sexual assault.

Being an advocate means you are ready to take calls 24-hours-a-day on a week-long duty watch. SAVI advocates are available to assist victims during a time of need, especially at an isolated duty station like Naval Station Guantanamo Bay, where Troopers are often without family or a support system close by. During the initial contact, an advocate helps victims overcome the trauma of a sexual assault by offering emotional comfort and information about medical and psychological services, and the legal process if necessary.

Although sexual assault awareness training is a required component of annual military training for all Troopers, the SAVI advocate program is a collateral volunteer position facilitated by the Fleet and Family Support Center and held in compliance with OPNAVINST 1752.1B.

SAVI advocate and facilitator of the training program, Navy Chief Petty Officer

Quincy Jackson, shared his perspective on SAVI advocates during a recent training. "We are not counselors, but victim advocates. [Advocates] help to empower victims after an assault," he said. Jackson emphasized that the advocate needs to be, "sensitive to each individual situation and use tone and pace to help guide the victim and help them to regain their power."

During the SAVI training seminar, the facilitators and advocates shared experiences and ideas about compassionate listening, basic steps in caring for assault victims, important procedures and the legal process. Guest speakers from Naval Criminal Investigative Service, the legal office and FFSC, as well as the Chaplain, all who provide services to victims, were available to share their expertise in advocating for sexual assault victims. Guest facilitator Carol Leaphart, a family and domestic violence advocate and program leader from FFSC, shared, "Advocates needed to know they were appreciated and deserved thanks for the job they were going to undertake." Leaphart reminded the advocates, "you represent kindness and are good people for providing comfort for victims of sexual assaults," she said.

Practical aspects of the training included role-playing different victim scenarios. C.C. Lowery, a family advocate representative for FFSC, created a scenario for the advocate

students to interpret during the training. Mr. Lowery reminded the advocates about their role in supporting victims. "We are here to help victims get back on balance." "This traumatic assault has knocked [the victims] off their game. A moment ago, they were walking along in their life, then something changed," said Lowery. "Being an advocate is not about changing or fixing the situation for the victim, but to help normalize their situation and validate the victim's feelings," continued Lowery.

A sexual assault victim at GTMO is able to receive medical care and mental health services through a network of medical doctors, psychologists and social workers through the naval hospital, Joint Stress Mitigation and Restoration Team and FFSC. This was important information for Navy Petty Officer 2<sup>nd</sup> Class James Hollenbeck, who has acted as a help line advocate in the past. "It was important to be with people and learn the logistical process, and make sure that victims had the same access to resources," he said.

Victims of sexual assault are not required by law to speak with a SAVI advocate, but can find it beneficial to have a support person. Someone to listen and help them to understand they are not alone, can be the key to helping a victim heal from the assault and the stigma often associated with sexual

See **SAVI/12**



**Carol Leaphart, a domestic violence advocate, asks Troopers if they know anyone who has been a victim of domestic abuse, Sept. 25. Leaphart works for Naval Station Guantanamo Bay's Fleet and Family Support Center, which provides general military classes and awareness of domestic abuse. – JTF Guantanamo photo by Army Sgt. Michael Baltz**

**Army Sgt.  
Michael Baltz**

JTF Guantanamo Public Affairs

Navy Capt. Steven Blaisdell has proclaimed October as domestic violence awareness month at Naval Station Guantanamo Bay and it is already considered as an awareness month nationally. The Fleet and Family Support Center at Naval Station Guantanamo Bay continues to educate Troopers through domestic violence awareness training.

“With four million women being abused annually in the United States – 324,000 of which are during pregnancy – and 1,500 to 2,000 of domestic abuse cases resulting in death, awareness is critical,” said Carol Leaphart, a domestic abuse advocate. “It is extremely critical for military members, since the risks are increased after deployments.”

Navy Petty Officer 3<sup>rd</sup> Class Thin Le has participated in this training multiple times.

“The training is great. I feel I learn something more every time,” Le said. “This is one of those things that we need to learn to help keep our eyes open, so when a situation arises, we are prepared and know how to properly respond. After all, it could be a life we are saving.”

The class has a primary goal of teaching prevention.

“The reason we do the [general military training] is that we want to be proactive and educate our military members on domestic abuse issues,” Leaphart said. “The [Department of Defense] wants to eradicate domestic abuse in the military community. The purpose of the training is prevention, and giving people the tools they need to recognize domestic abuse, and how to know if they are in an abusive relationship.”

According to the DoD, 95 percent of cases of domestic violence are perpetrated by men against women.

Domestic violence is a pattern of behavior used to establish

power and control over a spouse or intimate partner through fear and intimidation. It often includes threats or use of violence. Although we have historically referred to this behavior as spouse abuse, the term is often misleading and the use of the term domestic violence will become increasingly common across the military services in the future.

Domestic violence takes many forms. It may include emotional abuse, economic abuse, sexual abuse, using children and intimidation.

Acts of domestic violence generally fall into one of the following categories:

Physical attacks – the abuser’s physical attacks or aggressive behavior can range from bruising to murder. It may begin with seemingly minor acts, such as pushing or restraining, but often escalates into more frequent and serious attacks.

Sexual abuse – physical attack by the abuser is often accompanied by or culminated in sexual violence wherein the victim is forced to have intercourse with the abuser or take part in unwanted sexual activity.

Psychological attacks – the abuser’s psychological assaults can include constant verbal abuse, harassment, excessive possessiveness, isolation from friends and family, deprivation of physical and economic resources and destruction of property.

“There is a powerful movement in the United States with real men stepping up against domestic abuse,” Leaphart explained. “It is up to you to take a stand against domestic abuse.”

If you are being abused, think you are being abused or are concerned about someone who you think is living with abuse call 1-800-799-SAFE or C.C. Lowery, the family advocacy representative, at ext. 4047.

If you have any questions regarding domestic abuse or would like to sign up for a class, call Carol Leaphart at ext. 4243 or Patricia Williams, the Fleet and Family Support Center site director, at ext. 4765. ♡



# Troopers celebrate Navy Birthday

Joint Task Force  
Guantanamo  
Commander, Navy  
Rear Adm. Tom  
Copeman, gives a  
speech during Naval  
Station Guantanamo  
Bay's Navy Ball, Oct.  
10. – JTF Guantanamo  
photo by Navy Petty  
Officer 2<sup>nd</sup> Class Shane  
Arrington



## Navy Petty Officer 2<sup>nd</sup> Class Shane Arrington

JTF Guantanamo Public Affairs

More than 200 years ago, the Continental Congress authorized the procurement, fitting out, manning and dispatching of two battle-ready ships to go in search of British supply ships. This date would later become the U.S. Navy's official birthday. And so, on October 13, 1775, the U.S. Navy was born.

To celebrate the birth of the world's strongest Navy, bases around the world dressed up their best facilities and held individual celebrations of the Navy Ball. Naval Station Guantanamo Bay, a bit unique in the fact that a large portion of its residents come from a joint task force, hosted service members from all five branches of the U.S. armed forces. Navy Petty Officer 2<sup>nd</sup> Class Sarah Carter, president of Naval Station Guantanamo Bay's Navy Ball planning committee, said it was great to see so many people attend.

"There were a lot of people here," said Carter. "Not only did we have the service members stationed here, but we were fortunate enough to have Sailors from USS Wasp here as well. It's great that they could pull in, in time to celebrate the Navy's birthday with us."

A lot of work went into making this year's ball a success. Carter said the planning committee's first meeting began in March.

"A lot of hours went into this. Committee members spent a lot of off-time, weekends and even the short amount of time in between duty and shift work to help make this happen," said Carter.

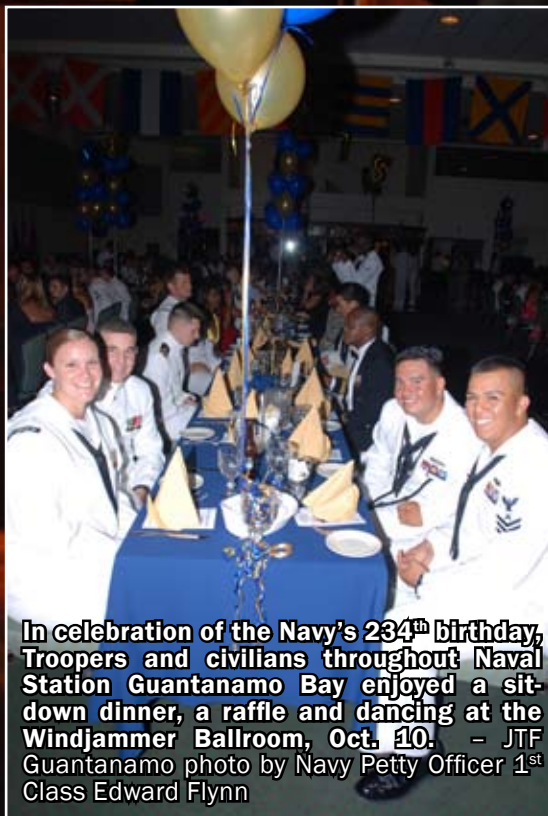
And it showed.

"You can tell a lot of effort was put into the decorations," said Navy Seaman Bryce Manchester. "We're such a small community and everyone is pretty close-knit. The planning and work that went into this is just another example of how everyone looks out for each other here."

Joint Task Force Guantanamo commander, Navy Rear Adm. Tom Copeman, the Ball's guest speaker, said that while there aren't many things that have stayed the same in the 200-plus years since the Navy was formed, the one notable exception is the men and women who keep its ships afloat – the Sailors.

"From the days of celestial navigation and cannonballs to aegis combat systems and the nuclear powered carriers that we have now, the Navy has relied on its Sailors," said Copeman.

The Orlando-based band, The Leonard Brothers, performed for the guests and door prize give-a-ways, included a Nintendo Wii, plane tickets, NEX gift cards and more. ★



In celebration of the Navy's 234<sup>th</sup> birthday, Troopers and civilians throughout Naval Station Guantanamo Bay enjoyed a sit-down dinner, a raffle and dancing at the Windjammer Ballroom, Oct. 10. – JTF Guantanamo photo by Navy Petty Officer 1<sup>st</sup> Class Edward Flynn



Celebrants offer a toast during the Navy Ball, Oct. 10. – JTF Guantanamo photo by Navy Petty Officer 1<sup>st</sup> Class Edward Flynn





The Crush placed first in the 2009 Naval Station Guantanamo Bay softball league. — Naval Station Guantanamo Bay photo by Mr. Terrance Peck

# The Crush remains victorious



A player with The Crush prepares to bat during a game. — Naval Station Guantanamo Bay photo by Mr. Terrance Peck

## Army Pfc. Christopher Vann

JTF Guantanamo Public Affairs

Another season has come to an end, and the moniker; ‘America’s favorite pastime’ still rings true, even at Naval Station Guantanamo Bay. It may not be fast pitch baseball, as with its predecessor, but it still has all the excitement and drama of a major league game.

Guantanamo recently ended its co-ed softball tournament, Oct. 10 -12, where six teams competed over the weekend, and the GTMO Crush, winner of the last three tournaments in a row, came out victorious.

Home-runs, strikeouts and amazing plays help bring the game to life. With every crack of a bat, it excites the crowd to feverish proportions. With arms stretched out, diving catches, it instantly quells the opponent’s cheers. But no play brings the crowd to their feet like driving the ball over the fence.

“I believe our team keeps winning because we have had continuity for the past four months and have developed chemistry on the team,” said Army Staff Sgt. Stephen Dix with Joint Task Force Guantanamo’s 193<sup>rd</sup> Military Police Company, who plays with the GTMO Crush, one of six teams that competed in the tournament.

“We don’t let adversity get us down, if

we are behind, we just keep pushing every inning and end up winning in the end,” said Dix.

Navy Petty Officer Matthew Harris, the team coach, who is assigned to Joint Task Force Guantanamo’s Joint Detention Group, has played on the GTMO Crush for the last two years.

“Even with players rotating out, we are still able to find people who are willing to practice and play,” said Harris.

The GTMO Crush holds practice twice a week and attributes their success to a lot of hard work.

“Because we practice so much, we know each other’s styles and strengths,” said Harris. “We do what we have to, to get the job done.”

The GTMO Crush defeated the GTMO Latinos 19-16 to solidify the victory.

Here are the final team standings:

1. GTMO Crush 9-1
2. Violators 7-3
3. GTMO Latinos 7-3
4. Naval Hospital 4-6
5. Puerto Rico 480 MPs 2-8
6. Hawgs 1-9

For more information on MWR sports, contact the sports office at ext. 2113 or the G. J. Denich gym at ext. 77262. An all-night softball tournament is scheduled for Nov. 27, at Cooper Field. The sign-up deadline is Nov. 23, by 5:00 p.m. at the gym. ★





# 'District 9' aliens suffer humanity

**Army Sgt.  
Emily Greene**

JTF Guantanamo Public Affairs

Ever since Orson Welles scared the daylighters out of radio listeners with "War of the Worlds" in 1938, American audiences have held a certain fascination for aliens. In books and on film, we embrace the terrifying prospect of alien invasion while fearing the potential harm that may come to us, should such a thing happen. However, what if we have been asking ourselves the wrong question all along?

"District 9," a smart, swift new film from the South African director Neill Blomkamp turns the tables on the tried and true U.F.O. movie plot. Instead of wondering what the aliens would do to us, Blomkamp poses the question – what would we do to them? The reality (as posed in this film) is not pretty.

The movie starts out with a dizzying mixture of news flashes and documentary-style commentary about this disturbingly plausible scenario; an alien ship stops above the city of Johannesburg and stays put. As a matter of fact, it hovers there for the next 20 years. On board were a number of starving and disoriented creatures who the humans rescue and place in temporary

refugee camps below the ship. However, as the ship refuses to budge, the settlement becomes a teeming shantytown like so many others in the developing world. The creatures live a life of increasing squalor and dysfunction and are viewed by South Africans of all races with suspicion and hostility.

Everyone, from mercenaries and bureaucrats who corral the aliens in the slums to, Nigerian gangsters who exploit their addiction to cat food, plays a part in the ill treatment of the weaker members of this society. The South African setting reeks of the country's history of apartheid, but the film's implications are more far-reaching.

The story follows Wikus van der Merwe (Sharlto Copley) as he heads a force to move the so-called "prawns" to another, worse, settlement outside the city limits. Once a terrible accident befalls him, the viewer is drawn into the action and runs the streets of Johannesburg alongside him.

As Wikus sees more and more of the world through the eyes of a prawn, he reminds the viewers of the evils of man. This evil becomes more and more apparent as we become acquainted with Christopher Johnson (Jason Cope), a

prawn who becomes Wikus' protector and ward. Their relationship epitomizes a basic understanding between kindred souls, despite the seemingly large gulf between them.

What really makes this film special are the carefully rendered details of the setting, the tightness of the editing and the inventiveness of the special effects. It is in details like a moment of silence in the face of pure malevolence, an understanding glance between man and alien and a metal flower left on a doorstep, that the story gets under your skin.

This movie tells a story of how a member of a socially dominant group becomes aware of the injustice that keeps him in his place and the others, his designated inferiors, in theirs. The cost of this knowledge is severe, as it must be. The viewer is left with the thought that sometimes the only way to become fully human is to be completely alienated. ☆

**R**

**111 minutes**

**Rating:** ★★★★★☆



# Some Like it HOT!



Army 1<sup>st</sup> Lt. Joshua Franqui fights flames as they shoot out of an engine during the exercise.

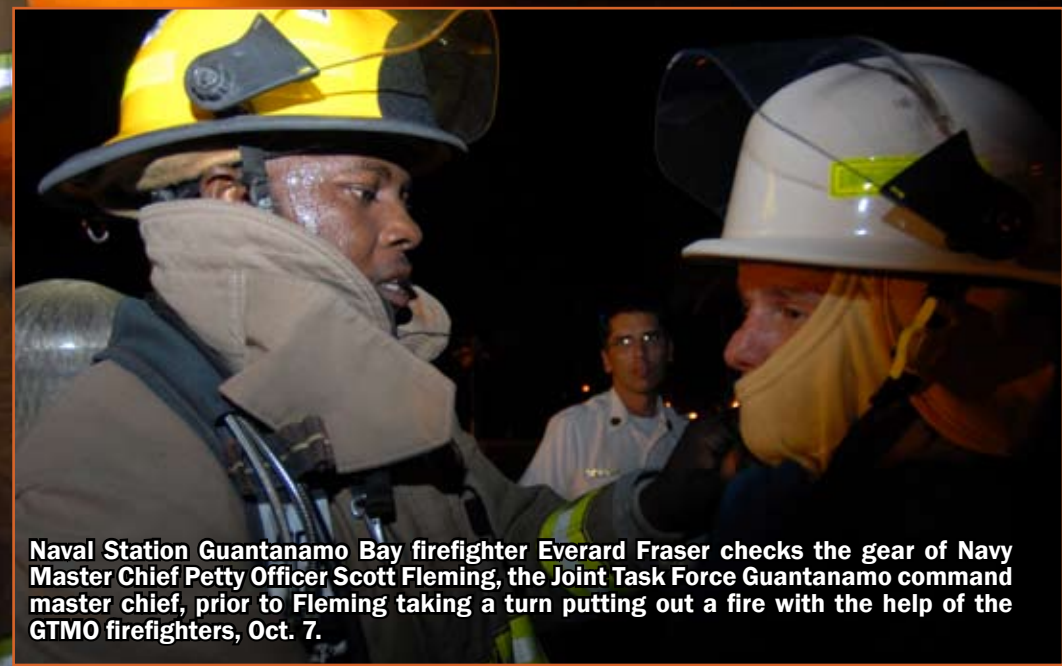


Army 1<sup>st</sup> Lt. Joshua Franqui, Navy Cmdr. Paul Mitchell, Navy Command Master Chief Keith Carlson and Navy Command Master Chief Scott Flemming participated in the firefighting training exercise Oct. 7.

GTMO firefighters, joined by members of Joint Task Force Guantanamo and Naval Station Guantanamo Bay, participated in a firefighting training exercise, Oct. 7, as part of the naval station's observance of National Fire Prevention Week. Using a Mobile Air Fire Trainer, the firefighters put on a demonstration for the Guantanamo community.

NAVSTA executive officer Navy Cmdr. Paul Mitchell and Navy Command Master Chief Keith Carlson, along with Navy Command Master Chief Scott Flemming and Army 1<sup>st</sup> Lt. Joshua Franqui suited up after a thorough briefing from naval station fire chief John Smithgall and took turns fighting the roaring blaze with support from the firefighters.

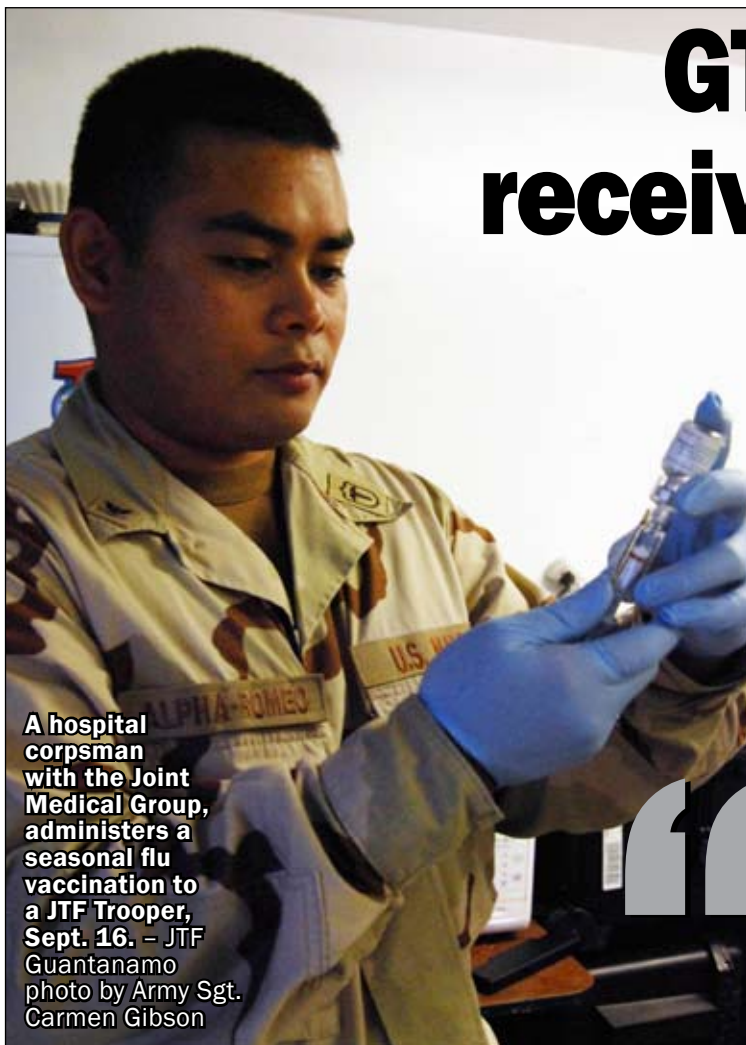
JTF Guantanamo photos by  
Army Staff Sgt. Emily J. Russell



Naval Station Guantanamo Bay firefighter Everard Fraser checks the gear of Navy Master Chief Petty Officer Scott Fleming, the Joint Task Force Guantanamo command master chief, prior to Fleming taking a turn putting out a fire with the help of the GTMO firefighters, Oct. 7.



# GTMO Troopers to receive H1N1 vaccine



A hospital corpsman with the Joint Medical Group, administers a seasonal flu vaccination to a JTF Trooper, Sept. 16. – JTF Guantanamo photo by Army Sgt. Carmen Gibson



the influenza virus, it is important that all people get both vaccines to ensure they are protected against both seasonal flu and H1N1 influenza.

Currently, approximately 90 percent of the active duty service members on base have received the seasonal influenza vaccine. Those service members who still need the seasonal influenza vaccine can contact the immunization department at the naval hospital or visit the Joint Trooper Clinic.

**Even though we're a small, protected community... it's important that everyone is vaccinated.**

– Navy Lt. Stacy Hoffman

After each vaccination, service members will receive a form, proving they received the vaccine. Although a copy will also go into the service member's record, it's important to keep your copy as well.

The best way to protect against illness, according to Hoffman, is to maintain a safe and healthy environment.

To prevent the spread of influenza and other illnesses transmitted by coughing or sneezing, you should:

- Avoid close contact with people who are sick.
- If possible, stay home from work, school and errands when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing or sneeze into your sleeve.
- Wash your hands often or use alcohol-based cleansers.
- Avoid touching your eyes, nose or mouth.
- Practice good health habits such as getting plenty of sleep, being physically active, managing stress, drinking plenty of fluids and eating nutritiously.

People often mistake a common cold for the flu, explained Hoffman. Flu symptoms include fever, sore throat and coughing that last for more than 72 hours. With these symptoms, patients should stay home. If certain emergency warning signs develop, however, a trip to the nearest medical facility would be appropriate. Seek immediate medical attention if you experience any of the following symptoms along with normal flu symptoms: chest pain or pressure, vomiting and inability to keep liquids down, fever (greater than 100.5 degrees Fahrenheit) with a rash, signs of dehydration, loss of responsiveness or confusion, rapid breathing or trouble breathing, convulsions, seizures or bluish skin color.

For medical emergencies on Naval Station Guantanamo Bay, dial 911 or visit the emergency room at the naval hospital. For medical inquiries or non-emergency questions, Troopers can call the naval hospital at ext. 2360 or the Joint Trooper Clinic at ext. 3683. ★

## ■ H1N1 vaccine will be mandatory, along with seasonal flu vaccine

**Army Staff Sgt. Blair Heusdens**

JTF Guantanamo Public Affairs

Another round of vaccines will soon be given to Troopers at Joint Task Force Guantanamo. In addition to the seasonal flu vaccine that is mandatory for all service members, the vaccine for the H1N1 influenza will soon be available and, it too, will also be mandatory.

The H1N1 vaccine is expected to arrive on the island sometime between now and the end of November, according to Navy Lt. Stacy Hoffman, force health protection officer. At that time, the vaccine will be administered by command for active duty service members on the naval station. As supply permits, the vaccine will then be administered to dependents and civilian staff.

Currently, there have been no documented cases of H1N1 influenza at Naval Station Guantanamo Bay, however, service members should always be prepared and take steps now to stay healthy and stop the spread of germs.

“Even though we're a small, protected community, people fly into and out of our community all the time and, in order to protect those who go back to the states and those who live here, it's important that everyone is vaccinated,” said Hoffman.

The H1N1 influenza vaccine is made exactly the same way as the seasonal flu vaccine and is just as safe as the seasonal flu vaccine, said Hoffman. The difference is that the regular seasonal vaccine is a trivalent vaccine – meaning it vaccinates against three different strains of influenza – and the H1N1 vaccine is monovalent and only protects against the H1N1 strain of influenza.

Because the different vaccines protect against different strains of



# Troopers reach out to the community

## ■ Opportunities exist for Troopers to volunteer

**Navy Petty Officer 1st Class  
Katherine Hofman**  
JTF Guantanamo Public Affairs

Throughout the year, Troopers have the chance to gain experience and support the local community by volunteering in a variety of different jobs. If you have skills in logistics, cooking, event planning, physical fitness or sports, there is a volunteer job for you at Naval Station Guantanamo Bay.

For some Troopers it is about being the part of a bigger picture, and supporting others. Navy Petty Officer 1st Class Laryl Helberg enjoys volunteering and can see the benefits for her and others. "It makes me feel better about life. The fact that I am getting out there and helping events take place and supporting someone who wants to participate puts a smile on my face," said Helberg.

Troopers interested in volunteering at GTMO need to begin with the American Red Cross, which acts as a liaison for the naval station and JTF, by screening and coordinating volunteers. Denise Clark, red cross station manager says, "the registration process is simple; you fill out a form, and then meet with me in person or on the phone. I want to learn what your interests are and what your availability is to put you in the right place."

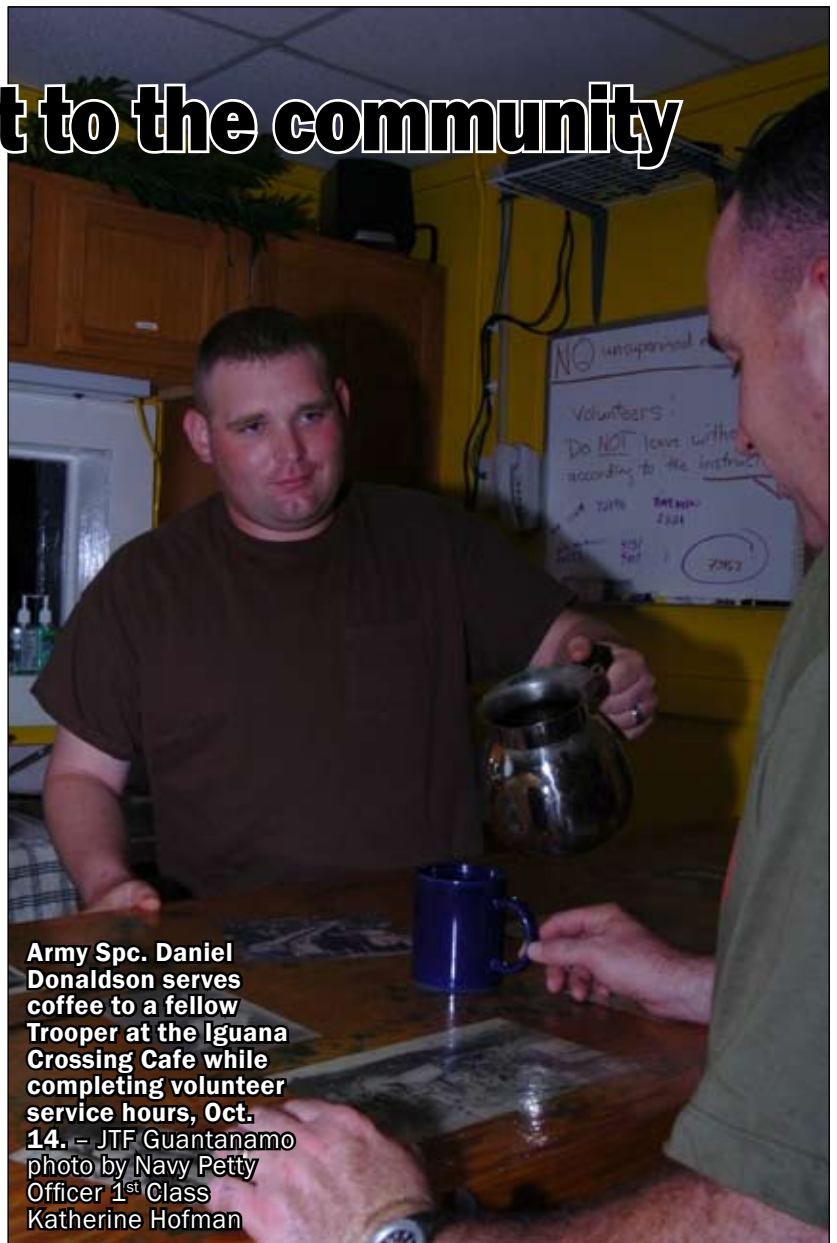
Once Troopers have registered, there are many options for volunteering. Troopers can choose to work directly with people or keep their hands busy working on building and beautification projects. One project that attracts many Troopers is working in the PWD plant nursery. "We have a lot of volunteers spending time on Saturdays at the plant nursery. [Troopers] like to go there to help and get their hands in the dirt; we have military and civilians working together," said Clark.

If you need flexible hours and want to help offer comfort to someone, then maybe helping as a hospital volunteer would be a good fit. Troopers can spend their time reading to an older patient, bring a diaper bag with a coupon for an infant CPR class to a new mom, or bring comfort items and casual traveling clothes to patients waiting to be medevaced. If you want variety in your job at the hospital then try the hospitality cart. Volunteers find satisfaction bringing the cart filled with shaving kits, toiletries, dvd players, movies, video games and magazines directly to the patient.

Need something a little bit different? There is a job as an assistant in the dog therapy program. Because there are not opportunities for Troopers to have pets while at GTMO, especially dogs, the Red Cross dog program puts attendants, assistants and dogs together to visit Troopers in workspaces, and are available at community events around the naval station.

Troopers can also provide support and volunteer by helping with fundraisers for the Red Cross. JTF commands in the past, have arranged gift wrapping services on a donation basis with all proceeds going to the Red Cross to help with the purchase of new CPR supplies. If you are interested in any of these opportunities contact Denise Clark at ext. 5060.

Morale, Welfare and Recreation also plays a large part in the life of every Trooper, whether it is helping at a block party, sponsoring a running event or providing physical fitness classes and facilities. Troopers have the chance to give back to MWR and the community by volunteering their support during both scheduled events like



**Army Spc. Daniel Donaldson serves coffee to a fellow Trooper at the Iguana Crossing Cafe while completing volunteer service hours, Oct. 14.** - JTF Guantanamo photo by Navy Petty Officer 1st Class Katherine Hofman

base runs and barbeques or in an ongoing position by helping at the local gym. Contact Carissa at ext. 77262 if you would like to help in the gym.

The Iguana Crossing, located at the NAVSTA Guantanamo chapel, is a unique social atmosphere offering Troopers a place to relax, read, socialize and use the internet. The café provides tea, coffee, juices and snacks for visiting Troopers, free of charge, and is the perfect place for an easy going volunteer. The volunteer host position provides support to the critical mission of the chapel by monitoring the daily activities in the café, making coffee, putting out snacks for visitors as needed and cleaning up the room at the end of the night. The café is open seven days-a-week from 4:30 p.m. to 10:00 p.m., which allows Troopers a flexible schedule to volunteer hours. Contact the chapel at ext. 2323 for more details and to speak with Chaplain Holmes about your interest in helping at Iguana Café.

With each new sports season, the demand for experienced coaches and referees for the variety of youth league sports increases. Intramural sports for children are run through the Youth Center and there are currently openings for cheerleading and flag football coaches. Prospective coaches must enjoy kids and have some knowledge of the sport they are seeking to coach and must pass a background screening before the first day of practice. Cheerleading camp begins Oct. 26 and the football season starts

See **VOLUNTEER/13**



# Be aware! JTF CI Indicators:

**Be on the lookout for unusual or suspicious behavior. Report any of the following behaviors to the JTF Counterintelligence office.**

- Unusual questioning
- Taking photos of restricted areas
- Unauthorized access or removal of classified material
- Discussion of sensitive information in a non-secure area
- Repeated security violations
- Contact with detainees beyond what duties call for
- Working late or unusual hours (not shift work)
- Excessive use of copier or computer equipment without justification
- Displaying signs of undue affluence (\$\$\$)

**To report unusual activity, contact the CI field office at ext. 3471 or ext. 3468 or ext. 84110.**

## Preparing Troopers to be advocates

SAVI from 3

assault. Navy Petty Officer 1<sup>st</sup> Class Zina Shannon shared how she wanted to make a difference in the way victims are viewed and felt it was important to become involved, "It is important to help others, especially sexual assault victims."

Although not a paying job, being a SAVI advocate has its own benefits for volunteers. You have the satisfaction of knowing you helped out a fellow Trooper, gained critical interpersonal and communication skills and developed a support system of like-minded Troopers. This was the case for Navy Petty Officer 1<sup>st</sup> Class Jamel Jones, who became an advocate because he wanted to help in any way he could. By the end of the training, Jones could see the group of Troopers from different duty stations acting with the same common purpose. "You can see there is a sense of family with the group. We are here for the same reason. That's a good feeling to support something so important," he said.

JTF senior leadership views the

SAVI program as instrumental and finds it supportive to have Troopers in place who are trained and visible at the command level. It is just as important for enlisted Troopers to see the benefit of SAVI advocates. This is a focus for one Navy Petty Officer who sees the program as instrumental for Troopers, "People need to realize how important SAVI advocates are and how they can really help when we need them. When you are in a crisis, we will be there for you no matter what."

To be considered a SAVI advocate candidate, a Trooper should possess the following character traits; maturity, patience, problem solving skills, compassion, good listening skills, and have no unsettled psychological issues in their past, according to Jackson. Although a college degree is not needed, SAVI advocates do need a certain degree of psychological strength to cope with the victim's trauma.

For more information about the SAVI advocate training program, contact the Fleet and Family Support Center at ext. 4141. If you or someone you know has been a victim of sexual assault, contact the SAVI hotline 24/7 at ext. 84578



**SAVI advocate candidates participate in a training scenario during Sexual Assault Victim Intervention training, Sept. 30.**  
- JTF Guantanamo photo by Navy Petty Officer 1<sup>st</sup> Class Katherine Hofman



# Volunteers make a difference in GTMO community

**VOLUNTEER** from 11

Nov. 7. Volunteers interested in helping with the teams should contact Ms. Rachel or Ms. Nadine at ext. 74658.

W. T. Sampson Elementary School offers a variety of opportunities for Troopers to volunteer. With an elementary student population of more than 150 students from preschool through 5<sup>th</sup> grade, there are a variety of ongoing and seasonal volunteer positions available at the school. Troopers interested in school beautification or improving the school grounds are needed several times a year to help maintain the school in top form.

“Sampson school is currently working on a project to enhance the school’s garden, with help from the garden club. [Troopers] can bring plants from the nursery and plant them or can help by getting sea glass from the beach for the school garden,” said Angela Mahon, assistant principal for Sampson Elementary.

Troopers looking to fit into a regularly scheduled volunteer position might be interested in helping a teacher in the classroom or might enjoy visiting a classroom as a guest reader. “We have a need for tutors in specific subject areas like science, math and reading. We also have a homework club that meets three times a week. Having someone help with content support is very meaningful to the students,” said Mahon.

Volunteering at the school could also mean that a Trooper shares something about who they are or what they like to do, said Mahon. “We can always use [Troopers] with a unique career field, a special talent



**Navy Petty Officer 1<sup>st</sup> Class Daniel Sotello and Navy Petty Officer 1<sup>st</sup> Class Leroy Daniels help care for new plants with the garden club students at W.T. Sampson Elementary School, Oct. 15. - JTF Guantanamo photo by Navy Petty Officer 1<sup>st</sup> Class Katherine Hofman**

or hobby to come as a guest speaker to the school. We have had bands [made up of Troopers] come to the school to perform. It is a positive experience for the students and the volunteers. The [Troopers] enjoy working with the students, and it’s helpful to the students to get personal time and attention,” said Mahon.

Each Trooper needs to look for a job that fits their schedule, is something they enjoy or supports their development as a Trooper. This is what motivates Petty Officer 1<sup>st</sup> Class John Budd. “I always volunteer; it keeps me busy, I meet a lot of nice people and I can help my junior sailors, and set the example. It makes me feel better inside knowing that

I made a difference in someone’s life. And I believe what goes around comes around!” said Budd.

Any way you choose to serve, the community at large benefits from having your support.

For more information about volunteer opportunities, contact the Red Cross, your chain of command or the following Troopers associations: JTF First Class Association, President AO1 Daniels at ext. 8032; NAVSTA Junior Sailors Association Secretary, ISSN Candi Saulsberry at ext. 9840; or Chief Petty Officer’s Association, President LSC Richard Vargas at ext. 2156. ★

## Boots on the Ground

by Navy Petty Officer 3<sup>rd</sup> Class Justin Smelley

*If you could be anything in the circus, what would you be?*

**Army Spc. Abdias Martinez**



**“A clown, because I like making people laugh.”**

**Army Sgt. Debra Dyson**



**“A paymaster, gimme yo money!”**

**Navy Petty Officer 2<sup>nd</sup> Class Kevin Reyes**

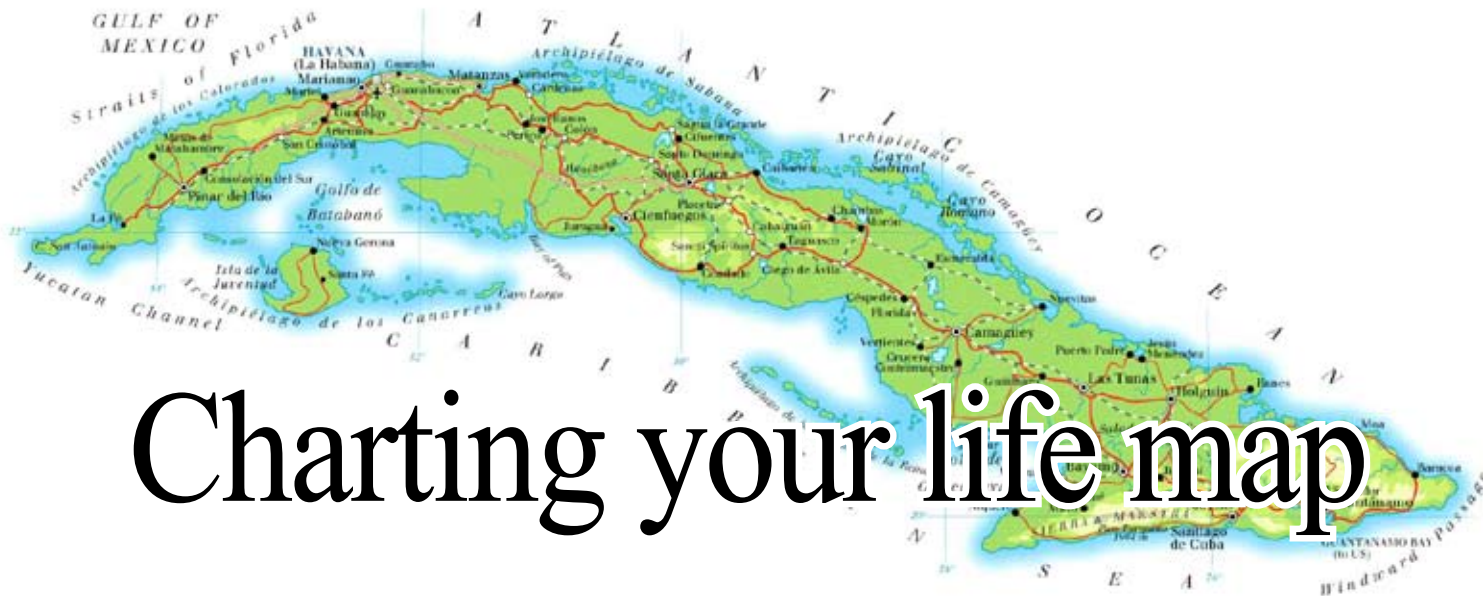


**“The pooper scooper guy, because someone has to do it.”**

**Army Capt. Edwin Cruz**



**“A souvenir seller, so I can make all the money.”**



**Air Force Lt. Col.  
Dwayne Peoples**  
JTF Command Chaplain

I was in the middle of a deployment in the United Arab Emirates a few years ago. The UAE has much to offer, and if you golf, it offers the famous Dubai International Golf Course. I had an opportunity to play this course, and three friends and I set out one day to play 18 holes of golf.

Unfortunately, the person who was supposed to have directions to the course did not tell us he did not know how to get to the destination until we were well on our way. So we drove around in a foreign country, running low on gas and refusing to ask for directions. Four guys in a car... who needs directions? Well, needless to say, we did not find the course, we did not play golf and we were very disappointed when we returned to base.

In one way or another, most of us have probably had a similar, hapless experience. Perhaps because we rely on others to get

us where we hope to go, or we simply tag along with others, not knowing where we are going until we get there.

Some of us may be like Yogi Berra who once said, "When you come to a fork in the road; take it." Living like that is adventuresome and fun for a while I suppose; but ultimately we are left feeling empty, seemingly without purpose. So we ask ourselves if we can shape life's journey on a personal level. The short answer is, yes we can. To a large extent, we can shape our destiny. But we have to have a map for the journey. Let's complete an exercise to develop a map for life.

headings and under each you will place steps to get to the goal; much like the example below. These will become your to-do list for the year.

In my example I have a healthy spiritual life as one of my goals and I have included what I believe are some of the steps I believe are necessary for me to get there. I did the same thing with a strong family and good friends. Make yours as personal and specific as possible.

Yours may look different than mine, but you have just made a map for life. These are your destinations and the steps are how you are going to get there. Do these things. As you make choices along the way; just check your map to make sure the decisions are taking you toward your goal. If they don't, then chose differently.

You probably have more than a year to accomplish the goals, but do not put them off. Time slips past pretty fast. I had hoped it would slow down as I got older, but it seems to be picking up speed. I'll see you along the way. God bless you. ☆

<b>HEALTHY SPIRITUAL LIFE</b> Dailey Prayer Dailey Bible Reading Attend Church Etc	<b>STRONG FAMILY</b> Family Meals Family Game Night Time Together Etc	<b>GOOD FRIENDS</b> Correspondence Visits Etc
--	---	--

Get a piece of paper and a pen. Now imagine you have one year to live and you want to make this last year count – you want to make it purposeful. Write three or more items on the paper that you consider the most important things in life.

These three goals should look like

### JTF CHAPEL SCHEDULED PROGRAMS

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

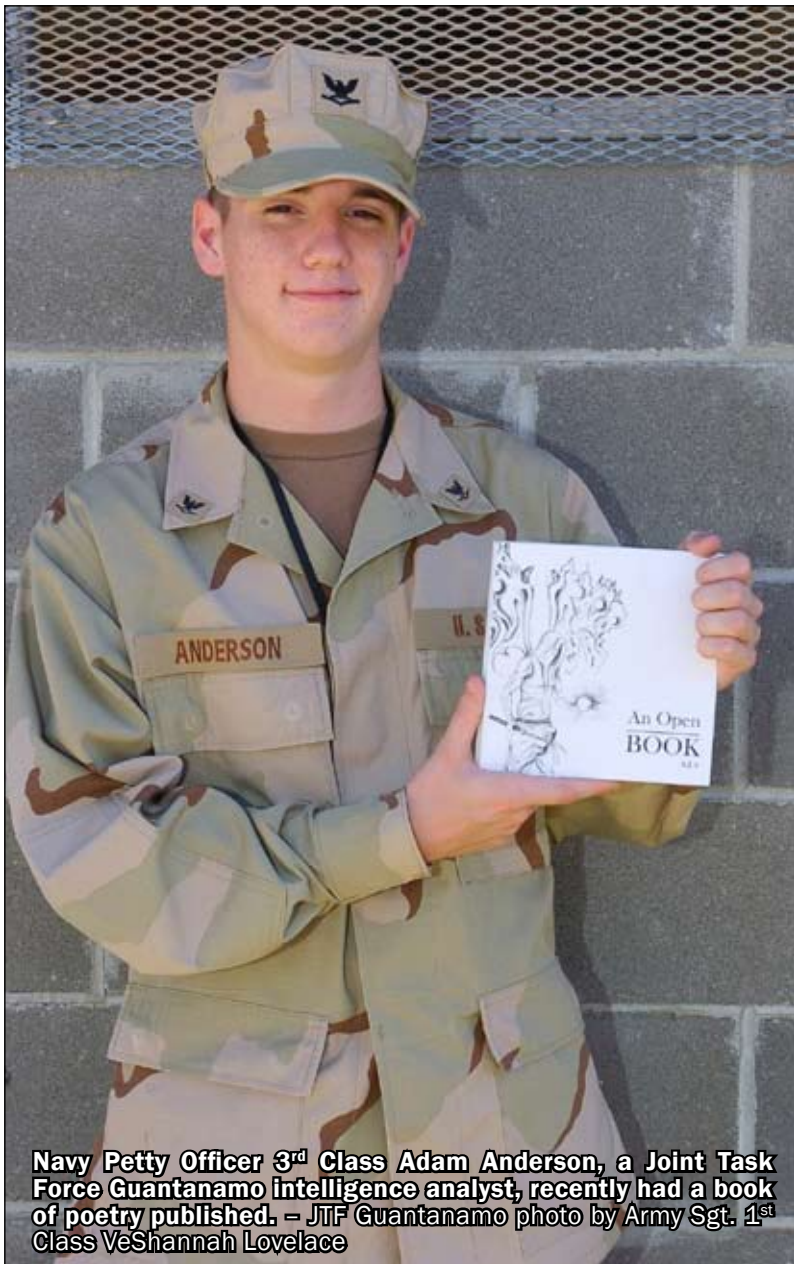
**Spanish Catholic Mass**  
**Sunday:** 5 p.m.  
at NAVSTA Chapel

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

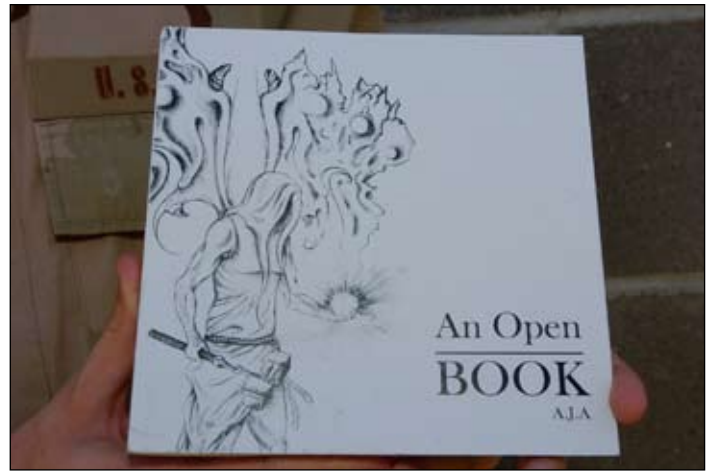
**Spanish Protestant  
Worship**  
**Sunday:** 11 a.m.

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





**Navy Petty Officer 3<sup>rd</sup> Class Adam Anderson, a Joint Task Force Guantanamo intelligence analyst, recently had a book of poetry published. – JTF Guantanamo photo by Army Sgt. 1<sup>st</sup> Class VeShannah Lovelace**



“I was writing for a long time and my fiancé’s mother liked my book so she had it published and started selling it in her stores,” Anderson said.

Published in August of this year, the book is selling off the shelves of his fiancé’s mother’s miscellaneous store chains throughout Europe. The book is 86 pages long and consists of a collection of 44 poems. Initially, 50 copies of the book were printed in September, with 25 given to Anderson and the remainder placed on the shelves. Within the first month, “An Open Book” sold out and 100 more copies were ordered. The 100 additional copies that were printed have since sold out as well.

This endeavor was truly a family affair, published by his future mother-in-law, with cover and art work designed by his fiancé. Anderson attributes at least six of the poems as being inspired by, and dedicated to, his fiancé.

Unlike many who would probably start plotting their exit from the military with this show of success, Anderson has not let it go to his head. He is extremely humble about his accomplishment.

“I just wanted to get it published so I’d have a hard copy of my work,” Anderson said.

Fortunately, his friends and fans are very excited for him and not afraid to show it.

“I was really excited for him. I think he really has a knack for writing great poetry, so it was no surprise. I just really wanted a copy,” said Navy Petty Officer 3<sup>rd</sup> Class Danielle R. Mugford, an intelligence specialist for the joint task force. “The book is awesome. I have read a lot of his poetry already and I know how great it is,” she added.

When Anderson is not writing poetry, he is actively trying to perform his poems for an audience. As the vice president of the Junior Sailors Association, Anderson started Words of Poetry, an open mic night sponsored by the JSA and aimed at allowing poets an opportunity to perform for a crowd.

“We were trying to get as many poets as possible so they could get their stuff out there,” he said.

Lack of participation has slowed him down, but he has not given up.

“I’m trying to start a writing group so we’ll have a basis to get it [Words of Poetry] started again,” said Anderson.

Anderson’s success as a published author has not caused him to rest on his laurels, he is still writing every day.

“I do short stories and I’m writing a novel right now about reincarnation,” said Anderson.

Anderson advises anyone who would like to see their own writing published to purchase “The Writer’s Guide to Getting Published.”

“Inside, it has lists of agents and publishers you can send your work to,” said Anderson. “I just got lucky.” ✨

# GTMO Poet’s Society

**Army Sgt. 1<sup>st</sup> Class  
VeShannah J. Lovelace**  
JTF Guantanamo Public Affairs

Many people write as a release for emotions and frustrations. Some write as an escape from reality into another world, or at least a world that’s not their own. For those outlets, some people choose short stories, some choose literature or nonfiction and others choose poetry. Regardless of the form of prose they choose, only a few can hope to ever have their work published.

Navy Petty Officer 3<sup>rd</sup> Class Adam J. Anderson, a 22-year-old analyst for Joint Task Force Guantanamo, is one of those chosen few. Anderson, who started writing poetry five years ago and credits Edgar Allen Poe as his favorite poet, said he initially started writing poetry as a project for a high school English class. It was through this project that he first discovered his love for the art form.

Anderson’s book, “An Open Book,” was published by his future mother-in-law and consists solely of poems he has written since his deployment to Naval Station Guantanamo Bay in February of this year.





# Around the



# JTF



Air Force Master Sgt. Roy Wann, with the 474<sup>th</sup> Expeditionary Civil Engineering Squadron, removes a piece of honeycomb before transplanting a bee colony away from a training location, Oct. 13. - JTF Guantanamo photo by Army Spc. Cody Black



Navy Petty Officer 1<sup>st</sup> Class Daniel Wagner indulges in a hotdog at a Joint Task Force Guantanamo Trooper morale burger burn hosted by the JTF chaplains, Oct. 9. - JTF Guantanamo photo by Army Sgt. Carmen Gibson



Troopers from "Puerto Rican Fever," an all-Soldier steel drum band, play during lunch at the galley in celebration of Hispanic Heritage Month, Oct. 7. - JTF Guantanamo photo by Army Spc. Tiffany Addair