

# the Wire

" Honor Bound to Defend Freedom "

Volume 3, Issue 8

Friday, January 24, 2003

## Fit to fight and ready to go... training is the key

By Army Spc. Lisa Gordon

The key to successfully completing any task usually lies in preparation. At Guantanamo Bay, Joint Task Force service members prepare for the detention and interrogation mission through constant training. There is almost no end to the variety of training that takes place here. From training that is conducted at the squad, platoon, and company level to training that is organized and directed by the higher command, JTF personnel are consistently learning valuable new skills and enhancing their everyday on the job performance. It isn't always easy, and it isn't always fun, but the level of training conducted here ensures not only the accomplishment of the mission, but the success of the JTF service members.

JTF-Guantanamo's commanding general, MG Geoffrey D. Miller has instituted several training focused programs to assist JTF service members in

See Training, page 4.



Army Spc. Lisa Gordon  
Army Spc. Jacque Hayes, punching, keeps motivation high during his front and rear punches on the second stage of the Oleoresin Capsicum course held every Friday at Camp America by the Non-lethal Weapons Instructors. The Military Police receive OC training as part of the validation course so they can feel the physical effects and know how to react in the event of over-spray.

### Inside the Wire...



Page 4



Page 7



Page 11



JTF-Guantanamo Commander  
MG Geoffrey D. Miller

Troopers. This week's Wire issue is focused on how our Joint Task Force will train for excellence.

My vision and the essence of JTF Guantanamo includes trained and combat-ready troopers in units with confident, competent, and caring leaders, officers and NCOs

at all levels; and battle staffs that can execute the current operations while planning, coordinating, integrating, and synchronizing our future operations. In short, a well trained and combat ready JTF.

Our focus is warfighting. We must prepare for our wartime mission - train as you fight. We do not have the time or resources to conduct training that does not contribute directly to our Mission Essential Task List (METL) but we always have time to do training right the first time. Leaders and troopers must focus on becoming the masters of their craft. If we fail to train as we fight, we will find ourselves standing at Camp Delta, engaged with our Nation's foes, wishing we had more time to train on the tasks we will be shortly required to execute.

Small unit proficiency - great teams, squads, sections, platoon, detachments, and companies - is the heart of our JTF. The definition of a small unit goes further

than troopers assigned to the same organization. It is a group of close-knit, well-trained, and disciplined troopers focused on a common goal - a "Band of Brothers".

An area all leaders must work to improve is predictability. Our troopers deserve to know when they will be working hard - in Camp Delta, the SCIF, motor pool, or in field training areas. They also deserve to know when they will be off. This requires units to maintain updated training schedules posted where they are available to all members of the command. Leadership makes the difference here.

The legacy of great leaders and great training is people who do what's right when no one is looking. That is the standard of our JTF - take responsibility for living this in the unit every day.

HONOR BOUND!

## Well trained, combat ready JTF troopers

By Army Sgt. Erin P. Viola

You can't have training without a training philosophy. For Joint Task Force Guantanamo, the training philosophy is based on warfighting. In accordance with the JTF philosophy, operational requirements mandate we focus on our Mission Essential Task List (METL). Therefore, all mission essential tasks performed here are

taught and executed with warfighting as the priority focus.

To ensure that every troop receives the METL training here, MG Miller has instituted the 'three by one training cycle'. According to MG Miller, the cycle consists of a three-week mission cycle and a one-week training cycle. During the one week of training, four days are allotted specifically for METL focused training. One day

is allocated for retraining to standard and two days are allocated for refit to fight. These two days are critical to allow troopers to decompress and prepare for their next mission cycle.

To properly conduct the METL training, several factors must come into play, which include proper planning, execution, and assessment of the training. It must be stressed that this process never ends, which is why training is what we are, not what we do.

Although not a formalized doctrine yet, the leaders and troops here follow an eight step training model created by MG Miller. They are: Plan the Training, Train and Certify the Leaders, Recon the training site, Issue the plan, Rehearse and conduct pre-execution checks, Execute the training, Conduct and after action report, and Retrain to the standard.

We are training. It is a fundamental part of our everyday life as service members, and especially as part of JTF Guantanamo. Because of this philosophy, the implementation of it and the service members that put it into action everyday, we continue to be a strong fighting force.

### JTF-GTMO Command

**Commander:**

MG Geoffrey D. Miller

**Task Force CSM:**

CSM George L. Nieves

**Public Affairs Officer:**

Maj. Paul J. Caruso

**Command Information Officer / Editor:**

Capt. Linda K. Spillane

**Online at:**

<http://www.nsgtmo.navy.mil/jftgtmo/>

**Circulation:**

2,100 copies

### The Wire Staff

**The Wire NCOIC:**

Staff Sgt. Stephen E. Lewald

**Layout Editor:**

Spc. George L. Allen

**Staff writers and design team:**

Sgt. Erin P. Viola

Spc. Delaney T. Jackson

Spc. Lisa L. Gordon

Spc. Alan L. Knesek

**Contact us:**

5239/5241 (Local phone) 5426 (Local fax)

Joint Information Bureau/Pink Palace

**Submissions to:** [lewaldse@JTFGTMO.southcom.mil](mailto:lewaldse@JTFGTMO.southcom.mil)

The Wire is produced by the 362nd Mobile Public Affairs Detachment assigned to the Joint Information Bureau at Joint Task Force Guantanamo. This publication is printed under the provisions provided in Army Regulation 360-1 and does not reflect the views of the Department of Defense or the personnel within.

# The NCO's role in training



Command Sgt. Maj. George L. Nieves, JTF-Guantanamo CSM

The noncommissioned officer teaches individual training, develops unit cohesion, fosters the values of loyalty and commitment, and builds spirit and confidence. The NCO evaluates performance oriented training, and through coaching and counseling grooms young soldiers for future positions of increased responsibilities. Team, section, and squad leaders are responsible for their soldier's minds, bodies, and spirits. These NCOs teach everything from the making of sound and timely decisions, to ethics and values, to daily physical training. They are the basic trainers of today's soldiers.

Preparation is the key to quality train-

ing. NCOs have to take it upon themselves to properly plan and execute training. Preparation includes putting together a lesson plan, establishing the task, conditions and standards, conducting rehearsals and conducting a risk assessment. It is also vitally important for NCOs to be involved in the assessment of training by providing feedback through the after action review process.

In the words of Gen. Gordon R. Sullivan, "NCOs are not ordinary people. They are men and women who stand apart from the crowd, who seek responsibility, take charge and get the job done."

For more than 227 years our NCOs have taken the initiative allowed by our officers and government to continue to build the U.S. Army into what it is today. This initiative is being built upon as they train young soldiers to become the NCOs of tomorrow, who will lead the U.S. Army in the 21st century.

# Chaplain's Corner

By CH (Lt. Col.) Herb Heavner  
Joint Task Force Guantanamo  
Command Chaplain

There is an ancient proverb that goes something like this: "Train a child in the way he should go, and when he is old he will not turn from it." These words point out the importance of training when we are young. For many of us, an opposing concept might also be true: the older we get the harder it is to learn. Here at Joint Task Force Guantanamo most of us are no longer young. Does that mean that we will have a great deal of difficulty in learning? I don't believe that this is necessarily the case. We have a level of experience and education that make us a valuable asset to the mission. We are in a new environment that has forced us to adapt and learn quickly.

This same principle applies to spiritual as well as it does to non-spiritual training. As a chaplain I certainly recognize the tremendous value of education in all that I do. I base most of what I do everyday on the spiritual lessons that I have learned in the past. Even though I am in a new envi-

ronment here in Cuba, I know I am a valuable spiritual asset because God has helped me to adjust my training to fit the current situation.

An example of a valuable spiritual lesson that can be applied in multiple situations is the matter of placing our trust in the Almighty. One day I might be out at Camp America counseling a soldier on the loneliness that he or she is experiencing. The next day I might find myself sitting at the passenger terminal listening to the pain of a soldier who is about to depart on emergency leave because of a death in the family. My advice would be similar to both individuals-trust God for the future! God can help you face the loneliness or deal with the pain that you are feeling right now.

My advice to you, whatever you are dealing with, is to trust God for the future. Take the spiritual lessons that you have learned. Apply them to the situation that you are facing today. Trust God for the outcome. You will not be disappointed and you will have learned a valuable lesson to help you in the future.

## Worship Services

### Catholic

#### Main Chapel

Daily	6:30 a.m.	Mass Cobre Chapel
Weds	5 p.m.	R.C.I.A. Cobre Chapel
Friday	5 p.m.	Rosary
Sat	4:30 p.m.	Reconciliation
	5:30 p.m.	Mass
Sun	9 a.m.	Mass

#### Camp America

Sun	10:45 a.m.	Mass Wooden Chapel
	5 p.m.	Mass Wooden Chapel

### Protestant

#### Main Chapel

Weds	7 p.m.	Men's Bible Study*
Thurs	7:15 p.m.	Youth Fellowship*
Sun	9:30 a.m.	Adult Bible Study
	11 a.m.	Service
	6:30 p.m.	Bible Study*
	7:30 a.m.	Praise and Worship Service

\* Fellowship Hall located in Chapel Complex

#### Camp America

Weds	7 p.m.	Service
Sun	9 a.m.	Service White Tent
	7 p.m.	Service

### Islamic

Fri	1 p.m.	Classroom 12 Chapel
-----	--------	------------------------

Complex

### Jewish

Fri	8 p.m.	Fellowship Hall
-----	--------	--------------------

Camp America Church Bus schedule:

Sun.	8 a.m.	Windward Loop
	8:15 a.m.	Tierra Kay

The bus will return immediately following worship.



Army Spc. Lisa Gordon

Cpl. Dan MacArthur (far left), Pfc. Danial McMaster (middle), and Spc. Jason Huls of the 303rd Military Police Company demonstrate the proper method for frisking a detainee. In this training exercise, McMaster, playing the part of detainee, has his mouth open checked for foreign objects by Huls.

### Training, from page 1.

reaching their full potential; among these are the Run for Your Life Incentive Program, the Physical Training Gold Streamer Program, and the Ruck March Program.

**The Run for Your Life Incentive Program** challenges service members to run a total of 500 miles while they are assigned to Guantanamo Bay. At least 250 of the miles must be performed individually, while the other 250 can come from organized physical fitness sessions. Each and every unit should develop a system to keep track of the number of miles each individual member runs per week. Once someone has reached the 500 mile minimum, their chain of command submits a signed form with the number of completed miles to J-3 operations for approval. Service members who have met the 500 mile requirement are rewarded with a free flight to Puerto Rico and a room for four days. Although individual recognition is always highly prized, the Command Group has also implemented programs to acknowledge service members at the group level.

**The PT Gold Streamer Program** was designed and implemented to acknowledge those units that excel in the area of physi-

cal fitness. All companies and detachment sized elements participate in the program upon taking a PT test. Units that score a collective average between 230 and 239 points are awarded a bronze streamer. A silver streamer is awarded to units whose collective average score is between 240



Army Spc. Delaney Jackson

JTF-GTMO troopers from all services, come together for morning physical fitness training.

and 249 points, and 250 points or higher earns the unit a gold streamer. Once the streamers have been presented by a member of the Command Group, they are flown on the unit's guidon staff and serve as a symbol of collective accomplishment on the unit's behalf.

**The Ruck March Program.** While everyone wants to exceed the standards of the PT test, JTF service members also know that being physically fit isn't simply a matter of being able to run faster than the next guy or do a lot of push ups. It means having both the physical and mental strength to overcome pain and keep going in tough situations. The Ruck March Program was developed to assist service members in establishing and improving their physical and mental capacity for pushing their individual limits. According to the program guidelines, every unit stationed at Guantanamo Bay must complete a six mile tactical ruck march in 100 minutes at some point during their six month tour. The uniform for the march is the battle dress uniform (BDUs), boots, load bearing equipment, and a Kevlar helmet. Service members will also carry a 30 pound rucksack and their assigned weapon. For those units that spend more time in an office than the field, the march presents a challenge and an opportunity to get back to the basics of the military.

**The School of the Guard.** While ruck marches and PT tests may be some of the first things that come to mind when considering military training, professional development and mission requirements also determine training needs. Although the military occupational specialty of military police is designated as 95 Bravo, many of the military police stationed here are carrying out the mission of corrections officers, or 95 Charlie. The School of the Guard will ensure that the military police stationed at Guantanamo Bay have all the knowledge, skills, and training required for them to safely and effectively perform their mission.

While the School of the Guard will help to ensure the conduction of a smooth operation inside Camp Delta, it is by no means the only training conducted by the military police. The MP companies at Guantanamo Bay work a three to one cycle; that's three weeks working inside Camp Delta and one week training on the outside.

Last week the 303rd MP Company conducted their training cycle which included

first aid training, a 4.2 mile ruck march, and classroom instruction and review on dealing with issues that may arise while dealing with detainees. The 303rd MPs also participated in oleoresin capsicum (OC) training. OC is a powerful, pepper-like substance which is sprayed into the eyes and used to subdue someone who is a potential threat. During the training, the MPs have OC sprayed into their eyes and run through a course which simulates grappling with and subduing someone who is acting as a potential threat. Even after all that last week covered, the morale of the 303rd seemed high. 1st Lt. Aaron Combs said, "Here we are on a mission ... We are supporting operations in time of war. We know we need to take it seriously, so the

motivation level is spiked right up there every time we get a chance to practice up."

Charlie Co. has no shortage of training events. They are planning on conducting expert infantryman's training, OC training, hand to hand combat, land navigation, operation of a radio, and weapons assembly, among others. C Co. commander, Capt. Chris Duesing said, that the training is extremely beneficial to the troops. "It all helps get them more into the active duty mind set ... The way I'm trying to gear the training is to give the soldiers more tools to better do their jobs. Things like observation and memory; that's key around here. Anything about patrols, weapons, things that we handle day to day ... it just keeps them sharp," said Duesing.

Training on Guantanamo Bay runs the gamut: from individual training, to a squad sized exercise, to a ruck march that all JTF personnel will participate in. One thing service members can never say about being deployed at Guantanamo Bay is that nothing new was learned from the experience. Thanks to ongoing training, the skills service members came to the island with are being polished and new abilities are discovered on a regular basis. JTF service members of Guantanamo know their priorities include putting the mission first and being ready to fight at any time. It's obvious in their effort and obvious in their training.

## Coast Guard prepares teammates



Coast Guardsmen of Delta Detachment practice boat maneuvers on Guantanamo Bay.

Photo by Army Spc. Lisa L. Gordon

By Army Spc. Allan L. Knesek

The U.S. Coast Guards' Delta Detachment is making preparations to train their Navy partners for harbor defense. Most of the training will be refresher for many, but ... "when a new guy comes aboard, we'll start from the ground up," said LCDR Dimitri Delgado, U.S. Coast Guard Delta

Detachment commander.

"We'll blow through the basics but we are endeavoring to bring the Coast Guard standards to the table and keep them there," said LCDR Delgado. The training will go from start to finish and encompass small boat operations, water safety, radar navigation, seaman safety, harbor patrols, basic boat handling and tactical boat han-

dling. Day-in and day-out, Delta Detachment takes part in high threat missions stateside, and the training will be nothing less than thorough.

"They (Delta Detachment) will bring a wealth of expertise to the table," said LCDR Delgado. The training will cover everything that is mission essential to JTF and to the harbor security.

# The School of the Guard sharpens MP skills



U.S. Army Spc. Lisa L. Gordon

Command Sgt. Maj. John VanNatta, superintendent of Camp Delta, says The School of the Guard will provide the specialized training the military police stationed at Guantanamo Bay need to do their job safely and effectively.

By Army Spc. Lisa Gordon

Military police are accustomed to enforcing the law and many of them are also familiar with the procedures for dealing with enemy prisoners of war. However, the MPs stationed at JTF Guantanamo are

dealing with detainees categorized as enemy combatants rather than EPWs. This is their first chance to perform the duties of a corrections specialist. In order for the troops to take on the role of corrections specialist, they must expand their knowledge and learn a whole new set of skills pertaining to the many tasks they must complete during their jobs inside "the wire". In other words, the MPs of Guantanamo Bay must have sufficient training to ensure that they have all the information and expertise necessary for them to complete their mission. The School of the Guard aims to do just that.

The School of the Guard refers to a proposed program in which MPs working in Camp Delta can obtain an additional military occupational specialty as a corrections specialist. The program is still being fine tuned and although the details are not yet finalized, the objective of The School of the Guard is to train, test, and validate Guantanamo Bay's MPs on their knowledge of and proficiency in 64 areas of performance that relate to the correctional MOS.

The 64 areas of knowledge encompass approximately 600 individual tasks that MPs may have to deal with while working inside Camp Delta. Some of the tasks include: perimeter security, detainee transportation, operational security, cultural

diversity training, guard mount and relief procedures, disturbance control, and report writing. The program also provides the MPs with non-lethal training and classes on the principles of the Geneva Convention. Command Sgt. Maj. John VanNatta, superintendent for Camp Delta said he has been coordinating with the school that runs both the military police and correctional courses, both out of Fort Leonard Wood, Mo. in an effort to finalize the particulars of the program.

The School of the Guard benefits Guantanamo Bay's mission, The Joint Detention Operations Group, and the careers of individual service members. VanNatta said, "This is everything they'll need to know to operate in a correctional facility in a safe and efficient manner. Some of the tasks, like cultural diversity training, are unique to here because the detainee population is different than they'll encounter anywhere in the continental United States. Therefore, we adjust our training and some of our methods to control and manage the detainees ... We're planning to train a better force to go back home, which would be beneficial to Guantanamo Bay. If they're ever redeployed here in the future, they'll come back with those skills. Likewise, they'll have those skills no matter where they're deployed in defense of the country."

## OPSEC Corner

"Who is really responsible for OPSEC? Is it myself, the Joint Task Force Guantanamo OPSEC Manager, your Commander, or is it a unit responsibility? All three are correct, however, *you* are the primary lead on ensuring that we protect mission details. Many times, we make assumptions that OPSEC is someone else's job or that we have enough countermeasures in place to put OPSEC on the back burner. However, each of us has an individual responsibility to think about, plan, and execute OPSEC. Therefore, never make assumptions about our adversaries, especially

those concerning their intent to collect information. Know and protect your unit's critical information, such as personnel rosters, unit rotation plans, and unit home addresses. Lastly, you *must* understand that your phone conversations and Internet traffic are monitored by our adversaries. Strive to learn more about your individual OPSEC responsibilities. Stay in the JTF Guantanamo fight by tackling operational complacency."

"Think OPSEC"

*"The day you stop learning  
should coincide with the day  
you stop breathing."*



Soldiers of the 240th Military Police Company stretch before breaking off and conducting PT at the G. J. Denich Gym.

Photo by Army Spc. Alan L. Knesek



Photo by Army Spc. Erin P. Viola

Army Spc. Herb Harman, National Guard 2/116th Inf. Regt. Bravo Co. scouts the area at a designated surveillance point while on dismounted patrol.



Photo by Army Sgt. Erin P. Viola

These guys were born motivated. Staff Sgt. Christopher Blaxton (front), and Spc. Lucas Willcott lead the way for the 1st Platoon of the 303rd Military Police Company during a 4 a.m. ruck march from Tierra Kay to Windmill Beach.



## What's up, Doc? Stretching and flexibility (Part II)

By Navy Lt. Cmdr. Fred Schmitz  
Physical Therapist, Naval Hospital

### *How flexibility prevents injury.*

The following is the second in a series of ongoing articles addressing sports fitness and injury prevention and management. Lt. Cmdr. Fred Schmitz is a Navy Physical Therapist, Board Certified in Orthopedic Physical Therapy and Sports Physical Therapy. If you have questions, comments, or ideas for a future article please contact him at the Naval Hospital PT Department: 7-2940 or email at fdschmitz@gtmo.med.navy.mil

Training strength and aerobic capacity have obvious benefits to any athlete, soldier, sailor, airman, Marine, and Coast Guardsman. If you're playing a sport or performing a physical aspect of your job, your strength contributes to your speed, power, and ability to control your movement. Aerobic capacity contributes to your ability to continue to perform the sport or activity without collapsing from exhaus-

tion. Flexibility has a less obvious role, but is equally important. Increased flexibility results in a greater range of motion through which your body is able to generate and absorb forces, and is therefore a key factor for injury prevention.

Flexibility is important for injury prevention and results from the effects of training, your body adapts in response to the stresses applied upon it. This is the general training principle which allows us to improve our performance. In response to training, our bodies repair and remodel tissue; it gets stronger, faster, and unfortunately, also has a tendency to get "tighter". The range of motion through which your muscles and tendons are allowed to function contributes to your body's capacity to absorb forces and prevent injuries. Greater flexibility can help prevent both acute and chronic injuries.

Acute injuries are caused when the stress you place on your body is greater than your body's ability to adapt immediately. A muscle strain or tear may be the result of sudden acceleration or decelera-

tion of any joint complex (pulled hamstring, calf strain, etc.). Increasing your flexibility allows your body a greater range through which to apply or absorb forces smoothly, and decreases the likelihood of acute tissue failure.

Chronic injuries are usually caused by over-training or inadequate stretching. In this case, your body is initially equal to the task of adapting to stresses, but stretching is neglected. Your body begins the process of repairing and remodeling but the new tissue is not taken through its maximal range of motion, resulting in tissue which is "stiff" and has less ability to attenuate energy. This may subsequently cause an acute injury, or a low grade inflammation may result as small individual fibers begin to yield resulting in a tendonitis or bursitis. Anyone who has awoken the day after a new activity "stiff" is experiencing the body's adaptation response to training - use this as a clue to increase your stretching activities. Next week: How to stretch. Charlie Papa!!!

## Man on the Street

Compiled by Army Spc. Delaney Jackson

**This week's question:**

***What training would you like to see incorporated into the JTF training program?***



**Army Pfc William Woodard**  
303rd MP Co.

*"How to perform preventive maintenance checks and services on a vehicle, it would catch problems before they got too big."*



**Army Pvt. Christopher A. Crosen, B Co., 2nd Battalion, 116th Infantry Regiment**

*"More live fire exercises and training on different types of weapons"*



**Navy Petty Officer 1st Class William Causey, J-6**

*"Swimming, there are a lot of people here who don't know how to swim, we are on an island, it would be a good idea."*



**Army Sgt. Emanuel Mahand, J-DOG Supply**

*"Something like having a master fitness instructor give classes on working muscle groups properly."*



**Army Sgt. Theodore Perry, J-4 Warehouse**

*"More military tradition and courtesy training, there are so many different branches here and everybody does everything differently."*





## Staff Sgt. Cropley gets commissioned

On Jan. 20, 2003, the newest officer of the JTF-GTMO, 2nd Lt. Ralph Cropley, 344th MP Co., was commissioned by Joint Task Force Commander, MG Miller. Cropley called his platoon to attention for the first time as a commissioned officer in the U.S. Army.



## Fourth Annual Candlelight March in honor of MLK

Chief Petty Officer Wanda Simmons (far left), organizer of the Fourth Annual Candlelight March in honor of Dr. Martin Luther King, Jr., leads the way with the assistance of children from the community and Warrant Officer Joseph King (carrying banner on right).

Over 80 people participated in the Dr. Martin Luther King, Jr. 5K Fun Run organized by Morale Welfare and Recreation. The run started at the G.J. Denich Gym.



## Nutrition to keep you "Fit to Fight"

By Navy Lt. Donna M. Sporrer  
Registered Dietitian  
U.S. Naval Hospital

Are you fit to fight? How you perform is affected by the choices you make in the galley, at home or when eating out. Fueling up on nutrition can foster healthy dietary practices that can ensure optimal nutrition for optimal performance.

Eating three meals every day is essential in providing sustained energy to your body and for revving up your metabolism. The "preferred" fuel for your body is carbohydrates. Your body uses stored carbohydrates in the muscles (glycogen) for energy during prolonged and intense physical activities. If you don't get enough carbohydrates, your performance will deteriorate. Good sources of complex car-

bohydrates include potatoes, pasta, rice, breads and whole wheat cereals. Make sure you get a good source at each meal. Getting enough protein is important but often overrated. Good sources of protein include eggs, meat, dairy products and beans. Americans tend to consume more protein than required so supplementing with protein shakes or powders can put a strain on your kidneys, increase bone loss and actually age you. Fruits and vegetables are loaded with vitamins and minerals that have specific functions. Vitamin A, for example, helps to repair body tissue and boosts the immune system. Potassium is essential for normal heart function and fluid balance. Go for color when selecting fruits and vegetables. Dairy provides protein and calcium. Look for the calcium-

weight loss connection article coming out soon. Minimizing your intake of fats, sweets and alcohol is essential for optimal nutrition. Alcohol can decrease absorption of B-vitamins which are required for energy metabolism and nerve function. This in turn can decrease your performance.

Everything in moderation is the key to enjoying your favorite foods. Eating desserts occasionally or splurging on burgers and fries occasionally can be part of a healthy diet - if done in moderation. Remember that water is vital to maintaining hydration, especially when in hot climates coupled with training. The dietitian will be available at Camp America very soon to answer your nutrition related questions. Charlie Papa!!!

# On-the-job training at JTF

By Army Sgt. Erin Viola

On-the-job training has always been an excellent way of bringing cutting edge knowledge to service members. Joint Task Force-Guantanamo offers plenty of it simply due to the unique mission here.

As part of the Joint Interrogation Group, Spc. John has received quite a bit of on-the-job training. He is responsible for analyzing the data collected by the JIG. His philosophy about training is something many of us may agree with. "Training is really only as good as an individual takes it and applies it to themselves given their current circumstances," said John.

Of course before you can walk, you must learn how to crawl. "I definitely would say the training I received at advanced individual training was fantastic. It was a good base block. You've got to know the basics and be familiar with the tools and the organizational structure and how things are supposed to flow. But most of the knowledge I have gained in the military intelligence world has been through on-the-job training," said John.

Since this is not John's first deployment, he was able to rely on some of his on-the-job training from his experience in Bosnia and put it to good use here.

The biggest challenge John faces here is time. He considers time his enemy. "The main thing about intelligence and information gathering that people (outside the MI circles) don't usually understand that it is extremely time sensitive. Something about troop movement is absolutely of no value if it is two weeks old. It's great that I could plot out on a map, how fast a troop can move in two weeks, but that doesn't tell me anything," said John.

The training John has received here has given him the opportunity to see a wide perspective of the MI world, which he says will help him to decide what career moves he will make in the future. He is currently working on a Master's degree in artificial intelligence and hopes to finish it up when he gets home.

The training John and his co-workers receive is very valuable, making them very marketable in the civilian world. According to John, many military intelligence people are often recruited by a variety of government agencies.

## Events at JTF-Guantanamo

### Cuban American Friendship Day

Jan. 31 "Celebrating the 100 years of friendship." A nine and a half mile relay run at 7 a.m. beginning at the Self Help Store. To sign up, unit teams must call Gunnery Sgt. Dombroski at 3429/2008 or 7330, before Jan. 24. The Celebration at Philips Park begins at 12 p.m., and includes awards, music, and entertainment. Lunch buffet tickets are \$10 adults/\$5 children. To buy tickets for the lunch buffet contact Lt. Goldberg at 72035 or 7124 before Jan. 29.

### Hawaiian Luau, Cable Beach

Feb. 1 at 3 p.m. Transportation provided, contact Staff Sgt. Montgomery at 3202 or 3203.

### Smooth move PCS class

Fleet and Family Support Center, Jan. 30, 8 a.m. - 12 p.m., call 4141 to reserve your seat

### Live from Detroit

Jezt Bryan - Jan. 25, 8 p.m. at the Windjammer

## Movie Schedule

### Camp Bulkeley

#### Fri., Jan. 24

8 p.m. *The Tuxedo*  
PG13 - 96 min

10 p.m. *City by the Sea*  
R - 108 min

#### Sat., Jan. 25

8 p.m. *Brown Sugar*  
R - 94 min

10 p.m. *The Transporter*  
PG13 - 92 min

#### Sun., Jan. 26

8 p.m. and 10 p.m.  
*The Four Feathers*  
PG13 - 130 min

#### Mon., Jan. 27

8 p.m. *I Spy*  
PG13 - 102 min

#### Tues., Jan. 28

8 p.m. *Goldeneye*  
PG13 - 130 min

#### Wed., Jan. 29

8 p.m. *Mad Max 2: The Road Warrior*  
R - 91 min

#### Thurs., Jan. 30

8 p.m. and 10 p.m.  
*Sweet Home Alabama*  
PG13 - 109 min

### Downtown Lyceum

#### Fri., Jan. 24

7 p.m. *Extreme Ops*  
PG13 - 93 min

9 p.m. *Punch Drunk Love*  
R - 87 min

#### Sat., Jan. 25

7 p.m. *The Santa Clause 2*  
G - 98 min

9 p.m. *Empire*

#### Sun., Jan. 26

7 p.m. *Harry Potter 2*  
PG - 160 min

#### Mon., Jan. 27

7 p.m. *8 Mile*  
R - 111 min

#### Tues., Jan. 28

7 p.m. *Empire*  
100 min

#### Wed., Jan. 29

7 p.m. *The Emperor's Club* PG13 - 109 min

#### Thurs., Jan. 30

7 p.m. *Friday After Next*  
R - 85 min

### Camp America Post Office hours of operation:

Mon.-Fri. 11:30 a.m. to 4 p.m.  
Sat. 12:30 a.m. to 4 p.m.  
Sun. Closed

All Postal Services available except Registered mail and Money Orders (available at Navy Main Post Office.)

# These boots are made for walkin'

By Army Sgt. Erin Viola

If anyone on this island deserves a comfortable pair of boots, it's the infantryman on a dismounted patrol. Since his only mode of transportation is his own two legs, he does quite a bit of walking; that is if you consider trekking straight up and down the steep hills of Guantanamo with 30 extra pounds, under 90 degrees of hot sun beating down on you for eight to 12 hours at a time ... walking?

If you want to see how others train and perhaps get in some training yourself, then you should participate in Infantry for a Day. Conducted by the Army National Guard's 2nd Battalion, 116th Infantry Regiment, it is open to all branches within Joint Task Force-Guantanamo. Volunteer participants will get a taste of what it is like to conduct a dismounted patrol for a day. Expect to be physically challenged. But more importantly, expect to gain a greater appreciation for what the infantrymen do here on a daily basis, because I certainly did.

Each week, Alpha, Bravo and Charlie companies take turns leading the volunteers through the hills. This past week it was Bravo's turn, so Bravo Company Commander, Capt. Michael Peterson gave the volunteers a briefing on what to expect.

"As a light infantry battalion, we are down here conducting what we call reconnaissance patrols," said Peterson.

Each infantry team looks for evidence of unauthorized surveillance in the area of operation. Before starting the trek, Peterson stressed one more time to the volunteers, "I want to reiterate that this is a reconnaissance patrol. It is not a combat patrol."

Each troop on patrol wears the standard load bearing equipment, carries an M-16 A2 rifle, and brings a "CamelPak" full of water. The radio telephone operator gets the privilege of carrying a 30-pound radio. The patrols are conducted in a wedge formation, which gives maximum coverage to the front and sides.

By teaching the volunteers, the troops are learning more. Sgt. Tommy Morton, squad leader for Alpha Company, said Infantry for a Day is excellent training for the troops. "We are used to training just one weekend a month, two weeks a year and here is an opportunity where we can take all these young privates and drill them and drill them. These are our leaders of tomorrow and this is the best opportunity for everybody here as leaders and

as subordinates to learn the next level task. So this is a great opportunity for everybody," said Morton.

"It's kind of exciting actually because it is a real world mission. A lot of people think we are just going for a walk in the woods. But actually there's a lot more to it than just going for a nature walk. We are actually performing a real world mission out there, looking for any type of surveillance equipment that is unauthorized, any type of unauthorized access to any of the areas that we are reconning. We are looking for any unauthorized people that might be wandering around out there, bumping into stuff in the woods somewhere," said Spc. Herb Harman, patrol leader for Bravo Company.

An added bonus to this kind of training is getting physically fit. "A lot of people are in a lot better shape than they would be at home because we are doing physical training every day, we are going up in the mountains," said Pfc. Matthew Bulloch of Bravo Company. Spc. Douglas England of Bravo Company, and point man for the patrol said he has lost 28 pounds since he started patrolling these hills in December.

Motivation and teamwork are highly essential in this kind of work environment. "Motivation ... wow ... you *have* to be motivated to walk the mountains," said Morton. "There's nothing like going up ... I mean ... you start here and you get all the way up to the top and you look down, and you say ... wow I just came all the way up this. And then when you get down and you're all sweaty and you're hot and you're tired and you get done, there is a real sense of accomplishment that

you've done something for the day. And you get done ... and you say ... man, that was really great. Actually this is our favorite part of our mission doing our dismounted patrols. We get excited about it. It's a lot of fun," said Morton.

Leadership is equally important. As the patrol leader, Harman is responsible for the welfare of his troops. Throughout the trek Spc. Harman routinely checks on his troops to make sure they are drinking enough water. It was a black flag day, which makes these treks especially challenging.

On the last leg, Harman asks his RTO, Spc. Andrew Nelson, how he's doing. It is pretty evident from the sweat pouring down the sides of Nelson's face that the 30 extra pounds from the radio is taking its toll. Harman gives Nelson the option to have another soldier carry the radio. Nelson declines. He is fine. This is his gig. This is what he does. Spc. Kurt Ellestad jokingly chimes in from the rear security position, "At this point, Nelson doesn't have much of a choice, the radio is melted to his back."

The event is coming to a close, and the volunteers involved get ready to head home for the day. They have had their little taste of infantry reality. And let's reiterate little taste. Even though the volunteers may have sweated just as much as the infantry, with the exception of course of the RTO - no one sweats as much as the RTO, it was only three hours.

"It is taxing. They do it for about eight to 12 hours. After that period of time, they are spent and then they come right back after 12 hours and to the same thing again," said 1st Lt. Mark Tinsley of Bravo Company 2/116th Infantry.



Teamwork at its best - Spc. Douglas England helps Spc. Kurt Ellestad up one of the many ridges they trek through on their daily dismounted patrol.

Army Sgt. Erin P. Viola

# 15 Minutes of Fame...

with Navy Hospital Corpsman 3rd Class John Bauer,  
Mobile Inshore Undersea Warfare Unit 212

“No knowledge is wasted knowledge.”

Interview and photo by  
Army Spc. George Allen

*Bauer is a Corpsman in MIUWU 212, from Gulfport, Mississippi. While MIUWU 212 maintains surveillance of Guantanamo Bay's sea-lanes of approach, Bauer trains his shipmates on first aid and takes care of Joint Task Force Guantanamo troops in the Joint Aid Station at Windward Loop.*

**Q:** How long have you been in the Navy?

**A:** I've been in the Navy nine years now, and in this unit right around three.

**Q:** Why did you join the Navy?

**A:** I joined the Navy to get a good heading in life. A place to start getting some kind of skills together so when I go to look for a job, I have some thing to offer people.

What solidified my choice for the Navy as far as the other branches was my Dad was a boatswain's mate in the Navy and I used to hear all the time how much he liked the Navy and what it did for him. So I said 'Well, my Dad's a good man, if it was good for him, it's good for me.'

**Q:** What did you do before you joined this unit?

**A:** Before I was with the Marine Corps as a combat medic.

**Q:** What training are you receiving?

**A:** Currently I'm in an ACLS class, which I started Friday.

**Q:** What is ACLS? Describe what you're learning.

**A:** ACLS - Advanced cardiac life support teaches you how to read EKG (electrocardiogram) rhythms. It teaches you what you're looking at so you can identify different rhythms and possible problems. And [it] also teaches you, if you see this



Army Spc. George Allen  
*HM3 John Bauer, trainer of first aid, treater of ailments, on duty at the Joint Aid Station at Winward Loop.*

particular rythms, it's a problem, and what you treat it with.

It's a pretty in depth class, and it's a lot of information to absorb. I'll be spending nights studying at home, but it's something I see is going to benefit me, not only here but also in my civilian job as well.

**Q:** You said you were also training your unit?

**A:** I'm currently involved in my unit, teaching and evaluating them on different medical skills like electric shock and burns ... looking at it from the perspective of if (an accident) had happened and they didn't have a Corpsman, how they'd take care of their shipmates.

**Q:** What do you do as a civilian?

**A:** I'm a firefighter/EMT (emergency medical technician). If I wouldn't have had hospital corpsman (training), I never would have gotten hired on at the fire department because they were hiring all these experienced people (but) they hired me straight off the street with no previous experience, other than my military background.

**Q:** You mentioned you were training the MIUWU on first aid for electric shocks for instance. Is that because your unit works with a lot of electronics?

**A:** Right. In the past I've given them training on basic first aid, amputations and sucking chest wounds. I was told, a long time ago, when I was in school (to become a field corpsman with the Marines), they told me 'when you get back to your units,' teach them everything you know.

You teach them what you know because you never know when either you become the casualty and they have to take care of you, or if something happens to you, they have to take care of themselves.

Taking that mentality, and bringing it to this unit, I try to teach them everything that I can as far as how to treat these different injuries and just kind of hope that they pick up on some of it, remember some of it, in the event that they do have to use it, if the Corpsman's not around. Or even if I just need some help (treating someone), I could tell someone 'hey, gimme a hand, do this' and they kind of know what I'm talking about.

No knowledge is wasted knowledge.

**Q:** Describe some of the MIUWU training you're doing.

**A:** We'll show up out in the field at the watch sites and out of the blue say 'This guy over here is being electrocuted, what are you going to do?' How they respond lets you know if they're gonna be fine, or what they need to work on, how they can do things better.

My hat's off to the unit, because they've done an outstanding job.

It's a process for both of us, they learn, and it also helps me too, because if you have a subject matter that you're teaching, you learn a lot more as you teach it, as opposed to just doing it, so (training them) helps reinforce my training as well.