

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE



January 8, 2016



PHOTO STORY

HEADBANGER'S BALL ROCKS IN THE NEW YEAR

GTMO WELCOMES 2016 WITH LIVE
BAND, FIREWORKS

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NEW SERIES ON SUPPORT
FUNCTIONS WITHIN THE JTF

THE ONLY GOOD IS KNOWLEDGE, THE ONLY EVIL IS IGNORANCE

Editor's Note: Zak, the Joint Task Guantanamo commander's strategic cultural consultant is starting a new monthly column in "The Wire."

Socrates once said, "The only good is knowledge and the only evil is ignorance."

In the wake of the tragedy in San Bernardino, California, I think is important to focus on our standard operating procedures and not let outside influences affect our mission of safe, transparent, legal and humane care of the detainees here.

My goal with this column is to encourage members of Joint Task Force Guantanamo to continue to be the utmost professionals when it comes to care of the detainees.

For this month's column, my focus is the power of education. In all my training briefs, I stress the idea of "don't love, don't hate." What does that mean? To be effective at providing safe care to detainees consistently,

one must leave emotion out of the mission.

Emotion can affect your performance. Emotion can cloud your judgment and cause unprofessional behavior. Allowing your emotions to drive your actions can put yourself and others in danger.

So what should you do instead and how does that relate to education? The best thing to do is to educate yourself and follow your SOPs. Being consistent in your actions on duty is the key to being successful. Doing so will allow you to carry out your mission effectively and keeps everyone safe.

That said, if you have questions or need clarification regarding your duties, ask your leadership. An ignorant Trooper is not who you want to be. Confirm and verify everything you hear. Educating yourself is the best thing you can do to be a professional and be accountable. It allows you to keep your

emotions in check and follow the motto of "don't love, don't hate."

Education is a powerful tool. Being knowledgeable also helps you to be respectful of others. Respect is another powerful tool to have in your job to carry out the JTF mission effectively.

My goal as the strategic cultural consultant is to advise all JTF Troopers about Islamic culture. I help to educate those who work directly with detainees to be able to do their job more effectively.

If you would like more information on available training or just have general questions, please contact me at x9934.

Article by

ZAK

JTF GTMO Strategic Cultural Consultant



"Can it be done?" asked a Joint Task Force Trooper at the end of the extensive planning meeting.

"I don't think so," said more than one person around the table.

A determined small group countered, "We'll see about that!"

After months of meals at U.S. Naval Station Guantanamo Bay, Cuba, some JTF Troopers wondered if it were even possible to visit every base galley in one weekend. One officer came close during the Thanksgiving holiday, but the ferry schedule did not cooperate and he just could not convince the keepers of the U.S. Coast Guard's fast boats that his mission was essential. Where many would have given up, an elite force from JTF developed a course of action, wrote an operations plan, conducted a concept of operations brief, and executed the mission.

Early on a recent Saturday, the Joint Galley

ADVENTURES CHALLENGE YOU TO GROW

Strike Team met at the Naval Hospital for breakfast. They maintained tight operational security, telling only those who asked what they were doing.

The group caught a morning ferry to Leeward and went diving at Chapman Beach. After a successful beach landing, they pushed themselves to the Leeward galley for lunch followed by a grueling drive to ferry landing. Upon returning to Windward on the afternoon ferry, they dashed to Camp America for dinner at the Seaside galley. Over the course of the weekend they also enjoyed a light meal from the Kittery galley and dragged themselves to the Gold Hill galley for midnight rations. Exhausted but happy, the Joint Galley Strike Team had accomplished what many declared impossible.

Make audacious plans while you are here. Goals such as completing an academic degree or continuing your professional military education are achievable but they require extensive commitment and support from family and friends. Several JTF Troopers are completing graduate degrees while at GTMO and countless others are working toward undergraduate degrees and warfare devices. Some choose to set physical goals such as becoming physically fit instead. Some, who barely passed physical readiness tests before arriving, end up leaving the island in

superior condition with daily exercise and good diet. Growing stronger takes planning and determination, but it can be done. Other audacious growth plans are spiritual. Troopers who engage in spiritual practices report feeling challenged, fulfilled and excited to learn more.

If big plans seem out of reach, start with something achievable such as running farther or faster, or gathering a group of friends for an adventure.

What could you do to challenge yourself? Keep it safe, but use your imagination. What might you do that would make your deployment a positive experience and give you a few stories to tell in the future? Could you to reach every galley in a weekend? Can you finish a project you have procrastinated on? Can you work on relationships back home that need your attention? Can you grow stronger in your faith or beliefs?

What "can't be done" on your deployment? Get some creative friends together and dream. Do something amazing or at least something interesting. You will have a better deployment and the rest of us will enjoy hearing about it.

Article by

NAVY CHAPLAIN (CMDR.)

SEAN COX

JTF GTMO Chaplain



LEADERSHIP & CHAPLAIN

The strategic cultural consultant reminds the JTF to become educated and rely on SOPs, not emotion. The JTF Chaplain encourages Troopers to challenge themselves on deployment.



GTMO NEWS / COVER PHOTO

The SJA discusses the rules about taking critters from the waters of GTMO. Learn about Operation Sea Signal. Check out the new series on support functions within the JTF.



PHOTO STORY

Service members bang their heads during live music entertainment, New Year's Eve. The Headbanger's Ball visits Troopers for the second time in two years.



ENTERTAINMENT

Check out why you should see "Daddy's Home," the newest movie featuring the comedic duo of Ferrell and Wahlberg. Read reviews discussing the failures of "Point Break."



HEALTH & HISTORY

Why going to the doctor makes you strong, not weak. Try our New Year's recipe: resolution trail mix. In military history, read about a Medal of Honor recipient, Samuel J. Churchill.

MOTIVATOR OF THE WEEK


COAST GUARD
PETTY OFFICER 2ND CLASS
CARLA L. GALLAND
 MARSECDET

SPC. CODY SPENCER
 814TH MP CO

COMPLACENCY

1. Self-satisfaction especially when accompanied by unawareness of actual dangers or deficiencies.
 2. A feeling of being satisfied with how things are and not wanting to try to make them better.
 Complacency is our biggest enemy on the island. Keep your eyes wide open and your head on a swivel, fight complacency! Protect sensitive information. Use OPSEC!

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KNOW WHICH CRITTERS CAN BE REMOVED FROM GTMO WATERS



The waters of U.S. Naval Station Guantanamo Bay, Cuba, are filled with bounty. From sand dollars, shells, huge lobsters and crabs, to numerous types of fish; whether you are looking to find your next meal or a memento to take home from your Caribbean deployment, you can find it in GTMO.

However, taking animals and animal products from GTMO waters is not a free-for-all and you should familiarize yourself with the restrictions on what and how much you can take. Wildlife takings at GTMO are regulated by NAVSTAGTMOINST 1701.10A and B, which may be found on the Joint Task Force GTMO Sharepoint website on the “GTMO Diving” page, located under the “Command Information” tab.

These regulations are enforced by NAVSTA patrolmen, who issue citations based upon observed and reported violations. Violations are assessed points, which are tied to sanctions. Administrative sanctions range from suspension of various Morale, Welfare & Recreation program privileges to removal from base. For military members, violations could also result in action under the Uniform Code of Military Justice.

The NAVSTAGTMOINST 1701.10A and B list how many of each animal you may take per day, size restrictions, when the taking season is open and closed, and what methods of taking are permitted. For example, many fish may not be speared or cast-netted and some fish may only be caught using hook and line.

One of the most popular takings at GTMO is the Queen Conch. Once out of the water, it is instantly recognizable, with its huge pink and pearlescent shell. The shell is home to a snail-like animal that can live for up to forty years. Unfortunately, the Queen Conch has been over-fished in much of the Caribbean, to the point it is considered a threatened species under international law. Importing the Queen Conch from most Caribbean countries into the U.S. is now illegal.

It remains legal for you to carry or ship Queen Conch shells from GTMO back to the U.S., and while at GTMO, you are allowed to take Queen Conch shells from the sea; but there are limitations.

The Queen Conch season is closed during March, April and May. During the open season, you may take one live Queen Conch per day. The shell must be more than nine inches long or the lip of the shell, as measured at the thinnest part, must be at least an 1/8 of an inch thick. There are no restrictions on taking shells that are unoccupied, as empty shells sometimes wash up on the beach, or shells that have been re-inhabited by hermit crabs.

GTMO is home to large lobsters and up to two per day may be taken, but no more than eight per boat. Egg-bearing females may never be taken. The season is open year-round, except in the Manatee Zone, where the season closes from February to July. To be legal, the lobster’s carapace, rear of the eye-socket to the end of the body shell, must measure at least 3 and 1/4 inches thick.

Lionfish are popular spearfishing targets, because they are an invasive species. There are no limitations, but be careful, their feather-like fins are venomous.

Looking to have a crab feast? You are in luck. Up to 24 blue crabs per day may be taken, as long as the crab is not an egg-bearing female and it measures at least 4 inches from point to point.

For a complete list of the regulated species, consult NAVSTAGTMOINST 1701.10A and B.

As a final point, when you travel back to the U.S., you must declare any wildlife products, including shells on your customs declaration form.

The JTF-GTMO OSJA provides full-spectrum legal services and advice to the JTF command and its warfighters. If you have questions regarding the content of this article or need assistance with a personal civil legal assistance matter, please contact the JTF Legal Assistance office (Bldg. 2525 - x8589).

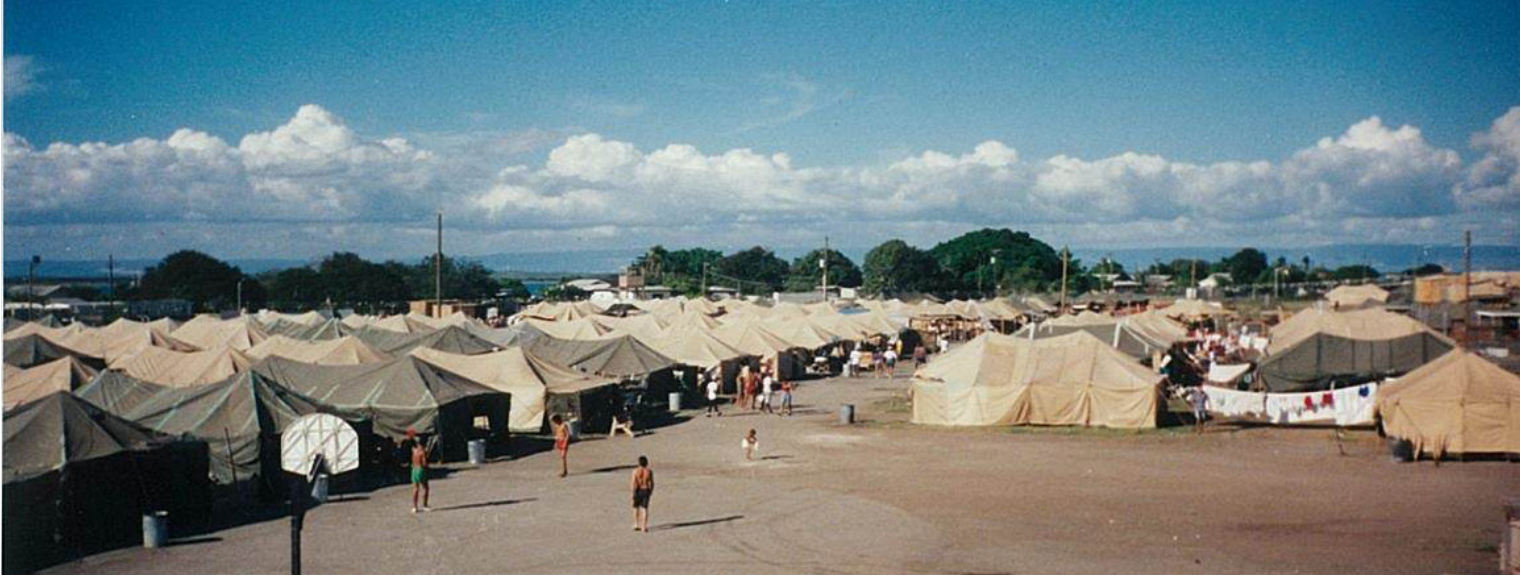
Courtesy article by

JTF OFFICE OF THE STAFF JUDGE ADVOCATE

Photo illustration by

ARMY SGT. CHARLIE HELMHOLT

EXPLORING CAMP X-RAY: WINDOW INTO GTMO'S STORIED PAST



A personal photo taken at Naval Station Guantanamo Bay during Operation Sea Signal during the 1990s. For a temporary time, GTMO was home to tens of thousands of refugees from throughout the Caribbean who had fled left their homes looking for a brighter future. (Photo courtesy Army Sgt. David Kirtland)

The year was 1994, the location: U.S. Naval Station Guantanamo Bay, Cuba. Thousands of Haitian and Cuban migrants were living within the naval station. From the airfield to the golf course, more than 10,000 migrants were being housed. As with any sufficiently large population, there were troublemakers, and while the U.S. and Cuba negotiated how best to handle the crisis, those troublemakers had to have a place to go.

The first was MAG-291, a place for those migrants who committed minor infractions. People were held there for approximately 7-30 days, depending on the severity of their misconduct.

The second was Camp X-Ray, a facility that would 20 years later become known for housing the first detainees from the Global War on Terror. X-Ray, was a purpose-built area used to house migrants who broke the law or seriously endangered the safety of the rest of the population. At the time, NAVSTA was divided into sections named for the phonetic alphabet: alpha, bravo, charlie, and so on. The camp took its name from the section it was in, X-Ray.

According to a 1995 report by the National Defense University, Institute for National Strategic Studies, "from a security perspective Camp X-Ray was impressive, although it was not a prison as some have suggested. Infractions committed by detainees included theft, assault and battery, prostitution and black market activities. Their segregation was intended to avoid a breakdown or disruption of law, order and discipline in the camps."

X-Ray, played a key role in the historic

mission known as Operation Sea Signal.

Sea Signal was a result of Fidel Castro's decision in 1994 to allow Cubans to leave the island, where previously they were forbidden to do so. Immediately, an exodus of thousands of migrants flooded across the ocean headed for Florida. U.S. Coast Guard and Navy vessels were dispatched to intercept those migrants and to ensure their safety.

“IN A BROAD SENSE, SEA SIGNAL IS AN INDICATOR OF THE U.S. MILITARY'S SUCCESS AS AN INSTITUTION”

From 1994-1996, tens of thousands of migrants flooded GTMO, at times up to 3,200 new arrivals per day. When the Cuban migrant crisis began, there were already more than 14,000 Haitian refugees from a separate crisis here. With existing camps full, the personnel here had to move quickly to prepare for the more than 34,000 additional Cuban migrants.

Active duty and reserve components from all four services, as well as various civilian organizations, such as the U.S. Coast Guard at the time, constituted Joint Task Force 160,

Joint Task Force 180, and Joint Task Group Bulkeley. These three organizational structures combined forces to handle an unprecedented mission.

The report praised the Troopers involved in the operation; "With the exception of the Coast guard (sic) and some of the civilian agencies, most participants in this operation had never experienced anything similar, nor had they been trained to conduct a military operation of this type... The ability of leaders to forge their units into a common team in very difficult circumstances speaks highly of the U.S. military's system of training individuals and units and employing them together in effective joint force packages."

At the height of the crisis, with 50,000 migrants on the ground at GTMO, there were only 8,000 Troopers in the JTF to assist them. Their efforts went above and beyond and were recognized in a 1996 report compiled by the National Defense University INSS for helping to save more than 60,000 migrants, sheltering them and then ensuring their safe immigration to the U.S. or return to their homelands.

"In a broad sense, Sea Signal is an indicator of the U.S. Military's (sic) success as an institution; by recruiting high-quality people, training those people in ways that enhance flexibility, making the right investments in professional military education for leaders, and selecting the right commanders," according to the INSS report.

Article by
ARMY SGT. IAN WITHROW

MARSECDET, MARINES COMBINE EFFORTS FOR TRAINING EXERCISE



A Marine, with the Marine Corps Security Force Company, jumps out of a transportable port security boat as they begin to conduct patrols during a training exercise, Dec. 22.

Early one morning, members of the Port Security Unit 313, Maritime Security Detachment began preparing their transportable port security boats. After the boats were thoroughly checked, equipment was loaded, and heavy weaponry was attached to the boats. Once the Coast Guardsmen were locked and loaded, they boarded the boats and rushed off to a pickup site where approximately 50 men waited with weapons in their hands and rucksacks on their backs. The boats pulled up and the men, representing the few and the proud, jumped in. Once aboard the boats, they were sped across the bay where they offloaded and headed off into the distance for their training exercise.

Joint Task Force Guantanamo's MARSECDET joined forces with Marine Corps Security Force Company at U.S. Naval Station Guantanamo Bay, Cuba, to conduct a quarterly training exercise, Dec. 22, at NAVSTA.

The Marines were inserted that morning, said Marine Capt. Jerry Wells, a platoon commander with the MCSFCO. From there the Marines set up squad patrol bases and conducted numerous patrols over the course of two days. The training is part of the Marines' core mission essential tasks and they had to be able to successfully conduct these patrols.

Preparation for the mission was not easy, said Coast Guard Petty Officer 2nd Class Matthew Fortin, a boatswain mate with MARSECDET. It takes roughly an hour for the boats to be inspected and for all of the

gear to be loaded, said Fortin. It is a tedious process just to get the boats away from the pier.

Nearly two hours later, all of the Marines were successfully transported from their pickup to their drop-off locations.

The Marines really seemed to enjoy being on the boat, said Fortin. The wind, early in the morning at 30 knots, felt nice, he added.

After the drop-off, members of the MARSECDET returned to their post as the Marines ventured out to set up patrol bases. For the next two days they practiced realistic battle scenarios. After a couple of days in

the wilderness, the Marines' training finally came to a close and it was time for the Coast Guardsmen to provide transportation once again. The Coast Guardsmen loaded up their boats, met the Marines on a beach, and brought them back to NAVSTA.

The Marines really made this exercise easy and smooth, said Coast Guard Petty Officer 1st Class Robert Luder, a boatswain mate with the MARSECDET, who enjoyed working with another branch of the military, which happens infrequently. Afterward, the service members said the training was a great learning experience.

It went well, said Wells. The Marines really enjoyed it and overall it was a success, he continued. It was a good experience for the young Marines to go through, a different type of mission. Normally the insertion or extraction mission would happen by ground vehicles so the deviation from the norm was good for them, Wells concluded.

"It was great, the Marines are great service members," said Fortin. "They were really professional, courteous and respectful to the boat. They hustled and they seemed like they were really well trained. I was very impressed."

After much coordination and execution the MARSECDET and MCSFCO successfully completed their missions showing what the JTF and NAVSTA can do when they join forces.

Article and photos by
SPC. JUSTIN LE MALONE



Members of the U.S. Coast Guard's Maritime Security Detachment transport members of the Marine Corps Security Force Company to their drop-off point during a training exercise, Dec. 22, at U.S. Naval Station Guantanamo Bay, Cuba.

CAMP AMERICA GALLEY UNDERGOES IMPROVEMENTS, UPDATES

Editor's note: This is the first of a three part series profiling support functions of Joint Task Force Guantanamo.

Napoleon Bonaparte said on his quest to conquer Europe "an Army marches on its stomach." Feeding the Troopers, at Joint Task Force Guantanamo at U.S. Naval Station Guantanamo Bay, Cuba, is a 24-hour, seven days a week operation. It takes constant coordination, and problem solving by JTF Galley Operation Troopers who, in addition to ensuring the 2,100 service members remain healthily fed, also have the unique mission of managing food operations for the detainees, and preparing more than 4,800 meals per day.

While approximately 70 employees of the Pentad Corporation do preparation of the food for the JTF, servicing and maintaining equipment, and updating existing infrastructure lies on the shoulders of the J4 Directorate's Engineer and Warehouse operations staff. This includes overseeing the remodeling of the existing 20-year-old Seaside Galley, which has taken a beating from the elements, especially salt from the nearby ocean.

"From our perspective, there are two things we need to worry about: beans and bullets," said Army Staff Sgt. Robert E. Jayne, facility maintenance representative with the J4 Engineering. "Since we're not too concerned with bullets in this environment, it's important for us to ensure the galley remains fully functional. The galley is crucial to our mission since they feed the JTF and they feed the detainees."



A Soldier with Joint Task Force Guantanamo covers his omelets with sauce at the Gold Hill Galley at U.S. Naval Station Guantanamo Bay, Cuba on Jan. 6.

Jayne, the sole engineer in the J4, said the remodeling project will include a new fire suppression system to keep Troopers and service workers safe and is estimated to cost \$5.7 million.

Jayne said people should start noticing updates to worn out fixtures that may have been rotted out. He said it will be a lot safer for workers and Troopers who dine there.

This remodeling project is separate from the construction of the new galley facility, to be built in Camp America in 2018. The

remodeling prolongs the life of the existing structure and ensures operations continue to move forward, said Jayne.

Part of Jayne's responsibility is to ensure equipment is functional for service workers. This includes ordering parts and new equipment from the J4 warehouse, one of the other operational units for the J4.

"We order galley equipment and supplies to keep up with the demand of the JTF," said Army Capt. Kathi E. Gillespie, operations officer with the J4 Warehouse Operations Directorate. "This includes ordering equipment and other items such as hand sanitizer."

Gillespie said ordering equipment and supplies from off the island presents several challenges but they find creative ways to find solutions. This usually serves as a remedy for issues until materials arrive, generally by barge.

Despite the challenges presented to the J4 Warehouse, they have recently earned a "commendable" rating from U.S. Army South, the highest rating earned in the JTF's history, said Gillespie.

The J4 staff helps maintain the continued smooth operation of the galleys ensuring the JTF can continue to march forward to completing their mission.



Seaside Galley, also known as the Camp America Galley, is undergoing improvements to its infrastructure to increase efficiency and replace worn out fixtures due to the galley's proximity to the ocean.

Article and photos by
ARMY SGT. CHRISTOPHER A. GARIBAY

HEADBANGER'S BALL ROCKS IN THE NEW YEAR

The crowd was rockin' all night celebrating New Years Eve with a performance by the Headbanger's Ball at the Tiki Bar on Dec. 31, at U.S. Naval Station Guantanamo Bay, Cuba. Service members from both NAVSTA and Joint Task Force Guantanamo were given the opportunity to listen to the rock 'n' roll cover band before the fireworks kicked off the New Year.

"We wanted to ring in the New Year with the troops," said Jane Train, lead singer for Headbanger's Ball. "It is pretty awesome that we are here on New Year's Eve."

Members of the Headbanger's Ball reside in the northeast area of the U.S. and previously came to GTMO in 2014 to perform live music for service members and residents. The band played '80s Hard Rock and Metal to include: Iron Maiden, Mötley Crüe, Metallica, Twisted Sister, Motorhead, Whitesnake, Black Sabbath and many more.

"I am always excited when they have live music here," said Army Sgt. 1st Class Shawn McKirchy, an operations noncommissioned officer with Joint Air Operations. "Anytime I know there is music coming here, it brings a little bit of home. Back home, I always go and see live music."

He said the atmosphere was amazing. Everybody was cheering, clapping and they had a smile on their faces during the event. McKirchy said he appreciated knowing when the holidays come around there is always some kind of entertainment playing for the Troopers.

Members of the group enjoy the opportunity to entertain the Troops.

"I would tour with the Armed Forces

all year round if I could," said Train. "It is such an honor for us. We see the appreciation."

According to Train, she has performed for troops in GTMO three times and put the band together. She has also performed in Honduras, Greenland, Kosovo, Belgium, Germany and other countries.

For some of the band members, this is their first Armed Forces Entertainment tour.

"I have not experienced this at all and I am having a blast," said Johnny Dee, drummer for Headbanger's Ball, who said he has had an amazing time and met many awesome people. "We all love to entertain, and to do it for people who are doing a lot for us, is awesome."

According to Dee, his experience has allowed him to understand what service members face while away during the holidays. He said, as a musician, he travels and is away from his loved ones during the holidays.

The performers acknowledged the sacrifices service members make every day.

"Thank you to everybody for having us here and also for our troops for doing the jobs they do," said Dee. "(For) making us feel safe and all the hard work and sacrifice they put in, we really appreciate it."

The Headbanger's Ball' enjoyed some leisure time the following day before performing for the Troopers one last time on Jan. 1. Then, they traveled back to New York.

Article and photos by

ARMY SGT. RYAN L. TWIST



Mike Orlando, a member of Headbanger's Ball, plays the guitar during the New Year's Eve Celebration for Troopers at the Tiki Bar on Dec. 31, at U.S. Naval Station Guantanamo Bay, Cuba.



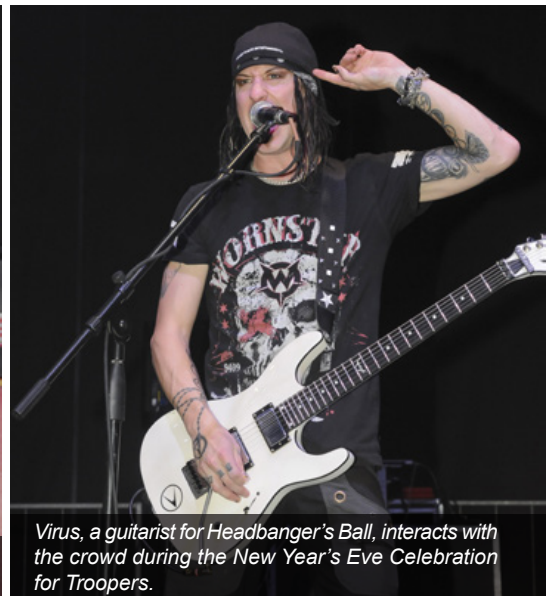
Jane Train, lead singer for Headbanger's Ball, sings during the performance at the Tiki Bar, Dec. 31. The rock 'n' roll cover band played '80s Hard Rock and Metal for the service members before the countdown to the New Year and fireworks show.



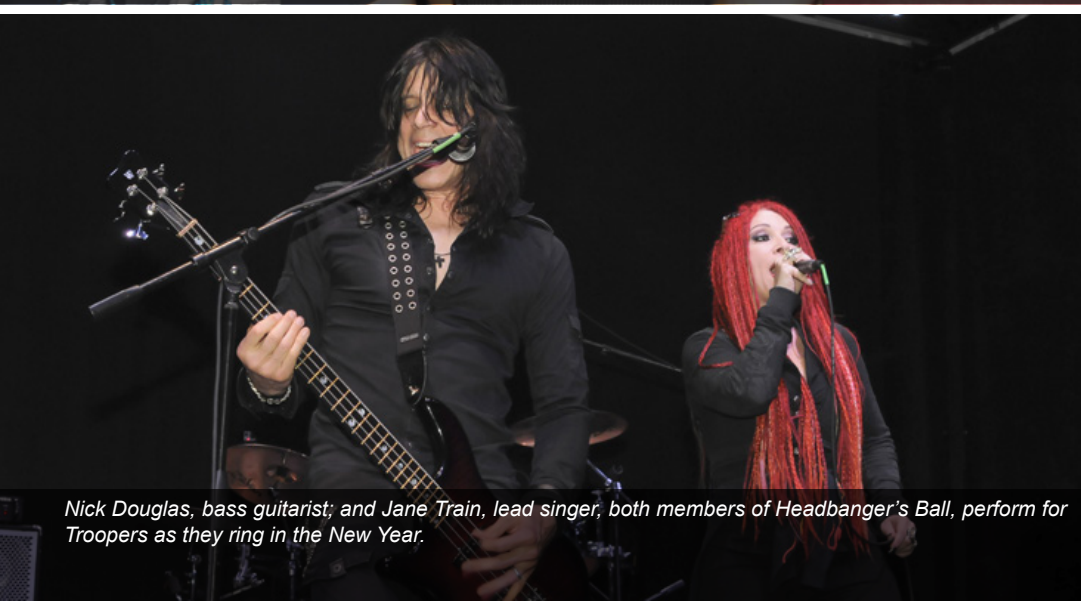
Johnny Dee, a drummer for Headbanger's Ball, plays the drums during a performance at the Tiki Bar before the fireworks show.



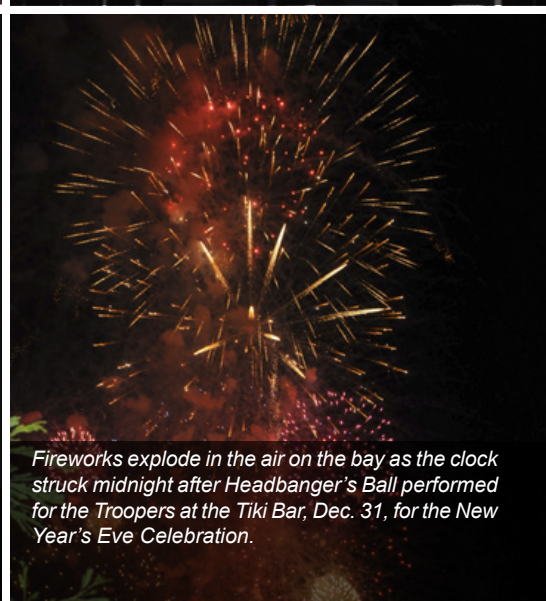
The crowd listens to the Headbanger's Ball during the New Year's Eve celebration. The band counted down for the New Year with the Troopers.



Virus, a guitarist for Headbanger's Ball, interacts with the crowd during the New Year's Eve Celebration for Troopers.



Nick Douglas, bass guitarist, and Jane Train, lead singer, both members of Headbanger's Ball, perform for Troopers as they ring in the New Year.



Fireworks explode in the air on the bay as the clock struck midnight after Headbanger's Ball performed for the Troopers at the Tiki Bar, Dec. 31, for the New Year's Eve Celebration.

MOVIE REVIEW / POINT BREAK



As I write this I am still left with the taste of failure in my mouth as I ask the question, why? "Point Break" is and was a movie that had everything you would love as a young man entering his prime. There was surfing, bank robbing, sky diving and the Red Hot Chili Peppers. Did I mention that there was a love story? How about guns? There was also one of the world's most iconic scenes of a man who cannot bring himself to shoot his friend. Lastly, this boy named Keanu Reeves, and a man named Patrick Swayze.

So I am still left with my question of why? Why remake a movie that did not need to be remade. There is only one "Point Break." This new film is full of stunt doubles, trying to teach us the balance between making it in life as an adult, and not losing the ability to feel the majestic pulse of nature and what it has to offer.

If I haven't been blunt enough, or my sarcasm has not been clear, let me say this: if I wanted to see the Red Bull X-Games and

extreme sports I would watch Youtube. Better yet, if I had nothing better to do mid-morning on a Saturday while I waited for my friends, I would watch ESPN's very lame attempt at making extreme sports trendy.

Look, you want to watch the real "Point Break?" Go rent it, or better yet, go buy it but make sure it's the 1991 version for Pete's sake. It is always a faithful movie, which gives you what you really want: ex-presidents robbing banks and surfing. Please save yourself from this extraneous re-make.

There is no reason to go see the "new" "Point Break." I give this film 1/2 of a banana rat.

"Point Break" is rated PG13 for violence, thematic material involving perilous activity, some sexuality, language and drug material.

Courtesy movie review by
**COAST GUARD PETTY
OFFICER 3RD CLASS
BRADLY LAMBRECHT**

MOVIE REVIEW / POINT BREAK



"Point Break" is the worst movie I've seen in a while. It's a remake of the 1991 cult classic, but instead of bank robbing surfers, rookie FBI agent Johnny Utah goes undercover to bring down international extreme sports criminals who don't steal, but "liberate" wealth.

Three major crimes are committed across the globe over the period of a few months and Utah discovers a pattern. The crimes are in line with the first three events in an extreme sport challenge called The Osaki 8. Utah figures out the criminals will be off the coast of southern France soon, as a once in a decade storm will be creating super gnarly waves there, and one of the Osaki challenges involves water.

The criminals are there, and the director must have thought that if he littered the movie with scenes of people partying, instead of meaningful dialog, that the viewers would feel like they were having fun too, and that they were watching a good movie. Each scene should either advance the plot or tell us something about the characters. So after I watched a five minute scene of people partying on a boat, followed by some computer-generated imagery of wave surfing, and yet another party boat scene, I started watching a bad movie.

Utah earns the criminals' trust and does extreme sporting things with them. They never say if the

things they are doing are just for fun or if they are part of the Osaki 8 and they don't do anything illegal for a while.

However, to be honest, the best parts of the movie were the scenic stunts: snowboarding down the Alps, climbing up the side of Angel Falls, in Venezuela, and wing-suit flying down a mountain.

The wing-suit scene was by far my favorite. Not only did it look cool, the scene was composed of more than 60 different jumps shot over a period of two weeks, the stuntmen falling at speeds of more than 100 mph.

Afterward, one of the criminals who didn't trust Utah cried out with glee for having shared the experience, and they "bro" hugged. I felt their friendship grow. Unfortunately, it was the only time in the movie where I cared about the characters at all. For the rest of the film it was hard to remember their names, how many of them there were, and what their motivations were.

I would give the movie zero banana rats, but the scenic shots were very beautiful, so I'll give it one banana rat out of five.

"Point Break" is rated PG13 for violence, thematic material involving perilous activity, some sexuality, language and drug material.

Courtesy movie review by
ARMY SGT. KEVIN FARRELL

IN THEATERS THIS WEEK



The Downtown Lyceum showtimes are shown in the top row and the Camp Bulkeley Lyceum showtimes are displayed in the bottom row.

Brooklyn (New) PG13, 7 p.m. Spotlight R, 9 p.m.	In the Heart of the Sea PG13, 7 p.m. Concussion PG13, 9:30 p.m.	The Good Dinosaur PG, 6:30 p.m. Star Wars: Episode VII The Force Awakens PG13, 8:30 p.m.	The Hunger Games: Mockingjay Part 2 (LS) PG13, 7 p.m.	Alvin and the Chipmunks: The Road Chips PG, 7 p.m.	The Night Before (LS) R, 7 p.m.	Point Break PG13, 7 p.m.
1/8 FRIDAY	1/9 SATURDAY	1/10 SUNDAY	1/11 MONDAY	1/12 TUESDAY	1/13 WEDNESDAY	1/14 THURSDAY
Let's be Cops R, 8 p.m.	Lilo & Stitch PG, 8 p.m.	Jurassic World PG13, 8 p.m.	LYCEUM CLOSED	Sicario R, 8 p.m.	LYCEUM CLOSED	Hitman: Agent 47 R, 8 p.m.

Call the Movie Hotline @ 4880 or visit the MWR Facebook for more info.

*Concessions at Bulkeley are closed until further notice

Stay classy, GTMO! No alcohol or tobacco at the Lyceums.

*Want to write a movie review for The Wire? Send your movie review to: thewire@jtfgtmo.southcom.mil

MOVIE REVIEW / DADDY'S HOME



Director Sean Anders (*We're the Miller's*), has reunited Will Ferrell and Mark Wahlberg again since their solid comedy hit, "The Other Guys." Surprisingly, that film worked, casting the unlikely pair together to produce a uniquely funny cinematic experience.

"Daddy's Home" creates a similar feeling to "The Other Guys," with plenty of hilarious moments that will leave you choking on your popcorn. It is the kind of laughter you can't help but burst out with in the theater.

Ferrell is constantly on the receiving end of Wahlberg's superior machismo, which sets the tone for some memorable moments. Ferrell's films are usually predictable, but he does them so well that fans keep coming back for more.

As the title indicates, "Daddy's Home" is primarily about fatherhood.



Ferrell is Brad Whitaker, a guy who longs to be a father but because of an unfortunate incident, can't have kids of his own. However, the opportunity for dad-hood and all its glory comes when he marries Sara (Linda Cardellini), a beautiful woman who has two children from a previous relationship. Ferrell's dopey, overstated approach to the fathering of these two children fuels the laughs from the very beginning. Brad is a man who loves his role as a parent and enthusiastically launches himself into every facet of his kids' lives. However, Brad's world is threatened when irresponsible "bio-dad" decides to drop by for a "visit."

Dusty Mayron (Mark Wahlberg) is everything Brad is not. Simply put, the man is cool. He's a man's man. A wandering, nomadic beast who can do an endless amount of push-ups. What follows is a hallowed and hilarious tale of step-dad vs. dad as both Brad and Dusty go to great lengths to try and out-do each other for the admiration of their children. There are some truly gut-busting moments. Throw in the dry humor of Thomas Haden Church as Leo Holt and you have a real winning recipe.

Other honorable mentions in supporting roles are the awesome comedic delivery of Hannibal Buress and the outrageously funny Bill Burr who both make appearances. Buress' character Griff is likable from his very first appearance and his relationships with both Brad and Dusty are priceless. Burr has a much smaller part, but one for which he is exceptionally well suited given his famous "angry at the world" stand-up routines.

"Daddy's Home" does exactly what it is supposed to do, make people laugh. Anders delivered a thoroughly amusing film, which allows its cast, especially Ferrell, to work their magic. I think too, that buried somewhere underneath all the craziness and laughter lies a good lesson about what it means to be a dad; and hopefully it continues to change the nasty stereotype of the evil step-parent.

I give this movie four out of five banana rats.

"Daddy's Home" is rated PG13 for thematic elements, crude and suggestive material and for language.

Movie review by
ARMY SGT. CHARLIE HELMHOLT

MWR

2016 SPORTS SCHEDULE

Starting dates are subject to change. All leagues last 2-3 months, including playoffs.

MONTH / DAY ACTIVITY

January 23	Softball Tournament
January 25	Soccer League starts
January 30	Full & Half Marathon
February 1	Kickball League starts
February 6	Fitness & Figure Comp.
February 13	Adult 1 Mile Swim
February 16	Basketball League starts
February 20	GTMO Mudder
February 27	Sprint Triathlon
March 12	Northeast Gate Run
March 12	Max Performance Games
March 14	Ultimate Frisbee League
March 19	Lucky Dog 5K
March 26	Aquatics Easter Egg Hunt
April 2	April Fool's Softball Trnmnt.
April 4	Softball League starts
April 11	Flag Football League starts
April 16	Youth Swim Meet
April 18	Golf League
April 23	Olympic Triathlon
May 7	Color Run
May 9	Indoor Volleyball League
May 14	Adult 500 Yard Swim
May 14-15	GTMO Golf Open
May 20-21	Captain's Cup Events
June 4	Max Performance Games
June 11	JPJ 5 Miler
June 18	Youth Summer Splash
June 25	Power Lifting Meet
June 27	Soccer League starts
July 2	Softball Tournament
July 2	Ridgeline Trail Run
July 4	Golf Tournament
July 11	Basketball League starts
July 16	Cable Beach Run
July 23	Adult Swim Sprint 300 Yard
July 25	Badminton League starts
August 6	Duathlon
August 8	Beach Volleyball League
August 13	Paddle, Pedal, Paintball
August 20	Back to School Splash
August 20	Fitness & Figure
August 22	Ultimate Frisbee League
August 27	All-Night Softball Trnmnt.
September 3	Sprint Triathlon
September 5	Golf Tournament
September 6	Co-Ed Softball League
September 11	9/11 Memorial Run
September 13	Flag Football League starts
September 17	Adult 100 Yard Swim Meet
October 22	Glow Run
October 29	Zombie Run
November 5	Olympic Triathlon
November 19	Max Performance Games
November 24	Thanksgiving Half & 5K
November 26	Across the Bay Swim
December 3	Power Lifting Competition
December 9	Army vs. Navy Game

JTF TROOPERS SUPPORT CUBAN RESIDENTS



Army Sgt. Isabel Polanco (far right), operations noncommissioned officer with J3 Operations Directorate, hands a gift stocking to a special category resident during a holiday party at the Cuban Community Center at U.S. Naval Station Guantanamo Bay, Cuba, Dec. 27.

One of the unique characteristics of U.S. Naval Station Guantanamo Bay, Cuba, is some of the special residents within its borders. The Special Category Residents living on base are Cuban nationals who fled the communist regime to seek refuge. Members of the Joint Task Force Guantanamo and the base Coalition of Sailors Against Destructive Decisions, came together to host two holiday parties at the Cuban Community Center, Dec. 27 and 31. The events were aimed at spreading holiday cheer to the residents, many of whom have families still in Cuba, the U.S. and abroad.

Troopers from NAVSTA and JTF GTMO came together to cook meals, decorate the community center and put together holiday gifts for the Cuban residents.

Navy Petty Officer 2nd Class Kerron Prendergast, president of CSADD, said the community center reached out to him to help sponsor the event and jumped at the opportunity. CSADD promotes constructive decisions and aims to create positive experiences for Sailors here and abroad.

"Our goal is to support the Cuban Residents because they have been on the island for a long time and bringing them Christmas cheer is the least we can do, plus we enjoyed doing this for them," said Prendergast. "It was really exciting working with JTF and I hope we can do it again. This shows that we are 'one team one fight' in more than just when we are at war against the enemy."

The Cuban residents in GTMO meet every year at the community center, this year was no different, and while the faces hosting the festivities have changed, the spirit of holiday giving remained the same.

"This event planning brought us together for the first time and we witnessed how both

JTF and NAVSTA came together to make a great holiday party not just for the SCR's, but I think for ourselves as well," said Army Sgt. Isabel Polanco, operations noncommissioned officer with J3 Operations Directorate. "I know that being around others and socializing with friends are important steps for maintaining your well-being and future reintegration. I believe this event assisted these service members in providing a sense of purpose of the holidays and by helping others through volunteer opportunities. Which was in my opinion... emotionally and spiritually rewarding."

The Cuban residents and program staff for the CCC were appreciative for the support the GTMO community.

"We are incredibly grateful the JTF and CSADD came together and held this event for the SCR's," said Dana Lake, assistant manager of the Cuban Community Center. "It means a lot for the Cuban residents to come together for the holidays. We rely on the volunteers to assist our efforts here and show the residents we care about their well-being, especially during the holidays."

Lake said it is important for the younger generation of enlisted Army and Navy to participate in activities with the SCR community of GTMO so they may learn about their history and to have a personal experience with them.

"It has been a historical experience and a rewarding memory for everyone who participated to keep," said Lake. "The residents have so many great stories about the past and the conflicts with Cuba so I'm glad we can keep those stories alive."

In addition to having a holiday party, members of the JTF came back to ring in the New Year by hosting another party for the SCR's on Dec. 31. Cuban residents were able to show those in attendance documentaries about Cuban migrants in NAVSTA back when they numbered in the hundreds. Some shared their personal experiences during the last several decades here.

For members of the JTF and NAVSTA, their support of the SCR's and continued generosity will also echo in history.

Those interested in volunteering or hosting an event for the SCR's at the Cuban Community Center may contact Dana Lake at dana.lake@gtmo.navy.mil.

Article and photo by
ARMY SGT. CHRISTOPHER A. GARIBAY

SEE THE MWR'S NEW 2016 CLASS FITNESS SCHEDULE: STAY HEALTHY



U.S. Naval Station Guantanamo Bay, Cuba Group Exercise Schedule



Denich Fitness Center Hours of Operation 24 Hrs.			Phone: 77262 Holidays 1000 -1800		
Mon	Tue	Wed	Thu	Fri	Sat
Command PT By Request 0600-0800	YOGA 0600-7000	Early Bird Group Cycling 0500-0600	YOGA 0600-0700	Cardio Kickboxing 0500-0600	Step "N" Sculpt 0900-1000
Total Body Shape for Women 0900-1000	Mommy & Me 0900-1000	Command PT By Request 0600-0800	ZUMBA Gold (Active Adult) 1030-1130	Command PT By Request 0600-0800	ZUMBA 1030-1130
Trainer's Floor Time 1100-1300	Core Assault 1200-1230	Total Body Shape for Women 0900-1000	Trainer's Floor Time 1100-1300	Total Body Shape for Women 0900-1000	MMA Circuit Training 1200-1300
Senior Fitness 1300-1400	Trainer's Floor Time 1300-1400	Senior Fitness 1100-1200	Core Assault 1200-1230	Trainer's Floor Time 1100-1200	YOGA 1500-1600
ZUMBA 1700-1800	TRX 1700-1800	ZUMBA 1700-1800	Pilates 1700-1800	NOFFS Body Regeneration 1115-1215	
Cardio Kickboxing 1830-1930	Group Cycling 1800-1900	Cardio Kickboxing 1800-1900	Group Cycling 1800-1900		
Max Performance 1830-1930	Max Performance 1830-1930	Max Performance 1830-1930	Max Performance 1830-1930	Max Performance 1830-1930	
	Pilates 1900-2000	Step "N" Sculpt 1930-2030	ZUMBA 1930-2030		
	Speed/ Agility/Quickness 1900-2015		Speed/ Agility/Quickness 1900-2015		

LOOK AFTER YOURSELF: WHY SICK-CALL IS A GOOD CALL

When is a cold just a cold? How high can a fever get before you need to see a doctor? How do I know if I broke my finger at football practice or just jammed it? Unless you are a medical professional, you may not know the answers to these or other important health questions.

With a Department of Defense average age of just more than 28 years old, and an overwhelmingly male population in the military, according to an official 2012 demographics report, it may come as no surprise that "minor" injuries and illnesses can go unreported for quite some time, due to age.

There can be a stigma related to going to sick-call as a military professional as well; the idea that you are "weak" for requiring medical assistance or that you are trying to

"get out" of some unwanted task.

Not getting the help you need can cause you a great deal of unneeded stress, from worrying about your condition worsening. Additionally, and this is important, it can make things worse! Not only can your injury or illness further deteriorate, which impacts mission readiness. Also, if you don't get help and therefore documentation, of your injury or illness, you could be at risk for loss of medical coverage and benefits later.

So that brings us back to the question, when should you go to sick call?

The Center for Disease Control has some easy to follow guidelines. First and foremost, any chest pains, loss of consciousness, or new severe physical pain should be checked

out immediately. Beyond that, you should ask yourself some questions.

Do I think something is urgently wrong? If so, trust your gut and get it checked out. Have I had these symptoms before? If so, how did they get resolved last time? How long have I had symptoms? The rule of thumb is anything longer than one or two weeks should be checked out.

We have access to outstanding medical care, so why not use it?

If you're feeling under the weather, stop by the Joint Trooper Clinic Monday-Friday from 7-8:30 a.m. or Saturday 7-11 a.m. for sick-call. If you have questions or want to make an appointment call x3395.

Article by
ARMY SGT. IAN WITHROW

Resolution Trail Mix

Need something to curb a craving and give you the energy to pick up heavy stuff at the gym? Check out this energy packed trail mix that will give you some go, without any girth.

*1/3 cup of sunflower seeds
1/3 cup of raisins/craisins
1/3 cup chocolate chips
1/3 cup almonds
1/3 cup walnuts
1/3 cup mini-marshmallows
5 oz. pretzels*

Combine them, mix it all up, and enjoy by the handful. At only just over 1,000 calories for the whole bunch you can enjoy a guilt free bite that combines healthy fats, some simple and complex carbs.

**JSMART SPOT**

▲ JSMART HELPER: HARLEY

TRANSITIONING CAN BE OVERWHELMING

When arriving at a new location there can be many stressors involved. It could be new roommates, different schedules, or a completely new workload, which you have not really had time to prepare for. When you get to a new location, the first few weeks are important to take time for yourself.

Taking time for yourself allows you to unwind and reflect so you can release overwhelming feelings of stress and anxiety.

During times of transition, we are reminded that change can be marked by difficulty and spark many emotions. However, if we arm ourselves with proper skills, we can work through these difficulties effectively. By employing de-stressing skills, such as simply noticing and facing our feelings, welcoming change as an opportunity, choosing balanced thoughts and attitudes, and setting smart goals, one can reduce the

negative states sometimes associated with change.

Other options to help you manage stress when first arriving or anytime in general while you are on the island include the JSMART endorsed activities of deep breathing, participating in exercise, hobbies, reading, or even spending time with our therapy dogs: Harley, Diego, Wally, and Willow. Another benefit of JSMART is the amazing massage chairs at JSMART.

There are many ways to go about easing transitions, but ultimately, it is up to you how you relax and what works best for you. If you want more suggestions, come visit us at JSMART. We are here to help you be your best possible self.

Article by
**NAVY PETTY OFFICER
3RD CLASS
JONNI GILLISPIE**
Joint Medical Group

MILITARY HISTORY**BIG GUNS, BRAVERY: A CIVIL WAR STORY**

In the midst of the Battle of Nashville, Dec. 15, 1864, a Confederate artillery shell impacted in front of a Union cannon commanded by 22 year old, Cpl. Samuel J. Churchill, of Battery G, 2nd Illinois Light Artillery. The explosion caused a Soldier at the front of Churchill's cannon to run for cover. The resulting panic among the remainder of the eight-man crew left Churchill standing alone.

In the face of advancing troops, under the command of Confederate Maj. Gen. John Bell Hood's left flank and counter battery fire, Churchill saw only one option. He decided to load and fire the cannon alone. Under intense enemy fire, Churchill managed 11 shots before the Confederate forces were pushed back. The battle resulted in a Union victory, due in part to Churchill's selfless actions.

On Jan. 20, 1897, Churchill was awarded the Medal of Honor for his actions.

His citation read, "When the fire of the enemy's batteries compelled the men of his detachment for a short time to seek shelter, he stood manfully at his post and for some minutes worked his gun alone."

For many years after receiving the Medal of Honor, Churchill attempted to correct reports. Churchill claimed that Pvt. James Thorp rushed to the front to aid him. Churchill's attempts to get Thorp proved unsuccessful.

Following the war, Churchill moved to Lawrence, Kansas, and became a farmer.

Churchill died June 3, 1932 at the age of 89.

Article by
**ARMY SGT. 1ST CLASS
PATRICK DEGEORGE**

RELIGIOUS SERVICES
ROMAN CATHOLIC (NAVSTA Chapel)

Saturday*	1700
Sunday*	0900 (Side Chapel)
Mon-Thurs*	1730&0900

PROTESTANT SERV. (JTF Troopers' Chapel)

Sunday*	0900&1900
Friday night movie	Friday 1900

PROTESTANT SERV. (NAVSTA Chapel)

Traditional*	Sunday	0930 Annex Room 1 (Liturgical Service)
Contemporary*	Sunday	1100 Main Chapel
Gospel	Sunday	1300 Main Chapel

OTHER SERV. (NAVSTA Chapel)

Islamic Prayers	Friday	1315 Annex Room 2
7th Day Adventist	Saturday	0900 Annex Room 1 (Sabbath School)
	Saturday	1100 Annex Room 1 (Sabbath Service)
Latter Day Saints	Sunday	0900 Annex Room 19
Pentecostal	Sunday	0800 Annex Room D
	Sunday	1700 Annex Room D
Christian Fellowship*	Sunday	1800 Main Chapel (Non-denominational)
Jewish Study	Friday	1900 Call JTF Chaplain for location*

BIBLE STUDIES (JTF Troopers' Chapel)

	Monday	1900 JTF Troopers' Chapel
	Wednesday	1900 JTF Troopers' Chapel
Game Night	Saturday	1900 JTF Troopers' Chapel

DAVE RAMSEY'S FINANCIAL PEACE / MILITARY EDITION (JTF Troopers' Chapel)

Tuesday	1900 Taught by Navy Chaplain
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ALCOHOLICS ANONYMOUS MEETINGS

Mon/Wed/Sat	1830 NAVSTA Chapel Annex, Room 16
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*These services are conducted by Army or Navy chaplains / For more information call ext. 2218

FERRY SCHEDULE

Monday - Saturday

FERRY
Windward:

0630/ 0730/ 0930/ 1030/ 1130/ 1330/ 1530/ 1630

Leeward:

0700/ 0800/ 1000/ 1100/ 1200/ 1400/ 1600

UTILITY BOAT
Windward:

1630/ 1730/ 1830/ 2030/ 2230/ 2330

Leeward:

1700/ 1800/ 1900/ 2100/ 2300/ 0000

Sunday & Holidays
FERRY
Windward:

0730 / 1330

Leeward:

0800 / 1400

UTILITY BOAT
Windward:

1030/ 1530/ 1730/ 1830/ 2030/ 2230

Leeward:

1100/ 1600/ 1800/ 1900/ 2100/ 2300

BUS SCHEDULE 05:00 - 01:00

Camp America :00/:20/:40
 Gazebo :01/:18/:21/:38/:41/:58
 Camp America NEX :02/:17/:22/:37/:42/:57
 Camp Delta :04/:13/:24/:33/:44/:53
 Camp 6 :07/10/:27/:30/:47/:50
 HQ Building :55/:15/:35
 TK 1 :01/:17/:21/:37/:41/:57
 TK 2 :02/:16/:22/:36/:42/:56
 TK 3 :03/:15/:23/:35/:43/:55
 TK 4 :04/:13/:24/:33/:44/:53
 CC :00/:19/:20/:39/:40/:59
 JAS :14/:34/:54
 Windjammer / Gym :02/:17/:22/:37/:42/:57
 Gold Hill Galley :04/:15/:24/:35/:44/:55
 NEX :06/:13/:26/:33/:46/:53
 NEX Laundry :07/:27/:47
 C Pool :10/:30/:50
 Downtown Lyceum :11/:31/:51

EXPRESS BUS SCHEDULE 09:55 - 19:55

Camp America :48/:55
 TK 1 :05/:36
 Windjammer / Gym :11/:31
 Gold Hill Galley :14/:29
 NEX :16/:27
 Downtown Lyceum :17/:25

BEACH BUS (Saturday & Sunday only)

Windward Loop / E. Caravella:
 0900/0930/1200/1230/1500/1530/1800/
 1830
 SBOQ / Marina:
 0905/0935/1205/1235/1505/1535/1805/
 1835
 NEX:
 0908/0925/1208/1225/1508/1525/1808/
 1825
 Phillips Park: 0914/1214/1514/1814
 Cable Beach: 0917/1217/1517/1817
 Return to Office: 0940/1240/1540/1840

REMINDER: TEACHING SERIES ON WORLD RELIGIONS

What are the world's major religious groups? What do they believe? What are their sacred texts? How do they keep Sabbath? How do they understand the relationship between humanity and divinity?

Join us for conversations with practicing members of religious groups. All conversations will include facilitated, respectful discussion with time for questions.

Where: JTF Troopers' Chapel
 When: Jan. 14 at 5:30 p.m.
 Who: Zak, commander's strategic cultural consultant
 Religion: Islam

Where: JTF Troopers' Chapel
 When: Feb. 4 at 5:30 p.m.
 Who: Army Maj. Kathryn Shaw, S-3, 525th Military Police Detention Battalion
 Religion: Judaism

Where: JTF Troopers' Chapel
 When: March 3 at 5:30 p.m.
 Who: JTF Chaplain panel
 Religion: Christianity

Practicing members of any major religious group are invited to present.

For questions, please contact Navy Chaplain (Cmdr.) Sean Cox at sean.a.cox@jftgmo.southcom.mil or x3203.

Photo by Erik T. Booker

PARTING SHOT



'GTMO NEW YEAR' BY ERIK T. BOOKER. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE **WIRE**

