

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

January 29, 2016



HISTORY MADE AT GTMO:
COAST GUARDSMAN EARNS NAVY WARFARE PIN

MARSECDET MEMBER OVERCOME
OBSTACLES TO ACHIEVE HISTORIC FIRST

MAGIC BEHIND THE CURTAIN:
GTMO PRINTING

DEFENSE LOGISTICS AGENCY PROVIDES
IMPORTANT SERVICES

SEAMLESS: 42ND ID'S
HAND OFF TO 38TH

OUT WITH THE OLD IN WITH THE NEW:
DIVISIONS ARE THE BACKBONE OF JTF

PHOTO STORY

TAKE A KNEE: RESTING ISN'T GIVING UP

If you are the type of person who desires to be a compassionate and effective leader, then I encourage you to read on. Someone on this island is suffering and is in pain. That pain may be a result of a death in the family, a mistake made, an embarrassing disclosure or simply a broken heart. The catalyst of that pain is unimportant but the one suffering surely is not. That someone may be you or someone you know and that something may be deeply personal.

A compassionate and effective leader needs to recognize when he, she or a subordinate is struggling. Within this recognition comes the courageous decision to take a knee. Taking a knee does not imply giving up. Taking a knee is a point during an arduous ruck, where one simply pauses for a brief moment to catch a breath and regain composure before finishing strong. Taking a knee can come in many forms but often it is as simple as the willingness to reach out to another and say, "I need someone to talk to."

Fortunately, we serve during a time when reaching out has become more acceptable and encouraged, to the point of nearly being annoying. How many of us have laughed at the Armed Forces Network commercials

about suicide and thought, "Ah...I was not even thinking about suicide until I saw that commercial for the tenth time."

I believe we can all agree that, even though we operate in a more inviting atmosphere, we all struggle with how we will be perceived if we show weakness, or more appropriately, express vulnerability. That trepidation is not unfounded. For those of us who have departed the island we know how the slightest misstep made in the morning can be broadcast to every corner of the base by lunch.

There is also the risk where those we confess our pain to will be complacent with the things they are told or worse mock them. This is the reality of being human and is why I am encouraging anyone worrying about their reputation to seek the solace of the chaplains.

Regardless of your religious affiliation or the lack thereof, the chaplains are a safe place to go and express your deepest pains and struggles. In their midst you may take a knee, catch your breath, gain your composure and finish the race. I am here to tell you, I may not have made it off the island in one piece had it not been for the compassion and counsel of the chaplains. They were never complacent with the things they were told



ARMY CAPT. CHARLES J. SANDERS
Infantry Officer, 42nd ID

nor did they mock my vulnerability. Be a truly compassionate and effective leader. If you are in pain then take a knee with them. Before you know it, you will be across the finish line and be a better leader for it.

Article by
ARMY CAPT. CHARLES J. SANDERS
Infantry Officer, 42nd ID



I heard a story about an American artist who moved to Paris to learn more about painting. While taking classes and hanging out around Paris, he made friends with an eclectic and artistic group. They invited him to a costume party. The young American decided to come to the party dressed as a lobster. Working diligently, he created the perfect lobster costume, including red shoes and claws. Proudly he appeared at the costume party, expecting to see fellow crustaceans and maybe some cowboys or robots, but he had missed something in translating "costume party" from French.

His friends were dressed in 18th century formal apparel. Fancy dresses, suits, ribbons and other adornment from the days of the court of King Louis filled the ballroom. The

THE OUTSIDE GETTING IN: BE DIFFERENT

American artist turned the color of his costume and turned to leave, but decided what he had prepared would have to be good enough. Bravely he marched into the ball, bowed to the modern-day Dukes and Duchesses, and announced he was the court lobster. He promptly asked one of the finely dressed women to dance and the party was on. The intrepid lobster impersonator did not fit in, but he found a way to belong to the group of revelers. His costume surprised fellow party goers, but because he dared to show up and dance, they gladly welcomed him.

I think God never asks us to be conformists who "fit in" with the crowd. I think God asks for followers who belong to Him and to healthy communities where all are welcome. Today's military culture is not known for conformists, which would be dull and counter-productive. Our ranks are filled with leaders and followers who work to create a place for people to belong to a greater cause. Our ball-dancing lobster demonstrates how to build a culture of belonging.

Be a friend and make a friend. Whether you're going to work, a family event or the Navy Exchange, a belonging culture is built

on trusting relationships. The fancily-clad dancers may have raised painted eyebrows at the court crustacean, but they knew him well enough to know his intentions. When you are with friends, every place is home. You belong with them and to them. True friends do not ask you to fit in; they follow common values.

Be clear about your purpose. Organizations, teams, families and groups of friends who foster a sense of belonging are clear about who they are and why they exist. When people aren't sure what's expected of them, they will work hard to fit in, but they won't feel like they belong. Results will be disappointing for all. Start with asking who you are and why you are here; you could be the one who makes someone feel like they belong in your group. Like our red dancer, you will accomplish more.

Remember the court lobster: do not fit in--belong!

Article by
NAVY CHAPLAIN (CMDR.) SEAN COX
JTF GTMO Chaplain



LEADERSHIP & CHAPLAIN

One infantry officer shares his thoughts on how to be a compassionate and effective leader. The chaplain discusses why it is okay to stand out.



GTMO NEWS / COVER PHOTO

The 42nd Infantry Division makes a flawless handoff to the 38th ID without mission interruption. A Coast Guardsman is the first to earn a coveted Navy warfare pin at GTMO.



PHOTO STORY

The NAVSTA Defense Logistics Agency Print Shop here is to serve. Read what makes their shop work and what they have to offer.



ENTERTAINMENT

"In the Heart of the Sea", which highlights the epic "Moby Dick" ends up being a whale of a tale. With Valentine's Day just around the corner, check out "Warm Bodies" for your next flick.



SPORTS

Carl Heron, an instructor for 16 years, helps whip service members into shape through his cardio kickboxing class. This class is a form of martial arts mixed with boxing and kicking.



JSMART & HISTORY

Read JSMART's communication do's and don'ts. Take a look at the four forms of communication. When it comes to your health, make sure you remember your feet too.

MOTIVATOR OF THE WEEK

**ARMY SGT.
PATRICK SPAULDING**
324TH MP CO.

**NAVY PETTY OFFICER 1ST CLASS
JUSTIN HOFFMAN**
J2

OPSEC IS A FAMILY AFFAIR

Have you talked to your family about OPSEC? Do they know how to protect their information or what information should be protected? Tell them to check their online privacy settings and ensure they know some information should not be posted online. Make sure they do not inadvertently give away information about you or your unit that the adversary could use. Keep your family and friends aware of OPSEC. Protect yourself, your family and the mission. Use OPSEC!

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NEX DEEMED SAFE SWIFT M.A. RESPONSE



A suspicious package was reported near the Naval Exchange at U.S. Naval Station Guantanamo Bay, Cuba, Jan. 25. The NAVSTA Emergency Operations Center later determined the object was not an explosive device.

A suspicious package was reported in the area of the Naval Exchange at U.S. Naval Station Guantanamo Bay, Cuba, at approximately 2:30 p.m. Monday, Jan. 25. The NAVSTA Emergency Operations Center later determined the object was not an explosive device.

According to information released by the NAVSTA Public Affairs Office, after the initial report, the NEX and its surrounding shops were evacuated and the area was cordoned off by Navy security forces.

Explosive Ordnance units responded as well, moments after the report were made and conducted an investigation.

The NEX and all surrounding shops were secured and local roadways remained cordoned off until the completion of the investigation.

NAVSTA officials kept residents apprised of the situation throughout the event via social media, radio and TV on base, informing them of the general situation, advising them to stay clear of the area, and when the area was safe.

Article by
JTF PUBLIC AFFAIRS

SEAMLESS: 42ND ID'S HAND OFF TO 38TH



Army Lt. Col. Todd M. Bookless (left), the J3 deputy director and Army Sgt. Maj. Nathan J. Hawker (right), the J3 sergeant major, both members of the 42nd Infantry Division, address the staff after their award ceremony, Jan. 13. Members of the 42nd ID were deployed to support the Joint Task Force Guantanamo for nine months and filled various roles throughout the JTF, including the J4 logistics, J1 administration, Joint Visitors Bureau, to name a few. (Photo by Army Sgt. Ian Withrow)

They did not have a change of command attended by the who's who of Joint Task Force Guantanamo. No one jumped off the pier at Ferry Landing wishing them bon voyage. Hopefully, you have not even noticed that they have been replaced at all.

Recently, approximately 50 members of the 42nd Infantry Division, out of New York, departed GTMO and were seamlessly replaced by nearly 60 members of the 38th Infantry Division from Indiana. Neither of these divisions has a sole responsibility for any one directorate within the JTF; they have personnel in almost every shop, forming the backbone of the JTF headquarters.

"Looking back now, after a week and a half on my own, that was probably the most professional (relief in place) I've ever been through," said Army Sgt. Maj. John W. Folbrecht, the J3 operations sergeant major, who took over for outgoing Army Sgt. Maj. Nathan J. Hawker. "From my vantage point, I can't say enough about what the 42nd did to set us up to take over from them."

The planning and preparation set in motion by the 42nd ID immediately came into play with the incoming J3 section, as they were called to action within days of arriving on the island.

"We just concluded a very intense time period of (operations)," said Army Col. Adolphus Weems, the J3 operations director

for the JTF. "From what we know it's the most concentrated number of detainee operations that we have done under the current president. They immediately picked up the ball and moved it forward in order to execute the mission assigned to the JTF."

Weems was referring to the spate of detainees moved off the island over the last few weeks.

"They immediately picked up the ball and moved it forward in order to execute the missions assigned to the JTF," said Weems. "I couldn't be more excited for them."

The new Joint Visitors Bureau staff also had a baptism by fire, during their first weekend as they escorted upwards of 50 senior command sergeants major, who are going through the National Defense University's Keystone Course, in preparation for future senior level assignments at joint task forces.

Army Staff Sgt. Brian Schafer, the JVB noncommissioned officer-in-charge, said he initially thought controlling such a large group of senior enlisted staff would be very challenging; but with the help of Army Sgt. 1st Class Frank Vazquez, the previous JVB NCOIC and member of the 42nd ID, things went smoothly and Schafer said the day was a rewarding experience.

Schafer said, the JVB has the opportunity to do interesting things and meet people most

Article continued on page 12

CRASH COURSE: CARE FOR YOUR VERY OWN “GTMO BEATER”



Navy Seaman Josue Molina, corpsman at the U.S. Naval Hospital, Guantanamo Bay, Cuba secures the front tire to his 1962 Volkswagon Beetle at the Auto Skills Center, Jan. 23.

With a rotation of new Troopers at Joint Task Force Guantanamo, the glitz and glamour of what GTMO has to offer, may allow one's imagination to run wild. One moment you are determined to become a Master Scuba Diver. Next, you are dedicating yourself to becoming a golf-pro. Or you can commit some resources to a “GTMO Beater” and enjoy the freedom of the open roads of U.S. Naval Station Guantanamo Bay, Cuba, as long as you keep it under the posted speed limit.

Before committing to the purchase of a previously-owned vehicle, there are some things Troopers need to know about the NAVSTA rules and regulations, and where and how you can find maintenance resources here.

“You need to bring the bill of sale, have the car inspected at the Auto Skills Center, and insure the vehicle through one of two insurance companies,” said Navy Petty Officer 3rd Class Cassandra G. Anaya, master-at-arms with the Vehicle Registration Office. She said registration lasts one year and is required for all vehicles whether or not they are running.

Anaya said those interested in selling a vehicle must get a bill of sale from the Region Legal Service

Office located on Admin Hill.

“Once a seller finds a buyer, they must get a bill of sale through our office,” said Navy Petty Officer 1st Class Ru Li, paralegal specialist with the NAVSTA RLSO.

Li said Troopers need to bring the current registration, previous vehicle inspections, two forms of identification one including a signature, and they can have you out in less than 10 minutes.

Li has two pieces of advice to ease the process of buying and selling vehicles. The first is, make sure the Trooper brings the title and the previous bill of sale. If a title has had more than one owner, Troopers may need to obtain a bill of sale as part of the registration process moving forward.

The second is for Troopers who are trying to sell a vehicle but are running out of time. She suggests finding a trusted friend and assigning a special power of attorney, giving them the authority to sell the vehicle on your behalf. This ensures you do not have to sell the vehicle for less than what it is worth simply to get rid of it quickly, she said.

“While there are a lot of challenges (to owning a vehicle

here), it has the benefits of getting to work and using it as a resource for people in your unit,” said Army Sgt. 1st Class Bess Dennis, platoon sergeant with the 525th Military Police Battalion. “If you're willing to fix it up, invest more money into it after you purchase it, it's usually a good investment because you can resell and generally get what you paid for it.”

There are resources available for Troopers whose skills may be lacking in the vehicle maintenance department.

The average cost of vehicle maintenance is \$9,122 per year, based on 15,000 miles of annual driving, according to AAA. This includes fuel, insurance, depreciation, maintenance and tire wear. The Morale, Welfare & Recreation Auto Skills Center allows Troopers to learn basic vehicle maintenance skills such as oil changes, brakes replacement, tire rotation and checking fluids, to help keep Troopers' costs low, according to Roger De Luna, Auto Skills Center manager.

“The main mission of the Auto Skills Center is to teach Troopers

to conduct basic maintenance of vehicles, saving them some money when they go back home,” said De Luna. “We hold monthly workshops on those skills, and if you come into the shop to fix your car, you can do the work yourself and we can help you.”

Dennis owns an old pickup truck she purchased here. She said prospective owners should consider investing in a vehicle if they enjoy the convenience and the extra resource it can provide to them and perhaps their group of friends or squad.

Dennis, a certified master mechanic back home, does caution that getting materials can be difficult to find at the local shops, and you may have to order online. She also cautions against relying on the auto shop, as there may be backlogs in labor, causing long wait times for repairs. If you are not willing to do some mechanical work yourself, Dennis said the base shuttles should suffice for your transportation needs.

Article and photos by
ARMY SGT. CHRISTOPHER A. GARIBAY



Edgardo Bredes, an employee at the Auto Skills Center, changes the brakes for a Guantanamo Bay, Cuba resident. While mechanic services are offered to those interested, the auto shop's goal is to teach mechanic skills to Troopers and residents who will leave GTMO and save themselves hundreds of dollars a year.



Coast Guard Petty Officer 2nd Class Jeffrey Egbert (left), an intelligence specialist, stands at attention beside Joint Task Force Guantanamo Deputy Commander Jeffrey W. Burkett (middle), as he is the first Coast Guardsman to receive the Information Dominance Warfare Pin, during a pinning ceremony, Jan. 20.



Burkett, pins Egbert, a Coast Guardsman with the MARSECDET, with the Information Dominance warfare pin, a Navy warfare pin, on Jan. 20. The IDW pin represents an accumulation of knowledge and mastery of all things information based. Egbert took classes to prepare for the challenging test.

HISTORY MADE AT GTMO: COAST GUARDSMAN EARNS NAVY WARFARE PIN

Recently, history was made at Joint Task Force Guantanamo when Coast Guard Petty Officer 2nd Class Jeffrey Egbert, an intelligence specialist, became the first Coast Guardsman to earn a Navy warfare pin here. On Jan. 20, Egbert, a member of the Maritime Security Detachment, was pinned by the JTF Deputy Commander Air Force Brig. Gen. Jeffrey W. Burkett, with the Information Dominance Warfare Pin.

Earning the pin was not easy for Egbert but with perseverance and determination, he was able to do it.

The IDW pin represents the accumulation of knowledge and mastery of all things information based, which includes intelligence, information technology, meteorology and similar subjects, said Navy Petty Officer 1st Class Richard Mace, the noncommissioned officer-in-charge of the JTF strategic fusion cell. The test is meant to expand Sailors' knowledge base as the U.S. and its adversaries move toward more of an information-based warfare.

Initially Egbert was told he could not qualify because he is in the Coast Guard. After meeting Navy Master Chief Camila Plaisted, a cryptologic technician with the J2, Mace and other Sailors, a rare opportunity presented itself.

At the time Egbert was taking a class designed to prepare Naval

personnel for the tests and boards required to qualify for the IDW. He attended the classes in order to learn the subject matter to enhance his education and overall career. Eventually, after the help of Plaisted, Mace and other members of the Navy, Egbert was able to get into the program to qualify for the IDW.

"He came to me and said, 'Hey I'm interested in doing this,'" said Mace. "So we spoke to our enlisted leaders and at first it was a no. It's just not something we normally do. Then they pushed more and they came back and allowed him to do it."

Getting into the class was only part of the battle. From there, Egbert began studying and preparing for the rigorous testing that lay ahead.

There are three different books that needed to get signed off on, proving that participants knew the materials, said Egbert. The first one is information that all Sailors should know, the second is theatre specific knowledge, for everyone at U.S. Southern Command and then there is a unit specific book for everyone at GTMO. The books covered everything from intelligence, meteorological data to knowledge about the base.

After learning the material, sitting in on briefings, tours and numerous hours of classes, Egbert then took a written exam consisting of approximately 150 questions, which he passed with flying



Coast Guard Cmdr. James Hotchkiss (left), the commander of the Port Security Unit 313, Maritime Security Detachment, stands by Egbert, while Burkett congratulates him for earning the Enlisted Information Dominance Warfare Pin, a Navy warfare pin, during the ceremony on Jan. 20.

colors, according to Mace. After the test, he prepared for what is known as a “murder board”, where participants are grilled on knowledge by a panel.

“In the seven months that I have been here we have only graduated five or six,” said Mace, about the number of service members who have completed the program here. “He got through extremely quick, which you don’t see very often. He didn’t just get by, he scored in the 99 percentile on his test and on his board he answered every question correctly and in general they’re not simple questions.”

After the written exam and murder board, came the final challenge. Egbert had to successfully complete the final board via video teleconference, with various service members at U.S. Southern Command, Doral, Florida. Once that was done, Egbert could finally relax and enjoy his accomplishment.

“History is a big part of Coast Guard tradition and it’s something that we honor,” said Coast Guard Chief Petty Officer Jason Wallace, the electronics technician chief and communications officer at the MARSECDET. “To have someone, to the best of our knowledge, that has obtained this, is impressive. I’m proud of him. Just do it in

generally is a very difficult task and to have him do it as part of his specialty is good for his professional development.”

After doing some research, Egbert and his team of supporters found out that Egbert was the first enlisted Coast Guardsman

to receive the pin.

“I think the coolest part is all the interviews and everything that comes out of this,” said Egbert. “I can send this (information) back to my friends in San Antonio and see if they can use it as ammunition to get into the program too. So



The Information Dominance Warfare Pin is worn by Sailors who have successfully completed the Enlisted Information Dominance Warfare Specialist qualification program. Until now, the pin was worn solely by Naval service members.



Egbert (center), poses with fellow service members, who helped him succeed the program, after the pinning ceremony, Jan. 20.

hopefully I won’t be the first and the last, I will just be the first of many.”

Mace, who is responsible for conducting all of the training and preparing of the participants here, said he was impressed with Egbert. Normally it takes participants up to a year to complete the program but he was able to complete the course in just four months.

“It was a pleasure working with IS2 Egbert throughout his qualification process,” said Mace. “IS2 (Egbert) worked very hard in order to complete his qualification, doing so in half the time most members take here at GTMO, he scored a near perfect on his written test while acing the oral board held with USSOUTHCOM subject matter experts. Frankly, this high level of performance is what I have come to expect while working with the men and women of our Coast Guard.”

With his new pin on his uniform and smile on his face, Egbert claims this pin is only the first of more to come.

Egbert plans to earn a Port Security Unit Pin as well as learning Russian and sailing. Egbert plans to spend the rest of his time at GTMO bettering himself and furthering his career, which should not be a problem for this historic Coast Guardsman.

Article and photos by
SPC. JUSTIN LE MALONE

MAGIC BEHIND THE CURTAIN: GTMO PRINTING

It is a Thursday afternoon at U.S. Naval Station Guantanamo Bay, Cuba, Defense Logistics Agency Print Shop. The smells of ink and warm paper pervade the high-ceiling rooms as copy after copy of the Joint Task Force Guantanamo publication “The Wire” prints from an industrial size printer. Hot off the press, they are sent through a massive folding machine, then hand collated by industrious workers, with hundreds of copies to be made ready for distribution just 20 hours later. A herculean effort made by the three-man staff and one they make every week.

But wait, there’s more. The print shop staff tackles not only the massive jobs of printing and assembling the local publications such as “The Wire” and “The Gazette”, but also the various other printing needs of GTMO residents and JTF Troopers. From creating pamphlets to field manuals, teaching aides to personal projects, the DLA has GTMO covered.

“The print shop helps the command element specifically for the change of command and retirement ceremonies,” said Navy Chief Petty Officer Dana Clayton, flag writer for Navy Rear Adm. Peter J. Clarke, the JTF commander.

Aside from the JTF command elements, the print shop has a wide variety of customers.

“We support the Sexual Assault (Response Coordinator), public affairs, port operations, the Fleet and Family Services Center, the Navy Exchange, as well as the general populace,” said Cameron

Hunt, director of the print shop and retired Navy Petty Officer 1st Class.

While “The Gazette” and “The Wire” are the DLA’s biggest weekly jobs, the shop is kept busy with various personal and professional projects from the residents here, Hunt said.

The shop has the capability to print materials 11 by 17 inches and smaller, he said. Larger products can be made, but they have to be constructed in pieces by hand and then laminated for

**“WE’RE
AVAILABLE
FOR ANY
SIZE JOB,
THERE’S
NO LIMIT”**

stability, said Hunt. Services available include printing, photo printing, duplication, graphic design, lamination and some binding services. Special projects that require either paper not on hand or large format print jobs are produced at Naval Air Station Jacksonville, in Jacksonville, Florida and shipped here, said Hunt.

“If we can augment your mission, we will,” said Hunt. Currently the staff are busy taking inventory of the outdated equipment that the shop has on

hand, while trying to secure newer equipment. In participating, he hopes to procure a large format printer, as well as an automated collator for the shop in the near future to offer more capabilities to GTMO.

Nonetheless, the crew is able to tackle projects even on tight deadlines.

“Our requests are short fused,” said Clayton. “The turn-around time is under 48 hours and the quality is very good.”

One of the biggest hurdles the print shop has is a lack of public awareness of the services, said Hunt.

“We’re available for any size job, there’s no limit,” said Hunt. “Whether you need to laminate a business card or print 50 technical manuals.”

The print shop provides exceptional value and great customer service, said Clayton.

The sky is the limit in terms of projects, so long as the material to be printed is not copyrighted, said Hunt. Paying for the services provided by the shop is done through the NEX and Hunt is available to run through the pricing sheet with prospective customers, to help them understand what is required to ensure the project get’s done right, he continued.

Interested parties can visit the print shop, located behind McDonald’s on Sherman Avenue, during their business hours of 7 a.m. to 4 p.m. Monday-Friday and can view an easy-to-read spreadsheet of prices and services.

Article and photos by
ARMY SGT. IAN WITHROW





Cameron Hunt, director of the Defense Logistics Agency at U.S. Naval Station Guantanamo Bay, Cuba, measures a large format item to be printed and assembled in pieces for a customer.



The JTF's local publication is hand-fed through the folding machine. The JTF's publication, "The Wire", the NAVSTA publication, "The Gazette", as well as other items are produced in the print shop.



Stacks of "The Wire", sit on a desk ready to be assembled. "The Wire" is the weekly public affairs product of the JTF, and are printed and put together by hand.



"The Wire" is collated by hand, an impressive weekly feat by Cameron Hunt, the Defense Logistics Agency print shop director, and his team.



Hunt bundles "The Wire" in preparation for distribution. "The Wire" is a weekly, 16-page publication, is collated by hand, by Hunt and his two-man team. The print shop makes 1,025 copies of "The Wire" for distribution.

MOVIE REVIEW / IN THE HEART OF THE SEA



The re-telling of the epic “Moby Dick” would have been perhaps a mammoth and ungainly undertaking. Which is why I am happy to report “In the Heart of the Sea” is not that. Instead, director Ron Howard frames the story before the tale of the white whale is written.

The Essex was a real whaling ship out of Nantucket, Massachusetts, that ran into a good deal of trouble with a very large whale in the winter of 1920. After the Essex is sunk, I don’t really think I’m giving anything away here, the surviving crew have to really dig deep to survive for 95 days at sea. In the end most of them do not survive. Those that do have a whale of a tale to tell.

As the film opens we find a very young Herman Melville (Ben Whishaw) desperate to hear the true story of the Essex, and her crew. Melville finds the last surviving member of the ship, Tom Nickerson (Brendan Gleeson) and convinces him to recount the story of the mighty ship’s demise in the whaling grounds of the Southern Pacific.

The tale of the whaling ship and its crew is a really good story and Howard executes its re-telling superbly. Of course, he takes some creative license; historically speaking though he is true to the spirit of the thing. The plot is tight, interesting and moves the viewer along in an fascinating arch; weaving modern themes of rich vs. poor, greed, conservation and even a bit of commentary on post traumatic stress, into this almost 200-year-old tale.

To support this remarkable story, Howard employs as First Mate Owen Chase none other than Chris Hemsworth, who is more than up to the task of playing the strappingly serious, uber-competent, charismatic second-in-command. While wilted yet arrogant, Captain George Pollard is played by Benjamin Walker. Getting these characters right is crucial, as their conflict provides the main drama for the film, until we meet the whale.

Prior to the encounter with the amazing whale, we get to see the crew doing normal whaling stuff. They kill exactly one Sperm whale and have a heck of a good time chopping it up into little bits, boiling the blubber down to oil and stocking it away in casks.

In one particularly wonderful scene, a very young and small shipmate gets assigned the dubious task of slipping inside the whale’s head to scoop out the most valuable and pure, head oil. As one would imagine this is a retched task, however, it paints a picture of



how serious these men are about their jobs.

Whale killing aside, the scenery is amazing, as one would expect form an oceangoing epic.

I really enjoyed this movie. I have heard from many that “Moby Dick” is an epic tale about knot tying with some good whale chase scenes thrown in. Thankfully, this was much more entertaining and engaging than that.

For being a gripping human drama set on the beautiful high seas and incorporating an

appropriate dose of human suffering, I give this movie four banana rats.

“In the Heart of the Sea” is rated PG-13 for intense sequences of action and peril, brief startling violence, and thematic material.

Movie review by
ARMY SGT. 1ST CLASS MARIE SCHULT-SLOSSER



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.

Kung Fu Panda 3 (New) PG, 7 p.m. Star Wars: Episode VII - The Force Awakens PG13, 9 p.m.	The Big Short (New) R, 7 p.m. Daddy's Home PG13, 9:30 p.m.	Alvin and the Chipmunks: The Road Chip PG13, 6:30 p.m. In the Heart of the Sea (LS) PG13, 8:30 p.m.	Concussion PG13, 7 p.m.	Ride Along 2 PG13, 7 p.m.	Brooklyn (LS) PG13, 7 p.m.	Sisters R, 7 p.m.
1/29 FRIDAY	1/30 SATURDAY	1/31 SUNDAY	2/1 MONDAY	2/2 TUESDAY	2/3 WEDNESDAY	2/4 THURSDAY
Ferris Bueller's Day Off PG13, 8 p.m.	Pain & Gain R, 8 p.m.	Jupiter Ascending PG13, 8 p.m.	LYCEUM CLOSED	The Lego Movie PG, 8 p.m.	LYCEUM CLOSED	End of Watch 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@jftgmo.southcom.mil

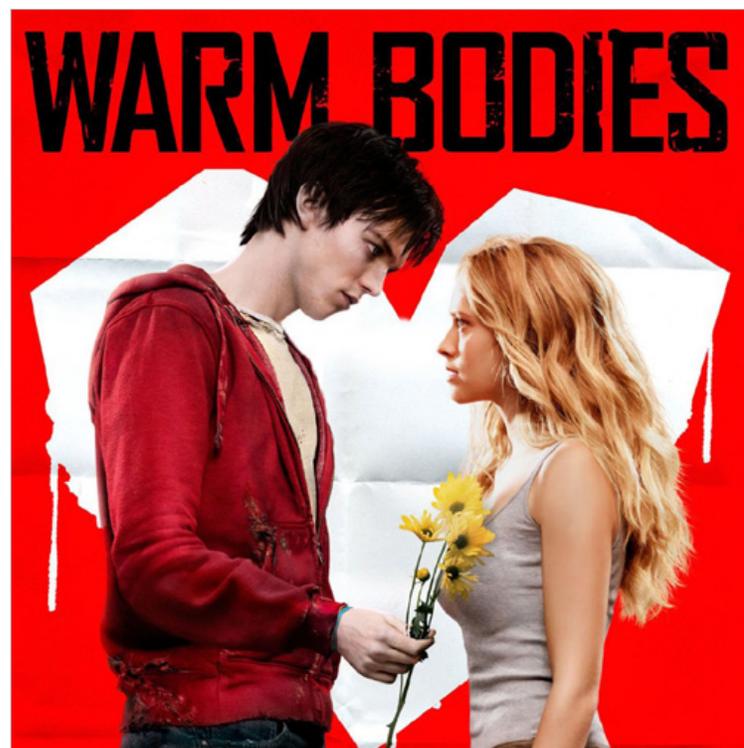
MOVIE REVIEW / WARM BODIES



As a self-proclaimed movie "buff", I personally love going to the movie theaters here on Friday and Saturday nights to watch the newest releases. Since there were no new releases this past weekend, this week's movie review is about a previously released film. In honor of the upcoming Valentine's Day holiday, I decided to review "Warm Bodies" which was released in 2013.

In the era of television shows like "The Walking Dead" and movies such as "28 Days Later" or "World War Z" the zombie creature is very distinct. It growls, searches for and eats human flesh, all while wandering the earth awaiting a single gunshot to the head to end its existence. The audience is never presented with what actually goes on inside a zombie's head. We never know what they are thinking or even if they are thinking at all.

"Warm Bodies" provides a fresh twist on the zombie genre.



This film gives insight into the world of the creature's mind and surprisingly, its heart. The story begins with Nicolas Hoult as the lead character, a heart throb teenage zombie named "R" wandering around an abandoned airport. R can't remember his full name or how he became a zombie. He is fully aware of his craving for human flesh but still has traces of his old human self inside. His days are spent lurking around wondering how previous zombies' spent their lives and trying to piece together memories from when he was a human.

In addition to the zombies, there are also the humans, and bonies in this post-apocalypse world. The humans are the survivors. They have seen loved ones turn into zombies and are determined to continue living. They live in a walled-off city and will shoot any zombie who comes within spitting distance. The zombies wander around always on alert for their food source - human flesh. They may seem hopelessly lost, but maybe not. The bonies are zombies who have completely given up. After eating all the flesh off their own bodies, they are nothing more than skeletons, showing no mercy, hunting both zombies and humans alike.

In the midst of this strange world, R meets a human named Julie, played by Teresa Palmer. Their meeting causes an unexpected chain of events to occur and the post-apocalypse zombie world is forever changed.

Despite the typical romantic comedy antics found throughout the film, this movie also provides a boatload of laughs. The screenplay writers do an amazing job dispersing humor into what could have been a very depressing world of zombies, bonies and humans. Also the music selection is amazing for this film and it plays a key role in the story telling.

With Valentine's Day coming up, I would recommend skipping the typical romantic comedy movies and check out this film. It is a breath of fresh air not only in the zombie genre movie category but also the romantic comedy category. You'll be surprised how much you like it. I give it four banana rats.

"Warm Bodies" is rated PG-13 for zombie violence and some language.

Movie review by
ARMY CAPT. ALANNA WOOD

TROOPERS PUNCH THEIR WAY TO FITNESS WITH CARDIO KICKBOXING



Carl Heron (right), the kickboxing instructor, shows Joint Task Force Guantanamo Troopers and U.S. Naval Station Guantanamo Bay, Cuba, residents how to perform proper techniques during a cardio kickboxing class, Jan. 20, at the G.J. Denich Gym.

The Morale, Welfare & Recreation program offers an abundance of opportunities for service members to maintain their physical fitness goals while deployed to U.S. Naval Station Guantanamo Bay, Cuba. Cardio kickboxing, which is one of many classes held at the G.J. Denich Gym, allows Joint Task Force Guantanamo Troopers and GTMO residents to kick and punch their way through a challenging work out.

“Cardio kickboxing is a form of martial arts mixed with boxing and kicking,” said Carl Heron, who has been a cardio kickboxing instructor for 16 years. “We also do self-defense movements and a lot of pushups, a lot of kicking, plyometrics and core workout.”

During the class, Heron, who is a martial arts instructor with a 2nd degree black belt in Taekwondo, said he breaks down a combination of movements to form one exercise. Participants perform each exercise a certain number of repetitions before moving on to the next, however, each member can pace themselves.

Ashley Rey, a kickboxing participant, enjoys the classes. When it comes to motivation during a workout, she likes having an instructor pushing her to work harder.

“I feel it is beneficial,” said Rey, who has attended the class for more than four months. “It is a workout you kind of look forward to,

a fun way to work out during the week. If you’re not the type to go running, just come here ...”

Another participant, Ann Marie Raniowski, who has attended various workouts sponsored

by the MWR while deployed here, said her favorite thing to do is the cardio kickboxing class.

“It’s my outlet,” said Raniowski. “Relieve your stress and increase your flexibility, your stamina, its good spiritually too. I think holistically your physical, mental, spiritual well-being it just adds to that whole balance.”

According to Raniowski, the classes at the gym are there to help guide you to your limits. The different routines motivate Troopers to enjoy the workouts they do while stationed here.

“I encourage everyone,” said Raniowski. “We hear it all the time, ‘you just got to get out’ ... there is always something to do and to challenge yourself to try something new.”

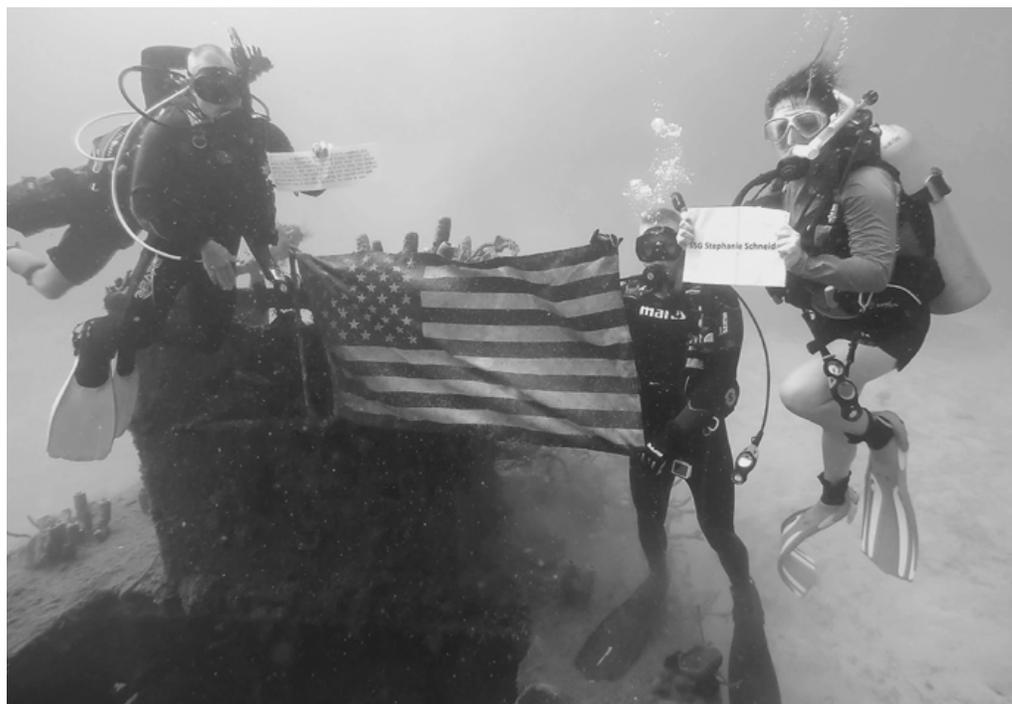
This might not be the service members’ niche but they have a variety of classes to include Yoga, Pilates, Zumba, she said. Everyone needs to challenge him or herself to find something they love because it will keep them coming back.

The cardio kickboxing class is held every Monday from 6:30-7:30 p.m., Wednesday from 6-7 p.m. and Friday from 5-6 a.m. For more information about the class, contact the G.J. Denich Gym at x77262.

Article and photos by
ARMY SGT. RYAN L. TWIST



The cardio kickboxing class participants work up a sweat while kicking, during the cardio kickboxing class, Jan. 20, sponsored by the Morale, Welfare & Recreation program.



Members of the 42nd Infantry Division pose during an underwater reenlistment ceremony for Army Staff Sgt. Stephanie Schneider, a plans and resources noncommissioned officer-in-charge with the J6 section of the JTF. Lt Col. Todd M. Bookless officiated the ceremony, held at the Mike Boat sitting at 65 feet below the water in Guantanamo Bay, Cuba on Aug. 1, 2015. (Photo by Army Sgt. 1st Class Robert E. Fafoglia)

Article continued from page 3
service members would not ordinarily get to meet. He looks forward to an exciting deployment, filled with hard work and exciting extracurricular activities.

"We had a ton of extracurricular activities that kept us well occupied and out of trouble," said Army Cpt. Charles J. Sanders, the former J3 future operation officer, who completed the 30-kilometer Norwegian Foot March in September, logged numerous scuba dives and coordinated multiple beach cleanup activities.

Aside from working hard and exploring the island, everyone had advice for members of the new unit, as much is expected of them going forward.

"Primarily, I want them to be able to facilitate the coordination of resources and requirements and missions on behalf of the JTF commander," said Weems about the new J3 staff, who also had specific advice for them. "My goal is to make sure that they are operating at a high level of efficiency. The J3 shop is prepared to transition without any hiccups between me and the incoming J3 (director), this summer, and the goal is for everything to be seamless."

In order to achieve this goal and accomplish the other challenging tasks that are sure to arise, Sanders had some very clear advice for all new member of the JTF.

"Work long hours when necessary. Ask a lot of questions," said Sanders. "If you are

going to do this mission you have to be willing to take risks and work hard."

This advice may come in handy as the new team looks ahead to future missions.

Weems said the new unit will have several opportunities to show off their skills as the members of the J3 operations staff work on updating the destructive weather plan, providing support for the commissions, support detainee movement operations and respond to the directives from both U.S. Southern Command and the JTF Commander.

As the senior enlisted leader of the new division staff, Folbrecht was briefed on some of the pitfalls Troopers can get ensnared in while here.

"Coming from combat arms, we always say that boredom is the root of all evil," said Folbrecht. "Broaden your education, have fun and meet new people."

He encourages his Soldiers to use their free time constructively with Morale, Welfare and Recreation activities such as diving, softball, or work on knocking out the Army's Structured Self Development training modules. He also said leadership involvement with their Troopers is key to ensuring the successful execution of the mission over the next nine months.

Article by

ARMY SGT. 1ST CLASS MARIE SCHULT-SLOSSER

MWR

2016 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

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 5	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 Fools' 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



JSMART SPOT

▲ JSMART HELPER: HARLEY

COMMUNICATION DO'S AND DON'TS

Communication seems simple but much of what we try to communicate to others, and what others try to communicate to us, can be misunderstood. This can cause conflict and frustration in personal and professional relationships. There are four forms of communication: passive, aggressive, passive-aggressive and assertive.

Passive communication is a style in which individuals avoid expressing opinions or feelings for fear of being rejected or ridiculed. They often appear very agreeable but may be internally angry.

Aggressive communication is a style in which individuals express their feelings and opinions and advocate for their needs in a way that violates the rights of others, often by yelling or bullying. They get their needs met, but at the expense of others.

Passive-aggressive communication is when an individual appears agreeable on the surface but is really acting out anger in subtle, indirect ways.

Assertive communication is the best option. It entails clearly stating

opinions and feelings and firmly advocates for one's rights and needs while also being respectful of the rights and needs of others.

Some guidance to communicating assertively includes using "I statements" or "feeling statements." Statements like this include "when you do this, it makes me feel like this." It also includes taking ownership of your reactions and asking for clarification, such as asking what their needs are and clarifying what they mean by what they say. More guidance includes agreeing with feelings and not the facts such as, trying to respond with "you sound hurt" or "that must be painful." Set limits such as choosing not to defend, debate, nag or antagonize.

Assertive communication allows us to take care of ourselves and is fundamental for good mental health and healthy relationships. It also helps us better understand a person or situation and enables us to resolve differences, build trust and respect, and create an environment where creative ideas, problem solving, affection and caring can flourish. By learning effective communication skills, you can better connect with your spouse, kids, friends and coworkers.

Come by JSMART for more information about how to effectively communicate.

Article by

**NAVY PETTY OFFICER 3RD CLASS
JONNI GILLISPIE**

Joint Medical Group



DON'T LET BLISTERS SPOIL A RUN

Gearing up for the marathon this weekend? Trying to improve your ruck time? Are you an avid runner? Chances are, if you have ever had to do a ruck march or run more than a couple of miles, you have had to deal with blisters. A blister can put you on the sidelines, keep you from training, hurt like heck and lead to infections. An ounce of prevention, being worth a pound of cure, how do blisters form? How can they be avoided?

For starters, understanding how blisters form is straightforward. According to the Mayo Clinic, they come from a combination of friction, heat and sweat irritating the sensitive skin of the foot. Primary factors are ill-fitting shoes, socks that do not protect the skin and excess moisture.

When shopping for shoes, make sure you do not have too much, or too little space. Wear the same type of socks you will likely wear

when running to ensure a good fit. Too much space will result in rubbing, whereas too little space and cause excess sweating and press too tightly against the foot.

This may seem like a no-brainer but make sure the socks you are wearing do not have holes and fit snugly on the foot. Extra fabric means friction, and friction means blisters.

As for moisture, be mindful of water stations during a marathon or excess sweating while you work out. Keep an extra pair of socks on hand to switch into if your activity allows.

If you develop a blister, keep the area clean and dry. Be mindful of any signs of infections. Things like red lines spreading to your veins, swelling or extreme tenderness means it is time to see a doctor.

Article by

ARMY SGT. IAN WITHROW



ON THIS DAY IN HISTORY: JAN. 29

1916 - In World War I, Paris was bombed by German Zeppelins for the first time.

1924 - R. Taylor patented the ice cream cone-rolling machine.

1936 - The first members of Major League Baseball's Hall of Fame were named in Cooperstown, New York.

1958 - Paul Newman and Joanne Woodward were married.

1963 - The first members to the National Football League Hall of Fame were named in Canton, Ohio.

1985 - The Dow Jones Industrial average peaked at 1,292.62.

1987 - "Physician's Weekly" announced that the smile on the face of Leonardo DeVinci's Mona Lisa was caused by a "...facial paralysis resulting from a swollen nerve behind the ear."

1995 - The San Francisco 49ers became the first team in NFL history to win five Super Bowl titles. The 49ers defeated the San

Diego Chargers 49-26.

1998 - A bomb exploded at an abortion clinic in Birmingham, Alabama, killing an off-duty policeman and severely wounding a nurse. Eric Rudolph was charged with this bombing and three other attacks in Atlanta.

1999 - Paris prosecutors announced the end of the investigation into the accident that killed Britain's Princess Diana.

1999 - The U.S. Senate delivered subpoenas for Monica Lewinsky and two presidential advisers for private, videotaped testimony in the impeachment trial.

2014 - Archaeologists announced that they had uncovered what they believed to be the oldest temple in Roman antiquity. The temple was found at the Sant'Omobono site in central Rome.

Article courtesy of

WWW.ON-THIS-DAY.COM

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 1900

Friday night movie

PROTESTANT SERV. (NAVSTA Chapel)

*Traditional** Sunday 0900&1900 Annex Room 1
*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 1800 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

ALCOHOLICS ANONYMOUS MEETINGS

Mon/Wed/Sat 1830 NAVSTA Chapel Annex, Room 16

*These services are conducted by Army or Navy chaplains / For more information call ext. 2218

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

BEACHBUS (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

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

FREE WRITING WORKSHOP: CREATIVE OUTLET, STRESS RELIEVER

When: Tuesdays from 6:30-8:30 p.m. Jan. 26 for 6 weeks

Where: In the Windjammer Classroom (upstairs)

All adults, age 18 and up, are invited. You are welcome to bring laptop computers or paper and pen, whichever you prefer.

Workshop sessions will begin with a "writing prompt" to generate creative responses, followed by discussion of plot, theme, character, setting and other elements of writing. The format of this workshop may adapt to the group – keeps things fluid.

Do as much or as little as you want in this workshop, you can share

your writing, or you can keep it 100 percent to yourself - it is all up to you! Whether you are interested in writing for a creative outlet or a chance to relieve stress – come and join.

"Military and veterans are especially encouraged to attend writer's workshops," said co-leader Joint Task Force Guantanamo Navy Chaplain (Cmdr.) Sean Cox. "Writing down memories and experiences helps make meaning out of challenging circumstances."

For more information, please contact Navy Chaplain (Cmdr.) Sean Cox at sean.a.cox@jftgtmo.southcom.mil or x55312.



Photo by Todd M. Bookless

PARTING SHOT



'LOBSTERS' BY TODD M. BOOKLESS. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE