

THE WIRE

A JTF Journal



Cuzco III: movin' on up
Combat Lifesaver certification
Tennis Tourney serves fierce competition
Modern Army Combatives goes for the clinch

Who inspires you most?

**Army Command Sgt. Maj.
Theodore Trahan**
Joint Detention Group
Command Sergeant Major

After nearly 23 years of service to our great nation, I have decided to retire from the Army. This decision has not been an easy one but the right one - let me explain what I mean.

I joined the Army in 1986 shortly after graduating from high school in Minnesota. At that time my reasons for joining were simple - travel to some place I read about in a book or magazine and take on whatever adventure came along.

None of this would have been possible if it wasn't for one special person in my life and that person is my wife.

In the Army we consciously or subconsciously seek out mentors or role models to learn and grow from, and over my career there have been a few that I will always be in debt to, but at the top of my list is my wife!

For 17 years she has been there for me guiding, pushing, caring, listening, and loving.

When I was down, she picked me up; when I needed to vent, she listened. There have been times early on in my career that I thought about calling it quits with the Army, but it was the voice of reason and common sense that kicked me in the back side... my wife.

After my first reenlistment I pretty much knew this was what I wanted to do. When I met my wife, she was supportive and understanding.

However I was about seven years in when I got levied for recruiting duty and as a young Squad leader with the 82nd Airborne, I did not want to go on recruiting duty. I went home to my wife and told her what I had decided but after an encouraging 30 minute conversation, she had me convinced to take the recruiting assignment and that it would work out just fine... and it did!!!

Everything I have, everything I own, I owe in part to the Army and all the opportunities it has to offer. Late in my career I realize that all branches of service have something great to offer and six years into Global War on Terror, we need each other as well as the support of our families. Deployments can be long and stressful but the support you receive from home is priceless.

So with that said, I dedicate my last Trooper to Trooper article to all the spouses of our military, because without them and their support we would be hollow and lost.

Not an easy decision but the right one... I will always be a Soldier, Army Strong!!! 🇺🇸



JTF GUANTANAMO

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Navy Rear Adm. David M. Thomas Jr.

Joint Task Force CMC:

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Navy Cmdr. Pauline Storum: 9928

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Army Maj. Richard Morehouse: 9927

Supervisor:

Army 1st Sgt. James Venske: 3649

The Wire

Executive Editor:

Army 1st Lt. Adam Bradley: 3596

Editor:

Army Sgt. 1st Class Vaughn R. Larson: 3651

Assistant Editors:

Army Staff Sgt. Emily Russell: 2171

Army Sgt. Gretel Sharpee: 3594

Staff Writers:

Navy Petty Officer 2nd Class

Cheryl Dilgard: 3499

Navy Petty Officer 2nd Class

Nathaniel Moger: 3592

Army Spc. Megan Burnham: 3589

Army Pfc. Eric Liesse: 3589

Contact us

Public Affairs Office: 3651 or 3596

From the continental United States:

Commercial: 011-53-99-3651

DSN: 660-3651

Email: thewire@jtfgtmo.southcom.mil

Online: www.jtfgtmo.southcom.mil

COVER:

Army Capt. Yj Kim, the 525th Military Police Battalion Chaplain, gives the benediction during an Army Birthday dinner held here June 14. - JTF Guantanamo photo by Army Sgt. Gretel Sharpee



The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regards to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Document Automation & Production Service with a circulation of 1000.



Troopers serve as a physical manifestation of the axiom "work smarter, not harder" by setting up a working party to move furniture into empty units.

CUZCO III to reduce JTF housing density!

**Navy Petty Officer 2nd Class
Cheryl Dilgard**

JTF Guantanamo Public Affairs

Cuzco III is complete!

This past weekend Troopers helped move furniture into the newly constructed trailer barracks. Monday, the first group of Troopers to move in began calling Cuzco III home with another group moving in Wednesday.

Troopers who were initially housed in Camp Justice, known by Troopers as 'tent city,' or housed in Camp Buckley, are now in their own individual rooms in the trailers that make up Cuzco III.

"The new Cuzco trailers will house 192 personnel," said Army Sgt. Maj. Matt Aragon, Headquarters and Headquarters Company commandant.

Each trailer will house two Troopers, each having his or her own room with a common bathroom. Having ones' own room gives Troopers more privacy but Troopers need to remember they still have neighbors to be respectful of.

"Quiet hours are from 2200-0600 everyday, even on weekends," cautions Aragon.

The trailers all have new furniture and appliances in them consisting of a bed, mattress, cabinet with drawers, closet, night stand, microwave and small fridge.

"We want to try our best to keep everything nice and clean, bascially keep things squared away," said Aragon.

Although the trailers themselves are complete, there are more plans to improve the Cuzco living quarters. Building will soon begin on three outdoor pavilions that will have water, electricity and ceiling fans. The pavilions will be a great place to gather and relax.

For residents of Cuzco parking has been an issue with the construction of the new barracks.

Recently Cuzco residents lost a considerable amount of parking with the



Joint Task Force Troopers unload furniture from a moving truck for Cuzco III residents.

merging of Cuzco II and III, making much of the current parking in a dirt lot north of Cuzco.

The housing department is seeking to gravel the north lots. New parking will be established near the end of Cuzco III, near Sherman Avenue. ☆

Non-Medical Soldiers help save lives

**Army Pfc.
Eric Liesse**

JTF Guantanamo Public Affairs

At basic training, Soldiers are taught fundamental first-aid techniques that are essential to combat survival, but the training has its limits. On the battle field, certified combat medics are not always readily available when their specialized training is needed.

Due to this harsh fact, April 9, 2003, the Army implemented Army Regulation 350-1 to govern current curriculum for the training and certification of a new level of first-aid-trained Soldiers: Combat Lifesavers.

"Immediate, far-forward medical care is essential on a widely dispersed and fluid battlefield to prevent soldiers from dying of wounds," the regulation states. "The combat lifesaver is a non-medical soldier trained to provide lifesaving measures beyond the level of self-aid and buddy-aid," it adds.

A combat lifesaver can slow and possibly stop the worsening of a wound's condition until evacuation of a casualty is possible. However, performing combat lifesaver actions is always secondary to a Soldier's main mission.

Army Staff Sgt. Christopher Ellis, non-commissioned officer in charge of medical evacuation needs for the Joint Troop Clinic, is Guantanamo's only combat lifesaver



Army Staff Sgt. Christopher Ellis inserts a needle with a catheter into a student as he gives a detailed run through of administering an IV drip during a Combat Lifesaver Course at Camp America.

course trainer.

"CLS certification itself is for the war-time situation," Ellis said. He added that the practice of having more advanced medical training for non-medical Soldiers has been in place since World War II. However, the current combat lifesaver course was reevaluated after the fighting in Iraq called for more overall training.

"You can't always have a medic on site," Ellis said. The combat lifesaver program was created to help cover more situations with appropriately trained Soldiers, he added.

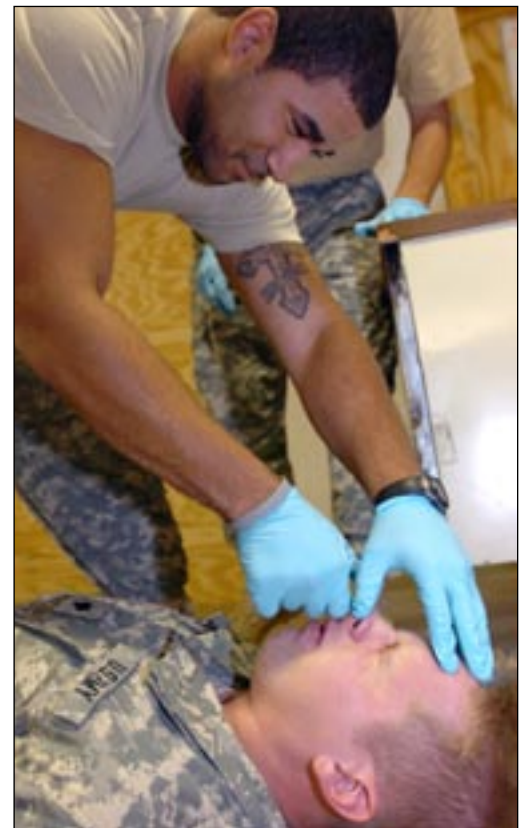
"Basically, it's teaching you to put on a band-aid," Ellis said of the Army's traditional first aid training. With combat lifesaver certification, however, much advanced techniques and equipment are used and trained with.

For example, combat lifesavers are trained how to properly evaluate casualties, whether in or out of combat, the use of both the emergency trauma dressing, better known as the Israeli Bandage, and the combat-application tourniquet which is compact enough to be applied with only one hand.

A highlight of the course is demonstrating – on another person – how to properly administer a saline lock and intravenous fluid drip, as well as demonstrating insertion of nasal airway tubes to give unconscious Soldiers a way to breathe.

See CLS/13

Army Spc. James Ray pulls Army Sgt. Joshua Bane on a litter during a casualty evacuation exercise.



Army Sgt. Shaston Robinson trains with a nasal pharyngeal trumpet on a wincing Army Spc. James Ray, both of the 525th Military Police Battalion.

Well suited for the mission field

Navy Lt. Cmdr. Daniel McKay, Joint Task Force-Guantanamo chaplain, speaks on the virtues of a mother's love during a Mother's Day sermon Sunday, May 11 at Troopers Chapel in Camp America on Naval Station Guantanamo Bay.

Army Sgt. 1st Class Vaughn R. Larson

JTF Guantanamo Public Affairs

During the course of his career, Lt. Cmdr. Daniel McKay, a Navy chaplain, has seen three perspectives of the United States' role in the Middle East and the war on terror.

From 1999 to 2000, while on board U.S.S. Lake Erie in the Persian Gulf, he saw the sanctions perspective against Iraq. From 2005 to 2006, while deployed with the 2nd Marines in Ar Ramadi, Iraq, McKay saw the mission side in action.

Since July of 2007, he has seen the detainee operations aspect as the Navy Expeditionary Guard Battalion chaplain, and also the command chaplain for the Joint Task Force.

"It's definitely a larger perspective on what we're doing and how we're doing it," he acknowledged. "It's a mission that has to be done, unfortunately."

McKay is uniquely suited to serve as a chaplain in the JTF. He began his military career in the Air Force and, after entering the ministry, became an Army chaplain. He later switched to the Navy, with whom he has served two tours, as well as two with

the Marines, and will head to Washington, D.C. to begin his second tour with the Coast Guard following the end of this deployment.

His responsibilities here are to provide oversight of all religious programs and ministries for the JTF, while his religious program specialist, or RP, is solely responsible for filling religious item requests from detainees.

McKay leads Sunday Protestant services at Troopers Chapel. Troopers Chapel also offers a weekly Spanish Protestant service, two Catholic Mass celebrations, a Chapel Next service on Wednesday night, and until recently offered a Thursday night praise service. But making chapel schedules work for Troopers has been frustrating, he admitted. Declining attendance due to work schedules for JTF Troopers resulted in cancelling the Thursday service.

"The vast majority that work long hours, they just want to eat, go home and get some sleep," McKay said. "You don't go for numbers – you provide the best for those who show up."

"This is really what we call 'deck-plate' ministry," he continued. "Get out and walk among those on the job during work hours."

McKay emphasized that one of the most important services he offers to Troopers is complete confidentiality.

"What they say stays between us and God's ears," he said. "That's our bread and butter – they can share what's on their heart and mind."

He observed that Troopers face similar stressors deployed here as well as in Iraq or Afghanistan.

"It's hard to be forward deployed when you have issues at home," he said, noting that he has personally found deployment to Guantanamo Bay more difficult than Iraq.

"Instead of being half a world away, I'm in the same time zone," he explained.

McKay said that he is immensely proud of the overwhelming professionalism shown by Troopers on a daily basis.

"It's God's work," he said. "They may not realize it, but it is God's work. God gave us the gift of freedom, and they are defending that gift. They provide safe and humane care."

"[The Apostle] Paul tells about feeding your enemy, clothing your enemy," McKay continued. "That's what we do every day here. Those words have a deeper meaning to me now than if I had not seen what they do." ☆

Tennis tournament keeps courts hopping



Christopher Staphylaris returns a hit during a singles Tennis Tournament held here

Army Sgt. Gretel Sharpee

JTF Guantanamo Public Affairs

Two steamy nights of competition on the Deer Point Tennis courts whittled 14 competitors down to one winner, at least for now.

“We try and hold these tournaments quarterly,” said Audrey Chapman, Morale Welfare and Recreation fitness coordinator for Guantanamo Bay. “There is always great turn out and with people always coming and going, there are always new faces.”

The singles tournament was held here June 13 and 14 and the doubles tournament will be held June 27 and 28.

“I normally play [tennis] a few times a week but a tournament is a nice way to get out, be competitive and have fun,” said Gary Belch, third place finisher in the singles tournament.

During the first night of competition, players competed in a Pro 8 set, or the first to eight games winning by a margin of two and advanced until a semifinal bracket

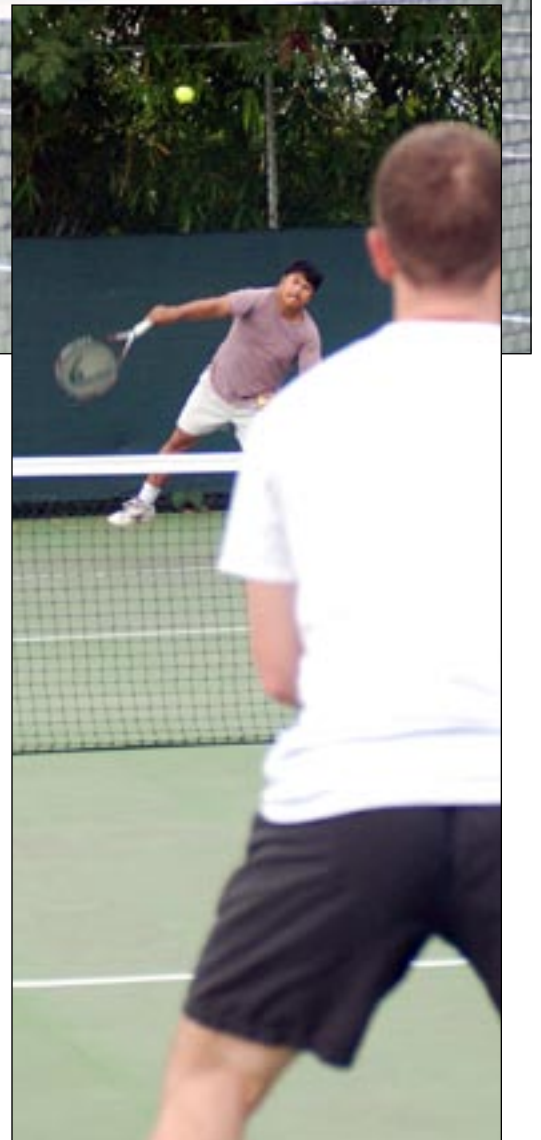
was established. During the semifinals, players also competed in a Pro 8 set, but the winner’s bracket semi-final match was best 2 out of 3 sets.

The championship game between Prisco Masagca and Leo Manlutac was carried out as a Pro 8 set due to time constrictions. Regardless the game distinguished a first and second place winner. ☆

Mens Singles Tennis Tournament Results

1st Place - Prisco Masagca
2nd Place - Leo Manlutac
3rd Place - Gary Belch

David Gills prepares to return Leo Manlutac’s serve during a Pro 8 set in a singles Tennis Tournament held here June 14. The singles tournament was comprised of 14 players from around Joint Task Force Guantanamo and the Naval Station.



You Don't Mess With the Kung Fu Hulk

Army Pfc.
Eric Llesse

JTF Guantanamo Public Affairs

With this week giving way to seven – yes, seven! – new movies, I thought I would split up my talent onto the big three that came Friday: “Kung Fu Panda,” “You Don’t Mess With the Zohan” and “The Incredible Hulk.” ★



“The Incredible Hulk”

The big star of Saturday night was no doubt “The Incredible Hulk.” Marvel Studio gave comic geeks “Iron Man” last month to drool over, and they delivered again with Hulk’s story reboot.

Hulk follows Dr. Bruce Banner, played masterfully by Edward Norton, who is hiding in Brazil after being hit with gamma radiation during an experiment. The poisoning now has him transform into an uncontrollable, green behemoth-man whenever his temper hits the high notes. Banner is hiding from the U.S. military, particularly General Thaddeus “Thunderbolt” Ross, the man wanting the Hulk for a war machine, coldly played by William Hurt.

Banner finds out through an anonymous Internet friend he may be able to be cured back home. When Gen. Ross finds Banner’s home and raids it, Banner makes a bee-

“You Don’t Mess With the Zohan”

Adam Sandler has pleased his fans again, though not many others. With Zohan, there are many big bombs of laughter, but they aren’t aimed very well.

As Zohan Dvir, Sandler plays an Israeli counter-terrorism uber-agent who fakes his own death to get away from all the fighting and pursue his dream as a New York hairdresser. This is the most sensible plot element in the film.

With cartoon-level violence and many allusions to Middle Eastern stereotypes, such as a deep love of hacky-sac, Mariah Carey and Israeli-Palestinian fighting, it’s quite obvious Sandler did not want anything in this film to be taken seriously.

As per the norm with Sandler’s films, there are abundant cameos of comedians and other stars. John Turturro, a veteran of Sandler’s movies, plays Phantom, a Palestinian super-terrorist hell-bent on finishing off Zohan once and for all. Zohan, with his oversized cod piece and love of his older female clients, is the draw for the majority of the jokes.

With the jokes all hit-and-miss, it’s the randomness that really makes the audience burst out. That and the old lady love.



PG-13

1 hour, 53 minutes

Rating: ★★★★★

“Kung Fu Panda”

Jack Black may have top billing as the martial-arts-loving panda, but it’s the images that star in this film. With the most luscious, beautiful, detailed animation in a major release to date, the fast pace and crazy acrobatics of the anthropomorphized characters shines. The opening, a dream sequence fluidly hand-drawn to resemble shadow puppetry, is enough to buy this on Blu-Ray when it hits.

The movie follows Po, a simple, uncoordinated, Kung Fu-obsessed panda who mistakenly becomes the one to fulfill a prophecy to save China. Though he never believes in himself, and neither does his teacher, Po finds his courage to be what he

is meant to be.

As usual, the voices are all A-listers who help bring the life to the supporting characters, such as a tiger, snake, mantis, and Po’s tiny, red-panda Kung Fu teacher named Master Shifu, voiced by Dustin Hoffman. Hoffman’s solid tone and Black’s geeked-out excitement play perfectly off each another.

The plot, simple and classic, is fitting as the movie plays with the mystic feelings of ancient martial arts in stunning ways.

PG

1 hour, 31 minutes

Rating: ★★★★★

line back to the States to rid the monster inside.

The movie stars Norton as the scientist on the run, and Liv Tyler as his estranged colleague and love interest, Dr. Betty Ross. When the stars are together, their chemistry (pun!) is at the perfect level for a movie about a giant green man who’s trademark phrase is the eloquent, “HULK SMASH!”

The special effects are top notch. The look of the Hulk is primal and foreboding, but still feels like there is a human at his core. Along with Norton, who helped with writing the script, the visuals help bring forth the overall dark feeling of a fugitive man seeking redemption from his monstrous and destructive alter-ego.

PG-13

1 hours, 54 minutes

Rating: ★★★★★



Philippine Independence Day Celebration

Photos by Army Staff Sgt. Emily J. Russell and Navy Petty Officer 2nd Class Cheryl Dilgard

The Philippine Independence Day held Saturday, June 14, at the Downtown Lyceum, celebrated 110 years since the proclamation of independence of the Philippine Islands from Spain's colonial rule in 1898.

The celebration featured traditional Filipino cuisine such as lumpia, pansit and adobo chicken and pork. After the meal, Navy Rear Adm. David M. Thomas Jr., the Joint Task Force commander, delivered a welcome message at the beginning of the cultural show. The evening was a colorful festival of song and dance, beginning with the Philippines national anthem, Lupang Hinirang, as well as the Star Spangled Banner. The cultural dances such as the Kalapati and B'lit Bilaan were performed by members of the local Filipino community. Tinikling, the Philippines National Dance, invited the audience to try their best at the traditional dance.

The evening closed out with special songs and the crowning of Miss Philippines Independence Day Celebration. With witty banter from the emcees and the audience participation, the celebration was a success.

Mabuhay Ang Pilipinas! –
Long Live the Philippines!



The Future is Here!

M-80 Stiletto sits pierside during a refueling stop here, June 11. Stiletto is a one-of-a-kind, experimental vessel designed for high-speed special operative amphibious insertions.

Navy Petty Officer 2nd Class Nat Moger

JTF Guantanamo Public Affairs

Looking less like a littoral combat craft and more like something out of a James Bond movie, M-80 Stiletto, an experimental high-speed Army vessel, pulled into U.S. Naval Station Guantanamo Bay to refuel and resupply before continuing South.

Stiletto will be supporting the Coast Guard's efforts in the region.

"We'll be performing counter-licit trafficking operations in the Caribbean," said Army Chief Warrant Officer Isaiah Smith, Stiletto's skipper. "Basically we'll be doing drug interdiction ops."

Designed by M Ship Company, Stiletto was "purposefully designed to rapidly acquire, deploy and employ new capabilities to explore the military utility of emerging technologies and concepts of operation for special and expeditionary forces," according to a company brochure. However, for the crew of Stiletto, it's purpose is a little more cut and dry: to go fast.

Extremely fast.

"We can get up over 50 knots," said Army Sgt. Ronnie Monroe, crewmember. "It's just awesome. Sitting up in the bridge in those chairs when you're going that fast, it makes you feel like a rock skipping over the water."

Designed for a speed of 50-60 knots, the

M-80 can travel at more than twice the base speed limit.

This is made even more incredible by its "M" shaped hull, which, along with its super-lightweight carbon fiber hull, creates a short draft that shrinks to mere inches at high speeds, allowing Stiletto access to much shallower waters than vessels half its size.

"The ship is intended for military use, but similar technology is used in fishing boats, yachts and even water taxis that cross Venice's shallow canals," continues the brochure.

In an interesting twist, Stiletto is operated by as small crew of Army mariners from the 7th Sustainment Brigade, 10th Mountain Division out of Fort Eustis, Va. Their mission is to deploy a rigid hull inflatable boat, or RHIB, with seven fully armed Coast Guardsmen to conduct ground operations.

"We get in and get out," said Chief Warrant Officer Shawn Carpenter, Stiletto's chief engineer.

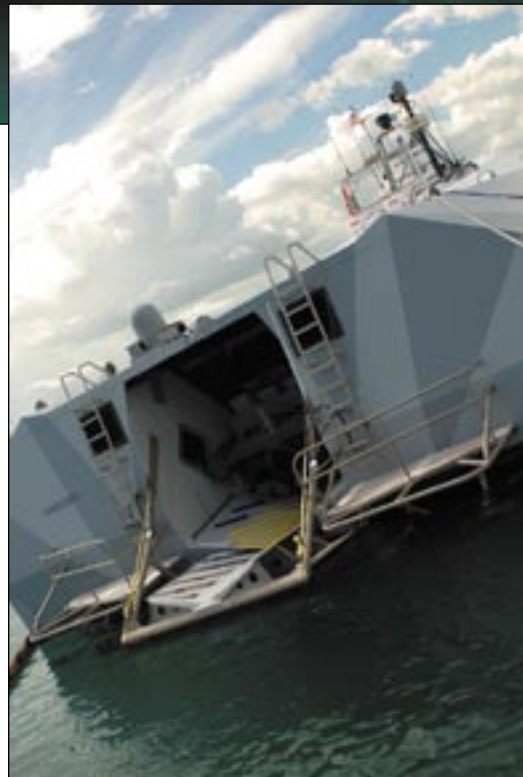
Stiletto's speed and agility allow for operational flexibility that previous vessels

of its kind were not afforded.

Stiletto is still in its experimental phase, and is currently the only one of its class.

"The testing has been pretty good," said Smith. "We haven't had any major setbacks and the vessel is running really smooth. The crew has been instrumental in keeping all systems up and running."

For more information on Stiletto, visit www.mshipco.com. ★



A view of Stiletto's fantail. Stiletto is capable of deploying and retrieving a rigid hull inflatable boat.

To be one move ahead



Army Spc. Evelin Andrade spars against puncher Army Sgt. Maj. Donald Troxler while Army Staff Sgt. Steven Barthmaier critiques in the drill of achieving a clinch. This is one technique learned in the modern army combatives class conducted from June 9 to 13 at Denich Gym.

Army Specialist Megan Burnham

JTF Guantanamo Public Affairs

It's one thing to defeat an attacker by pummeling them by any means necessary to render them incapable of fighting; however, it's entirely another to take down an opponent without throwing a single punch and while receiving minimal injuries.

Volunteers spent the week of June 9 to 13 participating in the Army-wide standard training program, the Modern Army Combatives, Level 1, held at Denich Gym. This course consisted of learning basic combative techniques, continually practicing them and demonstrating it to the instructors before becoming level one certified.

The 40-hour course was conducted and overseen by level three combatives instructor Army Staff Sgt. Steven Barthmaier. Barthmaier, along with three other assistant instructors (AI), taught the students in Army combatives by conducting realistic training that improved their proficiency and knowledge in hand-to-hand combat.

The first half of the week was spent learning the basic techniques to prepare them for the clinch against the punch drill. This exercise consisted of the student sparring with the puncher and putting them in a clinch, all the while obtaining actual punches to simulate a real hand-to-hand

Before every sparring exercise, the student and instructor tap gloves as a show of sportsmanship and respect during the combatives class.

combat situation.

"All the students did excellent," said Army Staff Sgt. Christopher Ellis, a level two certified AI. "You could tell who had previous experience and who had not but still put up a good fight."

The students came from a variety of units and branches including the 525th Military Police Battalion, the Navy Expeditionary Guard Battalion, Public Affairs Office and one civilian individual.

The main goals of this class are to instill the warrior ethos in each student and build their overall confidence.

"This class builds confidence and helps the student if they were ever put in a situation where they had to defend themselves," said Ellis.

Combatives uses a variety of techniques from other sorts of martial arts including Brazilian jiu-jitsu, moi tai, Russian sambo, stick fighting and Greco Roman wrestling, to name a few, but the primary techniques used comes from jiu-jitsu.

"I like [this class] because it's a refresher for me in basic Brazilian jiu-jitsu and it's



easy to learn and easy to do," commented Navy Petty Officer 3rd Class Brian Teves, a student with previous combatives training.

Each day was spent learning and practicing different types of techniques including the fighter's stance, achieving the mount, escaping the mount, accomplishing the rear naked choke and the cross collar choke as well as certain arm bar techniques. Every technique was thoroughly explained and demonstrated to the student before they were instructed to attempt it themselves.

"Things that they learn [in this class] is how do be the aggressor in the fight as opposed to being the opossum and playing in a defensive posture," said Barthmaier.

While the spar would stop at the first sign or indicator of an injury, students did, in fact, receive minor injuries but no one was seriously hurt. Throughout the course

See *Combatives*/13



12th Air Force June Award Winners

Staff Sgt. Kristopher Cyrus and Senior Master Sgt. Marty Cieszlak of the 474th Expeditionary Civil Engineering Squadron were chosen as the June recipients of the 12th Air Force, Deployed Air Forces Southern monthly award. Cyrus, operations journeyman, won the Non-Commissioned Officer level by exceeding customer service tasks, work coordination and priority duties while keeping track of all projects. Cieszlak, project manager, was chosen at the Senior Non-Commissioned Officer level for his ability to oversee construction of all projects including managing budgets and costs within Camp Jutice and the Expeditionary Legal Complex. – JTF Guantanamo photo by Army Spc. Megan Burnham

Safety heats up as temperatures rise

Ever wonder why you see different color flags flying around JTF? These flags are flown for your safety and you should become familiar with the colors and their meaning. As we get into hotter days, it is important that you pay attention to the flag conditions especially if you are working or exercising outdoors. Remember to **hydrate, hydrate, HYDRATE** and stay safe from heat stress.

Wet Bulb Globe Temperature Index

Flag Color	WBGT Index	Intensity of Physical Exercise
White	75 – 79.9	Temperature does not adversely affect personnel or the mission.
Green	80 – 84.9	Discretion required in planning heavy exercise for unseasoned personnel. This is a marginal heat stress limit for all personnel.
Yellow	85 – 87.9	Strenuous exercise and activity should be curtailed for new and unacclimated personnel during the first 3 weeks of heat exposure.
Red	88 – 89.9	Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.
Black	90 and Above	Physical training and strenuous exercise suspended for all personnel (excludes operational commitments not for training purposes).



New Combat Lifesavers train here

CLS from 4

On Guantanamo, combat lifesavers are needed in several instances, including the running of all weapons ranges, some training exercises, and many Moral, Welfare and Recreation sporting events. Though not an overall military requirement, Ellis said, Joint Task Force mandated the need.

"Commanders sign off on all risk assessments for training; whether they need a CLS, a [hospital] corpsman, or a trauma person," Ellis said.

Within the detention camps, combat lifesavers can save time

for medical treatment if either a guard or detainee is injured or otherwise wounded, Ellis added.

Ellis conducts, at minimum, one combat lifesaver course per month, with each class lasting three full days. Ellis said he attempts to conduct classes without mixing units, needing about 12 Soldiers for a full class.

"I do it all by units," Ellis added. "I don't like mixing units. It keeps unit integrity."

Since October 2007, Army basic combat training sites have been certifying new entry Soldiers as combat lifesavers, Ellis said. Ft. Leonard Wood, Mo., Ft. Jackson, S.C., Ft. Sill, Okla., and Ft. Benning, Ga., all have the combat lifesaver course in their standard plans for their basic training. ★

Army Staff Sgt. Christopher Ellis, noncommissioned officer in charge of medical evacuations for Joint Troop Clinic, gives a detailed run through of administering an IV drip during a Combat Lifesaver Course at Camp America here Thursday, June 5. – JTF Guantanamo photo by Army Eric Liesse

Building confidence through Combatives

Combatives from 11

safety precautions were exercised by always having a combat lifesaver, an emergency medical technician and a paramedic on site.

Even if students could pass all the exercises, they still had to be able to demonstrate their expertise in teaching the basic combatives techniques before they were level 1 certified.

"It's a train-the-trainer course," said

Barthmaier. "For the [students] we just trained, they are now the subject matter expert. They can go back to their unit and train their own on those same techniques."

The next class and last one that SSG Barthmaier will be teaching is June 30 through July 4.

If anyone is interested in taking this class, contact Barthmaier at extension 3709. ★

Boots on the Ground

What is your favorite Gitmo beach and why?

by Army Pfc. Eric Liesse

Navy Petty Officer 3rd Class Angela Perry



"Phillips Dive Park because most of the time nobody is there and it's really serene"

Army Sgt. R. De Brum



"Any beach you don't have to do PT at."

Navy Petty Officer 3rd Class Jason Lail



"Windmill beach because snorkeling is pretty good down there; I love the lack of sand."

Navy Petty Officer 2nd Class Delmy Galicia



"Cable Beach because it looks cleaner and my kids can play in the little sand box there."

The Golden Rule

Photo from Stonebriar Community Church website

Army Capt. Scott Brill

JTF Guantanamo Deputy Chaplain

No doubt about it, "Do unto others as you would have them do unto you" is definitely golden. Think for a moment of all the positive examples and experiences you have had as a giver or receiver of the Golden Rule. What great memories.

As a kid, I thought of rules as more like copper than gold. I suppose that is typical of most youth. One day I had a change of heart. I heard a story about flying kites that caused me to see things differently. It was told by a former United States Secretary of Agriculture, Ezra T. Benson.

"While flying a kite, I once asked my father, 'Dad, what holds the kite up?'"

"The string," he replied.

"No Dad, the string holds it down, not up."

"If you think so, let go of the string," he said and see what happens."

I let go and the kite began to fall! It seems odd that the very thing that seems to keep the kite down is actually what keeps it up. And this is true not only of kites but of life. Those strings that are tied to us, those rules and regulations that seem to hold us down, are actually holding us up."

Secretary Benson's thoughts are so true and applicable to our day. So what if we let go of the string? You know; make a mistake. What then? Fortunately, nothing can separate us from the love of God. What a blessing to have family, friends, and leaders who hold onto our string, when others let go.

A favorite illustration of the golden rule, and rules broken, is about a boy, a wooden ruler and a very unruly class.

Many years ago, an inexperienced young teacher applied to teach in a one room school in Virginia. He was told that every teacher had quit because the class was out of control, but the teacher accepted

the risk. The first day of school the teacher asked the boys to establish their own rules and the penalty for breaking the rules. The class came up with 10 rules, which were written on the blackboard.

The teacher asked, "What shall we do with one who breaks the rules?"

"Beat him across the back 10 times without his coat on," was the response.

A day or so later, a student's lunch was stolen. It belonged to a bigger student named Tom. Soon the thief was found, he was a hungry little fellow about 10 years old.

As Little Jim came up to take his licking, he pleaded to keep his coat on.

"Take your coat off," said the teacher, "You helped make the rules!"

The boy took off his coat. He had no shirt and revealed a bony little crippled body. As the teacher hesitated with the rod, Big Tom jumped to his feet and volunteered to take the boy's licking.

"Very well, there is a certain law that one can become a substitute for another. Are you all agreed?" asked the teacher.

After five strokes across Tom's back, the rod broke. The class was sobbing. Little Jim reached up and caught Tom with both arms around his neck.

"Tom, I'm sorry that I stole your lunch, but I was awfully hungry. I will love you till I die for taking my licking for me! Yes, I will love you forever!"

There it is folks. The golden rule is not so much about rules, but about love. Pass it on. ☆

"Friends of God Show" airs every Sunday from 9 a.m. until 11 a.m. on 103.1 the BLITZ.



JTF CHAPEL SCHEDULED PROGRAMS

Catholic Mass

Sunday: 7 a.m. Confession
7:30 Mass

Wednesday: 11 a.m. Mass

Protestant Worship

Sunday: 9 a.m. and 7 p.m.

Spanish Protestant Worship

Sunday: Noon



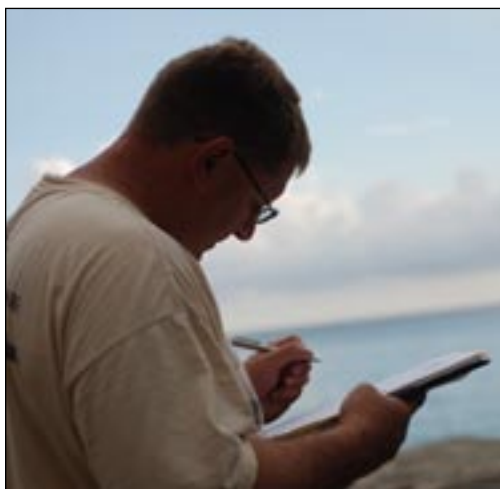
Diving with Jeff Agan

Sgt. 1st Class Jeff Agan assists in instructing scuba lessons while working on his open water instructor license. – JTF Guantanamo photo by Army 1st Lt. Sarah Cleveland.

Navy Petty Officer 2nd Class Cheryl Dilgard

JTF Guantanamo Public Affairs

“When I was here [Guantanamo Bay, Cuba] the first time, Cable Beach had a lot more beach and better swimming. There was actually a diving board on the slab of concrete that is out there. Over the years and through the tropical storms the rocks have fallen and changed the landscape,”



Jeff Agan preps a class for advance open water certification while working on his open water instructor license.

said Sgt. 1st Class Jeff Agan.

Agan has been deployed to Guantanamo Bay three times. Over the years he has seen a number of changes in leadership, command structure and landscape. For a diver such as himself, possibly the most personal changes are the oceans landscape.

His first tour in Gitmo was in 1991 with the Haitian migration. In 2002 he deployed again to Gitmo to assist in the development of the detainee camps and the establishment of the Joint Task Force mission that is carried out today. His efforts from 2002 are still present here, where he finds himself once again deployed. This tour began for him in March. He is the non-commissioned officer in charge with the commissions support group.

Agan, a Soldier with 22 years of service under his belt, has served on active duty and as a reservist. Now he is full time with the reserves as Active Guard Reserve. Prior to coming to Guantanamo he and his family were residing in Minnesota where he was a recruiter. Agan, husband and father of three grown children, enjoys diving here and at home.

“I began diving when I was 13,” said Agan. “Diving is something I thoroughly enjoy.”

Agan, a member of the Reef Raider’s dive club, set a goal for this deployment to upgrade his scuba certification level. Currently he is working on his open water

dive instructor license that he is scheduled to complete it this fall. He is also assisting in dive instruction. Over the years he has found that diving is a great way to see the wonders of the world while relaxing and leaving daily cares and stressors behind.

“Diving keeps me sane,” he said.

Diving has given Agan a chance to see things others only dream about. His favorite dive spot is featured in the movie “The Deep” which was filmed in the British Virgin Islands at the site off the ‘Wreck of the Rhone,’ a ship that sunk off the British Virgin Islands in 1867. The Wreck of the Rhone is noted throughout the British Virgin Islands as a great dive site.

“It’s a challenging dive, but it is amazing there is so much to see,” said Agan.

Back home in Minnesota, Agan instructs divers although his adventures diving there are less desirable.

“My least favorite dive site is probably Square Lake in Minnesota, on a good day visibility is only about seven feet,” said Agan.

When he is not diving, Agan may be found working on homework. The life-long student is completing his 3rd bachelor’s degree, giving him bachelor’s degrees in psychology, business and law enforcement.

Agan, a career Soldier, isn’t considering retirement yet. He is active and enjoying his deployment, and looking forward to his next dive. ★

AROUND THE JTF



▲ Orlando Rosado, a member of the Puerto Rico Army National Guard prepares a feast during Father's Day festivities June 15. – JTF Guantanamo photo by Navy Petty Officer 2nd Class Cheryl Dilgard



▲ Members of the Puerto Rico Army National Guard celebrate Father's Day and relax with a game of dominoes. – JTF Guantanamo photo by Navy Petty Officer 2nd Class Cheryl Dilgard



▲ Army Lt. Col. William Wozniak and Pfc. Nicolas Bisek prepare to cut the cake at the Army Birthday Dinner, celebrated June 14 at the Seaside Galley. Wozniak, the oldest Soldier present, represents past and present operations while Bisek, the youngest Soldier present, represents a hopeful future. – JTF Guantanamo photo by Army Sgt. Gretel



◀ Navy Capt. Greg Rismiller, Joint Task Force Guantanamo's engineer, salutes during a flag ceremony held by Boy Scout Troop 435 and Cub Scout Troop 3401 at the Northeast Gate. The flags will be sent to the families of the Boy Scouts killed when a tornado ripped through a western Iowa camp, June 12, 2008. – JTF Guantanamo photo by Navy Petty Officer 2nd Class Nat Moger