



# Bumgarner assumes JDOG command

by Spc. Timothy Book

JTF-GTMO Public Affairs Office

The Joint Detention Operations Group (JDOG) conducted an Assumption of Command ceremony here on April 22.

Army Col. Mike Bumgarner replaced Army Lt. Col. Gregory Hager as JDOG commander.

Brig. Gen. Jay Hood spoke at the ceremony. He offered praise and showed great confidence in both men.

“Greg Hager is an officer of great integrity, drive, energy and technical competence. That’s why when I needed somebody to come to the Joint Detention Operations Group and provide leadership, I picked Greg to do it,” Hood said.

Bumgarner is, “a professional military police officer who has a very distinguished career that stretches the full gamut of duty you could expect of a military police officer. I have every confidence that he’ll lead the JDOG into the future,” said Hood.

Bumgarner is, “the right man for the job... a professional made for this job,” said Hager.

Hager served as interim commander of the group for 45 days and will return to his duties as Director of Operations, J-3.

“This is a life-changing event. It’s something every MP dreams about,” Bumgarner



**Command Sgt. Maj. Anthony Mendez (left-center) takes the brigade colors during the Assumption of Command ceremony.**

said. “It’s an opportunity to lead Soldiers and Sailors in a deployed environment making a significant impact on national security.”

Bumgarner brings plenty of experience to the JDOG. He has had numerous commands in his career, which started in 1981. He has a Bachelor of Science degree in criminal justice. Bumgarner is also a graduate of the Canadian Forces College (War College equivalent), the Joint Staff Officers

Course and the Federal Bureau of Investigation National Academy.

“This is a mission I have trained my mind, body and spirit for--for more than 25 years,” said Bumgarner.

“I commit to these [Troopers] and these leaders that I will be 100 percent dedicated to this mission, 100 percent dedicated to taking care of the Troopers on this field and in Camp Delta and the Joint Detention Operations Group,” Bumgarner said. ■

# Starting Out, Hitting Your Stride, Finishing Strong

By Brig. Gen. Jay W. Hood

JTF-GTMO Commander

*Troopers, the article below is a reprint of my Feb. 11, Trooper-to-Trooper column. We have had a changeover of more than 1,000 Troopers since this article was first published. I think it is important for Troopers today to understand how I see our job here...and how I depend on each and every member of the JTF to try and improve what we are doing. Read every word and focus on the "GTMO - All" instructions.*

Every day I look around and ask myself these questions:

What can we do to make Joint Task Force-Guantanamo (JTF-GTMO) better? What can we do to improve our procedures and facilities to ensure safe, humane custody of enemy combatants? What can we do to improve our intelligence-gathering mission? How can we improve the living conditions for Troopers of the JTF?

I challenge you to ask yourself these same questions. Naturally, over the course of your assignment here, your perspective and the way you answer these questions will change.

In my view, JTF Troopers fall into three general categories: those who are fairly new to the task force, those who are about halfway through their tour, and those who are seasoned veterans with a few weeks or months to go.

Each Trooper in the JTF—regardless of your rank or your time here—can contribute to making the mission better. Here's how each of you can do just that.

## Starting Out

For those who have been here only a few weeks or months, it may have seemed overwhelming to you at first in trying to absorb all of the information you needed to know to do your job right. I commend you for meeting that challenge with optimism and confidence.

Don't underestimate the contribution you can make now. You benefit the JTF with the fresh perspective you bring to the fight. Perhaps you have experience from previous deployments or your civilian job that can help improve the way we do business. Asking yourself the above questions early on will put you in a position to observe what is going on and make things better for those who eventually replace you.

Begin planning now to make your transition with the next force better than when you assumed the duty. The key is to remember what it was like the first few days after your predecessor left. Did you feel like praising or cussing them for what they did or didn't do to prepare you to take control?

Finally, set goals now to improve some aspect of your duty and your personal development. Remember, you will get out your GTMO tour exactly what you put into it.

## Hitting Your Stride

By now, you know your job well and have practical experience under your belt. You know what works and what doesn't. It's easy to just put things on autopilot. Don't let that happen!

Continue to ask yourself the four questions every day and your focus will stay where it needs to be.

Follow your Standard Operating Procedures (SOP). In my career, I have always tried to measure what I do against what common sense dictates. If I see something that doesn't make sense, I convey those concerns to my peers and my chain of command. Remember, SOPs can be improved and updated only if you tell someone about things that need to be fixed.

Be aware of what's going on around you. You know your job well enough to expand your situational awareness. With the experience you've gained, you have a better grasp on the big picture and know how all the pieces fit together. This knowledge will make you more effective.

## Finishing Strong

You can see the finish line from here. Don't give in to the temptation to coast, take shortcuts, or get careless. Remember that alcohol-related incidents and other misbehavior tend to increase at the end of tours.

You know just about everything there is to know about your duties. Knowing your job inside and out is one thing, but the ability to communicate lessons learned to your replacements is the key to a successful transition.

As you prepare for battle handover, ask yourself the four questions and teach your replacements to do the same. Our reputation will be based on the effectiveness of the transfer of authority from outgoing to incoming forces.

## GTMO-All

While each group I've identified has specific needs and challenges, there are some things that apply to every Trooper in the JTF.

· Don't become complacent in doing your job or in working toward your professional and personal goals. Whatever your experience and knowledge, set goals to improve some aspect of your duty. When you reach a milestone, stop just long enough to catch your breath, get a fix on your next target, and move out.

· Keep your eyes open and stay vigilant at all times. Doing this will reduce the chances for accidents or mission failure.

· Tell leaders what equipment or facilities you need to do your job better. Those in charge do the best they can, but they can't be everywhere. You are their eyes and ears in the foxhole.

· I hold Troopers responsible for their individual behavior. I hold leaders responsible for setting the example in their individual conduct and for ensuring that their Troopers know what they need to do to be successful and safe.

· Never accept the status quo; we can always do better.

Thank you for your service to the nation. Whether we're newcomers or on our way out, we all play an important role in this fight and can continue to look for ways to do it better.

Honor bound! ■



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# Dog warms Troopers' hearts

by Spc. Timothy Book

JTF-GTMO Public Affairs Office

Many Troopers in Camp America briefly paused their normal evening activities to focus on a very friendly,--and furry,--visitor last week.

Babs, an adorable 16-month-old Basset Hound, won the attention of nearly every person she met as she enthusiastically walked the sidewalks and common areas of the camp. Her entourage included owner, Amina Ball, who works at Paper Clips, Inc., and members of the Combat Stress Control Team.

The Visiting Dog Program is a pilot program intended to relieve trooper stress at GTMO and is pending approval from the base commander, is sponsored by the American Red Cross.

Babs, and all other dogs participating in the program, was given a physical checkup by one of the base veterinarians. She was further evaluated for

demeanor and patience. Paperwork had to be submitted, and just as any person entering the area is required, she had to be photographed for her ID badge, which she proudly wears on her collar.

Babs and Ball visit the Troopers in Camp America at least once a month, sometimes twice, said Ball.

"I absolutely love it!" she said. "Especially when some big husky guy comes down the sidewalk and says, 'Oh, don't you leave without talking to me.' Babs can turn a 40-year-old man into a four-year-old child instantly," Ball said.

Many Troopers complimented Babs on how well groomed she is and how nice she smelled. "Oh, that's the Herbal Essence. It's her favorite," said Ball. Popcorn is Babs' favorite snack. "Whenever she hears me starting the microwave, she runs to it and sits. It's like a cue to her that it's time for her snack," Ball said.



Babs stops to visit a trooper in Camp America.

Photo by Timothy Book

Ball encourages anyone interested in volunteering for the program to, "Just do it. It's so rewarding for me, and it's good for the dog," she said. "Doing this really calms Babs down." ■

## Health care offered to Reserve Troops

by Spc. Seth Myers

JTF-GTMO Public Affairs Office

TRICARE is one of the many health care providers out there, and has for the past decade been available for active duty service members and their families. The Reserve components are not usually provided with coverage, but that has changed. Now, there is TRICARE Reserve Select.

On April 26 TRICARE Reserve Select started. It is available to drilling Reserve component troops.

"It is a TRICARE Standard like benefit," said Mark Fox, a Science Applications International Corporation program manager in support of TRICARE.

Reserve Troopers can get care from authorized providers, hospitals, and pharmacies. Military treatment facilities (MTF) can be used on a space-available-basis. The pharmacy coverage can be accessed at any

MTF or through a mail-order pharmacy.

The coverage costs \$75 a month for one person and \$233 a month for a Trooper and their family. In order to qualify for this benefit a few requirements must be met.

You must have been deployed for contingency operations at least 90 days on or after Sep. 11, 2001. For every 90 days of the activation, you are eligible for one year of coverage. If you served for at least 30 days, but you couldn't serve the whole 90 days due to an illness, injury, or disease during the activation, you may still be eligible for one year of coverage.

Troopers must enter a service agreement before leaving active duty, agreeing to stay in the Reserve component for at least the period the coverage lasts. Just like a job, if you leave, your benefits will be canceled. For service members who left active duty before April 26, this year a grace period will be given. They must sign up before

Oct. 28, 2005.

Troopers do not have to enroll in the program until the end of the Transitional Assistance Management Program (TAMP) period. TAMP provides TRICARE benefits and lasts for 180 days after leaving active duty at no cost.

After these requirements are met, eligibility is recorded in the Defense Enrollment Eligibility Reporting System (DEERS). The service member can then download a personalized enrollment form at [www.dmdc.osd.mil/Guard-ReservePortal](http://www.dmdc.osd.mil/Guard-ReservePortal).

Follow the instructions on the form and send it with one month's payment to the TRICARE regional contractor. The coverage will start at the end of the TAMP period.

For more information on TRICARE Reserve Select visit [www.tricare.osd.mil/reserve/reserveselect/index.cfm](http://www.tricare.osd.mil/reserve/reserveselect/index.cfm) or contact your local TRICARE representative. ■

# AROUND THE JTF



Photo by Spc. Ian Shay

▲Kvaerner employees are hard at work building a new motor pool and laundry facilities by Camp America, in order to strengthen GTMO's future.

◀GTMO Naval base commander Capt. Les McCoy greets B.J. Penn, Assistant Secretary of the Navy (Installations and Environment), while JTF-GTMO Deputy Commander Army Brig. Gen. John S. Gong welcomes Rear Adm. James M. McGarrah, Deputy Chief of Civil Engineers and Deputy Commander for Contingency Engineering, Naval Facilities Engineering Command.



Photo by Spc. Seth Myers



Photo by Army Sgt. Todd Lamonica

▲Capt. Trent Klug of the 1186<sup>th</sup> Military Police Company prepares his company for their transfer of authority ceremony to Naval Company D.

◀Sailors, Senior Chief Rodney Dilts, Master-at-Arms, Senior Chief Debra Downs, Aviation Structural Mechanic and Senior Chief William Robinson, Ship's Serviceman await their frocking to the rank of master chief.



Photo by Army Sgt. Todd Lamonica



# BOOTS ON THE GROUND

*Spc. Jeshua Nace asked Troopers around JTF-GTMO... What three things do you wish you could have brought to GTMO?*



◀ “My cats because I miss the quiet companion who makes me feel at home, my mom, so she can cook me good Japanese food, and my nephew because children’s presence always brightens up my day.”

— Spc. Kay Izumihara

▶ “Well, I wish I had my car, so that I could get around easier, and my gym that I went to on a daily basis back home. I wish we had a bigger NEX, something like a mall that would have more selections.”

— Spc. Jaime Montoya



▶ “My family, for obvious reasons, my bed, and my car.”

— Tech. Sgt. Don Rives



▶ “Popeye’s--they have great chicken, my SUV, and Culligan water.”

— Navy Chief Petty Officer Meliza Devore



Photos by Spc. Jeshua Nace

## Venomous waters

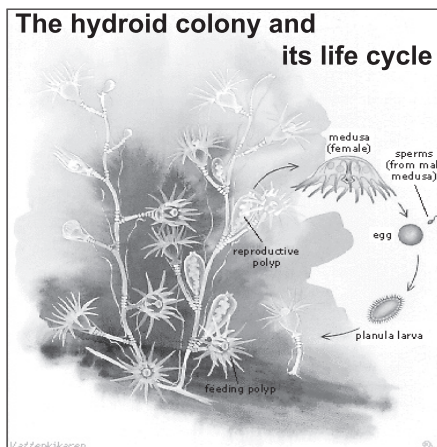
by Spc. Dave Lankford

JTF-GTMO Public Affairs Office

A day at the beach can suddenly be made miserable--or even worse, life threatening--by an encounter with a jellyfish. The waters of Guantanamo Bay are home to several species.

Before a swimmer gets in the water, they need to know what types of jellyfish are in the water and what to do if stung.

*Physalia* species are found in the hydrozoa class, which contains hydroids and the Portuguese man-of-war. These are the most prevalent in the waters surrounding GTMO.



Hydroids are tiny organisms that attach themselves to coral or rocks. This time of the year through about June, these polyps detach themselves from their host and search for a new home in shallower water. Contact with hydroids usually results in minor skin irritation, however, in rare cases a severe allergic reaction called anaphylactic shock, can occur.

Of the two species of Portuguese man-of-war, the larger, *Physalia physalis*, is found in the Caribbean Sea. This species can have tentacles over 100 feet long that contain stinging cells called nematocysts. The man-of-war is made up of four individual but codependent polyps. For this reason a tentacle that has become detached from the main body may still deliver a powerful sting.

(see **Venomous waters** page 10)



# Windmills energiz



Photo by Spc. Seth Myers



Photo by Spc. Timothy Book

by **Sgt. 1st Class Sheila Tunney**

JTF-GTMO Public Affairs Office

Troopers and civilians celebrated the completion of the Navy's Wind Turbine project here over the past week with a 5K run and a ribbon cutting ceremony.

Approximately 170 people ran in the 5K run, which began shortly after 6 a.m., Saturday. The race started at G. J. Denich Gym and finished at the summit of John Paul Jones (JPJ) Hill, beneath the windmills.

The first place winner in the men's class was Ryan Inilliami with a time of 23:22, and in the women's, M. Bellman took first with a time of 24:58, according to Morale, Welfare and Recreation, which sponsored the race.

The ribbon cutting ceremony was held Monday in the parking lot of the Lyceum Theater. Naval Base Commander, Capt. Les McCoy hosted distinguished visitors including, B.J. Penn, Assistant Secretary of the Navy (Installations and Environment), Rear Adm. James M. McGarrah, Deputy Chief of Civil Engineers and

Deputy Commander for Contingency Engineering Naval Facilities Engineering Command (NAVFAC), Rear Adm. Ann DeBaets Gilbride, Commander, Naval Reserve Intelligence Command and Associate Director of Naval Intelligence for Reserve Affairs, and Maj. Gen. Donald J. Ryder, Provost Marshal General of the Army and Commanding General of U.S. Army Criminal Investigation Command.

The four windmills, which tower 275 feet above JPJ Hill and have blades spanning 177 feet, are the dominant landmarks on Guantanamo Bay Naval Base. The turbines can generate enough electricity to provide 25 percent of the base's electrical needs.

Construction began in January 2004 with a total cost close to \$12 million. This is the Navy's largest wind energy project to date, with expected yearly savings from energy production at \$1.2 million. Annual environmental benefits include a 650,000-gallon reduction in diesel fuel use and a decrease in sulfur dioxide pollutants by 26 tons and nitrous oxide pollutants by 15 tons. Greenhouse gas emissions will also decrease by 13 million pounds per year.

The project was a collaboration between NAVFAC and NORESKO of Westborough, Mass., an energy service company.



# ing GTMO's future



Photo by Spc. Seth Myers

**B.J. Penn, Assistant Secretary of the Navy (Installations and Environment) and Neil Petchers, vice president of NORESCO prepare to throw the switch, which will move power from the windmills to the base power grid.**



Photo by Spc. Timothy Book

Background Photo by Spc. Timothy Book



# Draft day 2005: A world of possibilities

## Commentary by Spc. Ian Shay

JTF-GTMO Public Affairs Office

No incredible cheer. No loud boos from the crowd. And a Heisman winner was not selected. Other than a brand new crop of high caliber players ready to enter the National Football League, this year's draft seemed to be uneventful.

With only two minutes to spare the 2005 NFL draft was the second longest first round in draft history. Why such a long first round? Critics said there were no stand-out players this year, which could explain the length of the first round selection--but standout college players do not always mean standout NFL players.

When a person thinks of the NFL draft they think good players early, which is why the worst teams pick first and the best teams pick last. This is the method the NFL uses to try to balance out the level of skill around the league. But good college players do not always measure up to their draft order, as noted by NFL flunkies like quarterback Tim Couch (Browns), who was picked first overall in 1999 over Donovan McNabb (Eagles). Couch, who has been a failure in the NFL, was picked over the number two selection McNabb who has five pro bowls under his belt and an NFL record for consecutive pass completions. He is the only quarterback ever to throw more than 30 touchdowns and less than 10 interceptions in a single season.

This year's draft has just as much potential to produce quality players as any other year. It also has the potential to produce NFL failures like Couch. Will this year be any different?

The 49ers selecting quarterback Alex Smith (Utah), was a typical first pick in any draft. Smith is expected to be the new face of the 49ers franchise to lead them back to

the promised land, where 49ers like Montana and Young have managed to go before. With a grade point average of 3.74, Smith is one of the smartest players ever to be drafted. Now he looks good on paper, but is he smart enough to read an NFL defense? We'll just have to wait and see.

After Smith, the rest of the top ten picks were three running backs, three cornerbacks, and three wide receivers, including three running backs in the top five picks (a first in draft history), and three players in the top ten from the same school, Auburn (a feat previously achieved by Penn State in 1995).

The 2005 draft was a little different than previous years, having only one quarterback selected in the first 23 picks, with Aaron Rodgers going 24th to Green Bay. Rodgers fell pretty far for being a possible number one selection over Alex Smith. Should Rodgers be upset? How could he be upset, Brett Favre an NFL future Hall Of Famer will be his mentor for the next year or two. Rodgers is also going to a far better team with a record of 10-6, than Smith is, with no mentor and a team record of 2-14.

Rodgers looked a bit upset on Saturday, but he shouldn't let it get to him. Great quarterbacks do not always get selected early. Dan Marino (Dolphins) was a late first round pick, and Tom Brady (Patriots) was selected in the sixth round. It just goes to show, early picks are not always better picks.

This year's draft was only the second draft ever to *not* select a Heisman Trophy winner. Quarterback Jason White was awarded the Heisman two years ago and made a pass at it again this past season, finishing third. Why does a player like that not get selected? Injuries, injuries, and more injuries. Injured players are a gam-

ble in the draft, so White will have to take his game on the road, and enter the NFL as a free agent.

With another draft over and more players battling for NFL positions, the competition once again is lifted to the next level. Teams like Minnesota, Dallas, Washington



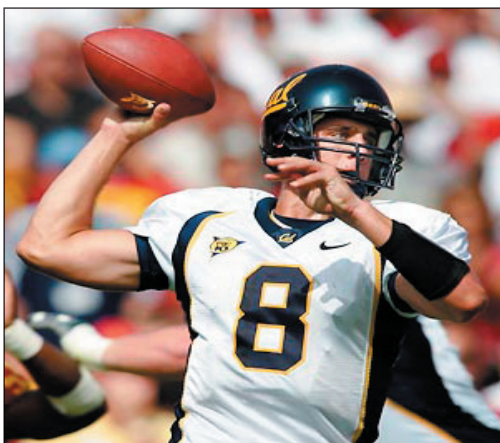
QB Alex Smith  
Photo provided by cowboys.scout.com

and San Diego all had two first round picks, which will hopefully allow their teams even greater success in training camp. For other teams like San Francisco, Cleveland, and Arizona, they

hope to use their draft picks to take their teams from the slums to elite status in the NFL. And for teams like Pittsburgh, New England, Atlanta, and Philadelphia, they hope to use their picks to re-cement their well-laid football foundations and keep the dream alive. ■

## Top 10 Draft Picks

1. Alex Smith QB (Utah)- San Francisco
2. Ronnie Brown RB (Auburn)- Miami
3. Braylon Edwards WR (Mich.)- Cleveland
4. Cedric Benson RB (Texas)- Chicago
5. Carnell "Cadillac" Williams RB (Auburn)- Tampa Bay
6. Adam "Pacman" Jones CB (West Virginia)- Tennessee
7. Troy Williamson WR (Southern Cal.)- Minnesota
8. Antrel Rolle CB (Miami)- Arizona
9. Carlos Rogers CB (Auburn)- Washington
10. Mike Williams WR (USC)- Detroit



QB Aaron Rodgers  
Photo provided by cnnsi.com



# 'I lead Troopers...to safety'

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

From the Vietnam Conflict to the Global War on Terror, Chief Warrant Officer Michael Roulier has served his country against its enemies. Roulier not only fought against the Vietcong and the Taliban, he has been fighting another enemy, one that kills more Troopers every year than combat casualties.

His enemy is the one Troopers face from car accidents, fratricide (friendly-fire), and accidental injuries.

"Statistically we lose 45 to 55 percent of our Soldiers to accidents and that runs from World War II to Vietnam. Actually, in Desert Storm we lost 35 percent of our Soldiers to accidents. It's a pretty alarming trend," said Roulier.

Roulier is the Joint Task Force (JTF-GTMO) safety officer, who arrived approximately four weeks ago.

"I advise the commander on how to reduce the accident rate. It doesn't pay for a commander to show up to the fight without his people and his material to fight with. It's our job to put together programs that will reduce the accident rate, so the commander can accomplish his mission," said Roulier.

After Sept. 11, 2001, Roulier came onto active duty to help in any way he could. He was sent to Afghanistan with the 82<sup>nd</sup> Airborne Division as part of the Coalition Task Force as an aviation safety officer, then to Iraq with the 3<sup>rd</sup> Army Cavalry Regiment.

"With this war I think we are just doing a better job, but the accident rate is still too high," said Roulier.

"I'm probably not smart enough to tell you *why* the accident rate is where it is. But wherever the percentages are, it's a loss to the Army, a loss to the family, and a loss to the nation," Roulier said.

Roulier enlisted in the Army from high school in 1966, went to flight school and served twice in Vietnam. The first time was in 1967 to 1968 as a UH-1B gunship pilot and the second in 1971 to 1972 where he flew UH-1H field transports.

"In between my two Vietnam tours I got involved in a couple of aircraft accident investigations. I really enjoyed it. Then I was pulled up to division headquarters as a safety officer. On my way back to Vietnam they sent me to the safety course at the University of Southern California. I went back to Vietnam as an aviation safety officer, and for the rest of my active career I've been a safety officer," said Roulier.

Roulier will have 40 years of Army service in June. In those years there are a lot of things he's seen and heard.

"There are probably two days in my life I'll never forget. The first was when President Kennedy was killed, and the second was Sept. 11, 2001.

"I remember my wife waking me up and saying, 'We're under attack.' Those are words I never expected to hear in my lifetime," said Roulier.

That's why he is here. Troopers need safety officers to remind them of the dangers faced.

"I had a young aviator in Afghanistan ask me, '*Chief you're not qualified on any of these aircraft, how can you do what your*

*doing?*' I told him the hardware has changed, but the people flying them, they haven't changed," said Roulier.

Part of a safety officer's job is to share his life experiences with others. "There is something I've learned in my aviation career, and that is: You better learn from the mistakes of others, because you won't live long enough to make them all yourself. That's why it's so important to listen to your leadership, because they have seen the mistakes, or in many cases, lived them. That was very important for us in Vietnam because we had a very high learning curve. You had to learn to survive very quickly," Roulier said.

"Unfortunately, when Soldiers go forward, no matter if it's Iraq,



Photo by Spc. Jeshua Nace

## Chief Warrant Officer Michael Roulier gives a class on safety.

Afghanistan or Guantanamo, they seem to think that the safety things they were doing in the rear doesn't apply here, and it does. Soldiers ask me: '*What do I need to do?*' [I tell them] do your job as you were taught, because they think, 'We're here, we're in a hurry, we've got an important mission', that I don't need to comply with the standards," Roulier said.

"Every job we do in the Army, yours or mine, or anybody else's, has a standard. Be it fixing a tire, clearing a bunker or flying a helicopter, *we have a standard*. If you maintain those standards you are doing a function that's inherently as safe as possible. That's why we established a standard, because Soldiers get foolish and start taking shortcuts, and we get people hurt," Roulier said.

"Take, for example, clearing weapons. We all know how to clear weapons properly, yet we have negligent weapon discharges even here at Guantanamo," said Roulier.

What every Trooper in the military should learn from Roulier's philosophy is, "Don't reinvent the wheel." If Troopers learn that, then Roulier will have a lot less "enemies" in this world. ■

## Chaplain's Leadership Journal

### Emotions are the product of actions

by Chaplain (Lt.) Bruce Crouterfield

JTF-GTMO Chaplain's Office

We often make decisions about what to do by how we feel... "I'll do this because I feel like that." So we decide to do things based on our emotions. However, what we need to be aware of is that emotion is a product of what we do or how we conduct ourselves. Emotions are the product of actions.

For example, Moses recorded God's interaction with Cain after Cain brought an inappropriate offering before God. God rejected the offering because it was the wrong kind and Cain had sinned by doing it. God confronted Cain by asking,

"Why are you angry? And why has your countenance fallen? If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it." (Gen 4: 6-7)

Cain experienced anger and his countenance had fallen after he brought the wrong offering before God. His emotions were the result of his actions. When we do right, we feel right...when we do wrong, we feel

wrong. Doing the right thing helps us feel the right way.

Effective leaders are not controlled by their emotions; they don't let emotions dictate their actions. Effective leaders are guided by a commitment to do what is right and as a result, they receive the fringe benefit of good and positive emotions. In other words, by doing the right thing, they feel the right way. Being guided by a positive moral code results in positive feelings. If we want to feel right, we need to do right.

"When I refused to confess my sin, I was weak and miserable, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Finally, I confessed all

my sins to you and stopped trying to hide them. I said to myself, "I will confess my rebellion to the Lord." And you forgave me! All my guilt is gone."--David, King of Israel ■

### Venomous waters

(continued from page 5)

Tentacles washed up on the beach may also be capable of conveying a sting.

Coast Guard Petty Officer 3<sup>rd</sup> Class Charles Kinnear, Machine Technician, swam directly into an 8 to 10-foot man-of-war. He knew he had to get to shore before anaphylactic shock set in. He swam vigorously for about 15 minutes, at least five of those with an angry man-of-war clinging to him.

"It felt like someone was cutting into my skin with red hot razors," Kinnear said. "Just the wind hitting my skin was excruciating."

Kinnear was admitted to the GTMO Navy Hospital and

released after being treated for anaphylactic shock. Several days later the site of the sting is still sore to the touch.

For minor stings, remove any pieces of tentacle using gloves or some other barrier and rinse the area with cool water. An ice pack may help also. Do not rinse with vinegar as you would with a box jellyfish, and forget what you may have heard, don't have your buddy urinate on the sting.

"When someone comes into contact with a hydroid for the first time they may become sensitized. Once sensitization occurs future envenomations can have far more serious results," said Navy Lt. Robert Whitaker, a registered nurse at the Navy hospital.

Whitaker also warns that



Coast Guard Petty Officer 3<sup>rd</sup> Class Charles Kinnear, Machine Technician displays the results of a man-of-war encounter.

Photo by Dave Lankford

anyone allergic to bee stings may be more susceptible to anaphylactic shock from contact with hydroids, so those individuals should take their bee-stinging kits to the beach.

Swelling in any area other than the site of envenomation

itself, especially the airway, is a sign of anaphylactic shock and should be treated immediately at the nearest medical facility. Otherwise, stings can be treated with over-the-counter anti-itch creams. ■

### CAMP AMERICA WORSHIP SCHEDULE

<b>Sunday</b>	9a.m.	Protestant Service	Troopers' Chapel
	6:00 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Protestant Service	Building 3203
<b>Tuesday</b>	7 p.m.	Alpha	Building 3202
<b>Wednesday</b>	7:30 p.m.	Soul Survivor	Club Survivor
<b>Saturday</b>	3 p.m.	Saturday Vigil Mass	Troopers' Chapel

### NAVAL BASE CHAPEL

<b>Sunday</b>	8 a.m.	Pentecostal Gospel	Sanctuary C
	9 a.m.	Catholic Mass	Main Chapel
	9 a.m.	Church of Jesus Christ of Latter-day Saints	Sanctuary A
	9:30 a.m.	Protestant Sunday School	Main Chapel
	11 a.m.	Protestant Service	Main Chapel
	1 p.m.	Gospel Service	Main Chapel
	5 p.m.	Pentecostal Gospel	Sanctuary C
<b>Monday</b>	7 p.m.	Prayer Group Fellowship	Fellowship Hall
	7 p.m.	Family Home Evening	Room 8
<b>Wednesday</b>	7 p.m.	Men's Bible Study	Fellowship Hall
<b>Friday</b>	1 p.m.	Islamic Prayer	Room 12
<b>Saturday</b>	4:30 p.m.	Confessions	Main Chapel
	5:30 p.m.	Vigil Mass	Main Chapel

For information on Jewish services call 2323



# 15 Minutes of Fame with Hospital Corpsman Jaycee Freund

by Army Sgt. Todd Lamonica

JTF-GTMO Public Affairs Office

“Corpsman Up!” may not be a term widely known amongst the services, but for those who have served with these “angels in green,” they know the selfless acts of courage they have performed in times of an emergency. Hospital Corpsman Jaycee Freund, who works in the Delta Clinic is one of those individuals.

## Why did you choose the medical field?

My grandmother was a nurse practitioner and I looked up to her and all the good she did for other people. Also, my grandfather had a heart condition, and I took it upon myself to monitor and take care of him.

## How long have you been deployed to JTF-GTMO?

I’ve been here at JTF-GTMO for five months; I’m due to rotate out in May.

## Have you ever saved someone’s life?

Yes, I was assigned to the *U.S.S. Normandy* and we were in port at Crete, Greece. I was on liberty and a fellow Sailor got into an altercation with a local and got shot. I provided aid to the injured Sailor until additional help arrived.

## What do you like to do in your free time here at Guantanamo Bay?

I like going to the beach and snorkeling. I also enjoy going to see movies.

## Do you have any advice for your fellow Troopers?

Keep on your guard and pay attention to detail. If you don’t, it might get you killed.

## Do you have any educational goals?

I’m presently working on my bachelor’s degree in business management-international at Columbia College. Upon comple-



tion I want to work on getting my master’s in marine biology.

## How long have you been in the Navy?

Five years and five months.

## What is your responsibility as a Hospital Corpsman?

I treat fellow troopers during sick call; respond to any emergency calls that come in and train junior hospital corpsman on the proper methods for treating individuals.

## Do you have any future plans?

Right now I’m planning on retiring from the Navy.

## 15 Minutes of Fame

Know a Trooper worthy of being highlighted in “15 Minutes of Fame?” Call Sgt. 1st Class Sheila Tunney at 3594.

## Corpsman at the ready

While shopping at the NEX on April 14, a group of Troopers was standing around a contract worker who had passed out. They had dialed 911 and were waiting for assistance. A fellow Trooper had asked anyone around if there was a medic or a corpsman in the area. One person told him that a woman who had just entered the NEX was a Navy hospital corpsman. He rushed into the store and yelled, “Corpsman!”

That corpsman was Jaycee Freund, who works in the Delta Clinic. She turned around and he explained the situation. She then rushed outside to the man and began treating him until further aid arrived. Freund’s professional ability and dedication to duty that day showed that the Navy Corpsman is always at the ready.

--Army Sgt. Todd Lamonica

# It's all about the run

by Spc. Seth Myers

JTF-GTMO Public Affairs Office

Thump! The runner's foot hits the ground hard, kicking up a cloud of dust. He drives forward again for another step. Thump! With each step he takes, he gets closer to his goal. His eyes are looking forward. The distance is far, but that is not his focus. Thump! Each breath is calm and controlled, energizing him to go the distance. His pulse is pumping, but it is more than his body that is alive. His mind races with thought. Thump! Every little problem comes to mind and seems to be solved in the ecstasy of this run. His focus is on the run. It's all about the run.

This is what Army Sgt. Jesse Jones, a JTF liaison property-booking officer working in the Headquarters and Headquarters Company (HHC), experiences.

Jones is from California and has been in the military for 26 years, spending the last eight in the Army National Guard. However, he began running well before he joined the service.

"Running is always something I've done. In high school I ran track," said Jones.

He has run six marathons in his life, to include the Los Angeles Marathon. The longest marathon he ran was 27.2 miles.

"Running is really spiritual for me...it is also meditative," said Jones. "Running is one of those sports where you either like it or you hate it. There is no in between, and I love it."

Running also gives Jones mental clarity. It allows him to look at his problems and resolve them through running.

"When you start running, you have so many things on your mind. You are in competition with your mind and your body. Your body actually has to catch up with your mind because your mind is moving so fast. Usually when I run, I'm focused and thinking about something. I may have a problem that I am trying to work out. Before I realize it, I am so far into the run, the problem I thought I had is no longer there because I have solved it in my mind."

When he came to GTMO his roommate, Bryant, inspired him to go for higher goals.

"Bryant was in his early forties...He was a top runner. He was well trained and in good condition. This guy was one of the best runners [GTMO] had," said Jones.

Bryant was awarded a trophy for a marathon he did here, and left the trophy to Jones.

"When he left the trophy, he was kind of passing the trophy down, because he knew that I was a runner and he was a runner," said Jones. "Runners have this bond. When you are a runner, you see runners and you acknowledge them; you appreciate them because you always want someone to run with you if you have a good partner. We didn't have that much exchange verbally, but it was something he had that I wanted [to achieve]."

Jones takes a lot of pride in holding that trophy, and hopes to be able to pass it on to another great runner when he leaves GTMO.

Since Jones got acclimated to the weather here, he has been running a four-mile run with a group three times a week and a 16-mile run on his own on Sundays. He ran the John Paul Jones Hill Run on Saturday, and intends on running the half-marathon in the



**Army Sgt. Jesse Jones gives the last push to get to the summit during the John Paul Jones Hill Run.**

Photo by Spc. Seth Myers

summer along with other runs sponsored by MWR. Finishing in a top place isn't his main concern during these runs, though.

"It's not so much about the competition, it's about running for life, running to feel good, and running to increase my cardiovascular-respiratory system," said Jones.

With this in mind, it comes as no surprise he is also very excited about the Run-for-Your-Life program. The program grants a four-day pass to anyone who runs 500 miles during their stay at GTMO.

"I am very enthusiastic about it because [getting a four-day pass] is a great incentive for anyone to run and get the benefit of changing their health. I don't think there is a better incentive the [leadership] could have thought of," said Jones. "Running is about maintaining one's health. You increase your cardiovascular system. You increase your circulation system. It also increases your respiratory system. In order to run, you need muscle strength and muscle endurance. All of that is a part of running."

"The [biggest] benefit I get from running is, after it's all done, I feel great. I get to sleep better. I have decreased stress levels. It helps me focus. It's a wonderful sport," said Jones.

One thing Jones greatly wishes for is for younger Troopers to get more interested in running.

In his heart, Jones will always be a runner. He intends on staying fit, accomplishing his dream of living up to his predecessor, and he believes he will be the better for it. He will keep on dreaming and keep on running because that is what he loves. ■



## Fleet and Family Support Offerings

The Fleet and Family Support Center is offering the following events and classes. Call 4141 to register.

### Saving and Investing for Your Future

Friday, April 29  
9 a.m. to 10 a.m.  
Fleet & Family Support Center, Building 2135

### Resume Writing and Federal Employment Workshop

Saturday, April 30  
9 a.m. to 12 p.m.  
Fleet & Family Support Center, Building 2135

## Veterans Benefits

A VA Representative is coming to GTMO May 16 to 20 to address questions or concerns about Veterans benefits. Call the Fleet and Family Support Center at 4141 for an appointment.

## Lois Al-Anon Group

Friends of Lois Al-Anon Group meets every Mon., Wed., and Sat., at 6:30 p.m. in Sanctuary B (near Iguana Crossing Coffee House). Al-Anon is an anonymous fellowship (sister group of AA) for friends and family of alcoholics. Contact Bee at 7511 with questions.

## Cinco de Mayo

One of more than 365 festivals celebrated by people of Mexican descent, Cinco de Mayo (the Fifth of May), commemorates the victory of a group of untrained soldiers against thousands of well-armed, professional French soldiers at Pueblo, Mexico, on May 5, 1862.

An important patriotic celebration, the fiesta of Cinco de Mayo, often includes speeches by government officials, fireworks, and parades. Lively dances and games, mariachi music, traditional foods, and colorful decorations provide additional enjoyment for festival participants.

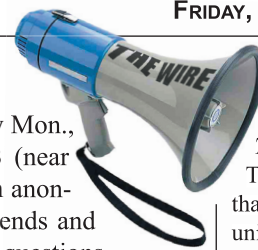
--<http://www.jeannepasero.com>

Join MWR at the Bayview for a Mexican Buffet celebrating Cinco de Mayo! Mexican music will be played, and the featured drink will be Margaritas.

**MAY 6, 2005 5:30 p.m to 9 p.m.**  
**\$10.00 per Person**  
**Chicken or Steak Fajitas**  
**Enchiladas**  
**Refried Beans**  
**Mexican Rice and more!**

Celebrate at the Bayview

For Parties of 10 or more, please make reservations, by calling: 5604



## Sound off!

The Wire welcomes letters from Troopers. Letters must be less than 350 words and include name, unit and contact information. The Wire reserves the right to edit letters for length and clarity. Bring your letter to The Wire office at building 4106, a SEA hut near the Chaplain's Office in Camp America or e-mail [pao@jftgftmo](mailto:pao@jftgftmo).

## Transition Assistance Program Seminar May 16-19

The Transition Assistance Program is intended for Troopers who will be separating or retiring from the service within the next six months. Note: Sailors who wish to attend are required to meet with a Command Career Counselor before the class. Call 4141 to register.

## What's on TV

The Pentagon Channel broadcasts military news and information for the 2.6 million members of the U.S. Armed Forces through programming including, Department of Defense news briefings, military news, interviews with top Defense officials and short stories about the work of our military. At GTMO, it's on **channel 96**.

## National Prayer Breakfast

The National Prayer Breakfast will be held at the Seaside Galley, Camp America, on May 5, 2005, at 8 a.m. Please get your breakfast prior to 8 a.m. Guest speaker Chaplain James H. Pope will speak at the Prayer Breakfast there and at Gold Hill Galley, May 6, 2005, beginning at 6:45 a.m. The cost of the meal is \$1.90 for non-meal cardholders.

## Accuracy

The Wire strives for accuracy. When we fail, we accept responsibility for our errors and correct them. If you see an error in The Wire, call Sgt. 1st Class Sheila Tunney at 3594.

## Beef Enchiladas

- INGREDIENTS:**
- 1 cup chopped onion
  - 1 teaspoon minced garlic
  - 4 cups tomato sauce, divided
  - 1 (12 ounce) package corn tortillas
  - 3/4 cup chopped black olives, drained
  - 1/2 cup sour cream
  - 1 pound sirloin steak, cut into bite size strips
  - 2 (7 ounce) cans diced green chili peppers
  - 2 teaspoons chili powder
  - 1/2 cup fresh salsa
  - 2 cups shredded Cheddar cheese
  - 1/3 cup chopped green onion

**DIRECTIONS:**

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large casserole dish. 2. In a skillet over medium heat, sauté onions until almost translucent. Stir in beef, garlic, and chili peppers, and continue cooking until the meat is no longer pink. Pour in the tomato sauce and chili powder. Mix thoroughly and heat through. Remove from heat. 3. Spoon a little of the meat mixture into a corn tortilla and add small amounts of salsa, Cheddar cheese and olives. Fold the tortilla up and place in the prepared casserole dish. Repeat for the remaining tortillas using up all of the meat mixture. Reserve 1/2 cup of Cheddar cheese for topping. 4. Pour the other half of the tomato sauce and sour cream over all of the tortillas. Top with green onions and 1/2 cup of reserved Cheddar cheese. 5. Bake 30 minutes in the preheated oven, or until hot and bubbly.

by Spc. Seth Myers

Kitchen



# Movies

DOWNTOWN LYCEUM		CAMP BULKELEY	
<b>FRIDAY</b>		<b>FRIDAY</b>	
8 p.m.	<b>Son Of The Mask</b>	8 p.m.	<b>Cursed</b>
PG	94 min	PG13	97 min
10 p.m.	<b>Be Cool</b>	10 p.m.	<b>The Pacifier</b>
PG13	120 min	PG	95 min
<b>SATURDAY</b>		<b>SATURDAY</b>	
8 p.m.	<b>Hitch</b>	8 p.m.	<b>Son Of The Mask</b>
PG13	118 min	PG	94 min
10 p.m.	<b>Constantine</b>	10 p.m.	<b>Be Cool</b>
R	120 min	PG13	120 min
<b>SUNDAY</b>		<b>SUNDAY</b>	
8 p.m.	<b>Sahara</b>	8 p.m.	<b>Hitch</b>
PG13	129 min	PG13	118 min
<b>MONDAY</b>		<b>MONDAY</b>	
8 p.m.	<b>Be Cool</b>	8 p.m.	<b>Man Of The House</b>
PG13	116 min	PG13	97 min
<b>TUESDAY</b>		<b>TUESDAY</b>	
8 p.m.	<b>Man Of The House</b>	8 p.m.	<b>Sahara</b>
PG13	97 min	PG13	129 min
<b>WEDNESDAY</b>		<b>WEDNESDAY</b>	
8 p.m.	<b>Miss Congeniality 2</b>	8 p.m.	<b>Be Cool</b>
PG13	115 min	PG13	116 min
<b>THURSDAY</b>		<b>THURSDAY</b>	
8 p.m.	<b>Hotel Rwanda</b>	8 p.m.	<b>The Pacifier</b>
PG13	120 min	PG	95 min

# MWR

- April 29: Power Lifting Meet, Gym, 6 p.m.
- April 30: JTF vs. NAVBASE, Cooper Field, 6 p.m.
- May 7: Spring Sailing Regatta
- May 19: Knowledge Bowl 4
- May 20: Armed Forces Day Rock & Bowl bowling
- May 21: Armed Forces Day Beach Volleyball
- May 21: Armed Forces Day Mini Golf Tournament

# Seaside Galley

<b>Today</b>	Lunch	Baked Ham
	Dinner	Veal Parmesan
<b>Saturday</b>	Lunch	Baked Fish
	Dinner	Chicken Parmesan
<b>Sunday</b>	Lunch	Chicken Cordon Bleu
	Dinner	Sweet & Sour Pork
<b>Monday</b>	Lunch	Swiss Steak
	Dinner	Swedish Meatballs
<b>Tuesday</b>	Lunch	Pork Adobo
	Dinner	Roast Pork Loin
<b>Wednesday</b>	Lunch	Yankee Pot Roast
	Dinner	Teriyaki Steak
<b>Thursday</b>	Lunch	Barbecued Spareribs
	Dinner	Roast Turkey
<b>Friday</b>	Lunch	Mambo Pork Roast
	Dinner	French Fried Shrimp

# Ferry Schedule

Monday - Friday		Saturday		Sundays & Holidays	
Windward	6:30	Windward	6:30	Windward	7:30
Leeward	7:00	Leeward	7:00	Leeward	8:00
Windward	7:30	Windward	7:30	<b>Windward</b>	<b>9:30</b>
Leeward	8:00	Leeward	8:00	Leeward	10:00
Windward	8:30	Windward	8:30	<b>Windward</b>	<b>11:30</b>
Leeward	9:00	Leeward	9:00	Leeward	12:00
<b>Windward</b>	<b>9:30</b>	Windward	9:30	<b>Windward</b>	<b>1:30</b>
Leeward	10:00	Leeward	10:00	Leeward	2:00
<b>Windward</b>	<b>11:30</b>	<b>Windward</b>	<b>11:30</b>	<b>Windward</b>	<b>3:30</b>
Leeward	12:00	Leeward	12:00	Leeward	4:00
Windward	12:30	Windward	12:30	<b>Windward</b>	<b>5:30</b>
Leeward	1:00	Leeward	1:00	Leeward	6:00
Windward	1:30	Windward	1:30	Windward	6:30
Leeward	2:00	Leeward	2:00	Leeward	7:00
<b>Windward</b>	<b>3:30</b>	Windward	3:00	<b>Windward</b>	<b>8:00</b>
Leeward	4:00	Leeward	4:00	Leeward	8:30
Windward	4:30	Windward	4:30	<b>Windward</b>	<b>10:30</b>
Leeward	5:00	Leeward	5:00	Leeward	11:00
Windward	5:30	<b>Windward</b>	<b>6:30</b>		
Leeward	6:00	Leeward	7:00		
Windward	6:30	<b>Windward</b>	<b>8:00</b>		
Leeward	7:00	Leeward	8:30		
<b>Windward</b>	<b>8:00</b>	<b>Windward</b>	<b>9:30</b>		
Leeward	8:30	Leeward	10:00		
<b>Windward</b>	<b>10:30</b>	Windward	10:30		
Leeward	11:00	Leeward	11:00		
<b>Windward</b>	<b>*12:30</b>	Windward	12:30		
Leeward	*12:45	Leeward	12:45		

Shown are departure times. **Bold** listings indicate the departures following breaks longer than 30 minutes.  
\*Fridays only

# Buses

ALL RUNS ON THE HOUR 7 DAYS/WEEK 0500 TO 0200

Bus Stop Location	Bus 1	Bus 2	Bus 3
Camp Alpha	:00	:20	:40
NEX Trailer	:02	:22	:42
Camp Bravo	:04	:24	:44
Camp Delta 2	:06	:26	:46
KB 373	:10	:30	:50
TK4	:12	:32	:52
TK3	:14	:34	:34
TK2	:16	:36	:56
TK1	:18	:38	:58
West Iguana	:20	:40	:00
Windjammer/Gym	:23	:43	:03
Chapel Hill	:26	:46	:06
NEX	:28	:48	:08
96 Man Camp	:31	:51	:11
NEX	:34	:54	:14
Gold Hill	:37	:57	:17
Gym/Windjammer	:39	:59	:19
West Iguana	:41	:01	:21
TK1	:43	:03	:23
TK2	:45	:05	:25
TK3	:47	:07	:27
TK4	:49	:09	:29
KB 373	:51	:11	:31
Camp Delta 1	:55	:15	:35
Camp Bulkeley	:57	:17	:37
Camp Alpha	:00	:20	:40