



the Wire

“HONOR BOUND TO DEFEND FREEDOM”

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Friday, May 7, 2004

J-4 Transportation: a moving force in JTF

By SGT Jolene Staker

The J-4 Transportation section is the driving force behind JTF operations.

“Everybody needs transportation,” said SGT Michael Daniel of the 355th Quartermaster Company out of New Orleans. “It’s very important that we are here.”

Members of the transportation section move luggage and personnel for the rotator flights as well as any special flights moving units to and from Guantanamo.

While moving the incoming and outgoing troopers is an important part of their job, it is just a small part of what they do. Individual units and sections have their own transportation for normal daily operations, but any time extra mass transit is needed the transportation section is there. They provide transportation to the ranges, to the physical training tests and special events. During the change of command ceremony, they provided a shuttle bus.

“We are overlooked,” said Airman 1st Class Corey Wilkins from Seymour Johnson Air Force Base, North Carolina. “When people remember the change of command ceremony, they don’t remember



Photo by SGT Jolene Staker

SPC Salvador Villamil of the 355th Quartermaster Company uses his forklift skills to load desks onto the back of the truck for transport.

our role.”

The transportation section also provides drivers for distinguished visitor visits and loans out vehicles as needed.

The transportation section moves much more than people.

“If they need something moved, they call us,” said SPC Salvador Villamil.

While it is normally not part of a transportation trooper’s responsibility to unload the barge or transport supplies, they are available when needed.

They have unloaded sand off the barge for JTF projects and moved anything that will not fit on other vehicles.

“We move basically anything that can fit on our trucks and be put on there with a forklift,” said SGT Derrick Williams of the 355th QM Company.

Not only does the transportation section move furniture, but members have actually assembled furniture and set it up.

The JTF mission is much different from the experience most members have had in a transportation company.

“We’re used to transporting longer dis-

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Trooper to Trooper

Warm welcome GTMO 5

The advance element of the 50th Infantry Brigade has arrived and the main body will be here this week. Thus starts the GTMO 5 rotation. In a few short weeks the mission will be handed off.

I had the opportunity to represent BG Jay Hood in Trenton, N. J. on the weekend of the first of May as the community bid farewell to their citizen soldiers. It was a marvelous event held in the Trenton Civic Arena with a crowd that exceeded 4000. In addition to the Governor and the State's Adjutant General there were a host of dignitaries including Congressmen and State Legislators. It was evident that those in attendance were proud of their soldiers as witnessed by the many accolades bestowed upon them. It was also evident that these soldiers were ready and eager to assume the mission. Welcome 50th Infantry Brigade.

Sometimes we forget that those we have left at home are our greatest supporters. For them the sacrifices are great. This includes not only family members but also employers. Playing key roles are the Family Readiness Groups and our representatives from the Employer Support of the Guard and Reserve. Both are capable of solving many problems and issues. For those returning from active duty please make the effort to thank both of these organizations for their tremendous support. For those arriving here please take advantage of the services that they offer.

As we begin this transition remember that the mission continues. We can ill afford to lose our edge. The standards must be main-



BG Mitchell LeClaire
Deputy Commander
JTF Guantanamo

tained. Leaders need to be especially watchful. This is the time-frame in which troopers can become careless while on and off duty. I challenge all first line leaders to take extra precaution and keep a watchful eye on those for whom you are responsible.

Finally, we are approaching the season in which the temperatures and the humidity levels will begin to increase. Safety is the operative word.

Above all, thank you for what you do. Your efforts have made a difference.

Honor Bound!



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PLDC

Its all about leadership

By Spc. Tommi Meyer

"We teach leadership," said 1SG Stines Muckenfuss, primary leadership development course (PLDC) commandant. "Here you will learn to be leaders. We go by the Army values."

Don't we all?

I started PLDC at Guantanamo Bay with a pretty good idea of what I thought being a leader was about. I knew the Army values.

Being fair, taking care of soldiers and getting the job done. Easy enough.

I watched other NCO's in the past and it didn't seem to be so hard. I quickly learned that there is a whole lot more to being an effective leader than giving orders and patting people on the back when they do a good job.

I also learned that everything we do can relate back to the seven Army values.

Take physical fitness; and we did at 4:45 in the morning! According to the manual covering the Army physical fitness program (FM 21-20), being physically fit is not only a requirement to stay in the Army, it is a part of your duty to your soldiers.

How do you hold someone else to a standard if you are not meeting it your self? Duty. Even at 4:45 in the morning.

Loyalty. Honor. Personal Courage. Of course, all seven are important. I want my soldiers to be loyal to each other and the Army, serve honorably and have personal courage in the face of adversity. But how do I make that happen? According to FM 22-100, the regulation governing Army leadership, you lead by example. Yes, there is an Army how to book on leadership. A manual on what a leader must Be, Know and Do.

I learned that in the Army, there is a manual to cover everything.

"By the book," said my small group leader SSG Bernie Ochoa. "When I ask

LOYALTY

DUTY

RESPECT

SELFLESS SERVICE

HONOR

INTEGRITY

PERSONAL COURAGE



(Top) SGT Jesse Smith and CPL Sean Lamenteer prepare to cross a danger area during the Primary Leadership Development Course (PLDC) field training. (Above) SPC. Gustave Hernandez reacts to a flare during a student-led class given at the course. SPC Hernandez has since been promoted to SGT.

you a question, I want you to tell me the answer by the book"

And there were lots of questions.

Questions on the wear and appearance of the Army uniform, questions on proper counseling, questions on PMCS even questions on the Army equal opportunity policy. Hey there's another one, Respect.

We had discussions about respect for each other, our backgrounds and our cultures. Even discussions on respecting our barracks enough to keep them clean!

I was surprised at how many things you can discuss and learn in just 15 days. Just a couple; leading a formation and marching in the right direction is not as easy as it looks, assaulting a hill IS as hard as it looks, infantry tactics might not be rocket science but it sure seems like it when your trying not to get you and your squad shot and you can get lost on the golf course!

In all seriousness, the most important lesson that I learned is that my learning as a leader is just beginning.

Photos by SPC Tommi Meyer

Transportation from page 1

tances; we're not used to short missions," said SPC James Polk of the 644th Transportation Company out of Beaumont, Texas; attached to the 355th QM Co.

In addition to having different types of tasks, the transportation section also has a different work environment than many are used too. Many members come from the 355th QM Co. or the 644th Trans. Company, but there are also Air Force personnel who rotate through and soldiers from military police companies that do not have the transportation Military Occupation Skill (MOS) but have been assigned to the transportation section. For many, it has been a learning experience.

Villamil said that he has enjoyed learning about different branches of the military.

While different military backgrounds may initially seem like a challenge, the transportation section members have found benefits to working with a diverse group of people.

"We all come together as one to accomplish the mission," said Airman 1st Class Christopher Purvis also from Seymour Johnson Air Force Base.

This section has come together not only to do the required missions but also to make significant improvements around their motor stables.

Some members took advantage of the little time they have not had missions and used materials left over from other jobs to turn unused office space into a driver's lounge. Many missions require back-up drivers to stay at the motor stables on call late at night.

SPC Scott Morales of the 355th QM Co. had no real experience in wood working, but he saw an opportunity to keep busy and improve things at the stables at the same time.

Airmen from the past rotation helped him rip the floor out, put up a wall and paint both. Williams added his expertise from working in a lumber yard and redoing his own floors at home. They added a door and entertainment center.

Drivers will still spend many hours at the motor stables on call, but they have a place to relax and even sleep.

Morales has also made shoe shine kits and a jewelry box for his wife. He doesn't think he will have time to do much woodwork at home, where he is a cook, but here it helps time pass until he can go home to his family.



Photos by SGT Jolene Staker



Getting the job done

From Top to Bottom:

Airman 1st Class Corey Wilkins from Seymour Johnson Air Base in North Carolina unloads desks off the truck.

SPC Scott Morales and SPC Adam Jenkins of the 355th QM Co. carry a desk to the new PAO media relations office.

(left to right) SPC Adam Jenkins of the 355th QM Company and SPC William Fell of the 177th Military Police Brigade load luggage on the truck for passengers going on the rotator flight.

Plantar fasciitis: Taking care of arches and heels

Plantar fasciitis is a common cause of heel pain in adults and accounts for approximately 2 million visits per year. The pain is usually caused by degeneration of the plantar fascia located at the medial tubercle of the calcaneus (heel). The cause of this degeneration is repetitive microtears without ample recover time.

The function of the plantar fascia is to support the arch and provide shock absorption during activity. Individuals with pes planus (low arches or flat feet), or pes cavus (high arches) are at increased risk for developing chronic rear heel foot pain.

Other conditions that increase risk are overpronation, discrepancy in leg length, tightness of the calf and Achilles tendon. However, the most common cause of plantar fasciitis is chronic overuse weight bearing activities, without adequate rest periods.

There are many treatments however the best approach is not to treat the condition but to identify the causes such as listed above. First and foremost decreasing activity level that limits weight-bearing activity. Instead of running 3 to 4 times a week, alternate with biking or

swimming, this will allow rest between events, however maintain cardiovascular workout. Next, stretch, stretch and stretch. Should spend at least 20-30 minutes before any intense stretching the muscles involved. In this circumstance, figure (1)-(6) should be performed.

The use of anti-inflammatory agents including ice massage, motrin, naprosyn have proven to be mildly effective, however in combination with Night splinting the pain decreases dramatically.

Night splinting, (figure 7), is a reusable pre-fabricated material molded to keep the ankle in a neutral position overnight allowing healing to occur while the plantar fascia is stretched thereby decreasing the tension with first morning step. The disadvantage is cumbersome and may interfere with ability to sleep.

Custom orthotics is usually beneficial however require a plaster cast or an impression of the individual's foot. This allows for constructing an insert specifically designed to control the risk factors associated with plantar fasciitis.

Remember activity equates to proper arch support:

Overpronators are defined by collapsing arches and excessive inward roll of the foot. Thereby leading to increase stresses upon the lower extremity. The designs of motion controls shoes are to limit the inward roll resulting in less stress and better performance.

Normal Pronators are personnel with minimal pronation upon activity. In order to determine which shoes are best designed for your feet, the following is advised. Measure your foot standing and then sitting. If foot does not change in length, then you have a rigid foot, if length changes by 1/8 inch or less then you have normal flexibility, if greater than 1/8 inch then you have highly flexible arches.

Rigid=cushioned shoes. Normal=stability shoes. Highly Flexible=stability or motion control.

Underpronators, these are personnel with high arches or pigeon-toed, highly cushioned soles recommended.

If unaware of type, then www.runner-world.com provides good resource. Also, shoes do not last forever, after 400 miles the support is gone, breakdown by a new pair.

Trooper on the street

By AF Staff Sgt. Joshua C. Gorman

This week's question:

Do you plan to stay in contact with troopers you've met here?



Spc. Jay Jeffries
1972nd Combat Stress Control

"Yes, I've made some good friends throughout this deployment who I plan to stay in contact with."



Sgt. Mateo Breveleri
1-181st Inf. Regt. Charlie Co.

"I'll be in contact with the troopers I've been working with every day."



Tech. Sgt. Donald Gonsalves
J-4 Strategic Mobility

"I'll definitely stay in contact with the friends I've made in the Air Force, my roommates, and a few others too."



Sgt. Serge Theberge
1-181st Inf. Regt. Charlie Co.

"Yes, I'll be staying in contact with the people I've met in the infantry here."



AF Staff Sgt. Zar Manabat
J-1 JPRC

"The relationships I've formed here are truly, one of a kind. If there is any chance of keeping in contact, I will make every effort!"

A Co. 1-181st Inf. performs urban operations live-fire



Photos by SGT Jolene Staker



Soldiers of A Company, 1st Battalion, 181st Infantry Regiment perform urban operations maneuver live-fire.

“We did this to place great emphasis on the urban component of the infantry mission,” said 1LT Jason Scangas of A Co. 1-181st Inf. Regt. Soldiers found the training useful and worthwhile.

“It was good because it took a lot of training and put it together in a realistic scenario,” said SGT Robert Russo of A Co., 1-181st Inf. Regt.

Training was intense and the weather was hot. This played into the objective of making it stressful so that it would be representative of performing these tasks in a real world situation.

“Overall it was the most intense live-fire exercise I’ve had a part of in 13 years,” said 1LT Dominic Kidwell of A Co., 1-181st Inf. Regt. “I hope we have the opportunity to reinforce it when we get home.”



Counterclockwise, from top right: (left to right) SPC Lawrence Casey, SPC Jose Lugo-Gardner, SGT Eldon Colonias and SPC Scott Patterson, all of A Company, 1st Battalion, 181st Infantry Regiment practice moving down a wall in a simulated urban environment. This team was the highest rated team of the team live-fire exercise.

(left to right) SPC Luis Ortiz and SGT Robert Russon both of A Co., 1-181st Inf. Regt. fire at targets while advancing forward.

SPC Scott Leslie of A Co., 1-181st Inf. Regt. engages a target from a simulated rooftop. This gave soldiers practice firing under stress also known as reflexive fire.

SPC Raymond Roman of A Co. 1-181st Inf. Regt. engages a target while entering a simulated doorway.

(left to right) SPC Thomas Rockwell and SGT Jared Rourke both of A Co. 1-181st Inf. Regt. perform as a buddy team while navigating the urban lane.

Chaplain's Corner



Prayer breakfast

(Above) SGT Johnnie Ebron, JTF chaplain's assistant, leads attendants in prayer during a National Prayer Day Prayer Breakfast Tuesday at Seaside Galley.

(Right) Rear Adm. Robert Burt, corps chaplain, U. S. Navy, delivers inspirational words about prayer during a National Prayer Day Prayer Breakfast Tuesday at Seaside Galley. Burt was the event's honored speaker.

Photos by SPC Katherine L. Collins

Padre's Corner

By CH (LCDR) James Dowds

In John's Gospel, Jesus says: *"My sheep hear my voice; I know them and they follow me."*

We live in a world where many voices seem to be clamoring for our attention. Sometimes the voices seem to be so loud and numerous that we may feel overwhelmed.

One voice tells us we are what we make. Another tells us to get to the top and step over others if you must. The voices, expressing themselves at times without much invitation can manifest deep desires, hopes, dreams, hurts, and angers that we hardly knew were there in the first place.

Why not spend a few moments reflecting on our ability to hear the voice of the Lord. Perhaps He will speak to us in His Holy Word or Sacrament. Maybe we will hear His voice on some evening as we view a brilliant sunset. Perhaps we will hear His voice in the kind words spoken by a loved one or friend.

God has blessed us here in Guantanamo Bay with a great variety of ways to deepen our ability to hear the voice of the Shepherd and to follow Him. Why not consider attending a worship service at our beautiful Troopers Chapel? There we are able to give the Good Shepherd our undivided attention.

Prayer changes things. Prayer changes me.

By CH (LTC) Steve Feehan

As I write this, I have just returned from our Prayer Breakfast at Seaside Galley. During the prayer breakfast I was struck by a couple of quotes. The first from President Bush's National Day of Prayer proclamation says, "Prayer is an opportunity to praise God for His mighty works, His gift of freedom, His mercy and His boundless love.

Through prayer, we recognize the limits of earthly power and acknowledge the sovereignty of God. According to Scripture, *'The Lord is near to all who call upon Him. . . . He will also hear their cry and save them.'* Prayer leads to humility and a grateful heart, and it turns our minds to the needs of others."

The other quote is from our Prayer Breakfast speaker, Chaplain (Rear Adm.) Robert F. Burt, *"Make prayer a first response instead of a last resort."*

For all the reasons in the first quote from President Bush, make the second quote the motto for your life.

Watch as prayer changes things and changes you.

Heavenly Bits and Pieces

By CH (MAJ) Daniel Odean

God's promises have no expiration dates.

The Bible states, *"Jesus Christ is the same yesterday, today and forever (Hebrews 13:8).* I am glad that we can trust in a God who doesn't change His mind or His ways at any given moment. HE DOES NOT CHANGE!! One of the promises that comes to mind is in *Revelation 22:7, "Behold, I am coming soon!"* I want to ask you a question, "Will you be ready when He arrives?" We don't know when He is coming but He promised that He would. Get ready, time is growing short!

RECREATION & LEISURE

Hurricane Basket: Be prepared

Hurricanes are tropical cyclones in which winds reach speeds of 74 mph or more and blow in a large spiral around a relatively calm center—the eye of the hurricane. Every year, these violent storms bring destruction to coastlines and islands in their erratic path.

In Guantanamo Bay, hurricane season begins June 1 and continues to be a threat until Nov. 30. You need to be prepared.

Use this list as a guideline as you put together items for your personal use in the event of a hurricane. Alter the list as necessary to meet your needs. This basket of items is important. If you live in hurricane-resistant housing (Windward Loop, West Iguana, East Caravella) you'll want to have these items in your home. If you live in non-resistant housing, (Tierra Kay and Camp America) you'll need to take this basket of items with you to your assigned shelter or pick it up at the designated drop-off point for your assigned shelter.

- Three-day supply of ready-to-eat food (non-perishables — there may be no power to refrigerators and stoves)
- Three-day supply of drinking water
- Disposable plates, cups, napkins, knives forks, spoons
- Manual can opener
- Cooler
- Change of clothing
- Toiletries
- Moist towelettes or baby wipes
- Towel and washcloths
- Blanket (shelter will provide cots)
- Portable radio (battery operated)
- Flashlight
- Extra batteries
- Wind-up alarm clock
- First aid kit
- Prescription medication

Do NOT take the following items to a community hurricane shelter:

- Pets
- Alcoholic beverages
- Valuables
- Electronic devices

Hurricane Shelters are:
The Youth Center
The BOQ Common
The CBQ Common and
the
Gold Hill Barracks

Compiled from The National Weather Service

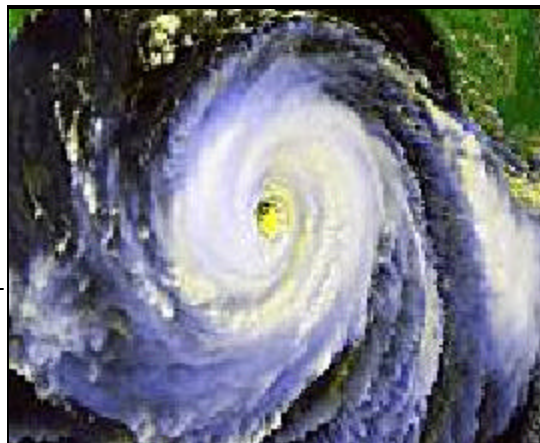


Photo by Julie Barnett

A flat tire with a happy ending

JTF administration director LTC Carol Laage spent an unexpected Saturday evening with the Young Junior Girl Scouts of Troop 7 as they camped out at the Girl Scout Hut from April 23rd through the 25th. Laage, who was riding her bicycle to Cable Beach hit a rut in the road and flattened her tire. Being a Girl Scout alumna, she was invited to their camp as Girl Scouts (left to right) Kylee Barnett, Laage, Caroline Belleman, Brooke Niccum and Renee Massa listened to hear Laage's stories from when she was a Girl Scout! "For one evening, we enjoyed having an honorary Girl Scout in our troop," said Julie Barnett, one of the Troop 7 leaders.

Flag conditions and definitions

When exercising at Guantanamo Bay, prevention of injuries due to heat exposure are of prime importance. When out participating in any strenuous activity, pay attention to the PT flags flying around the base.

Here are what they mean:

Green Flag: Heat Stress Index 75F-85F

Discretion required in heavy exercise for new personnel during the first weeks of heat exposure. Acclimated personnel who participate in regular physical exercise are unrestricted.

Yellow Flag: Heat Stress Index 86F-100F

Strenuous exercise should be curtailed for new personnel during the first weeks of heat exposure. Acclimated personnel who participate in regular physical exercise are unrestricted.

Red Flag: Heat Stress Index 101F-115F

All physical training should be halted for those who have not become acclimated by at least 30 days of routine physical activity at this temperature. Those who are properly acclimated may carry on limited activity.

Black Flag: Heat Stress Index above 115F

All strenuous activity should be halted.

Sports highlights

Garnett awarded MVP for 2003-2004 season

Compiled by AF Staff Sgt.
Joshua Gorman

It's that time of the year again, and the NBA finals are approaching.

Minnesota Timberwolves forward Kevin Garnett was awarded the NBA's **Most Valuable Player** award for this season.

San Antonio Spur's Tim Duncan and **Indiana Pacer's** Jermaine O'Neal were close competitors with Garnett for the award.

As of Monday, the playoffs moved into round two with the **New Jersey Nets** facing the

Detroit Pistons, Minnesota taking on the **Sacramento Kings**, and the **Los Angeles Lakers** facing San Antonio. Indiana waited to see who they'll be playing this round.

Now entering the fourth week of baseball season, the **New York Yankees** move up a spot, retaining the second lowest batting average for the season.

As of Monday in the American League, the **Texas Rangers** held first place in standings with a 16-9 record.

They are trailed by close competitors the **Boston Red**

Sox, the **Chicago White Sox**, and the **Minnesota Twins**, all at 15-9 records.

In the National League, the **Los Angeles Dodgers**, and the **Houston Astros** are tied with a 15-9 record, while San Diego trails with a record of 16-10.

Jeff Gordon scored his second consecutive Cup victory Sunday with a win in the **Sunday's Auto Club 500** at California Speedway.

Other notables include Tony Stewart, placing 16th, Dale Earnhardt Jr., 19th, and Dale Jarrett placing 24th.

In the NHL playoffs, the **Detroit Red Wings** captain, Steve Yzerman, was announced as out indefinitely following a four and a half hour surgery for a scratched cornea and broken bone just below his left eye.

As of Monday, the **Tampa Bay Lightning** were victorious over the **Montreal Canadiens**, the **Philadelphia Flyers** lead a series against the **Toronto Maple Leafs**, 3-2, Detroit leads a series against the **Calgary Flames**, 3-2, and the **San Jose Sharks** lead the **Colorado Avalanche** 3-2.

Compiled from www.espn.com

The future for \$20; An afternoon with a fortune teller

By SPC Rick Fahr

Newspaper folks occasionally get a day off, even here in Guantanamo, and I used one of mine recently to sneak off to Yatera Seca for some golf.

On the second hole -- that uphill par-3 -- I somehow push-shanked my tee shot over behind a hill. I usually don't go looking for golf balls, but this time I did. It was a new Titleist.

As I topped the hill, I noticed a little path that led deep into the brush and felt strangely compelled to follow it.

The narrow path ended in a clearing. In the middle sat a little hut with a sign out front, Lady Godiva's Fortune-Telling and Discount Lawn Furniture.

Although I had little need for a Barcalounger or concrete squirrel, I wandered over to the hut. Intrigued by the possible talents of Lady Godiva (and remembering the literary significance of her namesake), I weaved my way through the pink flamingoes and wooden figures of bent-over grandparents to the entrance of the omnipotent enchantress' domicile.

I rang the bell for service, and several questions ran through my mind. If she can see the future, why should I need to ring a bell to announce my presence? Would she know how much money I was willing to pay to know if I would ever win the lottery?

FAHR GAME

How much were the artificial palm trees?

Before I had a chance to determine what I considered a fair price for one of the palms, Lady Godiva sprang into the room seemingly from nowhere.

"Goot evenink," she said in an accent I immediately ascertained to be from somewhere east of Atlanta. "How vay I help you?"

Lady Godiva leaned over the counter, her flowing black hair sprinkled with enough gray to mark her for an aged sage. She wore nothing but black, save the pink Taliban Towers T-shirt mostly hidden under her gown and cape.

"I saw the sign. Tarot readings," I answered. "I'll take \$20 worth."

"Ah, yes. Please, come sit in the Room of Knowledge."

She ushered me into a room lit by candles on several tables and with pictures of Merlin-type characters on the walls.

Lady Godiva motioned for me to sit down at a table with two menacing, gargoyles-festooned chairs facing each other. A glowing sphere, which I deduced to be the obligatory crystal ball, sat nestled in a tarnished brass stand in the middle of the round table. Without asking what I wanted to

know, she looked into the all-knowing orb.

"You have experienced great pain. I see pain in your childhood."

Duh. All kids experience pain. Pets die. Bicycles crash. Broccoli comes into play. I hoped my fee covered more than this revelation.

"What else?" I prodded.

"I see unrest in your life now."

No kidding. Show me a rested person at GTMO and I'll show you someone who just got here. My belief in her abilities was beginning to wane.

"Go on," I encouraged.

"I see a career move for you."

OK. Most folks change jobs at some point. I will likely get a new job somewhere down the line. At an Andy Jackson a throw and few obvious prerequisites, fortune teller was looking pretty good.

"Any other startling news?"

"I see a botanical garden. An expansive, carefully manicured floral sanctuary, where birds and small mammals frolic undisturbed. You will need ornaments, landscaping ... Perhaps I can show you something in a faux marble bird feeder?"

Looking back, I should have adhered to my first rule concerning fortune tellers. If their first words aren't "I was expecting you", leave.

But first check to see if the bird feeders are on sale.

Going home: Transitioning from one life to another

LTC Kathy Platoni, Psy.D.

Home sweet home. Some of us avoid the very thought of going home. It all seems so elusive, so far away; that light at the end of that tunnel, so out of reach.

For many, that tunnel is considerably longer than for others. But in reality, this too shall pass and Guantanamo Bay will be no more than a distant memory at some remote point in the future.

Surviving in the meantime is the challenge to surmount. It is our task to chart the course to make homecoming as uncomplicated as possible.

One of the most critical factors to keep in our viewfinders is that regardless, we served with pride in the Global War on Terrorism and in support of Operation Enduring Freedom.

We helped to win that war, one day at a time. Our sacrifices and our deeds are noble ones and must never be minimized or overlooked.

It is vital to think of homecoming as a journey, not just an event. Most importantly, it is acceptable to admit that life has been anything but normal on this mission.

Our deployment has been one fraught with adversity and uncertainty, not to mention the fact that we have lived and worked in an adrenalin-rich environment with a highly pressurized optempo.

De-escalating from this experience will be no easy task. It will be time-consuming.

Those of us who have served on previous deployments or on active duty status know full well that those unfamiliar with the rigors and demands of military life and who have not shared your experience, cannot possibly appreciate what life has been like for us.

Expect a boatload of conflicting emotions to arise and run their course, once the thrill of homecoming and reunification with family and friends has worn off.

The joys of reuniting with family and friends may be overshadowed by apprehension and dread that we no longer fit in where we left off, that we have somehow changed in the face of hardship, and that while we were out defending freedom, life went on without us.

All of the above are true. Whatever the distress and troubling times that lay ahead, these are normal and expected reactions to abnormal life experiences, deployment being one of them.

The trap of "I had it worse than those staying home with the stuff" is one of the easiest ones to fall into. In all likelihood, deployed service members in this theater of operations did suffer through dissimilar types of adversity.

Worse is a value judgment that may never be resolved. Make every attempt to communicate openly, to share those experiences and events (OPSEC withstanding) openly, freely, and as often as time and desire permit.

Make the same effort to listen to the experiences and happenings in the lives of those left behind.

For those souls returning to significant others in longer-term relationships, treat one another as equals.

Try to avoid launching a takeover of the continent when you arrive on home ground.

Communication is the key. Share the balance of



Photo by AF Staff Sgt. Joshua Gorman

Preparing for the return home can be an exciting time, but remember what you've accomplished here.

power. Recognize that loved ones may have tried, not necessarily to your standards or wishes, to keep the homestead running the very best way they knew how in your absence.

Offer credit and gratitude whenever due.

There will undoubtedly be anger and frustration to overcome and a myriad of adjustments to make. Do not expect that unfinished business and unresolved problems magically disappeared in your absence.

Allow yourselves the time to put issues on the table for discussion and resolution. This will not result in overnight successes.

For many of us, time and distance have provided the opportunity for development of new perspectives and ideas and coping skills.

It is impossible to have come away from this mission without having risen to challenges and obstacles never before experienced.

The road ahead may be a long one to navigate. Let time be your ally. Don't permit painful emotions and conflicts on the homefront to be your downfall.

If the bumps in your road are too many, avail yourselves of professional help. Alone, none of us has all the answers.



Photo illustration by AF Staff Sgt. Joshua Gorman

Returning home to friends and family can be a time full of emotions. Allowing yourself space and time to prepare for the return can make the transition a pleasant one.

Camp Delta clinic provides detainee first care

By SSG Patrick Cloward

When detainees need first rate care, who comes to their assistance?

Naval corpsmen, nurses and doctors of the Camp Delta medical clinic are there, on call, 24 hours a day to address any medical need of the detainees to ensure their health and well-being.

"We're the first echelon of care," said Navy corpsman Petty Officer 2nd Class Shawn Goodwin, a Naval corpsman from the Naval Ambulatory Care Clinic in Groton, Conn. "We try to do it ourselves, but if we can't, we refer it to the doctors."

Members of the clinic address a variety of medical needs on 12-hour shifts that expose them to learning situations that many of them might not experience back at their home stations.

"If someone is complaining of chest pain, we provide assistance and tell the doctors what's going on," said Goodwin. "In training, we'll do mass casualty drills to see how much attention could be paid in those situations." Goodwin said that at his home station,

his duties are more confined to taking vital signs for the doctors, but at Camp Delta, he is given a broader role. "It's here that we do everything," he said. "The detainees see us to administer medications and treatments. I've been involved in lots of medical care." He added that with all the new procedures he's been exposed to, when they need help, the doctors are there to take over and help with medical care. "I've learned more here in two and a half months than all my education in school," he said.

"Some of it's very similar with what I work with at home at the recruit clinic," said Cdr. Beth Schall, detention hospital senior nurse, Great Lakes, Ill. Naval Hospital. "Both [the detention hospital and the recruit clinic] have a similar mission in providing the best health care." Schall's home station duties addressed all first-need health care in new Naval recruits. "The corpsman and nurses provide 95 percent of the hands-on care in the clinic and on the block," she said of her current assignment at Camp Delta. "The doctors are in the mix with you. The quality of health care is the



Photo by SSG Patrick Cloward
Seaman Shawn Goodwin practices measuring blood pressure with Seaman Carrie Williams at the clinic. The corpsmen are the first echelon in addressing detainee care.

same."

The hands-on involvement has enabled many of the lower enlisted to enhance their skills with on-the-job experience.

"It's a completely different experience for me," said Seaman Darci Stewart, a Camp Delta block corpsman out of the Naval Ambulatory Care Clinic in Newport, R.I.

"Back in the States, I was doing a lot of finding out vital signs for the doctor. I wound up playing secretary a lot there. Here I do a lot of sick call and learned a lot about medications and [look for symptoms in] patients." She added that the limitations are reduced for the corpsmen, which gives them more opportunities to get involved in direct care. Stewart feels it's due to the closer involvement the doctors and command have in the process.

"It's more of an operational command," she said.

"I'd say it's more relaxed," said Goodwin. "The command is about morale while at the same time getting the mission done. It's going to blow my mind when I go back and go back to my regular job. Doctors don't interact at the base. Here they're always working with us."

"There's lots more logistics we have to go through here, so we work closer with the corpsman," said Schall. "One thing that's positive here is there's a smaller chain of command, so we can try new initiatives as long as they don't deter from the mission."

She said that they have had more freedom to find ways to do things better. One was involving nurses on the blocks for what she called "deck plate care." This allowed doctors to go on the block if they needed someone to help out. "It's a very time saving process of improvement," Schall said.



Photo by SSG Patrick Cloward
Navy Lt. Cdr. Randy Sharp, Camp Delta Clinic Division officer and Cdr. Beth Schall, Camp Delta Senior Nurse discuss the days activities in a briefing. The corpsmen Schall supervises are exposed to a great deal of learning opportunities on the block.

15 Minutes of Fame...

With Navy Petty Officer 3rd Class Jason Aguilar, Camp Delta Hospital

By SPC Katherine L. Collins

Arriving to Guantanamo Bay just a few days prior to Christmas, Petty Officer 3rd Class Jason Aguilar struggled to part from his family for a time and adjust to his life and mission here, but he has indeed arrived to where he views aspects of the deployment as a holiday gift. Among them he acknowledges the opportunity to develop as a psychological technician, leader and person.

Q: What inspired you to join the military?

A: Ever since I was little I was drawn to the military, particularly the Navy. Then, in high school, I discovered an interest in psychology. After attending college for a few years, I learned the Navy offered positions in psychology. So I joined, with the goal of becoming a psychological technician (psych tech). I've now served four and [one-half] years.

Q: What are your prior duty stations and what job(s) did you perform at each?

A: I joined as a hospital corpsman, still in hopes of becoming a psych tech. My first duty station was in Portsmouth, Va., where I served in physical therapy and orthopedics. Then, after about three years, I attended school to become a psych tech. Shortly after, I moved to Bethesda, Md., where I now serve as a psych tech.

Q: What do you recall as your best military experience?

A: Just working in the medical field. It's a pretty awesome feeling being able to help build people up physically and mentally to be successfully active again in their every day life.

Q: How has your military service impacted and molded you as a servicemember and person?

A: I've definitely learned how to be a better leader, continually learning more of the ins and outs of leadership. Also, working in the medical field, particularly psychology, has helped me test my interest in the field. The hands-on experience has

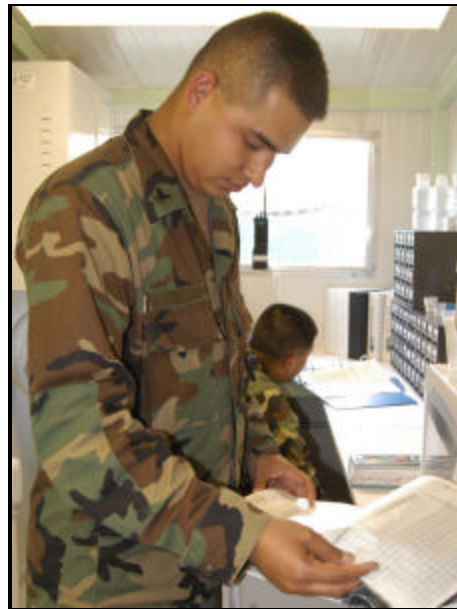


Photo by SPC Katherine L. Collins
Petty Officer 3rd Class Jason Aguilar serves as a psychological technician at the Camp Delta Hospital. Here he examines forms he must complete in regards to his day's interaction with detainees in Camp Delta.

assured me this is what I want to further study and do. Overall, my service has just made me a better person.

Q: In what ways has your family supported you in your military service?

A: My parents are very supportive in whatever I do. I have various family members who served in different branches of the military, so my service is nothing new to my family. My wife is also active Navy, so she understands the nature of my job. Here my family supports me through e-mails and my two morale calls each week.

Q: What is your mission with JTF?

A: Here the psych techs are like the eyes and the ears of the doctors. We visit with those living in Camp Delta, documenting what we notice as potential signs of psychological issues, such as poor sleeping patterns. We then come together as a team to discuss matters we document, deciding as a team what is best for each person in our care. The doctors then make the final assessment of what level of treatment, if any, is needed for each person.

Q: What has been your greatest challenge in Guantanamo?

A: Experiencing all the adjustments at once, such as dealing with the climate, being away from my family and trying to learn my job. I completed school for my position just last summer, so I had to learn the job itself in general, as far as the hands-on experience, as well as how to perform it within this particular environment. That was a real challenge.

Q: What personal strengths do you find benefit you most in this deployment?

A: In this field of service, I find I must be very patient and also keep a cool mind, being able to observe and assess clearly the psychological state of each person in our care and determine the best course of treatment for each. I must simply focus on each person as a human being with psychological needs to be met, despite who they are or anything I know about them.

Q: What has been most rewarding about this mission?

A: Just all I've learned as a psych tech, such as experiencing first-hand how doctors diagnose various patients and how situations affect different cultures psychologically. It's been a surreal experience. This deployment is a great stepping-stone in both my military and civilian careers. I think I would like to study criminal psychology in college, but any form of adult counseling would be great.

Q: Looking back on your overall military experience, what makes you most proud to serve?

A: Just the feeling that I am doing my duty. From my dad and uncles I began to view military service as a way to give back something for all the freedoms I've enjoyed and to help carry on the tradition of protecting our nation's freedom. It's that sense about military service that, in part, led me to join. My duty here is unique and rewarding – an experience I definitely will never forget.

The GTMO Guide: Answers to Your Questions

Who can help me? What's for lunch? What movie's playing? Where can I find that? How does this work?

JTF GTMO contest puts troopers in headlines

Grab your cameras! The JTF command and MWR are announcing a JTF Guantanamo photo contest. All photographers, amateur and professional, are invited to enter.

Winning photographs will be published in *The Wire*, and will be forwarded to Army Magazine as entries for their annual photo contest.

First, second and third place winners will receive gift certificates from MWR. First prize is a \$50 certificate, second prize is a \$20 certificate, and third prize is a \$15 certificate. MWR certificates are redeemable at MWR facilities.

Entry Rules

1. Each photograph must have a JTF Guantanamo-related subject and must have been taken on or after July 1, 2003.

2. Entries must not have been published elsewhere. Evidence of prior publication of any winning entry will disqualify it.

3. Each contestant is limited to three entries.

4. Entries may be black and white or color prints. A sheet of paper must be taped to the back of each entry indicating the following: the photographer's name, unit and phone number, and caption information. Minimum size for prints is 5X7 inches; the maximum is 8X10

inches (no mats or frames).

5. Entries may also be submitted in electronic form. A sheet of paper must be attached to the disk or CD for each entry indicating the following: the photographer's name, unit and phone number, and caption information. Each entry must be submitted on a separate disk or CD and must have a 5X7 print size with a printable resolution. Contest officials are not responsible for unreadable or unprintable files, so it is your responsibility the print meets your expectations.

6. Entries must be turned into CPT Tracy Saucy at the public affairs office, building AV-34, room 212A—NLT COB May 21.

7. Entries will not be returned.

8. Photographic quality and subject matter will be the primary considerations in judging and must not be enhanced or manipulated in anyway.

OPSEC reminders:

1. No photos of detention facilities or any facility identified in a photo free zone.

2. No photos of the shoreline from Windmill Beach to the Cuban/American Fence line.

3. Remember, *The Wire* is published on the Internet and open to the public. If you photograph a friend or coworker, make sure they don't mind having their picture on a publicly accessible web site.

For more information contact CPT Tracy Saucy by email at saucytl@jftgmo.southcom.mil or by phone at 5264.



Camp Bulkeley

Downtown Lyceum

**Notice:
The Bulkeley
Lyceum
will be closed
this week to
make repairs
on the
projector.**

Fri., May 7

8 p.m. *Dirty Dancing: Havana*
PG - 87 min

10 p.m. *Dawn of the Dead*
PG13 - 137 min

Sat., May 8

8 p.m. *The Alamo*
PG13 - 137 min

10 p.m. *Taking Lives*
R - 103 min

Sun., May 9

8 p.m. *Man on Fire*
R - 146 min

Mon., May 10

8 p.m. *Dirty Dancing: Havana*
PG - 87 min

Tues., May 11

8 p.m. *Dawn of the Dead*
PG13 - 108 min

Wed., May 12

8 p.m. *Taking Lives*
R - 103 min

Thurs., May 13

8 p.m. *Secret Window*
PG13 - 117 min

Kittery Beach opens Saturday

For those of you who have been holding your breath, Kittery Beach will finally open tomorrow (Saturday) from 7 a.m. to 7 p.m.

As with Windward Landing Beach, family beach rules apply. These are:

1. No alcohol. This is a family beach.

2. Snorkelers and divers must have a buoyancy compensator when outside the pool area since this area is subject to dangerous currents.

3. No diving or snorkeling east of the beach since it marks the border between the base and communist Cuba. A marker buoy is in place to remind

swimmers.

4. There will be no diving or snorkeling past 200 yards to the west since this is also restricted area. Additionally marker buoy will be placed there.

5. All beach goers are advised to stay on road to the beach and use caution since it is not paved and more difficult to navigate. Since these roads go through restricted areas, travelers are not allowed off the road. There are mines out there.

Families and the Inspector General

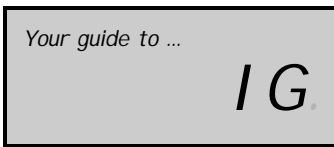
By LTC Anthony Deskis

Though often the service member is the one who visits the IG office, your family also has the right to contact the Inspector General. Sometimes it's the military member's spouse who usually comes to the IG. And just like the service member, a family member may request assistance or file a complaint in the same manner.

When the family member has issues, family support is the topic usually addressed and the Inspector General has a special responsibility to families when dealing with this matter. The first concern of the IG in family support cases is to be sure immediate basic needs are being met. If they're not met, the IG will contact both military and civilian local support agencies to provide assistance.

Spouses often contact the IG to ensure that support payments are correct and applied to the correct account. Support claims such as this are usually addressed through the member's command channels, with the IG monitoring each case.

Money is not the only issue family members raise. Another example is where a spouse may ask for help with tracking



paperwork her husband has filed. The IG will call their command and support functions to determine whether or not the paperwork was handled properly. Then, the trooper's spouse will be told that she could expect a call from her husband within a couple of days regarding their situation.

Please inform your family that they may receive IG assistance at your home station or here at Guantanamo Bay. We can be contacted commercially from the US at 011-53-99-5399 or by email at ig@jftgmo.southcom.mil.

You may visit the IG office in Room 204 of the Commissions Building Monday through Friday from 8 a.m. to 4 p.m. and Saturday from 8 a.m. to noon. The IG phone number is 5399.

The Camp America IG office is in Building 7200 and is staffed Monday, Wednesday, and Friday afternoons and Tuesday, Thursday, and Saturday mornings. The Camp America Office phone is 3501. IG assistance is available anytime by appointment.

ulation 385-1, Forces Command Safety Program, revised in 25 Aug 2003 states:

"Head protection (kevlar helmet or Combat Vehicle Crewmember helmet as appropriate) will be worn by all personnel operating or riding as a passenger in Army tactical vehicles whenever they are outside the motor maintenance facility. This head protection requirement applies to all FORSCOM units, regardless of their installation of assignment or deployed status."

Kevlar worn in all tactical vehicles.

Many of you have noticed that when you went to borrow your unit's HMMWV or camouflage Sport Utility Vehicle, that members of the 1-181st Inf. Regt. stopped you or refused to let you pass through the Camp America checkpoint. Well, it's now official.

Reference, FORSCOM Reg-



		Catholic
		<u>Main Chapel</u>
Wed.	5 p.m.	Holy Hour and Rosary
	6:00-6:25 p.m.	Confessions
	6:30 p.m.	RCIA (Chaplain's office)
Sat.	4:15 p.m.	Confession
	5:30 p.m.	Vigil Mass
Sun.	9 a.m.	Mass
	10:15 a.m.	Spanish Mass (Sanct. B)
M-Fri.	11:30 a.m.	Mass (Cobre Chapel)
		<u>Camp America</u>
Sun.	7:30 p.m.	Mass
		Protestant
		<u>Main Chapel</u>
Mon.	7 p.m.	Prayer Group Fellowship*
Wed.	7 p.m.	Men's Bible Study*
	9:30 a.m.	Sunday School
	11 a.m.	Service/Sunday School
		* Fellowship Hall located in Chapel Complex
		<u>Camp America</u>
Tues.	7 p.m.	Alpha
Wed.	7 p.m.	Soul Survivor (Club Survivor)
Sun.	7:30 a.m.	Christian Worship
	9 a.m.	Protestant
		New Life Fellowship
Sun.	1 p.m.	Service (Main Chapel)
		Pentecostal Gospel
Sun.	8 a.m.	Service (Sanc C)
	5 p.m.	Service (Sanc C)
		Church of Jesus Christ of Latter Day Saints
Sun.	9 a.m.	Sanctuary A
		Islamic
Fri.	1 p.m.	Classroom 12, Chapel Complex
		Jewish
		Call 2323 for more information
		Camp America Church Bus schedule:
Sun.	8:15 a.m.	Tierra Kay
		The bus will return following worship.



Today: Lunch - BBQ Beef Cubes;
Dinner - Crab Legs/Grilled Steak
Saturday: Lunch - Fried Catfish;
Dinner - Veal Parmesean
Sunday: Lunch - Roast Pork;
Dinner - Baked Chicken
Monday: Lunch - Pepper Steak;
Dinner - Roast Turkey
Tuesday: Lunch - Baked Tandouri;
Dinner - Chicken Fajitas
Wednesday: Lunch - Pineapple Chicken; Dinner - Sweet / Sour Pork
Thursday: Lunch - Carribean Chicken Breast; Dinner - Salisbury Steak
Friday: Lunch - Parmesean Fish; Dinner - Grilled Steak

