

Volume 10, Issue 50

Friday, February 5, 2010

THE WIRE

A JTF Journal



Assistance in disasters
American Red Cross

Legacy and professionalism
Col. Vargo reflects on GTMO



Who can be a leader

**Navy Senior Chief Petty Officer
Rodney Ruth**
Joint Medical Group

Leadership can be a very difficult road if you are not properly prepared. The United States Armed Forces is a great place to hone your skills and style, and leadership is one thing that is not service specific. Leaders are required in all branches and all the services have some form of leadership academy or courses. Leaders come in many different varieties and I am certain that we can all look back at our time in the military and point to a single leader that either helped us or was maybe not so helpful.

Take a moment and think back to all the leaders you have had and I bet that you can only remember one or two "good" leaders, all the "bad" leaders, and none of the mediocre leaders that have influenced your career positively or negatively.

Why is leadership so difficult? Leadership is a skill that's acquired over a lifetime and these characteristics are something we can "practice" just about every day of our life. Many say that leaders are born and cannot be made while others would say it is quite the opposite and inevitably the conversation will end up like this "which came first, the chicken or the egg" riddle.

We associate words like integrity, honor, trustworthy, humble, decisive, disciplined, fair and unprejudiced with being an effective leader. If you Google "what makes a good leader," within two 10^{ths} of a second you will get 53,700,000 hits in response to the query. What this means in the grand scheme is that just about everyone has an opinion on what makes a good leader and it is up to us as individuals to determine which definition is right and the path we should choose on our own personal road to leadership.

During my research I read an article I found on www.money-zine.com, about *Leadership Characteristics*. The article listed many characteristics about successful leaders, there was an underlying theme that often separates true leaders from the rest of an organization, that leadership is much more complex than merely earning a high-status position and ordering people to do things. It is a collaborative journey that the leader must be willing to walk with others.

I will leave you with this. Great leaders do very well and they never stop learning, and they learn from their mistakes (keep in mind that leaders are not infallible). Practice all the characteristics; avoid repeating the same mistake, always remember to set the example and not be the example, and one day you'll no longer be wondering if you can be a leader you will know in your heart that you are a leader. ☆



JTF GUANTANAMO



Commander:

Navy Rear Adm. Tom Copeman

Command Master Chief:

Navy Master Chief Petty Officer
Scott A. Fleming

Office of Public Affairs:

Director:

Navy Cmdr. Brook DeWalt: 9928

Deputy Director:

Navy Lt. James Gonzales: 9927

Supervisor:

Air Force Chief Master Sgt.
Randy Dunham: 3649

The Wire

Executive Editor:

Mass Communications Specialist 1st Class
Edward Flynn : 3592

Command Information NCOIC:

Mass Communications Specialist 1st Class
Edward Flynn : 3592

Editor:

Mass Communications Specialist 1st Class
Marcos T. Hernandez: 3651

Staff Writers:

Mass Communications Specialist 1st Class
Marcos T. Hernandez
Mass Communications Specialist 1st Class
Edward Flynn

Army Staff Sgt. Blair Heusdens

Army Sgt. Michael Baltz

Mass Communications Specialist 2nd Class
Michael Arrington

Army Spc. Tiffany Addair

Marine Lance Cpl. Justin Wheeler

Contact us

Editor's Desk: 3592 or 2171

From the continental United States:

Commercial: 011-53-99-3592

DSN: 660-3592

Email: thewire@jtfgtmo.southcom.mil

Online: www.jtfgtmo.southcom.mil

COVER:

Aviation Electrician's Mate Airman Jenn Deans, assigned to Helicopter Mine Squadron 15 (HM-15), does a routine inspection on the sleeve and spindle assembly for an MH-53E Sea Dragon. Feb. 2, 2010.

- JTF Guantanamo photo by Navy Petty Officer 3rd Class Joshua Nistas

BACK COVER:

As one MH-53E Sea Dragon unloads passengers, another prepares to take off for Haiti at U.S. Naval Station Guantanamo Bay, Jan. 28, 2010. - JTF

Guantanamo photo by Navy Petty Officer 3rd Class Joshua Nistas

The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regards to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Document Automation & Production Service with a circulation of 1,000.

GTMO BEEF changes hands

**Army Staff Sgt.
Blair Heusdens**

JTF Guantanamo Public Affairs

Airmen from the Mississippi Air National Guard's 186th Civil Engineering Squadron based in Meridian, Miss., and five augmentees from the 102nd Civil Engineering Squadron of the Massachusetts Air National Guard, recently arrived at Naval Station Guantanamo Bay in support of Joint Task Force Guantanamo to comprise the 474th Expeditionary Civil Engineering Squadron.

The 186th is replacing a group made up of Airmen from the 188th Tactical Fighter Wing of the Arkansas Air National Guard, along with elements of the Maryland Air National Guard's 175th Air Wing, the Illinois Air National Guard's 183rd Fighter Wing and the New York Air National

Guard's 109th Airlift Wing.

"My Troops have outperformed every expectation I've had of them," said Air Force Lt. Col. Denise Boyer, outgoing commander of the 474th ECES.

The squadron, also known as the Base Emergency Engineering Force, or BEEF, provides support to the Commissions Support Group by providing housing for visiting attorneys and maintaining the facilities.

While commissions were on hold earlier this year, the 474th stepped up to take on projects for the Joint Task Force and naval station, including working with the JTF engineers on approximately 15 projects to improve the detention facilities.

In the past six months, the 474th hosted five Deployment for Training missions from Air National Guard units in the United States. The DFT teams completed

a variety of projects in support of various organizations throughout the base.

In addition to these projects, the 474th played a significant role in improving facilities for the build-up of forces providing humanitarian assistance to Haiti through a joint logistics hub, Task Force 48, at Naval Station Guantanamo Bay.

"We came thinking we'd be taking down Camp Justice and were actively preparing to pack things up," Boyer said. "That all changed; and since the support for Haiti began, we've been busier than ever."

When the earthquake hit Haiti, Jan. 12, 2010, a DFT team from the 190th Civil Engineering Squadron of the Kansas Air National Guard was already at Guantanamo. The 190th was immediately requested to deploy from Cuba to Haiti to support the mission there. The 474th worked with personnel here at the naval station and back in the US to coordinate this deployment and prepare the Airmen to be gone for an extended amount of time.

Just days after the earthquake, a DFT team from the 106th Civil Engineering Squadron of the New York Air National Guard arrived for their training mission. Both the 190th and 106th played an important role in completing projects on the leeward side of the base near the airfield to accommodate the influx of supplies and personnel rotating through the naval station in support of Operation Unified Response.

"The support for Haiti has been a challenge and a growth opportunity for the 474th. We've had to accomplish a lot in a short amount of time," Boyer said.

One challenge in accomplishing the mission is working with all of the services represented at GTMO. The 474th works closely with the Seabees at Navy Mobile Construction Battalion 25 and the engineers of the JTF. According to Boyer, for most of her Airmen, this is their first time working in a joint environment.

"This is the most joint location I've ever worked in," said Boyer. "I've never worked in an organization that was so integrated."

The 186th began preparing for this assignment and communicating with their replacements after learning of their deployment almost one year ago.

The commander of the 186th, Air Force Lt. Col. David Kennard, has deployed several times before and feels like the transition between the two units went very smoothly.

"This is the best hand-off I've ever had," Kennard said.

The unit has an average age of around



Airmen from the 474th Expeditionary Civil Engineering Squadron raise the Mississippi state flag at Camp Justice, Jan. 29, 2010. Airmen from the 186th Civil Engineering Squadron of the Mississippi Air National Guard and five augmentees from the 102nd Civil Engineering Squadron of the Massachusetts Air National Guard arrived at U.S. Naval Station Guantanamo Bay recently to comprise the 474th ECES. — JTF Guantanamo photo by Army Sgt. Michael Baltz

Col. Bruce Vargo assumed the role of Commander, Joint Detention Group, during a change of command ceremony on June 29, 2007, at Bulkeley Lyceum. - JTF Guantanamo photo by Army Sgt. Jody Metzger



A legacy of transparency and professionalism

Navy Petty Officer 1st Class Edward Flynn

JTF Guantanamo Public Affairs

As the commander of the Joint Detention Group completes a three-year tour of duty, his departing words are not about his individual accomplishments, but in praise of the Joint Task Force Guantanamo Trooper.

For Army Col. Bruce Vargo, this assignment as commander of the JDG has been a rewarding experience, leading Troopers with extraordinary professionalism while excelling in this high profile environment.

In a departure interview, Vargo frequently praised JTF Troopers and reflected credit away from his outstanding personal accomplishments. Instead, he placed that credit on the individual JTF Trooper.

"These Troopers had an outstanding impact supporting the JTF mission," said Vargo. "I'm proud of the Troopers and the job they performed at JTF. Our country should also be proud of them and their professionalism in carrying out this mission."

Vargo credited his staff at the Joint

Detention Group in establishing communal living for detainees, thus enhancing their quality of life. Language programs, art classes and satellite television were also added. Additionally, the detainee library was enhanced under his command.

"Certainly the best strategic thinker and planner I ever worked with," said Army Sgt. 1st Class Robert Tapia, chief of discipline at JDG. "He is always thinking three or four steps ahead."

Tapia, who served directly with Col. Vargo for almost three years at JTF, also credits him with listening carefully to concerns and ideas of Troopers, especially those on the front lines at the detention facilities.

"He was always open to what Troopers had to say," he said. "He allowed everyone to have a voice, regardless of rank."

While stressing transparency and accountability, Vargo worked closely with JTF staff in hosting U.S. congressional members, foreign government leaders, and members of the national and international media in providing tours throughout JTF detention facilities. According to Vargo direct and transparent communication between Troopers, JTF leadership, guards, detainees and the media improved throughout

his tenure.

With long hours in a stressful environment, Troopers performed exceptionally well and often without recognition, according to Vargo.

"JTF is the most scrutinized environment in the world," he said. "These Troopers performed their mission magnificently."

Vargo instilled a strict code of ethics and professionalism. He set a high professional standard for himself and JTF Troopers. Vargo credited advances in educational systems and the quality of training Troopers receive before arriving at JTF as key elements of the success of the detention mission.

Troopers throughout the detention facilities praised Vargo for understanding their concerns and strong leadership.

"He always treated the Trooper with respect," said Navy Petty Officer 2nd Class Lane Houser, administrative assistant to Col. Vargo and former detention camp guard. "I'll remember Col. Vargo for his professional attitude, hard work and how he treated everyone with fairness."

A departing ceremony for Army Col. Bruce Vargo, commander of JDG, will be held at the Windjammer ballroom on Feb. 9. ☆

The 107th MPAD ends its year-long tour at Naval Station Guantanamo Bay where members supported Joint Task Force operations with media relations, command information and military commissions support. – JTF Guantanamo photo by Mass Communication Specialist 2nd Class Thomas R. Ouellette



Mass Communication Specialist 2nd Class
Shane Arrington
JTF Guantanamo Public Affairs

Over the past year, they have been seen walking around Joint Task Force Guantanamo carrying a variety of camera equipment, setting up shop in front of Seaside Galley allowing Troopers to send “shout-outs” to loved ones back home, and most noticeably, putting together “The Wire,” JTF Guantanamo’s weekly magazine.

While the JTF Public Affairs Office is made up of Soldiers, Sailors, Airmen and Marines coming from all over the world, for the last 12 months, members of the Florida Army National Guard 107th Mobile Public Affairs Detachment (MPAD) has made up the majority of the personnel.

The journey to Guantanamo wasn’t a straight shot for the Troopers. Their first stop was Camp Blanding Joint Training Center in Starke, Fla. During their three-week stay there, the unit conducted weapons qualifications and training on various programs and equipment used during their deployment.

Step two of the journey was Ft. Lewis, Wash. While there, the unit went through many administrative and medical screenings. They also took the time to enjoy themselves and strapped on some snow shoes to trek Mt. Rainier before

heading down to their tropical destination. For the Soldiers from Florida, going up to Wash. during the winter was the first time some of them had seen so much snow in one place.

“The first thing I did was dive face first,” said Army Sgt. Carmen Gibson, broadcast non-commissioned officer.

Finally, the members of the 107th boarded the plane that would take them to the place they’d spend the next year working in one of the most highly scrutinized public affairs and media relations offices in the world.

For some, JTF Guantanamo was the latest in a string of deployments, but for others this was their first.

“This has been a humbling experience,” said Army Spc. Christopher Vann, photojournalist. “I have grown so much during my year here and I couldn’t have done it without my fellow Soldiers.”

Those who’ve previously deployed to combat zones like Army Sgt. Derrol Fulghum, broadcast NCO, admit that while Cuba may not be Iraq or Afghanistan, it still comes with its unique set of quirks that can challenge the new troops and combat veterans alike.

“This mission in Cuba is more difficult than the mission I had in Iraq in regard to public affairs,” said Fulghum. “The way the Joint Task Force is looked at under a microscope by the entire world means that everything we say and do can have an

impact on the mission, from flag officers to junior enlisted.”

Though they stayed busy with work, the Florida Troopers still had the chance to enjoy themselves while in Guantanamo Bay.

It’s been an eventful year for those of the 107th MPAD. The earthquake that rocked Haiti just a month before their departure sped up the tempo of operations just in time to clash with equipment inventories and checking out procedures. Never once did they let the intensified situation stop them. They dove into the chaos and performed the mission.

Army Maj. Diana Haynie, deputy director of Public Affairs, said the memories made and opportunities experienced in JTF’s joint environment will last her a lifetime. She also noted that the 107th MPAD was instrumental in conducting an important element of the JTF mission of ensuring transparent care of detainees through their interaction with national and international media. Additionally, these highly skilled public affairs professionals assisted in organizing media tours throughout JTF detention facilities.

“From those who are on their second, third, or possibly even fourth deployment, to those members who spent this year away from home for the very first time, we can all leave JTF Guantanamo knowing we truly made a significant difference.”★



**Mass Communication Specialist 1st Class
Edward Flynn**
JTF Guantanamo Public Affairs

Many Troopers and residents of Naval Station Guantanamo Bay started the new year competing in the annual 2010 Captain's Cup Basketball League at G.J. Denich Gym.

As the league entered its second month, the competition continued at a fierce pace. The hard work, competition and determination were clearly evident by the players.

Personnel from Joint Task Force Guantanamo and Naval Station Guantanamo Bay, both civilian and military members, are participating in the 13-team league. An all female team is participating in the league for the first time.

"This has been a great experience competing in this competitive league," said Army Chief Warrant Officer Jessica Joseph, a member of the all female team. "We have fun and work hard."

Many players from opposing teams echoed similar comments about the hard work and tough competition throughout the league and the inclusion of an all female team.

"The league has a lot of outstanding players, both male and female," said Navy Lt. Nick Rizzuto.

From softball to golf, bowling to flag football; Morale, Welfare and Recreation administers a varied program of recreation, social and community support activities that contribute to the retention, readiness and physical and emotional well-being of military members.

"Physical fitness is an important component of Navy family readiness for military personnel and the civilian workforce," said Robert Neuman, MRW sports coordinator. "Sporting events divert the community's attention from boredom and homesickness and also allows them to relieve stress. Participating in a recreational sporting event provides opportunities to stay fit."

For some Troopers with the recently arrived Rhode Island National Guard and the U.S. Virgin Islands National Guard, it was their first introduction to an MWR-sponsored sporting event on the island.

"It has been a learning and bounding experience off the court, while we continue to succeed on the court," said Army Staff Sgt. Jason Lewis. "The result has so far proven to pay off as we build a bond and learn about each others background."

Like all MWR athletic events, the cornerstone of the sporting event is demonstrating sportsmanship and treating your opponent with respect. Playing in the basketball league is a tremendous opportunity to build esprit de corps while maintaining physical fitness.

Another highlight of the league is the participation from students, both male and female, from W.T. Sampson High School.

"Prior to the league, we practiced, trained and prepared to compete," said Mark Connerty, coach of the high school basketball

team. "It is a great tribute to our students in being mature enough to compete in this environment. We play the best we can and I'm proud of them."

Connerty also praised the Naval Station Guantanamo Bay community for its strong support of the team.

The league will run through March 2010. All basketball games will be played at the gymnasium, Monday through Friday, beginning at 7:00 p.m. For additional information on upcoming athletic events, please contact the MWR sports office at ext. 2113. ★



Army Spc. Inez Tauvela prepares to take a free throw shot during a recent basketball game as part of the 2010's Captain's Cup Basketball League at G.J. Denich Gym - JTF Guantanamo photo by Mass Communication Specialist 1st Class Edward Flynn



R
99 minutes
Rating: ★★★★★

Bloody good show

**Navy Lt.
 Jonathan Ryan**
 JTF Joint Visitor Bureau

If you like a movie jam-packed with action, martial arts and constant high-intensity, then you will like *Ninja Assassin*. The movie begins with some corny slapstick, but quickly redeems itself with fast-action sword fighting, star throwing and serious dialogue a step-up from Jet Li's best display of karate skills. It even makes comedic reference to our home away from home which, in itself, is worthy of a good "hell yeah" and cheer from the audience.

Although the bloodiest display of carnage and killing I have seen since *Brave Heart*, I appreciated the martial-arts skills demonstrated by the less popular, but extremely talented, hand-picked actors.

The plot begins when an eager news reporter named is Mika, begins researching an ancient tribe of Chinese warrior monks always thought to be mythical. As she learns more about them, the ninja warriors become aware and deem her a threat to their secret existence. Action ensues from this point and carries through all the way to the end.

Director James McTigue was raised in Sydney, Australia. He is credited with American works filmed in Australia such as *No Escape* (1994) starring Ray Liotta and *Paradise Road* (1999) starring Glenn Close. Notable credits also include *The Matrix* (1999) and *V for Vendetta* (2006).

Sung Kang is the main actor. In addition to his roles in *The Fast and the Furious: Tokyo Drift* (2006), *Fast & Furious* (2009) and *Ninja Assassin* (2009), Kang owns a restaurant in Brentwood, Calif. named *Saketini*.

Go see the movie *Ninja Assassin* and if you happen to find yourself in Brentwood soon, dine with a friend at *Saketini*. I am willing to bet Kang's food is as good as this movie. ★



Rolling Down the Strip



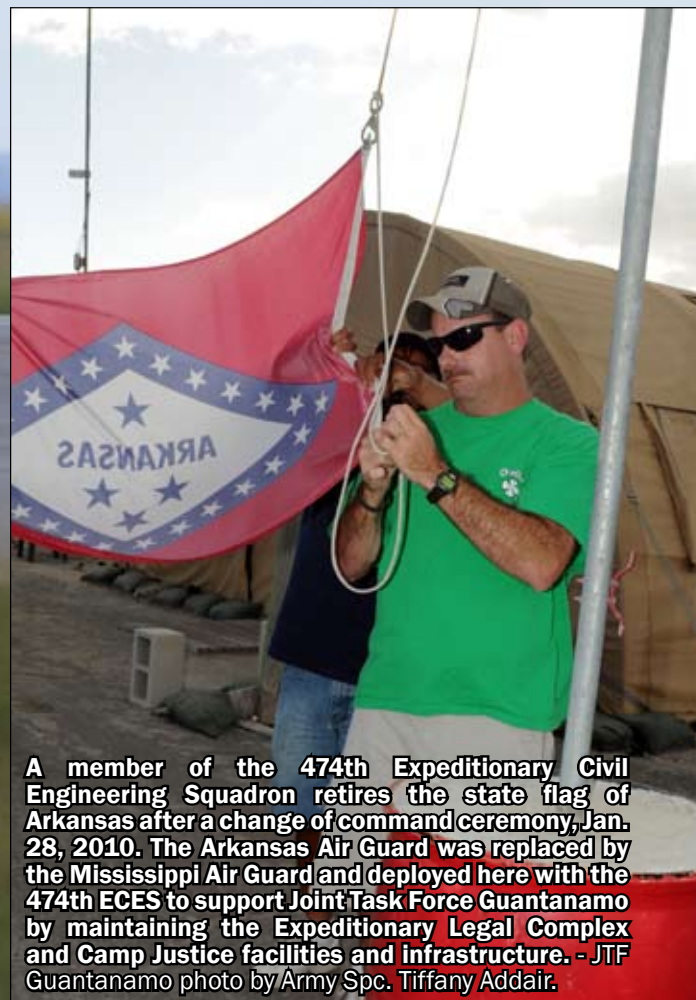
Aviation Machinist Mate 3rd Class Johnathon Jump, assigned to Helicopter Mine Squadron 15 (HM-15), works atop an MH-53E Sea Dragon doing routine maintenance on the engine at the U.S. Naval Station Guantanamo Bay airfield, Jan. 28, 2010. - JTF Guantanamo photo by Mass Communication Specialist 3rd Class Joshua Nistas



An Air Force C-130 aircraft takes off from U.S. Naval Station Guantanamo Bay to deliver supplies to Haiti Jan. 25, 2010. - JTF Guantanamo photo by Mass Communication Specialist 3rd Class Joshua Nistas



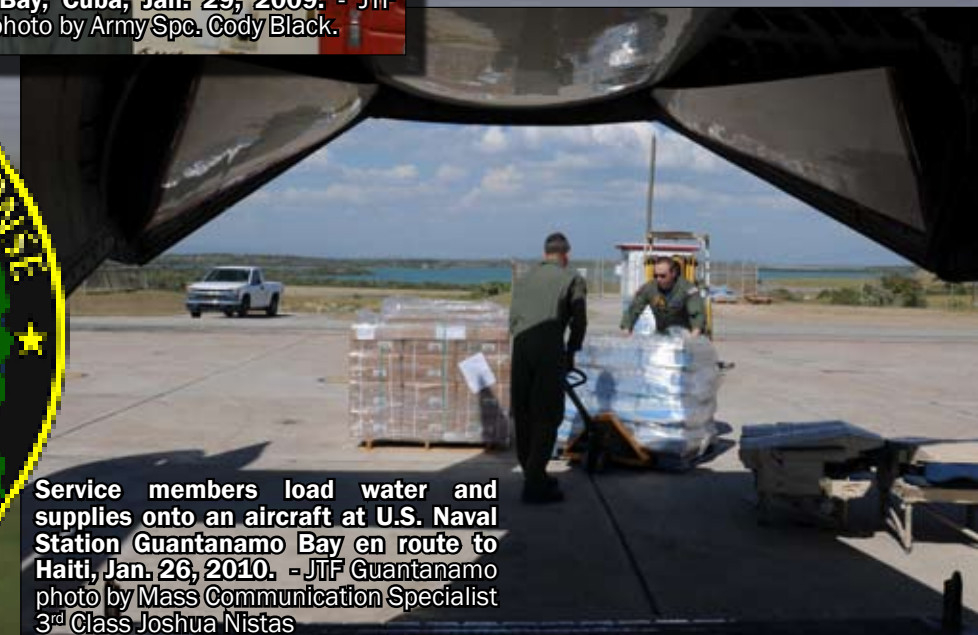
James Ott, assigned to Helicopter Mine Squadron 14 (HM-14), holds the rope to balance a rotor blade for an MH-53E Sea Dragon as crewmembers attach the blade to the rotor head at the U.S. Naval Station Guantanamo Bay airfield, Feb. 2, 2010. - JTF Guantanamo photo by Mass Communication Specialist 3rd Class Joshua Nistas



A member of the 474th Expeditionary Civil Engineering Squadron retires the state flag of Arkansas after a change of command ceremony, Jan. 28, 2010. The Arkansas Air Guard was replaced by the Mississippi Air Guard and deployed here with the 474th ECES to support Joint Task Force Guantanamo by maintaining the Expeditionary Legal Complex and Camp Justice facilities and infrastructure. - JTF Guantanamo photo by Army Spc. Tiffany Addair.



U.S. Coast Guard Store Keeper 2nd Class, Carlos G. Rodriguez, is presented Enlisted Person of the Year Award by Coast Guard Vice Adm. John P. Currier at Coast Guard Aviation Detachment, Guantanamo Bay, Cuba, Jan. 29, 2009. - JTF Guantanamo photo by Army Spc. Cody Black.



Service members load water and supplies onto an aircraft at U.S. Naval Station Guantanamo Bay en route to Haiti, Jan. 26, 2010. - JTF Guantanamo photo by Mass Communication Specialist 3rd Class Joshua Nistas



GTMO Red Cross helps Haiti

Sharon Coganow, station manager of the Red Cross, conducts business at her office on Naval Station Guantanamo Bay. Coganow is a former Red Cross volunteer who turned full-time staff. - JTF Guantanamo photo by Marine Lance Cpl. Justin R. Wheeler

**Marine Lance Cpl.
Justin R. Wheeler**

JTF Guantanamo Public Affairs

Like Red Cross units from around the world, the Guantanamo Bay field office is making a contribution to the Haiti earthquake relief operations.

The Guantanamo Bay Red Cross is a part of this mass of contributions.

"We've collected donations for the earthquake and international disaster response fund," said Sharon Coganow, the station manager at Red Cross Guantanamo Bay.

The Red Cross here has received more than \$5,000 for Haiti and the International Disaster Fund Relief, she said. Other efforts here include the care of individuals who've been evacuated to Guantanamo Bay for medical care.

Evacuees taken to Naval Hospital Guantanamo Bay received clothing from the Guantanamo Bay Red Cross to replace damaged items, Coganow said.

Local donations were submitted either directly to the Red Cross branch at Naval Station Guantanamo Bay or sent from the chaplain's office.

More donations are required for proper reconstruction, according to the International Federation of Red Cross and Red Crescent Societies. The IFRC noted they are seeking more than \$100 million to use for the next three years to

help combat the long-term effects of the earthquake.

"The longer-term effects of Haiti's devastating earthquake are gradually becoming clearer," according to the IFRC Web site. "Health, shelter, water, sanitation and nutrition are the key needs, which have immediate and future implications."

So far, the IFRC has provide health services for 3,600 people, 700,000 liters of water daily and relief items for about 10,000 people. Service members at Guantanamo Bay also contribute to the cause on a daily basis.

Guantanamo Bay serves as a logistics hub in coordinating air and sea assets in the delivery of humanitarian assistance flowing into Haiti as a part of Task Force 48. Guantanamo Bay is a valuable asset in providing Haiti humanitarian assistance. The logistical effort would be more difficult without Guantanamo Bay.

For off-duty efforts to help Haiti, the local Red Cross is a means of support.

When donating to the Red Cross, Coganow encourages only money donations.

"Money is the best thing for Haiti to buy specifically what they need," she said. Money gives the Red Cross a chance to purchase what's appropriate for the climate or culture, she said.

Money donations at Naval Station Guantanamo Bay here can only be checks

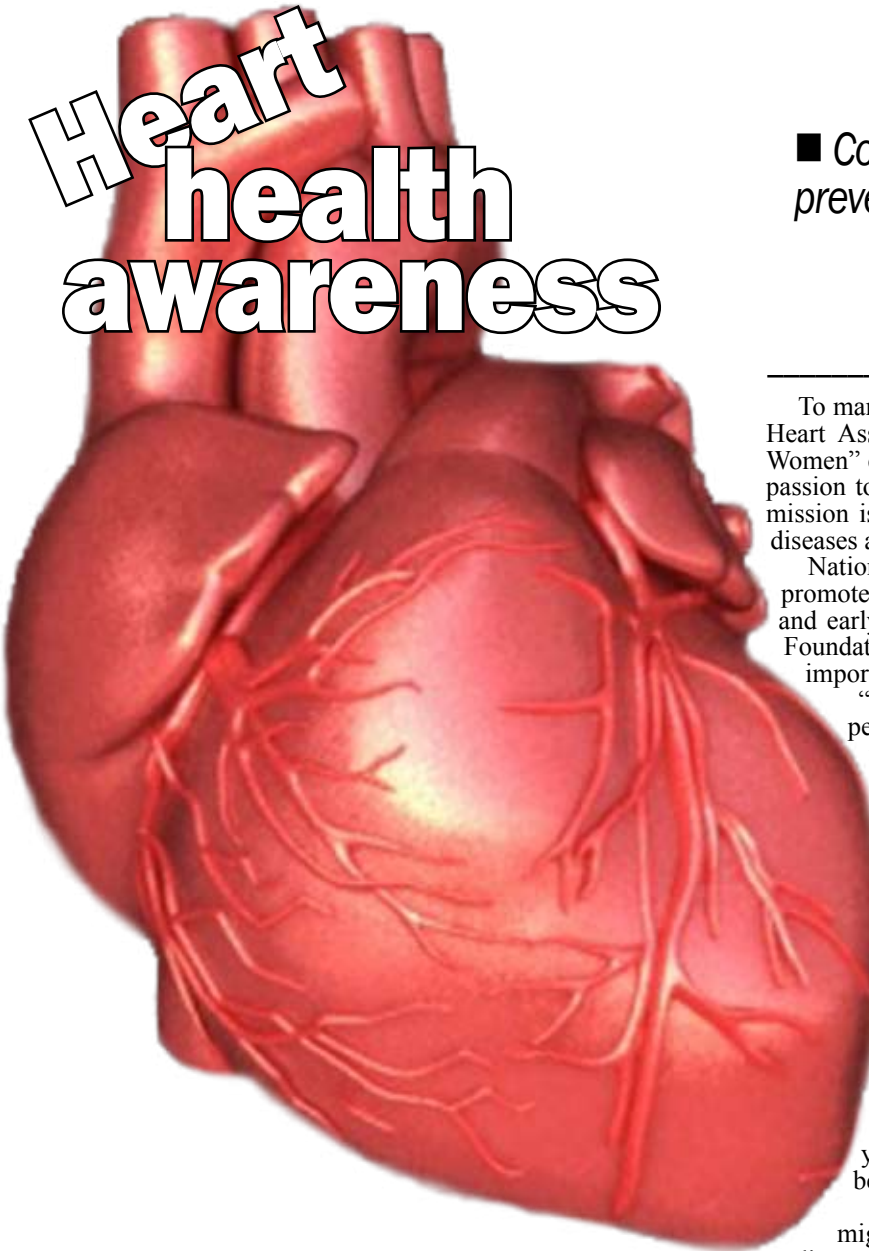
or money orders. Include in the memo section the direction of the donation, whether it is being directed to Haiti or the IDRF.

For more information or to learn about volunteer opportunities, call Sharon Coganow at 660-5060 or visit the IFRC Web site at www.ifrc.org. ☆



Sharon Coganow speaks with a volunteer at the Guantanamo Bay Red Cross office, Jan 30. - JTF Guantanamo photo by Marine Lance Cpl. Justin R. Wheeler

Heart health awareness



■ *Conduct screenings early to prevent serious problems*

**Army Spc.
Tiffany Addair**

JTF Guantanamo Public Affairs

To many, red is just a color. According to the American Heart Association, which has launched a “Go Red for Women” campaign, red symbolizes the energy, power and passion to eliminate heart disease and stroke. The AHA’s mission is to build healthier lives, free of cardiovascular diseases and stroke.

National Women’s Heart Health Week, Feb. 1-7, promotes prevention, education, symptoms awareness and early intervention, according to the Women’s Heart Foundation. Bringing awareness to a deadly disease is important during Women’s Heart Health Week.

“[Awareness] is very important because most people, especially young females, don’t think that they are at risk for heart disease,” said Army Staff Sgt. Lola D. Logan, a combat medic assigned to the Joint Troop Clinic in support of Joint Task Force Guantanamo. “[Younger individuals] think ‘I’m not going to have a heart attack. That is what happens to older people.’ It is very important that they know they are at risk.”

If an individual has a family history of heart disease or any kind of heart condition it is important to conduct screenings early, said Army Sgt. Lee A. McClure, a combat medic assigned to the JTC.

“Anyone who is near the age of 25 or older, a ballpark figure, should get screened,” McClure said. “If you have a family history of heart disease you should get screened earlier than most, find out before it is too late. Be proactive about it.”

There are some key symptoms to look for that might indicate heart problems or some type of disease that needs to get checked out.

“If you have a family history then that is a given. You need to get checked,” McClure said. “If you have been told you have high blood pressure or hypertension, you are also at risk and need to be checked. [Some signs to look for are] known chest pains, heavy sweating with small amounts of exertion, fainting, passing out or tingling in your left arm or left side of your face.”

With heart disease topping the charts as the number one cause of death among women and men, reducing risk factors is paramount.

“There are certain risk factors that [an individual] may be prone to or that may be hereditary so it is important to review family history,” Logan said. “You can eliminate risk factors such as smoking, drinking and not exercising. Taking preventative measures helps to eliminate and reduce the risk.”

Everyone can support the fight against heart disease in women by wearing a red shirt today. It’s a simple, powerful way to raise awareness, according to the AHA.



Tips to prevent heart disease

- NO Smoking
- NO Drinking
- Exercise Often
- Practice Healthy Eating Habits
- Reduce Stress

30, as compared to their previous deployment in 2002 where the average age was 38. Although there was some turnover in the unit, most of the Airmen are well into their first enlistment.

"I hope the young guys use this deployment as a growing situation and an opportunity to mature into good leaders," Kennard said. "And the older guys use this as an opportunity to pass on their traits and experience to the younger guys."

Boyer and her Airmen leave Guantanamo with a sense of accomplishment in a successful mission. Boyer will return to her assignment at Andrews Air Force Base in Washington, D.C., with mixed feelings about being separated from the Airmen she's led for the past six months.

"I feel like a mom putting my kids on a bus the first day of kindergarten," Boyer said. "There will be a void left when they're gone." ☆



Air Force Lt. Col. Denise W. Boyer (left), outgoing commander of the 474th Expeditionary Civil Engineering Squadron and member of the Arkansas Air Guard, relinquishes command to Air Force Lt. Col. David M. Kennard, incoming commander of the 474th ECES and member of the Mississippi Air Guard, during a change of command ceremony held at Camp Justice, Jan. 28, 2010. – JTF Guantanamo photo by Army Sgt. Michael Baltz

Saving Electricity

Turn off lights when you're not using them, even for just a few minutes

Enable sleep mode on your computer when you're not using it

Turn off your T V and entertainment devices when not being used

Wash laundry in cold water instead of hot or warm





Crewmembers assigned to Helicopter Mine Squadron 15 (HM-15), attach a rotor blade to the rotor head of a MH-53E Sea Dragon at the U.S. Naval Station Guantanamo Bay airfield, Feb. 2, 2010. HM-15 is at Guantanamo Bay supporting Operation Unified Response following the 7.0 magnitude earthquake in Haiti on Jan. 12, 2010. – JTF Guantanamo photo by Navy Mass Communications Specialist 3rd Class Joshua Nistas

Boots on the Ground

by Army Sgt. Michael Baltz

Who does Black History Month make you think about?

Navy Petty Officer 2nd Class
Samuel Bechem



"Malcolm X".

Navy Petty Officer 2nd Class
William Blizzard



"Martin Luther King! He marched for our freedom, which allows us to have black history month."

Army Spc. Chad Richard



"Martin Luther King, because of what he did for civil rights."

Navy Petty Officer 2nd Class
Damian Aguilar



"Richard Pryor, because he is one of the best comedians of all time."



Teamwork: A spiritual reality

**Air Force Maj.
William Wiecher**

JTF Deputy Command Chaplain

Being in the military, as in other areas of life, we often hear of the importance of Teamwork. Teamwork is essential in fulfilling a mission.

Moreover, each person is an essential part of the team effort and unity. An individual cannot do the work for the whole team, and if one attempts to be a lone ranger, inevitably, the mission will fall short of its stated goal.

We may think of teamwork as being a purely secular concept, a good business or athletic asset.

What might be surprising to us is that it is a spiritual reality.

This is the case especially in Christian tradition and Christianity's teaching concerning the Holy Trinity. Without a long theological discussion on the doctrine of the

Trinity, one can make an application to our lives in community and in our mission here in this community.

In short, the Trinity is a team of three persons, yet it is a unity, working together in mutual love, service and cooperation that reveal its perfect unity, or oneness. No individual member of the divine Trinity works independently of the other two. Regardless of the terminology we use, we hold that God is no single Lord in Heaven who rules everything, as a temporal ruler would. Nor do we mean some sort of cold power of providence that determines all and cannot be affected by anything.

Remember, the triune God is a social God, rich in internal and external relationships. A community of persons, it is this communal action that makes our God one in essence.

Likewise, when we honor our commitments to one another, as well as work efficiently together, we reflect that Trinity of God. In this manner, our vocations

in life become an icon of the Trinity.

Our spiritual calling to teamwork puts us under an obligation to struggle at every level, from the strictly personal to the highly organized, against all forms of oppression, injustice and exploitation.

In our combat for social righteousness, security, peace and humanitarian service, we are acting specifically as a Team.

In light of our spiritual commitments, this is a reflection of our higher calling as people created in the image of God.

In the words of the eastern orthodox theologian, St. John Chrysostom, what we seek in our teamwork is the "benefit of all."

Each of us as part of a team is committed to living sacrificially in and for the other. Each of us is committed irrevocably to a life of practical service and of active compassion.

That is the spiritual dimension to our teamwork which enables mission success in all areas of our living. ★

GTMO Religious Services

Daily Catholic Mass
Mon. - Fri. 5:30 p.m.

Main Chapel

Vigil Mass

Saturday 5:00 p.m.

Main Chapel

Mass

Sunday 9:00 a.m.

Main Chapel

Gospel Service

Sunday 1:00 p.m.

Main Chapel

Protestant Worship
Sunday 9:00 a.m.

Troopers' Chapel

Islamic Service

Friday 1:15 p.m.

Room C

Jewish Service

FMI call 2628

LORIMI Gospel

Sunday 8:00 a.m.

Room D

Seventh Day Adventist
Saturday 11:00 a.m.

Room B

Iglesia Ni Cristo

Sunday 5:30 a.m.

Room A

Pentecostal Gospel

Sunday 8:00 a.m.

Room D

LDS Service

Sunday 9:00 a.m.

Room A

Liturgical Service
Sunday 10:00 a.m.

Room B

General Protestant

Sunday 11:00 a.m.

Main Chapel

United Jamaican

Fellowship

Sunday 11:00 a.m.

Building 1036

GTMO Bay Christian Fellowship

Sunday 6:00 p.m.

Main Chapel

Bible Study

Wednesday 7:00 p.m.

Troopers' Chapel

The Truth Project

Bible study

Sunday 6:00 p.m.

Troopers' Chapel



Navy Petty Officer 2nd Class Zachary Bunz, a detention facility guard attached to Joint Task Force Guantanamo, throws a disc toward a basket goal playing disc golf at Naval Station Guantanamo Bay, Cuba. – JTF Guantanamo photo by Mass Communication 1 Class Marcos T. Hernandez

Disc golf troopers plant trees

**Mass Communication Specialist
1st Class
Marcos T. Hernandez**
JTF Guantanamo Public Affairs

Personnel at Joint Task Force Guantanamo are often looking for different ways to recreate and take the edge off on their downtime. One way to do this is participating in disc golf.



“Disc Golf is a great way to get good exercise,” said Navy Petty Officer 2nd Class Zachary Bunz, a camp guard with Navy Expeditionary Guard Battalion (NEGB). “It’s all about coming out to play in the outdoors and getting along. It’s a great stress reliever.”

Bunz has been part of the Pro Disc Golf Association (PDGA) since 2004. He started playing disc golf as a child with his friends after school.

“Prior to joining the military in 2006, I participated in a Colorado disc golf club tournament and won 2nd place,” he said. I won \$800.”

At Naval Station Guantanamo Bay, Troopers can enjoy playing disc golf at the disc golf course at no cost. However, Troopers interested in playing should bring their own discs as they are not provided at the course.

“In regular golfing, you end up paying a ton of money on clubs, carts and golf

It’s all about coming out to play outdoors and getting along.”

– Navy Petty Officer 2nd Class Zachary

balls,” said Bunz. “Disc golf, on the other hand, is very cheap. You can buy discs for around seven dollars each.”

According to the Professional Disc Golf Association, “the object of the game is to traverse a course from beginning to end in the fewest number of possible throws of the disc.”

Disc golf courses are commonly crowded with obstacles such as man made ponds, plants and trees. At Naval Station Guantanamo (NAVSTA) Navy Petty

Officers’ 2nd Class Zachary Bunz, Joe Deaton and Daniel Lofton have taken the initiative to plant trees around the disc golf course.

“We make the game better by planting trees so that way we have obstacles and shade. We are also helping the environment,” said Deaton. These Sailors acquire the trees and plants from the Morale, Welfare and Recreational plant nursery at NAVSTA Guantanamo.

“We have planted coconut trees and red lilacs out here [Disc golf course],” Bunz said. “In January, a relative of Lofton passed away. He was very stirred up about it so we came out here and planted a tree in memory of his relative. We named it Wilma.”

The Troopers are always looking for new players to join them.

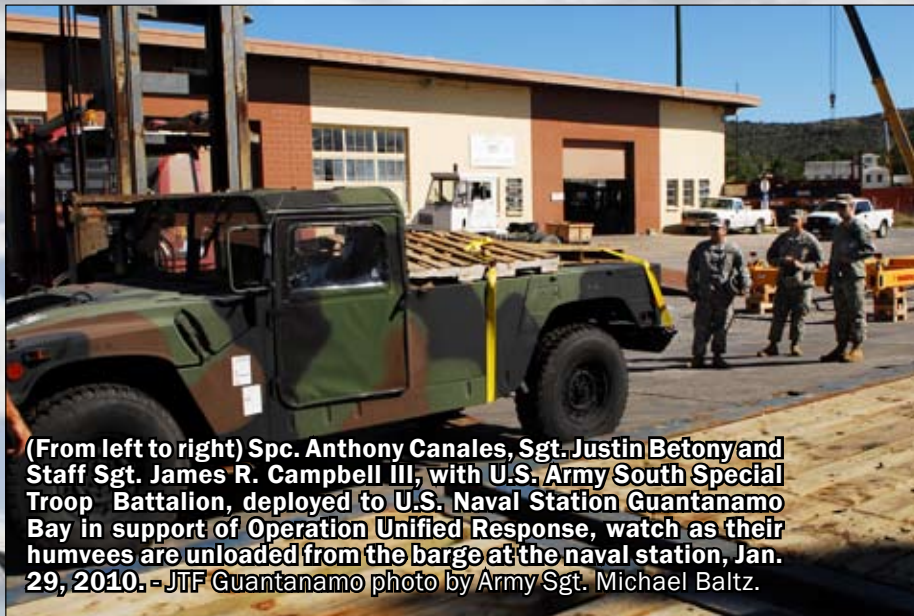
“It’s very positive. [Bunz] does it to bring up morale. He says it makes people feel better,” stated Petty Officer 3rd Class Katherine Roberts, a camp guard with NEGB. “He is a friendly person willing to teach anyone and everyone.” ☆



Vehicles, water and other various cargo ordered to support Operation Unified Response is unloaded from the barge at U.S. Naval Station Guantanamo Bay, Jan. 29, 2010. - JTF Guantanamo photo by Army Sgt. Michael Baltz.



Aviation Support Equipment Technician 2nd Class Timothy Morales, assigned to Helicopter Mine Squadron 15 (HM-15), does maintenance on the sleeve and spindle assembly for an MH-53E Sea Dragon at the U.S. Naval Station Guantanamo Bay airfield, Feb. 2, 2010. - JTF Guantanamo photo by Mass Communication Specialist 3rd Class Joshua Nistas



(From left to right) Spc. Anthony Canales, Sgt. Justin Betony and Staff Sgt. James R. Campbell III, with U.S. Army South Special Troop Battalion, deployed to U.S. Naval Station Guantanamo Bay in support of Operation Unified Response, watch as their humvees are unloaded from the barge at the naval station, Jan. 29, 2010. - JTF Guantanamo photo by Army Sgt. Michael Baltz.

