

Olympic Medalist and NASA Astronaut Visit GTMO

By Chief Mass Communication Specialist(SW) Bill Mesta

GUANTANAMO BAY, Cuba—An Olympic medalist and a NASA astronaut were members of a group that visited the Naval Station Guantanamo Bay (NAVSTA GTMO) community on July 13.

“Heavy Medal Tour II,” sponsored by Armed Forces Entertainment in concert with GTMO’s Moral, Welfare and Recreation (MWR) program included silver medalist and five time Olympian skier Todd Lodwick, two time shuttle astronaut and four time space walker, astronaut Steve Swanson and U.S. Olympic committee VIPs John Ruger and Robi Powers.

“We brought America’s heroes to the world’s heroes,” said Robi Powers, Olympic Ski coach and founder of The Warrior Tours Foundation.

The Heavy Medal Tour II group was brought to GTMO as a result of the efforts of GTMO’s MWR program.

“We were approached by AFE about the tour and what is it they do when they visit bases.” said Corey Grier, GTMO MWR Community Activities Director. “After hearing more about their ‘hands on’ approach and looking into the response from other bases they visited, we jumped at the chance to bring in the group.”

The group started its tour at the NAVSTA Security Department. While at security, the group interacted with Sailors attached to the Security Department and were given a demonstration by the K-9 unit.

“The security force was an incredible group of Naval Law enforcement personnel,” said Powers.

“If you ever wanted to find out how an astronaut does when getting attacked by a dog,” added Swanson, “go online and see the video posted at www.thewarriortours.com and check out the free Family Photo Gallery.”

The group continued its tour of the base at GTMO’s Radio Station as guests on the weekly, call-in Open Line show.

During the broadcast, the group presented CMDCM J. D. McKinney, the NAVSTA GTMO Command Master Chief with an autographed t-shirt.

“These t-shirts went from Bagdad to Bahrain and now



Command Master Chief J. D. McKinney, middle left, assigned to Naval Station Guantanamo Bay, Cuba, hosts Olympic silver medalist Todd Lodwick, left, NASA Astronaut Steve Swanson, middle right, and Robi Powers, right, the founder of The Warriors Tours Foundation at the weekly Open Line radio show. The group is touring Naval Station Guantanamo as part of the Armed Forces Entertainment’s Heavy Medal Tour II.

finds itself in one of the greatest military installations in the world, Guantanamo Bay, Cuba,” said Powers. “We are dropping them off at the various units we are visiting and asking your Chiefs to use them as part of their rewards prize vault or enlisted recognition program for service members who excel, and go above and beyond.”

McKinney thanked the group for their visit to GTMO.

“The ‘Heavy Medal Tour’ is a thank you tour for the service members,” said McKinney. “But it is more than that. You guys are here spreading inspiration.”

During the evening, the group hosted a meet and greet for the entire GTMO community at Denich Gym. The event provided service members, civilians and families an opportunity for autograph signing, photograph opportunities and provided them a chance to hold Lodwick’s Olympic silver medal.

The event also gave GTMO’s community members the opportunity to ask questions and interact directly with the guests.

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Ready?

Chaplain's Corner

Living a Life that Matters

"In the tears of life's waters, one must consider the paths that are before them. One road leads to a life of toil through pain's mistake. Or to consider a new road, one that is bereft of potholes, a walkway where the cracks of hardship are just a memory that was. The waters of this life will ebb and flow, but make no mistake; a choice must be made for the journey must go on to our final destination." The great theologian, writer and musician, John Wesley once wrote,

"Do all the good you can,
By all the means you can
In all the ways you can,
In all the places you can,
At all the times you can,

To all the people you can, as long as ever you can."

May we seek out people that need our helpful hand, giving more than receiving. May we make a difference by the road we choose to take. May we choose to let go and live lives that matter to the world both yesterday, today and tomorrow.



Lt. Douglas Holmes
Deputy Command Chaplain

Religious Services

- Daily Catholic Mass** Mon.- Fri. 5:30 p.m. (Main Chapel)
- Vigil Mass** Sat. 5 p.m. (Main Chapel)
- Mass** Sunday 9 a.m. (Main Chapel)
- Seventh Day Adventist Service** Sat. 11 a.m. (Room B)
- Iglesia Ni Christo** Sun. 5:30 a.m. (Room A)
- Pentecostal Gospel Temple** Sun. 8 a.m. (Room D)
- LDS Service** Sun. 10 a.m. (Room A)
- Liturgical Service** Sun. 10 a.m. (Room B)
- General Protestant Service** Sun. 11 a.m. (Main Chapel)
- United Jamaican Fellowship** Sun. 11 a.m. (Bldg. 1036)
- Gospel Service** Sun. 1 p.m. (Main Chapel)
- LORIMI Gospel Service** Sun. 1 p.m. (Room D)
- GTMO Bay Christian Fellowship** Sun. 6 p.m. (Main Chapel)
- Islamic Service** Fri. 1:15 p.m. (Room C)
- Jewish Service** Fri. 7 p.m. (FMI call 2628)
- Spanish Mass** Wed. 11 a.m. (JTF Trooper's Chapel)
- Vigil Mass** Sat. 6:30 p.m. (PPI Chapel)
- Sunday Mass** Sun. 7:30 a.m. (JTF Trooper's Chapel)



Olympic silver medalist Todd Lodwick, left, and NASA Astronaut Steve Swanson right, autograph a celebrity signature t-shirt at Radio GTMO.

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"It is our pleasure to come and meet everybody and share our experiences with them," said Swanson.

According to Geiger, the informal meet and greets were a great way for the community to be able to relax and hang out with the Heavy Medal group. And the troops had a good time with them.

MWR is researching opportunities like the Heavy Medal Tour II for the GTMO community.

GTMO Ombudsmen

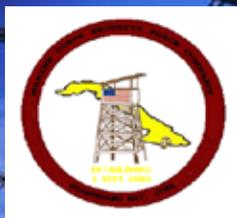
- NAVSTA Ombudsman**
Connie Schiltz
Call 84792 or 78519.
- Naval Hospital Ombudsman**
Jennifer Mangum
Call 5048.

Openline

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Live each Tuesday at noon on FM 103.1 The Blitz, FM 102.1 The Mix, and 1340 AM Talk Radio. E-mail questions to Openline@usnbgmto.navy.mil or call 2300, 2351 during the show.

Marine Corps Security Force WindWard Tour the Fence
8.7 Mile



Date: August 6, 2010 @ 1800 until completion
Sign up starts Tuesday July 13, 2010. Marine Hill
1130-1300 Monday-Friday Cost \$20.00
POC: SSgt Ingie EXT: 2002/84226

**TO ALL GTMO PERSONNEL IT'S BACK...
WHAT'S BACK? YOU MIGHT ASK... WI-FI
INTERNET AT THE FAMOUS CHAPEL ON THE
HILL. SO COME AND ENJOY WI-FI AGAIN AND
RELAX IN OUR SERENE SETTING OF TREES
AND COOL BREEZE AT THE IGUANA CAFE.**

**PLEASE CONTACT THE CHAPLAINS
OFFICE IF YOU WOULD LIKE TO
VOLUNTEER @ 2323**