



The IGUANA



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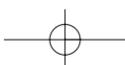
The Ancient Spirits of

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Photo by Spec. James-Denton Wyllie

A statue of an ancient Mayan god is one of many relics located at the Copan Ruins. JTF-Bravo service members traveled to Copan on a chaplain-sponsored spiritual retreat Oct. 17-18. See more on pages 4 and 5.





Wandering off the path

By Chaplain (Capt.) Tommy Vaughn
JTF-Bravo command chaplain

The third verse of the old hymn, *Come Thou Fount of Every Blessing* says, "Prone to wander, Lord, I feel it, Prone to leave the God I love."

Why would we ever desire to leave the God we love?

It's because we're pursuing something else. That something is sin. So how do you keep from falling into sin?

Don't wander. If you wander away from accountability, you are more likely to fall into sin. When you know someone is watching, you are less likely to do what you know to be wrong.

The physical presence of someone

else makes a difference. Before

you joined the military, did

you get up early at home,

exercise, work hard all

day, make sure your

clothes were clean,

pressed, etc.? Then

why here? Be-

cause of the physi-

cal presence of

your chain of

command. You

know they're

watching and will

hold you account-

able.

The Apostle Paul

said, "Walk by the

Spirit, and you will not

carry out the desire of the

flesh" (Gal 5:16). You

should live your life every day as

if Jesus were right there beside you.

Whether or not you can see God, He is pres-

ent and you will be held accountable.

Don't take the bait. What do you use to catch fish? Good fishermen know that you use different bait for different fish. But the bait isn't what catches the fish. Bait is used simply to lure the fish in. The fish becomes so blinded by its desire for food that it snaps at the bait not realizing the bait contains a hook that will destroy it. In the same way, people are enticed by different "bait," and Satan is a master fisherman who knows which bait will hook us.

The three primary types of bait that he uses to lure people away from God are money, pleasure, and ambition. Satan is an active enemy who wants to destroy your family, your peace of mind, and your relationship with God. Don't take Satan's bait no matter how much he tempts you. Identify where you're vulnerable to temptation and ask God to give you strength to battle them daily.

Don't forget your nature. W.A. Criswell once told a story about a hunter in India. The great river overflowed and he escaped to a little island. While

there, a tiger swam ashore. The tiger looked wet, afraid, and cowed like a domestic cat. His first instinct was to care for the frightened tiger and feed it. He eventually came to his senses and shot the tiger. He realized that even if the tiger behaved for a while, he would eventually grow hungry and eat the man. It was the nature of the beast.

We all have the potential to commit any sin because we're born with a sinful nature (children disobey without being taught). Military environment doesn't help (alcohol, language, free pornography through cable). Soldiers used to come away from overseas assignments with a stronger faith and closer family. Now, most come away with a *weakened faith* and *no family*. As long as you live,

you're going to battle against your fallen

nature and its desire to lure

you from your Heavenly Fa-

ther. Don't forget your

true nature. Take steps

to grow in your faith

and ask someone to

hold you account-

able.

If you've already

wandered, get up

and come

back home.

Have you ever

seen a giraffe

born? The first

thing to emerge is

the baby giraffe's

front hooves and

head. A few minutes

later the newborn is

hurled forth, falls ten feet,

and lands on its back. The

mother giraffe lowers her head

long enough to take a quick look, then po-

sitions herself directly over the calf. She waits

about a minute, and then kicks her baby, sending it

sprawling head over heels! When it doesn't get up,

the violent process is repeated over and over again.

The struggle to rise is momentous. As the baby

calf grows tired, the mother kicks it again to stimu-

late its efforts. Finally, the calf stands for the first

time on its wobbly legs. Then the mother giraffe

does the most remarkable thing. She kicks it off its

feet again! Why? She wants it to remember how it

got up. In the wild, baby giraffes must be able to

get up fast to stay with the herd where there is safe-

ty. Lions, hyenas, leopards, and wild dogs love

young giraffes and would get it too if the mother

didn't teach her young calf to get up quickly.

Compare to a Drill Sergeant - If you mess up, he

kicks you back in line. This process is repeated

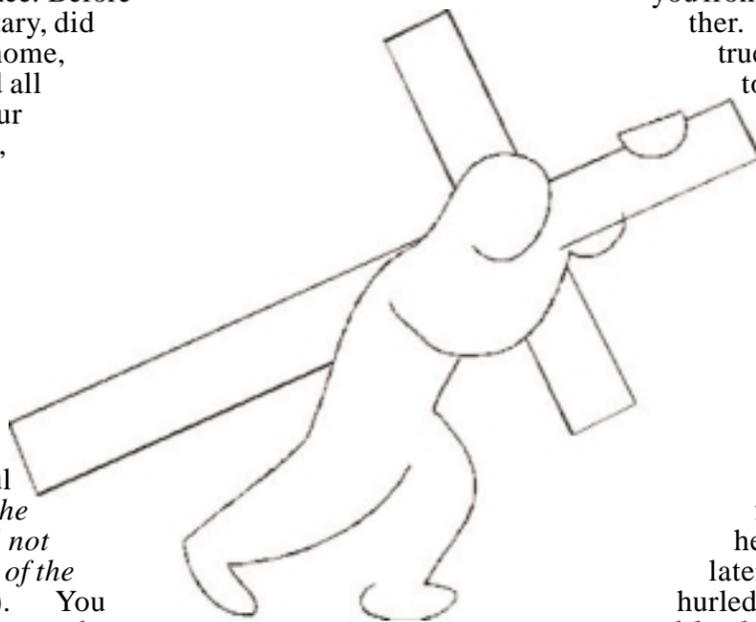
over and over, sometimes for no apparent reason.

It's part of the soldierization and discipline

process. He's not trying to beat you down, but

rather to build you up so you can withstand the en-

emy.



If you've wandered away from God, you're away from the safety of the Father. Unless you get back on your feet again quickly, the enemy is going to get you. At times, God may kick you, urging you to get back on your feet and start living for Him again. At other times He may knock you off your feet with trials, helping you remember how it was that you got up before, and urging you to always walk with Him, under His care. Learn from your fall and come back to your Heavenly Father. If you need to talk, contact Chaplain (Capt.) Tommy Vaughn, JTF-B command chaplain, at 6844 or 6845.

SUBMISSIONS

The Iguana is always looking for submissions. Any articles, photos or letters to be submitted to *The Iguana* should be sent to the PAO at james.wyllie@jtfb.southcom.mil or delivered to the Public Affairs Office, Bldg. D-06. If you have questions about possible submissions call ext. 4150 or 4676 to talk to the editor.

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IGUANA

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Views

The IGUANA 3

The definition of mentorship

By Capt. Anthony G. Glaude
J-6

Mentorship, what is it?

The dictionary defines a mentor as being a wise and trusted teacher or counselor.

The dictionary also states that the term mentor originates from Greek mythology.

As the story goes, before departing for the Trojan Wars Homer's Odysseus asked his trusted friend, Mentor, to watch over his son, Telemachus.

Mentor was actually the goddess Athena, who had assumed the form of a human.

Mentor personally took over the responsibility of educating and guiding Telemachus into adulthood.

The mentorship of Telemachus lasted during the ten-year siege of Troy and throughout the next ten years, the time it took for Odysseus to journey home.

In military doctrine, mentorship is not talked about all that much; it is mentioned here and there in a few manuals and leadership books, but rarely talked about in detail.

This article contains my perceptions and ideas during my twenty-three years of wearing the uniform as an enlisted Marine, an Army non-commissioned officer, Army chief warrant officer and an Army commissioned officer.

I believe that it is every leader's obligation and duty to be a mentor to subordinates, as well as some peers, at every level in every military service.

Mentors play an influential role in helping their subordinates or protégés to succeed, not in causing them to succeed.

It is very unfortunate that too many times mentors and protégés are perceived as showing favoritism or brown-nosing.

When I talk to junior officers on why they are leaving the service,

more often than not, they say it's because of the lack of mentorship and or leadership in that particular service, not pay.

Throughout the relationship between the mentor and the protégé, the mentor coaches, provides advice and constructive criticism. The mentor works to maximize the protégé's strengths and minimize weaknesses.

Some of this is done through sharing experiences, but frank and honest discussions and observations are at the heart of the relationship.

It often appears to me that some leaders are too busy planning this operation, executing that mission, preparing a briefing, etc.

Yes, all of the aforementioned tasks must be done, but remember when the time is taken to mentor someone (formal or informal), an invaluable investment is being made in the very people that may have to execute that mission.

I cannot remember a time when I

was a company commander that my first sergeant or I did not take the time to try and mentor members of our unit. We often saw very positive dividends of our shared philosophy on mentorship when the company executed its mission.

Mentorship is a shared responsibility of both the mentor and the protégé.

While potential mentors have the responsibility to scan for potential protégés, the potential protégé must do the same.

Mentoring is a voluntary component of self-development. It promises no reward of riches or guaranteed promotion for those who participate.

Whether the goal is individual self-development or overall unit effectiveness, mentoring can provide the glue that holds people together within an organization.

I leave you with this final thought: "The legacy that leaders leave is the future leader, not a list of mission accomplishments."

What is a TDA unit?

By Chief Warrant Officer Rivera Santos
JTF-Bravo Property Book Office

Table of Distribution and Allowances units are generally non-deployable units organized to fulfill mission, function, and workload obligations of a fixed support establishment in the U.S. or overseas.

TDA units are uniquely developed to perform a specific support mission.

TDA units are developed to attain the most efficient operational capability and the most effective use of personnel, equipment resources and minimum essential staffing according to Department of the Army staffing guides, and Army regulations 690-500, and 570-4.

A TDA document prescribes the organizational structure for a unit having a unique mission and no table of organization and equipment.

TDA consists of the following four sections:

Section I - General, describes a summary of manpower and equipment, the mission, organization, capabilities, and other general information pertinent to the unit. The words field operating agency, or staff support agency follow the name of the organization on section I, page 1, if applicable.

Section II - Personnel Allowances, reflects the types and quantities of civilian and military expertise at paragraph and line level of detail. It includes position titles, military occupational specialty, grade/rank, identity code, branch code, requirements, authorizations, and remarks codes.

Section III - Equipment allowances are identified by generic nomenclature and the required and authorized quantities. Tactical equipment may not be documented, unless approved through memorandum request procedure.

Section IV - Supplement, Equipment Allowances, provides for the documentation of items of equipment which do not qualify for inclusion.

The TDA required column is based on recognized requirements. These requirements are determined by the approving manpower survey authority and manpower staffing standards. The TDA authorized columns are also based on allocation of resources.

TDA's do not exceed the required column without approval. When the authorized is less than the required strength, reductions in unit capabilities will be described in section one of the TDA.



Photo by Martin Chahin

Col. Gandy

Marine Col. Bruce Gandy gives a speech to JTF-Bravo Marines Oct. 2. Gandy is the United States Marine Corps Forces South Chief of Staff.





Local dancers entertain JTF-Bravo servicemembers with a traditional Mayan dance during the chaplain's spiritual retreat to the Copan Ruins Oct. 17-18.

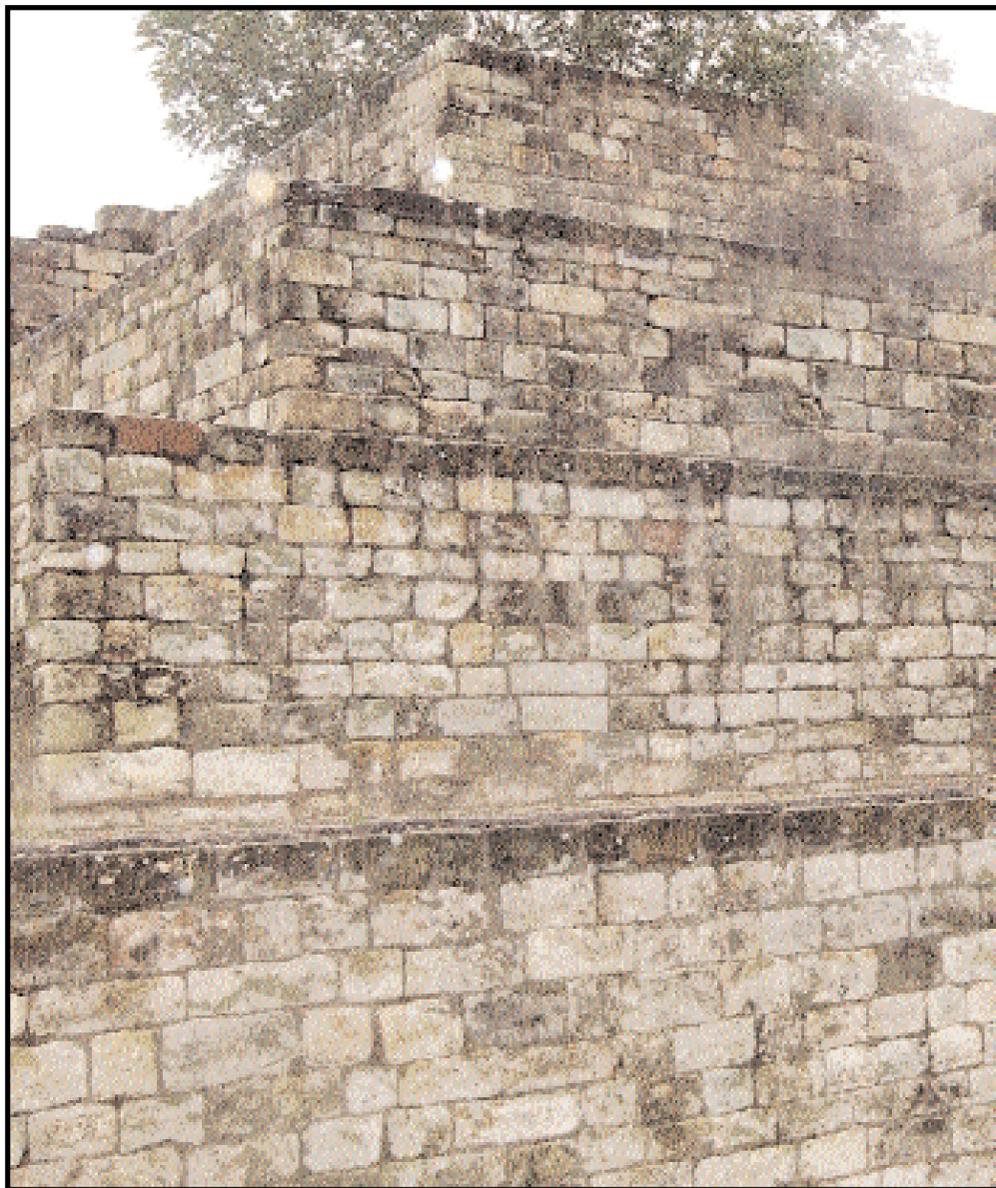


A sacrificial altar and statue lie on display at the Copan Ruins. The hollow on the altar's top was used to hold human hearts.



A Mayan temple overlooks an ancient sporting arena at the Copan Ruins.

Spirits of



Sgt. 1st Class Joseph Bradford climbs up a Mayan temple at the Copan Ruins. Bradford

Service members visit the past

Article and Photos
By Spc. James-Denton Wylie
Editor

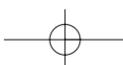
Ancient Mayans believed that ritual sacrifice was a necessary part of life. They assumed that they would gain a heightened sense of spirituality and earn favor from their gods through sacrificial ceremonies. Twenty-five JTF-Bravo service members traveled with the JTF-B chaplain to the Copan Ruins to reflect on their own spirituality on a spiritual retreat Oct. 17-18.

"This is an opportunity for us to en-

rich ourselves by comparing the blood sacrifices of the Mayan culture with the blood sacrifices of the Bible," said Chaplain (Capt.) Tommy Vaughn, JTF-Bravo command chaplain. "I encourage all of you to take whatever lessons you can from the Mayan people."

The two-day trip also afforded group members the chance to do more than reflect on their spirituality.

Personnel took advantage of the





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ifford and other JTF-Bravo personnel went to Copan on a spiritual retreat Oct. 17-18.

ast during Chaplain's retreat

shopping, restaurants, and sites unique to Copan.

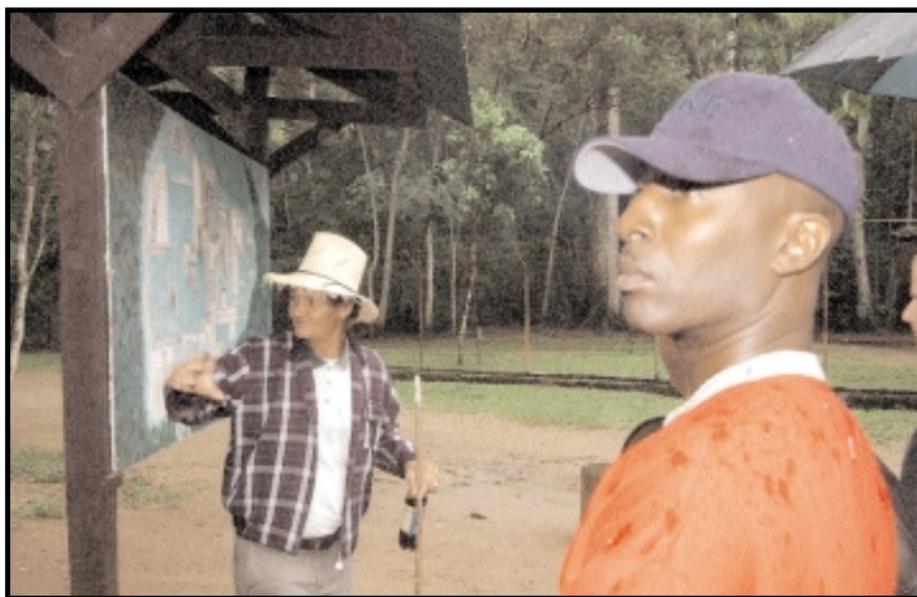
Activities such as touring a butterfly park and seeing locals perform traditional dances were opportunities that made the trip even more worthwhile, said Spc. April Maloney.

"It's a very enlightening experience to be in a place I only knew of from books," she said. "I never expected to be able to see and touch traces of the Mayan civilization."

At the planned highlight of the second day, service members toured the ruins to gain a deeper understanding of ancient Mayan culture. Tour guides explained the purpose and reasoning behind buildings and statues to group members.

The day wrapped up with service members taking a group picture on the steps of an ancient sporting arena used by Mayans to decide which of their best athletes would be sacrificed to their gods.

"I really liked the trip," said Spc. Renee Smalls. "I would love to go back."



Tour guide Antonio Rivers points out the location of ancient Mayan tunnels to Sgt. 1st Class Damon Randolph during a tour of the Copan Ruins.



JTF-Bravo Command Chaplain Tommy Vaughn looks at some of the local wild life at the entrance to the Copan Ruins.



JTF- Bravo service members ascend to the top of a Mayan temple at Copan.



Breast Cancer Awareness

By the Medel Office
JTF-Bravo

October is recognized as National Breast Cancer Awareness Month, but we should be aware of breast cancer everyday.

An estimated 211,300 new invasive cases of breast cancer are expected to occur among women in the United States during 2003.

An estimated 39,800 women will die from breast cancer.

It is estimated that 1,300 men will be diagnosed and 400 men will die of breast cancer during 2003.

Breast cancer is the leading cancer site among American women and is second only to lung cancer in cancer deaths.

Breast cancer is the leading cause

of cancer deaths among women ages 40-59.

Breast cancer screening methods include:

Breast self-exam (BSE) - Learn the normal look and feel of your breasts, and check for changes every month just as your period is ending.

If you no longer have periods, do BSE the same day each month.

Many women have a pattern of lumpiness in their breasts, which is normal.

But if you feel any change or a new lump in your breasts or underarms, ask your doctor to examine the area.

Clinical breast exam - A breast exam by a health care provider should be part of your regular medical checkup. If it is not, ask for it.

A clinical breast exam includes a

visual examination and carefully feeling the entire breast and underarm area.

If you are 40 or older, schedule your mammogram close to the time of your clinical breast exam.

Mammogram - A mammogram is an X-ray picture of the breast.

It is done with a special X-ray machine designed just for this purpose.

A mammogram can find many cancers before they can be felt.

Find your age on the table below and read to see which screening methods you should do and how often you should do them

The signs of breast cancer are not the same for all women. In fact, some women have no signs that they can see.

If you experience any of the symptoms, you should see a doctor

right away:

Symptoms of breast cancer to look for include:

- A lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in breast size or shape
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts
- Nipple discharge that starts suddenly
- New pain in one spot

If you have any questions please contact the MEDEL front desk at 449-4183 to schedule an appointment.

Frequency checks for breast cancer

Ages 20 to 39:

- Self-exam once a month
- Breast clinical exam every three years

Ages 40 and above:

- Self-exam once a month
- Breast clinical exam once a year
- Mammogram once a year

For additional information regarding Breast Cancer visit one of the below sites:

<http://www.racefortheure.com>
<http://www.nationalbreastcancer.org/>
<http://www.nbcam.org/>
<http://www.nabco.org/>
<http://www.friendsinneed.com/>



Photo by Spec. James-Denton Wyllie

Say Ahhh...

Military police dog Hoston gets a examination from veterinarian Lt. Col. Paul W. Schmidt at MEDEL Oct. 8. Hoston and other JTF-Bravo police dogs met with Schmidt to check overall health and readiness.



Snapshots



Photos by Spec. James-Denton Wyllie

Staff Sgt. James Russo opens the door to the new iguana cage during a ceremony at JTF-Bravo headquarters Oct. 20. Poncho, was given to JTF-Bravo by the Honduran military as a gesture of good faith between the two nations . Plans are in place to release Poncho into his natural habitat.



Above, the Air Force flag football team poses for a victory photo after winning the Soto Cano Flag Football Championships Oct. 2. The Air Force beat Army in the championship game 12-6.

Left, Cpl. Sergio Dominguez demonstrates the proper method for restraining a suspect to Honduran police during police professional development training Oct. 1. Dominguez and other Joint Security Force members held a two-day seminar for local police which focused on securing and searching techniques.



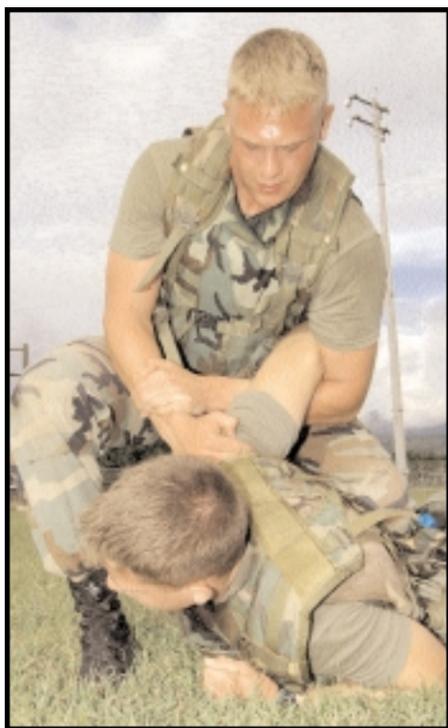


Photos by Spec. James-Denton Wyllie

Pfc. John Montzouranis chokes out Pvt. Robert Purcell during Marine Corps combat training at the base softball field Oct. 22. Marines practiced strikes, kicks, throws and chokes during the training in order to increase their fighting skills within the Marine Corps martial arts program.

Tapout

Devil Dogs go for the throat at combat training Oct. 22



Lance Cpl. George Hook applies an arm bar to Pfc. Cory Peters during Marine Corps martial arts training.



Pfc. Matthew Phillips and Pfc. James Roschi practice elbow strikes from the ground.



Pfc. Aurelio Quiros-Torres completes a vertical knee strike drill with Air Force Staff Sgt. Glen Gordon's help.

