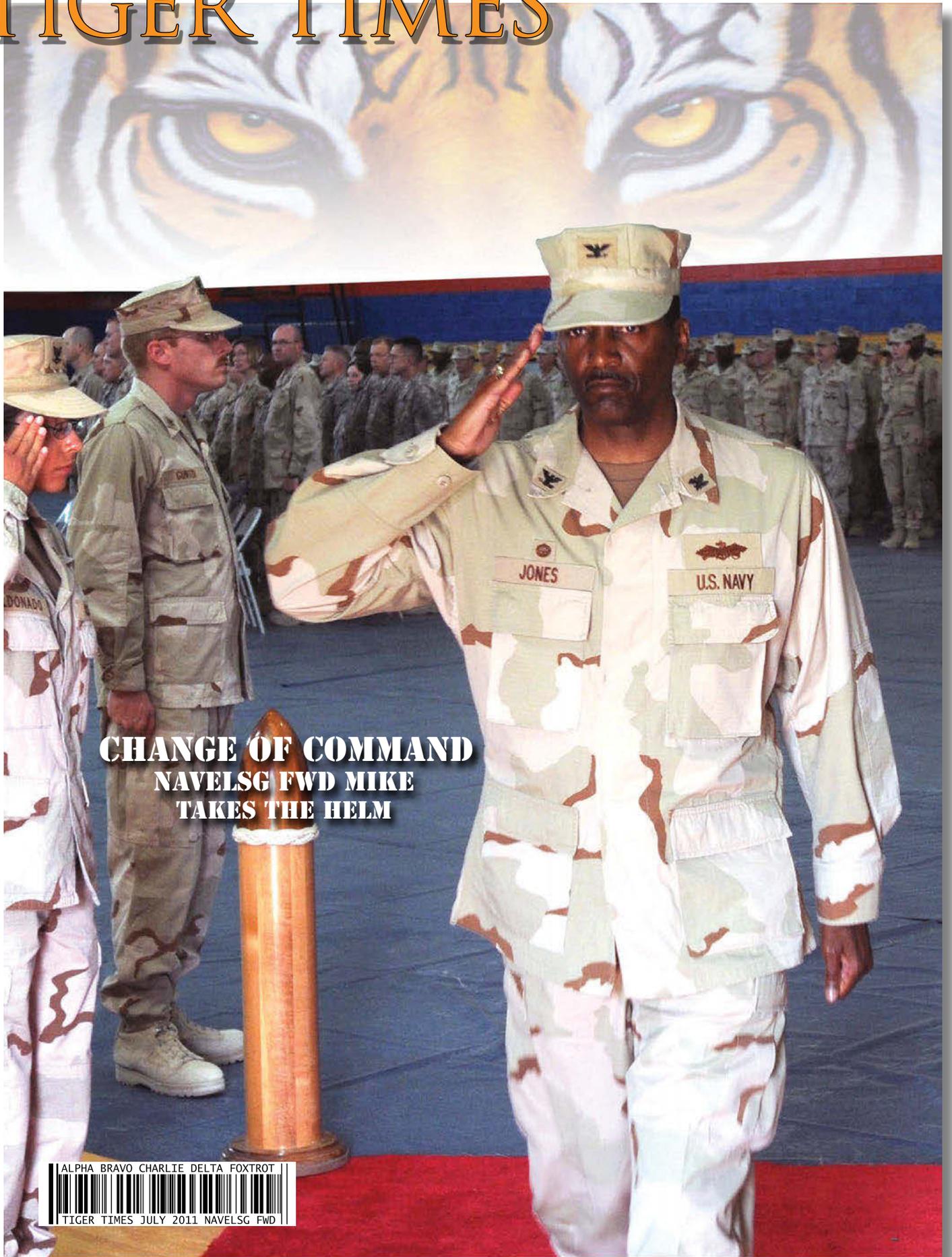


TIGER TIMES



**CHANGE OF COMMAND
NAVELSG FWD MIKE
TAKES THE HELM**

ALPHA BRAVO CHARLIE DELTA FOXTROT

TIGER TIMES JULY 2011 NAVELSG FWD

HAIL AND FAREWELL ISSUE

FORWARD GALLERY



Original artwork used with permission by CDR Leland Cannon

Attention all MIKE artists: Submit your work to be showcased in the Forward Gallery! All media are welcome minus video/audio. Questions? Call 430-7178 or 2389-7178 from a cell.

A special Thank you to everyone who contributed to this month's issue

YN2 Brewer, Kelly
AME2 Flores, Enrique
HM2 Fredericks, Deven
AM2 Goerk, David
AE2 Hand, Christopher
STS1 Haughney, Jonathan
ET2 Mendez, Carlos

EM1 Morrissey, David
YN2 Reed, Vernon
HT2 Scott, Adrian
ET2 Smith, Joy
DC2 Suarez, Veronica
BM2 Wallis, Josh
ABH2 Wondra, Dylan



From the Captain's Desk

Welcome to the first edition of the Tiger Times! This is our monthly newsletter to let our family and friends know what we are doing. It will include snapshots of newsworthy events, congratulatory ceremonies for those hard chargers and showcase the good work we do. I am very pleased with the effort that each and every Sailor has put forth. I continually receive positive feedback from the work that the Expeditionary Support Services and Customs folks are doing; keep up the great work! Work with your local Unit Public Affairs Representatives (UPARs) for input into the Tiger Times. Take stock of your personal goals for this deployment and recommit to achieving them. Keep a positive attitude and remember that "this is a marathon, not a sprint – make small improvements to what you do every day.

GEAUX TIGERS!"



CAPT JONES



From the CMC's Desk

I would like to challenge all NAVELSG Forward MIKE Rotation Sailors to advance in your rate by pay grade, physically advance in your fitness performance standards for the next PFA cycle or get your Expeditionary Warfare qualification. All of these areas will help you stay engaged with Navy and personal requirements and keep your mind focused, your body healthy and the mission strong. If you have already met these goals, take full advantage of the educational opportunities that are available. Look into Tuition Assistance for further college education opportunities. Funding is available through N-7 (Training).

Staying in touch with your family and friends at home plays an important role in the balance of things as well. Family and friends love hearing from their Sailor and there are many ways to connect with them such as facebook, Skype or magicJack. Safety is always our number one priority and at the top of the list for any mission.

Stay hydrated because it will only get warmer in the days to come and be sure to look out for your shipmates. We are one family and need to take care of one another.



CMDCM (EXW/SW) TURNER



TIGER TIMES

**US NAVY CUSTOMS
NAVELSG FORWARD**

VOLUME MIKE, ISSUE I

JULY 2011

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At home on the water, p. 12



Memorial Day 5K at Ali Al Salem, p. 14

FROM THE TIGER TIMES STAFF

We hope everyone had a safe and enjoyable Fourth of July. My time here in Kuwait has so far been flying by. I know some of you will disagree. Point being, don't take your time here for granted as time is limited and the opportunities you have available to you here will be gone before you know it. What won't fade are the friendships and memories created while deployed and the professional or educational achievements hard won. We at the Tiger Times are working hard to document our collective experience and record it so that we may share it with those we care about and that we may look back with fond reverie on these events of our time.

ET2 Mendez

TIGER TIMES STAFF



LT Moreno
Public Affairs Officer
NAVELSG FWD



DC2 Suarez
LPO PAO
Headquarters



ET2 Mendez
EDITOR
Headquarters



AE2 Hand
UPAR
Bravo Co.



GM2 Wallis
UPAR
Charlie Co.



YN2 Reed
UPAR
Delta Co.



AME2 Flores
UPAR
Foxtrot Co.

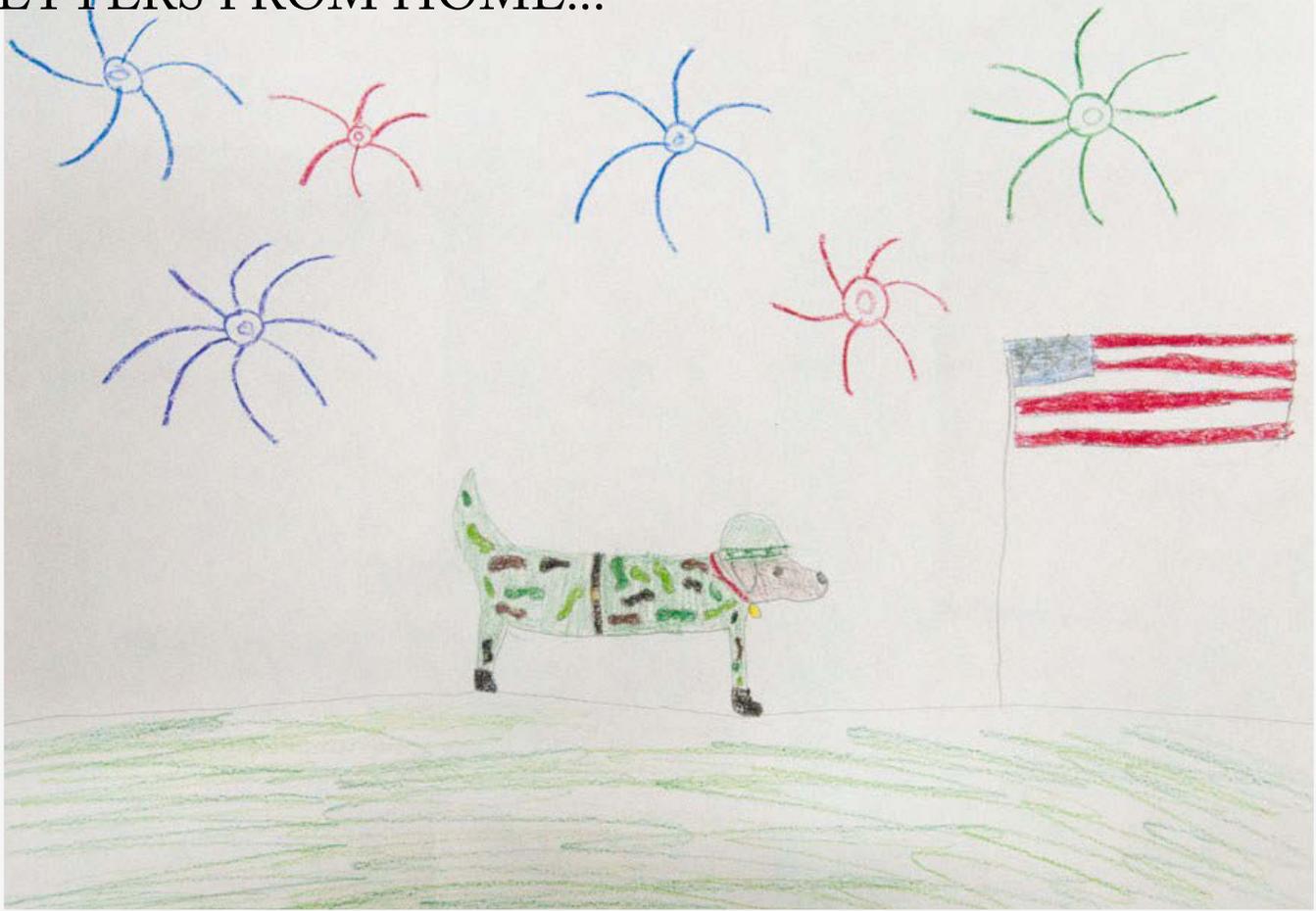


AM2 Goerk
UPAR
ACD-3

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LETTERS FROM HOME...



July 5, 2011

Greetings from sunny Southern California!

My name is Andrea Perkins. I am a civilian DoD employee living and working in Los Angeles. My agency audits defense contracts that support our war fighters while making sure the taxpayers don't get overcharged in the process. A desk job where the worst I can expect is a paper cut or eye strain from working on a computer all day. It's nowhere near the sacrifice you make with your military service, but it's the little that I can do to help the national defense.

We just celebrated the Fourth of July yesterday. As we celebrated the holiday, we did not forget that it's because of our outstanding military that we are able to enjoy days like that. Please know that you are not forgotten and your services are appreciated.

The enclosed drawing is from our friend's 11 year old daughter. She wanted to send something that might make you smile.

Thank you so much for your service. We cannot express how thankful we are for your service!

HAIL & FAIRWELL



NAVY EXPEDITIONARY LOGISTICS SUPPORT GROUP FORWARD HOLDS CHANGE-OF-COMMAND CEREMONY

Story by Petty Officer 2nd Class Veronica Suarez, Photos by Petty Officer 2nd Class Dylan Wondra

Navy Expeditionary Logistics Support Group Forward (NAVELSG FWD) held a change-of-command ceremony at Camp Arifjan, Kuwait on June 9. Captain Keith M. Jones, MIKE rotation, relieved Captain Grafton Chase, LIMA rotation, as the group commander for NAVELSG FWD.

“Today’s Change-of-Command Ceremony is not prescribed specifically by U.S. Navy Regulations, but rather is an honored product of the rich heritage of Naval tradition...the heart of the ceremony is a formal reading of official orders by the relieving officer, and the officer to be relieved...the simple ceremony passing authority and responsibility to another officer reflects the dedication of free men serving their nation proudly,”

taken from a speech by Vice Admiral Paul Reason, 1992. The ceremony is a perpetual shared practice of ancient customs and heroic traditions passed down from the U.S. Navy’s founding Father, John Paul Jones.

Over 100 Sailors from NAVELSG FWD were present, during the ceremony. Guest speaker, Brigadier General David Clarkson, commanding general 1st Sustainment Theater Command, provided words of encouragement and praise to Captain Chase and to the Forward Group Sailors for their many successes.



During his tenure as commander, Chase was able to accomplish the mission with the right amount of Sailors for the mission without compromising the quality of work. He explained that the culmination of a successful tour was all about the Sailors and their accomplishments and he added that “some of my proudest moments were having the opportunity to interface with Sailors at various locations and witnessing the amount of support they offered to other branches of service who were demobilizing and heading back home to their families. ” During deployment, LIMA Sailors examined the baggage of approximately 10,000 passengers, inspected 30,000 vehicles and aircraft and 700,000 pieces of military cargo and equipment.

“Today is a glorious day in the Navy,” stated Jones, as he expressed his admiration and appreciation for Chase’s numerous accomplishments during his tour as commander, NAVELSG FWD LIMA.



Captain Jones, a native of Ferriday, La. reported to Commander, Naval Expeditionary Logistics Support Group Headquarters Staff in December 2008. With Jones at the helm, NAVELSG FWD MIKE will now spend the next eight to nine months operating in four different countries and participate in the responsible drawdown of troops and equipment in Iraq. They will conduct customs operations in support of Operation New Dawn and Operation Enduring Freedom.





A Never Ending Commitment

Story by Petty Officer 2nd Class Mark A. Jones, Photos by Pease Greeters volunteers

A few months ago the members of Naval Expeditionary Logistics Group Forward (NAVELSG FWD) were gearing up for what will for some, be a once in a lifetime experience.

They were home working their normal jobs, eating dinner at their own tables and hanging out with their friends and families. When the day came those brave men and women departed from their comfort zone and began the rigorous transformation from what some would call weekend warriors to highly trained, ready to mobilize, boots on the ground warriors.

For many of these Sailor, this was some of the hardest training of their lives while for others it was just another evolution. Alas, there is a group known as the Pease Greeters who endeavor to ease the transition between home and abroad, whether you are coming or going.

This diverse group of men and women from both military and non-military backgrounds generously give of their time to show the brave men and women who have taken the oath of enlistment, whom answering the call to protect the freedoms enjoyed by millions of Americans, that they are not forgotten, that they are appreciated even before they must fight.

The Pease Greeters not only show their appreciation for the active military but they also do things for our United States veterans. In an email from Mr. Jonathan Danch, a Pease Keepers member, to Master at Arms Second Class, Mark A. Jones, Mr. Danch writes, "It was a pleasure to meet and speak with you while you were flying through Pease Air Base here in New Hampshire. I'm sure you were very surprised to find all of us at that hour of the day offering you support and prayers".



Pease Greeters welcome Sailors from NAVELSG FWD as they make their way to Kuwait



VOLUME MIKE, ISSUE ONE

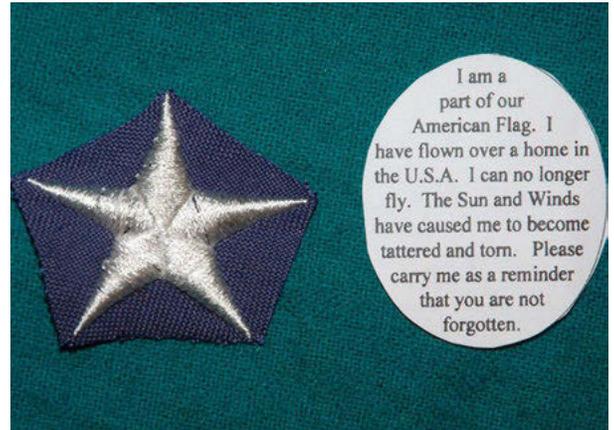


Excerpts from Mr. Danch's email to MA2 Jones:

"The Pease Greeters are a very dedicated group of civilians and veterans who show up at any hour of the day or night to greet our troops".

"I made a presentation to 300 Homeless Veterans at the New England Center for Homeless Veterans in Boston, about the Pease Greeters and passed out 300 stars like the one I gave to you. One to each of the Vets in the shelter. It is very gratifying to show thanks and support to our Homeless Veterans".

"I have collected and donated more than 460 Retired American Flags so the Pease Greeters can cut out the stars for our troops." In turn, we have given away more than 120,000 stars since the summer of 2009".



"When I see or meet a Veteran I hand them a star and thank them for their service to America".



Mr. Jonathan Danch and MA2 Mark Jones at Pease Air

In his email to MA2 Jones, Mr. Jonathan Danch writes, "It was a pleasure to meet and speak with you while you were flying through Pease Air Base here in New Hampshire.

I'm sure you were very surprised to find all of us at that hour of the day offering you support and prayers".



This just goes to show how dedicated these individuals are and how much they truly care. This extraordinary group is located at Pease Air Base in Portsmouth, N.H. So, if you are ever forward deployed and departing or returning home through Pease Air Base you can look forward to the Pease Keepers being there to wish you a welcome home or farewell.

NAVELSG FWD TRAINING PAYS DIVIDENDS AT CAMP VIRGINIA

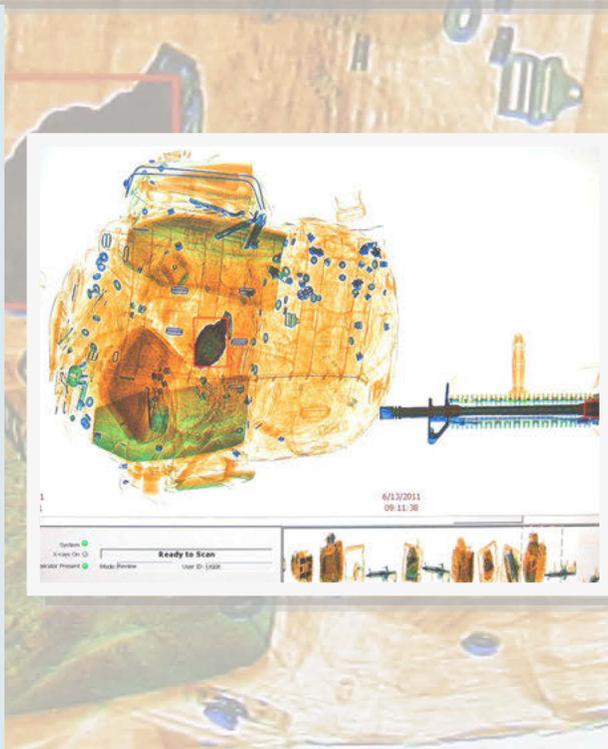


Army personnel pull up some shade while waiting for EOD.

Story and photos by Petty Officer 2nd Class Carlos Mendez

Another group of Army Soldiers were heading home from Iraq, re-deploying through Camp Virginia, Kuwait. This was their last stop in country and the excitement was palpable. The “chock”, a term the Army uses to describe the movement of a group of personnel or vehicles in a convoy was nearly complete. The Navy uses the same term to describe the process of inspecting personnel and their bags before they are allowed to board the flight home. Again, it was nearly over when the situation turned explosive!

During a routine baggage screening utilizing the Gemini X-Ray Baggage Scanner, something showed up on the display that quickly drew the attention of the inspectors. The shape was that of a grenade. Suddenly everything stopped. The call went out for the Command Duty Officer and Chiefs to come and have a look. Sure enough! Everybody outside! Leave the bag with the offending item in the scanner and exit smartly. Establish a perimeter watch around the tent and vacate the area. No one goes back in until the Explosive Ordnance Disposal team arrives from Camp Beuhring.



The owner of the suspect item found himself speaking to the Military Police and the mood surrounding what were to be these soldiers last hours in theater had changed. Was this soldier carrying a live grenade in his luggage? Was he trying to smuggle contraband out of theater and back to the States? Could it have been a simple oversight? He received the same amnesty brief as his fellow soldiers. He had the same opportunity to come forward and he hadn't. Why not? Questions swirled in the minds of the Navy inspectors as everyone waited.

Ready to Scan

Tiger Times

011
31

Operator Present Mode: Review

User ID: USER

Why was this item in his bag? Where had he acquired it? How long had it been in his possession inquired the MP who came out to document the incident. She questioned the soldier at length as he fidgeted, responding to her queries somewhat indignantly. He felt as if he had done nothing wrong and this was all a misunderstanding. The focus of so much official inquiry had once been an object of humor displayed on his Command Sergeant Major's desk. Surely it was harmless.



EOD arrived quickly and identified the item as a de-militarized fragmentation grenade. It was mounted on a plaque which read, "Complaint Dept. Take a Number". A number one dangled from the pin. Despite the non-lethality in its current state, EOD confiscated the grenade. Due to the fact that it could easily be re-militarized once back in the States it could not be allowed to go forward. The chock was completed without incident and the re-deploying Army Soldiers proceeded to their next destination and finally their homes, their friends and their families.

Thanks to the training and professionalism of the US Navy Customs inspectors of NAVELSG Forward, a potentially dangerous piece of contraband was prevented from making its way back to the United States from the CENTCOM AOR.

09:11:38

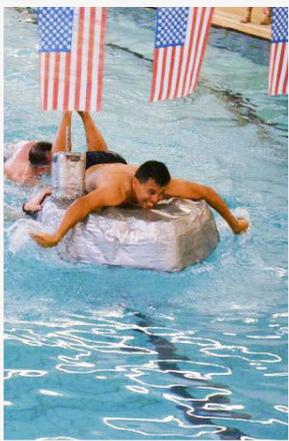
FUN in the SUN

At Home on the Water

Story by Petty Officer 2nd Class Kelly Brewer,

Foxtrot Customs Detachment, Al Asad, Iraq, shows just how “at home on the water” its Sailors really are. As part of the Al Asad Luau held on the 28th of May, the foxtrot customs team participated in a bottle boat race which included contestants from the Navy, the Army as well as the Air Force. Foxtrot’s entry was developed by Aviation Support Equipment Technician 2nd Class Joshua Gibson and constructed with the help of fellow shipmates.





The Soldier in the black trunks above has the approach down. OUCH! That's gonna HURT!

Despite the ARMY's best effort, the belly-flop contest was won by the Sailor in the blue trunks below.



The boat which sailed under the name of CVN-6, was powered by the athletic prowess and swimming abilities of Lieutenant Commander, Keith Dominic and Lieutenant, Christopher Springer. Yeoman Second Class, Jose Villa, served as the Captain of the vessel.



Photos by Petty Officer 2nd Class Enrique Flores

FUN in the SUN

Runners and walkers from MIKE rotation take part in the Ali Al Salem 5K race as part of the Memorial Day Celebration.

Story and photos by Petty Officer 2nd Class Christopher Hand

Theater Gateway, Camp LSA, Kuwait—Every Many of the MIKE rotation participants in this years Memorial Day the US military honors fallen com- 5K race were over forty years of age. Boatswains rades and sponsors a host of entertaining events. At Mate 1st Class Melvin Garrett, says that, “We are camp LSA, the holiday was celebrated with remem- never ‘too old’ to exercise. The longer we continue to brance services, live entertainment and a 5K race. At use our bodies, the longer our bodies will stay 0515 members and guests assembled at the head of healthy and in good working order. That’s why I the race course to begin their 3.1 mile adventure. decided to participate in todays race.”





Research suggests that it is never too late to start a fitness program and while deployed many reserve Sailors rediscover the military's culture of fitness. Members of the Bravo team have set steep goals for themselves to lose weight, adopt healthy eating habits and look great for their return trip home. A culture of physical fitness is one way that Bravo Co. can honor the Navy and the troops on this Memorial Day!



Chief Culinary Specialist, Stephen Gallardo, the second place winner in the 40-49 category stated that, "physical fitness and a professional military appearance are both critical elements of leadership." Chief Gallardo finished the race with a time of twenty-two minutes and five seconds.





Photo by Petty Officer 2nd Class Carlos Mendez

Story by Petty Officer 1st Class Jonathan Haughney

As the hours, minutes and seconds tick slowly by, a mix of military personnel and civilians wait in the terminal to leave for R&R or catch their redeployment flight back to the states. Their flight is but one, for Bravo Company however, the flights just keep on coming.

In keeping with President Obama's stated intention to remove all U.S. troops from Iraq by the end of 2011, there has been a recent increase in the number of military members coming out of Iraq. As a result, the volume of inter-theater departures, Bravo Company's bread and butter, has nearly doubled in the past month.

To meet the challenge head on, Naval Expeditionary Logistics Support Group Forward (NAVELSG FWD), Bravo Company is taking a unique approach: Splitting Bravo in two. While half of Bravo remains at LSA to support multiple R&R flights on a daily basis, with the occasional redeployment flight added to the schedule, the other half, affectionately known as "Bravo2" has been relocated to nearby Camp Virginia to support between one and four redeployment flights per day. Bravo2 are joined by supporting members of Alpha team from Camp Arifjan and Charlie team from Kuwait Naval Base.

With only half of the necessary manpower at LSA and "Virginia", the days of leisure are gone. Now are the days that will begin to take their toll on the Sailors supporting the U.S. Navy's Customs mission. There will be random days when one or the other may not

have a flight, but the schedule is fluid and is always subject to change. This became apparent when a handful of "Bravo2" came to the weekly "All Hands" meeting at LSA. The meeting had barely begun when cell phones started ringing and Bravo2 was instructed to mount up and return to their temporary home. A "chalk" - a term used to describe a departing flight - had just been added to the schedule, and it was time to get to work.

The "PAX" mission of clearing military personnel and their personal effects through Navy Customs at the Theater gateway continues day in and day out. The members of Bravo Company wonder when it will end. Will there be a lull in July, or will it continue through August or the end of the year? No one knows for sure and for now there's no end in sight. That's the uncertainty the dedicated Sailors of NAVELSG FWD, Customs Detachment live with as they perform their mission to the best of their abilities.

Bravo2's Sailors eagerly wait for the day when they can return "home", to LSA. Living out of a sea-bag for a week at a time isn't enjoyable but living out of one for a month is frustrating. Many shy away from the thought of it lasting any longer. So far a month has come and gone and they continue to do what they have been trained to do: Protect the United States of America from hazards found halfway around the world. Whether it's something as small and seemingly benign as a gypsy moth or as potentially harmful as a fragmentation grenade, these Sailors stand the watch to keep their ecosystem and loved ones back home out of harm's way.

Prime Minister Cameron Visits Joint Forces on Independence Day

Story and photos by Petty Officer 2nd Class David Goerk

The prime minister began a short speech by joking about how he was probably not the most appropriate speaker to address Americans on Independence Day, but quickly reminded the crowd, comprised of both British and American troops, of our continuous military alliance throughout the past two centuries. He spoke on how essential that alliance remains during the current war on terror, and the importance of fighting for democracy.

He recounted how his wife had been in New York during the attacks of 9/11, and of the fear that came from not being able to contact her. The prime minister described a kinship that his wife experienced with all New Yorkers and Americans.



The British P.M. shakes the hand of an American Marine.

Cameron thanked the military members for their continued sacrifice. He reminded the troops that although, we are accomplishing many great things for the people of Afghanistan, we are not here to establish a perfect democracy or create a perfect country.



Prime Minister Cameron addresses members of the Joint Forces on July 4th at a base in Afghanistan.



David Cameron speaking one-on-one with Gunnery Sergeant Fernandez of the USMC.

During remarks made on Independence Day, Prime Minister Cameron stated,
“We are really here to try and make sure that this country can look after its own security and can keep terrorists and terrorist training camps out.”

Hospital Corpsman may not always be available!

Sailors taking care of Sailors is part of our creed and way of life. Mass Casualty Drills and CLS training are just another way we demonstrate our dedication to our mission and to each other.



*Story by Petty Officer 2nd class Veronica Suarez,
Petty Officer 2nd class Christopher Hand
Camp Arifjan, Kuwait. –*

On 10 May, 2011 at 1500 hours, the sirens blared, wounded Sailors were scattered all about the compound with conditions ranging from amputated limbs, sucking chest wounds to heat related injuries. In the midst of the chaos, Sailors trained in Combat Lifesaving Skills (CLS) rushed in to provide aid to the injured.

Luckily, the events on May 10, 2011 were all part of a Mass Casualty Drill, conducted by NAVELSG FWD. All the Sailors involved were role players in an exercise designed to test the Command's disaster response program, improve situational awareness and to better prepare for real life emergencies.





To my knowledge this was the first Mass Casualty Drill of its kind. “No matter how safe your environment is, it is important to be prepared for any possibility. A mass casualty event can happen anytime or any place. This drill allowed Sailors the opportunity to practice CLS, first responders skills, evacuation processes and also to train junior Hospital Corpsman in the mass casualty conditions”, stated Senior Chief Borst.

Chief Flowers added that, “If you look around the compound, you will see a lot of generators being utilized for different reasons. What if something happens while the large fuel trucks come through the compound and an accident occurs? What do you do?” Questions such as these presented by Chief Flowers have illustrated the fact that exercises such as this will provide the command with vital information on preparedness measures and best practices necessary to reduce casualties and save lives in the event of an actual emergency.

Senior Chief Hospital Corpsman Borst and Chief Hospital Corpsman Flowers have examined and improved the emergency preparedness processes for NAVELSG FWD. For example, upon arriving at Camp Arifjan, Borst and the medical staff did not observe any materials readily available in the event of a mass casualty. Since the arrival of LIMA Rotation, “Trauma Lockers,” containing emergency first aid supplies including AED units, have been placed throughout the compound. In addition, they have identified and trained personnel to use the equipment provided and to respond to emergency situations.

Before arriving in Kuwait, NAVELSG FWD Sailors received three days of Combat Lifesaver Skills (CLS) training, which focused on common battlefield conditions and injuries. Although CLS trained Sailors are prepared to treat various medical situations, they are not intended to replace a Hospital Corpsman.

Dedicated medical personnel may not always be able to reach an injured shipmate which is why it is crucial for individuals to be trained in lifesaving skills prior to arriving in theater.



Photos by Petty Officer 2nd Class Veronica Suarez

THE ARMY’S MEDICAL BATTALION HAS OFFERED NAVELSG FWD MEMBER’S THE OPPORTUNITY TO BECOME CLS TRAINED WHILE IN THEATER. PLEASE CONTACT CHIEF HOSPITAL CORPSMAN SANTIAGOMORALES FOR DETAILS.



Doctor's Orders...

Story by Hospital Corpsman 2nd Class Deven Fredericks

Sports Injuries!

It has been said many times that when military personnel go on deployment, one of their main goals is to lose weight and get in shape. Which is great, don't get me wrong, I'm one of them, but be careful. Just because you use to bench press 200 lbs five to ten years ago, does not mean your body is ready to do it again. Take your time and gradually work yourself up the weight ladder when you're working out in the gym. This also includes playing sports like basketball and softball. No need to start diving or jumping for that ball without considering what you're capable of in the beginning. Again, start exercising gradually in the beginning, don't overdo it. I know you use to be that great sports star when you were in high school, but I hate to tell you that age has a way of breaking down those wonderful cells in your body as well as the muscles we don't use. What often happens when over exerting yourself is that you can get a sprain or strain.



- A sprain is a stretched or torn ligament and ligaments are tissues that connect bones at a joint. Falling, twisting, or getting hit can all cause a sprain, so ankle and wrist sprains are common. Symptoms include pain, swelling, bruising and being unable to move your joint and you might feel a pop or tear when the injury happens.
- A strain is a stretched or torn muscle or tendon; tendons are tissues that connect muscle to bone. Twisting or pulling these tissues can cause a strain. Strains can happen suddenly or develop over time. Back and hamstring muscle strains are common, but many people get strains playing sports. Symptoms include pain, muscle spasms, swelling and trouble moving the muscle.

This is why stretching before we participate in any sport activity is a good idea. Also, it is great to stretch a couple hours after. Which will lead us into my topic for next time "Stretching", so stay safe and don't forget to always listen to your body, it knows best.

HM2 Fredericks

Information supplied by the National Institute of Arthritis and Musculoskeletal and Skin Diseases

CAREER COUNSELOR CORNER

Story by Chief Petty Officer (select) Norman D. Cox

It is your career. It is your exam. The **Advancement Exam Cycle Fall 2011** will quickly be upon you. Are you eligible? The best way to prepare for your exam is to **Start Early!**

Download your Bibliographies. Please remember that classified material and other military pubs or manuals may not be available for download. Some of the materials may be available at your work place—see your Command Career Counselor for more details.

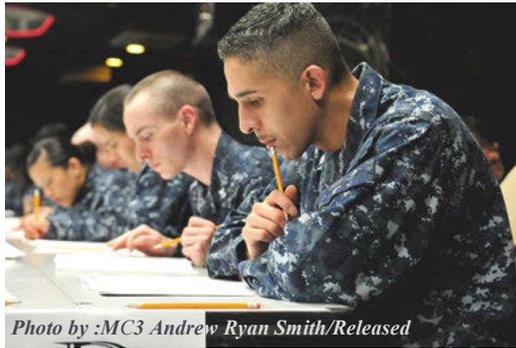


Photo by :MC3 Andrew Ryan Smith/Released



Command Career Counselor
YNI (EXW) Norman D Cox
DSN 318-430-4054

Alpha CC
MMI Mark Rioux
DSN 318-430-7918

Bravo CC
AE2 Christopher Hand
DSN 318-442-0158

Charlie CC
BMI Carlo Cabrera
DSN 318-839-1027

Delta CC
HTI Steven Christian
DSN 318-433-6411

Foxtrot CC
BM2 Magdalena Esparza
DSN 318-440-7815

POL CC
BMI Fernando Lopez
DSN 318-833-6735

ACD CC
LSI Geverix Murphy
DSN 318-357-5643

Preparing for advancement exams is the same as preparing for any other exam with one difference you are your own teacher.

Go to <https://www.nko.navy.mil> and click on "Launch Navy E-Learning" to register for courses that pertain to your rating. **Know your rating!**

Knowing what to study is important! The enlisted exam has 200 questions, some are based on Navy Occupational Standards and others on Professional Military Knowledge.

The question ratios are:

| <u>EXAM</u> | <u>Occ</u> | <u>PMK</u> |
|-------------|------------|------------|
| E-7 | 100 | 100 |
| E-6 | 115 | 85 |
| E-5 | 135 | 65 |
| E-4 | 150 | 50 |

Studying is only half the job! I can not stress enough how important it is that your records are correct and up to date. Check your point and your profile sheet or accuracy and ask questions! You have resources available here at many levels to help you from your Leading Chief Petty Officer to your fellow shipmate. Each Company has a Career Counselor and their contact info is on the right margin of this page so seek them out.

The tools are there — be sure to use them.

Petty Officer 2nd Class Monica Vasquez representing Alpha Co.

Hometown: Fallor, Calif., located in Fresno County on the East side of the San Joaquin Valley in Northern California.

Single or Married?

A single mother of two, Monica has a son who is 15 yrs. old and daughter 6 yrs. of age.

How long have you been in the Navy? A Reservist for 10 years, she says she was moved to join the Military by the events of Sept. 11.

Civilian Occupation:

Probation Officer with the substance abuse units for the County of Fresno .

One of her primary goals while at Camp Arifjan was to serve honorably without the undue stress generated by counting the days till her re-deployment.

Dogs or Cats? Petty Officer Vasquez replied that she liked men because they most resemble dogs. *That's Dogs 1, Cats 0.* Nevertheless, in the defense of Cats, she says she likes them because they don't complain, unlike men. *It's looking more like a tie.*

Favorite quote: Something that she uses to guide her sons personal development: "Tell me who your friends are and I will tell you who you are."

If you could live as a Greek God/Goddess: she would prefer to be an Aztec Warrior.

Since Petty Officer Vasquez was a young girl, she has dreamed of being a lawyer. After settling back in with her kids in California, she says she is looking forward to starting a degree program at the San Joaquin School of Law in Fresno.

Advice to Sailors for their tour in Kuwait: Don't take your Rest and Relaxation (R/R) for granted. Be sure to document your time with your family as those memories will nourish your spirit during the tough times. Monica also said that on her return back to the States, the welcome she received from people at the airport, including complete strangers, instilled an enormous sense of pride in her regarding her decision to serve to her country.



Petty Officer 1st Class Bora Ros representing Charlie Co.

Hometown: San Francisco Bay Area, Northern California

Single or Married? Married and a father of three with two sons and a daughter in the middle. He is a member of Cargo Handling Battalion Three (CHB3) out of Navy Operational Support Center (NOSC) Alameda.

How long have you been in the Navy? During his 23 year Navy career he has served with eight different units. His more memorable commands include USS Cape Code, USS Anchorage, USS Fitzgerald, Naval Mobile Construction Battalion Three (NMCB 3), and time on Active Duty for Special Work (ADSW) spent in Bahrain.

Civilian Occupation: At home, Bora works for San Francisco's Veterans Association Medical Center. There he has gained extensive knowledge in dieting and physical fitness. He believes that every good workout routine has to be paired with a healthy diet and because of that, he has educated numerous Sailors on the benefits of healthy eating.

As Command Fitness Leader (CFL) for MIKE rotation, Ros traveled to every corner of Kuwait making sure that Sailors attached to NAVELSG FORWARD were physically ready and mentally prepared to pass their bi-annual physical fitness assessment (PFA). Using laughter and constant encouragement, he has created a highly motivating environment where his Sailors can shed unwanted weight.

Favorite Quote: "Laughter is the best medicine and it costs you nothing so smile please".

Hobbies: photography, music, sports, and comedy. He hopes to continue his college education while deployed to Kuwait. He believes that his biggest accomplishment in life has been to help people lose weight, and knowing that the love of his life, his wife, is still in love with him.

What super hero would you like to be? "Elastic Man...I could stretch myself to save folks like miners who become trapped during cave-ins". Petty Officer Bora Ros is truly an inspiration to Charlie Company and anyone else fortunate enough to know him. His compassion and willingness to help his fellow Sailors is endless.



Petty Officer 2nd Class Ryan Brazel representing Delta Co.

Hometown:

Chicago, IL

Single or Married?

Married since 20NOV2010

How long have you been in the Navy?

Nine and a half years total. I served five years on active duty and four and a half in the Reserves.

Civilian Occupation:

Currently a full time student.

What are your goals while you are in Iraq?

I would like to earn my Associates in Applied Sciences, complete my Expeditionary Warfare Qualification and work towards an Emergency Medical Technician certification and a Commercial Drivers License. (Whoa, that's a mouthful!)

Lil Wayne or Jay-Z?

Lil Wayne!

Dogs or Cats?

Dogs

If you could be anyone in the world, who would you be?

Myself. Overall, I have a good life.

If you were Obama, what would be the first thing you would change or enact?

Bring home all the troops, stop wasting money and abolish NAFTA.

If you won the lottery, what would be the first thing you would do with your winnings?



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Month of July



May this birthday start a new turn in your world. May it also bring forth inevitable joy, happiness and favor your way.

Operations New Dawn & Enduring Freedom 2011-2012—Thank you for your service

*Wishing a Happy Birthday to
all our NAVELSG FWD Sailors...*

| | |
|-------------------------------------|-------------------------------------|
| BM2 Arcilla, James 07/25 | AO2 Lockett, Willie 07/13 |
| ABH2 Brassard, James 07/06 | EM2 Maghanoy, Argie 07/05 |
| ET2 Butler, Matthew 07/15 | GM2 Marshall, Orrin 07/15 |
| BM2 Calloway, Brian 07/02 | YNCS McDonald Tracey 07/14 |
| BM1 Campbell, Lucas 07/29 | AM3 Mc Lellay, Tyler 07/02 |
| CDR Carroll, Roberts 07/13 | LS1 Miller, John 07/22 |
| EN3 Chen, Xian 07/28 | LT Moreno, Martin 07/04 |
| LSC Dalton, Brian 07/05 | MN3 Mosley, Jewell 07/23 |
| YN1 Daye, Deborah 07/24 | YN2 Nivens, Angela 07/02 |
| ABF2 Fofana, Aboubacar 07/03 | GM1 Nowlin, William 07/13 |
| CS3 Garner, David 07/06 | PS1 Opokuafriyie, Kofi 07/31 |
| AT1 Grubb, Larry 07/06 | HT2 Ortiz, Ryan 07/06 |
| ABFCS Ham, Stewart 07/24 | HT1 Rhodes, Phillip 07/21 |
| AZ2 Harper, Melissa 07/20 | YN2 Savage, John 07/14 |
| EN3 Horne, Matthew 07/28 | BM1 Schroeder, James 07/04 |
| GM2 Kaelbli, Tinna 07/15 | LSC Uria, Tracy 07/20 |
| BM2 Kisseh, Nicholas 07/10 | CWO3 Vu, Duc 07/31 |
| BM1 Kuper, Kristopher 07/12 | GM2 Wallis, Josh 07/20 |

Naval History In July

Story by Petty Officer 2nd Class Carlos Mendez

John Paul Jones (July 6, 1747 – July 18, 1792) was the United States' first well-known naval fighter in the American Revolutionary War. His actions in British waters during the Revolution earned him an international reputation, which persists to this day.

Born John Paul, on the coast of Scotland, he started his maritime career at 13. As a young man he sailed aboard a number of merchant and slaver ships until he became disgusted with the cruelty and abandoned his position. Later during time spent in Fredericksburg, Va. arranging the affairs of his brother's burial he assumed the surname of Jones. Whether a revolutionary spirit inspired him is unknown, but Jones left for Philadelphia shortly after settling in North America. He volunteered to fight against Britain in the newly-founded Continental Navy, which later became the United States Navy. During this time, around 1775, the Navy and Marines were being formally established, and suitable ship's officers and captains were in great demand.

During the Revolutionary War, Congress ordered the construction of thirteen frigates for the American Navy, one of which was to be commanded by Jones. With help from influential members of the Continental Congress, including Benjamin Franklin who was a friend of his, Jones was assigned to the rank of 1st Lt on Dec. 7, 1775, on board the Alfred. In addition to commanding the USS Alfred and USS Providence, and was assigned to the USS Ranger June 14, 1777 (the same day the new Stars and Stripes flag was adopted).

February 6, 1778, France signed the Treaty of Alliance with America, formally recognizing the independence of the new American republic. Eight days later, Captain Jones's Ranger became the first American naval vessel to be saluted by the French, with a nine-gun salute fired from Admiral Piquet's flagship. Jones later wrote of the event: "I accepted his offer all the more for after all it was recognition of our independence and of the nation."

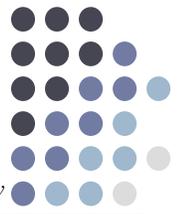
On September 23, 1779, Captain Jones while in command of the 42-gun Bonhomme Richard, a rebuilt merchant ship, met the 50-gun British frigate HMS Serapis off the coast of East Yorkshire. Shortly after 7 p.m. in the Battle of Flamborough Head, the Serapis engaged the Bonhomme Richard. In reply to a cheerful British taunt, Jones uttered his famous quotation, "I have not yet begun to fight!" Having secured victory but with the Bonhomme Richard burning and sinking Jones took command of Serapis for the trip to neutral (but American-sympathizing) Holland. In the following year, the King of France honoured him with the title "Chevalier." By contrast, in Britain at this time, he was generally considered a pirate.

After a stint in the Russian Navy, Jones arrived in Paris in 1790, where he remained for the rest of his life. In June 1792, Jones was appointed U.S. Consul but before he was able to fulfill his appointment, he died. He was buried at the Saint Louis Cemetery, then belonging to the royal family but later sold. Forgotten, the cemetery became a place to dispose of dead animals.

In 1905, Jones's remains were ceremonially exhumed and brought to the United States aboard the USS Brooklyn, escorted by three other cruisers. In sight of the American coastline, seven U.S. Navy battle-ships joined the procession escorting Jones's body back to America. On April 24, 1906, Jones's coffin was installed in Bancroft Hall at the United States Naval Academy, Annapolis, Maryland. During a ceremony in Dahlgren Hall, President Theodore Roosevelt gave a lengthy tributary speech. On January 26, 1913, the Captain's remains were finally re-interred in a magnificent bronze and marble sarcophagus at the Naval Academy Chapel in Annapolis.



Commemorative Stamp issued in 1937.



“IT” is where it’s at!

Story by Petty Officer 1st Class David Morrissey

N6, IT Department or more affectionately known as, “The Geek Squad,” spent a large amount of their after-hours time during the workups for deployment assisting shipmates with personal needs. One of the ways for the department to help was to ensure that personal computer systems, whether it was new or previously owned, was made ready for the long months ahead.

During the time in Virginia, the IT Department ensured that Skype and other video conferencing software was properly installed and functioning, along with anti-virus software and other needs the Sailors expressed concerns about.

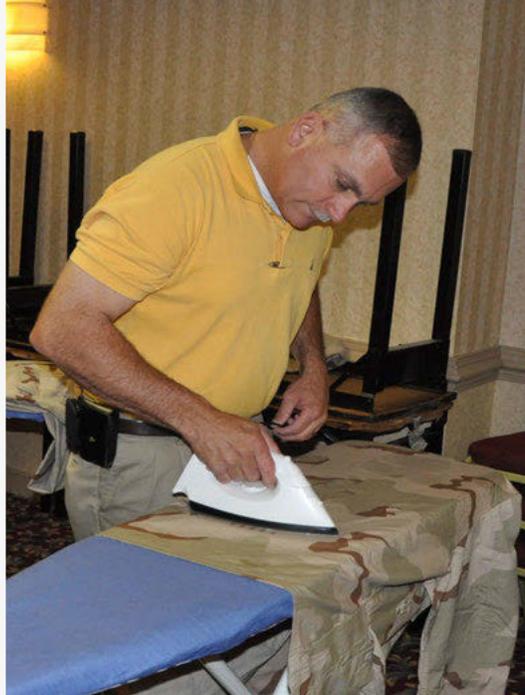
Chief Petty Officer Joel Utsinger was quoted as saying “We understand the importance of communicating with family and friends during the deployment. It is not only necessary, but a big morale boost for the troops!”



Chief’s Mess and First Class Assn. Raise Morale and a Little Cash!

Story by Petty Officer 1st Class David Morrissey

How much for Military creases Master Chief?

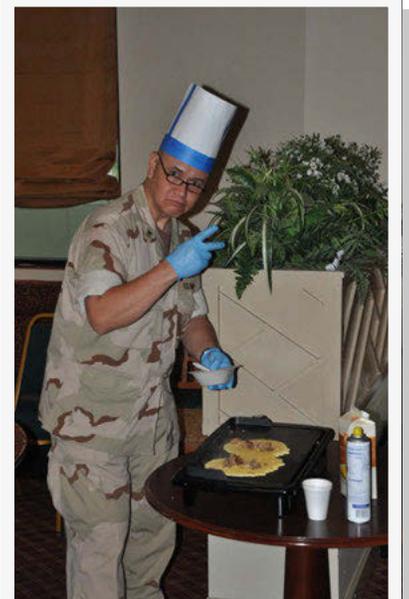


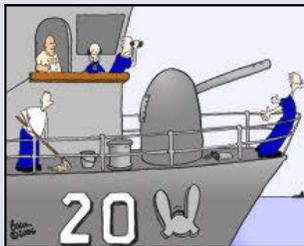
As NAVELSG FWD MIKE prepares to move forward, the members of ESS have an opportunity to reflect on their time spent in Williamsburg, Virginia. “Our surroundings may be beginning to look a little bit nicer when we think of our upcoming mission and some of the luxuries we will soon leave behind.”

It was only a short while ago that these Sailors were being acclimated to life in their hotel rooms; the Chief’s Mess and the First Class Association made the transition easier. They worked to make ‘home’ a little homier, while raising money and morale.

The Chief’s Mess spent an afternoon ironing uniforms as a fund raising event. Sailors were encouraged to have their uniforms ironed by the Chief’s Mess in order to raise money for their cruise books. The First Class Association also organized a fundraiser by offering haircuts and a hot breakfast, which included burritos and grits for their shipmates.

Burritos and Grits? Ok, sign me up!

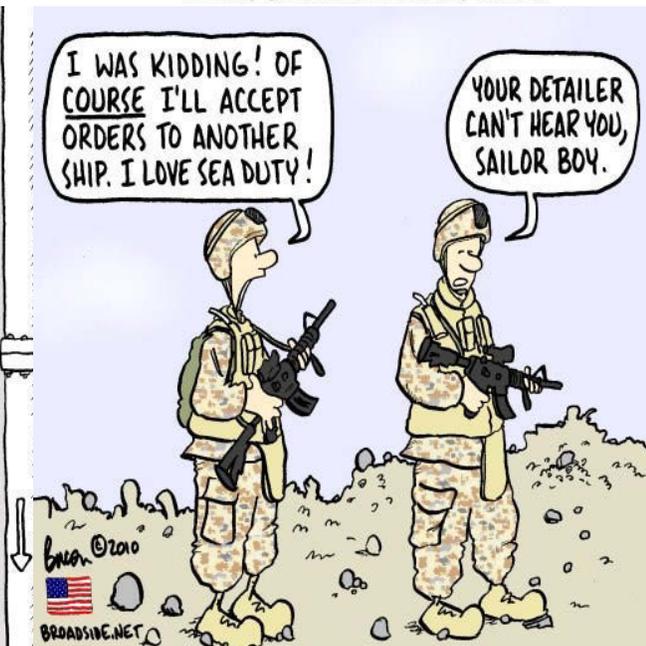
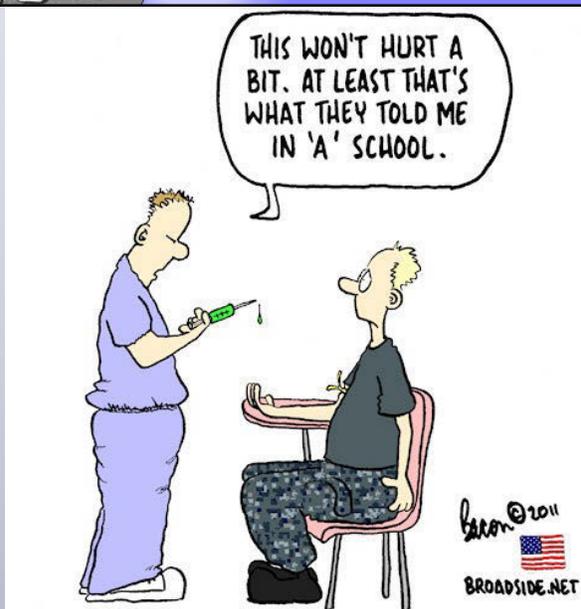




Broadside[®]

Cartoons

By JEFF BACON



Courtesy by Jeff Bacon.

A little bit about "Broadside Comics". Jeff Bacon's first Navy Times cartoon was published in March 1986. By the end of that year, the panel was titled "Broadside" and has appeared weekly ever since. In 2006, his Marine-oriented cartoon "Greenside" began its run in Marine Corps Times.

His art has been printed in numerous government publications, professional papers, and a lot of cubicles around the world. His cartoons have been displayed at the Navy Art Gallery and the Navy Memorial in Washington, D.C., and have been published in three books: The Best of Broadside, Book II: the Rest of Broadside, and 20 Years of Broadside. He donates artwork to the Navy Memorial and various non-profit groups throughout the year, and has been a featured speaker for numerous commands and organizations around the world.

PARTING SHOT

