

# TIGER TIMES



**NAVELSG FWD KUWAIT MAKES HISTORY  
WITH 1ST TSC, ARCENT DURING DRAWDOWN  
NEVER SO MUCH IN SO LITTLE TIME**

**BRAVO ZULU ISSUE**



Photo by: PR2 Arik Mueller

**Seabee Memorial:** The November rotation CMDCM Robert Garcia, reads the names engraved in the planks of wood that make up the SeaBee memorial located at the corner of the NAVELSG FWD Transportation tent atop the hill on Camp Arifjan, Kuwait. The Sailors who worked on the installation include. EO1 (EXW) Summers, EM1 Morrissey, CE2 (EXW) Kerr, GM2 Johns, AO2 Peterson.

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

A Special Thank You to everyone who contibuted to this edition...

AT2 Fenske, Erik  
HM2 Fredericks, Deven  
AM2 Goerk, David  
ET2 Mendez, Carlos  
PR2 Mueller, Arik

HT2 Scott, Adrian  
YNC (SCW/FMF) Segura, Ramon  
DC2 Suarez, Veronica  
ABH1 Wondra, Dylan



## From the Captains Desk

As your Commander, I cannot overemphasize how proud I am to serve with you. Through your hard work, we have met every challenge and overcome every obstacle on the path to some truly outstanding achievements during this tour. Although the pace of work has quickened in support of the Commander-in-Chief's orders, we have strongly positioned ourselves shoulder to shoulder with our joint partners to continue the heavy lifting until the job is done or we go home...whichever comes first!

During the year-end holidays, please keep in touch with your family and friends back home and keep an eye out for Shipmates who might need a cheering up as well. And, finally, congratulations to all of our newly promoted Petty Officers and recent EXW qualifiers...well done!

Be safe, be professional, stay vigilant - "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

The holidays have come and gone and the next month brings an end to the deployment for many in our command. This is the last Tiger Times for the Mike rotation and we have seen some changes in the command and other Navy commands with the drawdown still in process. The Navy presence at Camp Arifjan and many other bases is growing smaller and smaller. Our focus is the same as we draw closer to the end of our chapter as command. We need to leave our camps and bases better than we found them. In some cases entire camps and companies will no longer exist. But for those camps and companies that remain for our reliefs for whatever period of time need to be maintained. And for those members that are still here will need to maintain focus. We should all leave knowing we made contributions to the mission. Each of us should strive for improvement in our Navy careers as well as in every aspect of our lives.



CMDCM (EXW/SW) TURNER



# INSIDE THIS ISSUE

## FEATURE STORIES



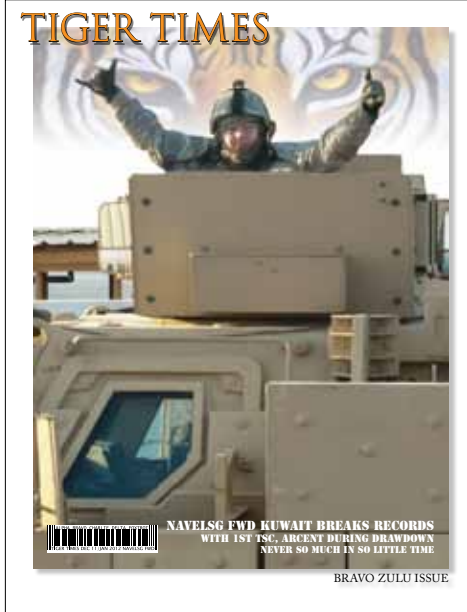
THE FINAL CONVOY PG. 8



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## ON THIS ISSUES COVER:

Khabari Crossing, Kuwait -

A soldier raises his arms and give the “hang loose” sign from his gun turret atop the vehicle. He was one of the last combat troops out of Iraq on Dec. 18, 2012 beating the President’s deadline by two weeks.

*Photo by ET2 Carlos Mendez*



## TIGER TIMES MAGAZINE DEC 2011/JAN 2012 VOLUME MIKE ISSUE 4

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## DEPARTMENTS



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RUNNING FOR A CAUSE PG.32



I was talking to a good friend of mine the other day regarding the transition from MIKE to NOVEMBER rotation. We talked about the challenges and the opportunities that arise during a transition such as this. A new group arrives with new energy and enthusiasm as well as new expectations. Those who are not first to go have to watch as others get ready to leave and rejoin their lives - the ones they left behind nearly a year ago. Those who remain will come under new management and try to balance the way things have been with the way they will be. This inevitably involves change which can be painful. In military life we are accustomed to this process of regularly upsetting the apple cart to make way for what's to come and we pride ourselves on being resilient and durable. Even if it's only false pride which we use as a coping tool to get us through these tumultuous times.

My friend, a retired Air Force Colonel, having experienced many of these types of transitions during his 24 years of service asked me if I was "FIGMO". I replied that I didn't know what FIGMO was. He went on to explain that FIGMO was a state of mind that exists only in the military but across all branches, Active or Reserve and among personnel from every level. It made no difference whether you were an E-1 or an O-9. This state of mind discriminated against no one and was something everyone in the military needed to maintain an awareness of, especially during times like the ones we are in right now at NAVELSG FWD; the moment of transition.

FIGMO is something that robs teams of team members and as a result leads to unbalanced workloads causing undue stress on organizations and possibly even ending in a failure to meet mission objectives. It just depends on how widespread FIGMO is. Despite it's viral nature FIGMO can be held at bay by diligent leadership as well as personal determination in those that understand FIGMO and it's ramifications.

FIGMO is not all bad and can be a welcome part of the natural order of things but in order to stave off the ill effects of FIGMO proper timing is required. If FIGMO sets in too soon, then some of the undesirable effects mentioned earlier can manifest and it becomes generally unpleasant for all but those under the influence of FIGMO.

So you want to know what FIGMO is and what you can do about it right? Well I guess I ought to tell you.

FIGMO stands for "Forget it, I've Got My Orders" and with that simple explanation you now understand how insidious FIGMO can be and yet how important it is at the same time. It is a natural part of the transition process that when assumed at the appropriate time allows us to begin to prepare psychologically for what's next. The danger in "being" FIGMO too soon is that the finalization required to make a clean getaway could become difficult if not impossible and cause both those departing as well as those arriving to have to pick up your slack. So my good friend recommended keeping FIGMO at bay until properly relieved at which point it's perfectly ok to dive on in. Now that's some good advice from a good friend, my dad.

ET2 MENDEZ

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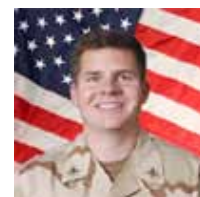
GM2 Wallis  
UPAR  
Charlie Co.



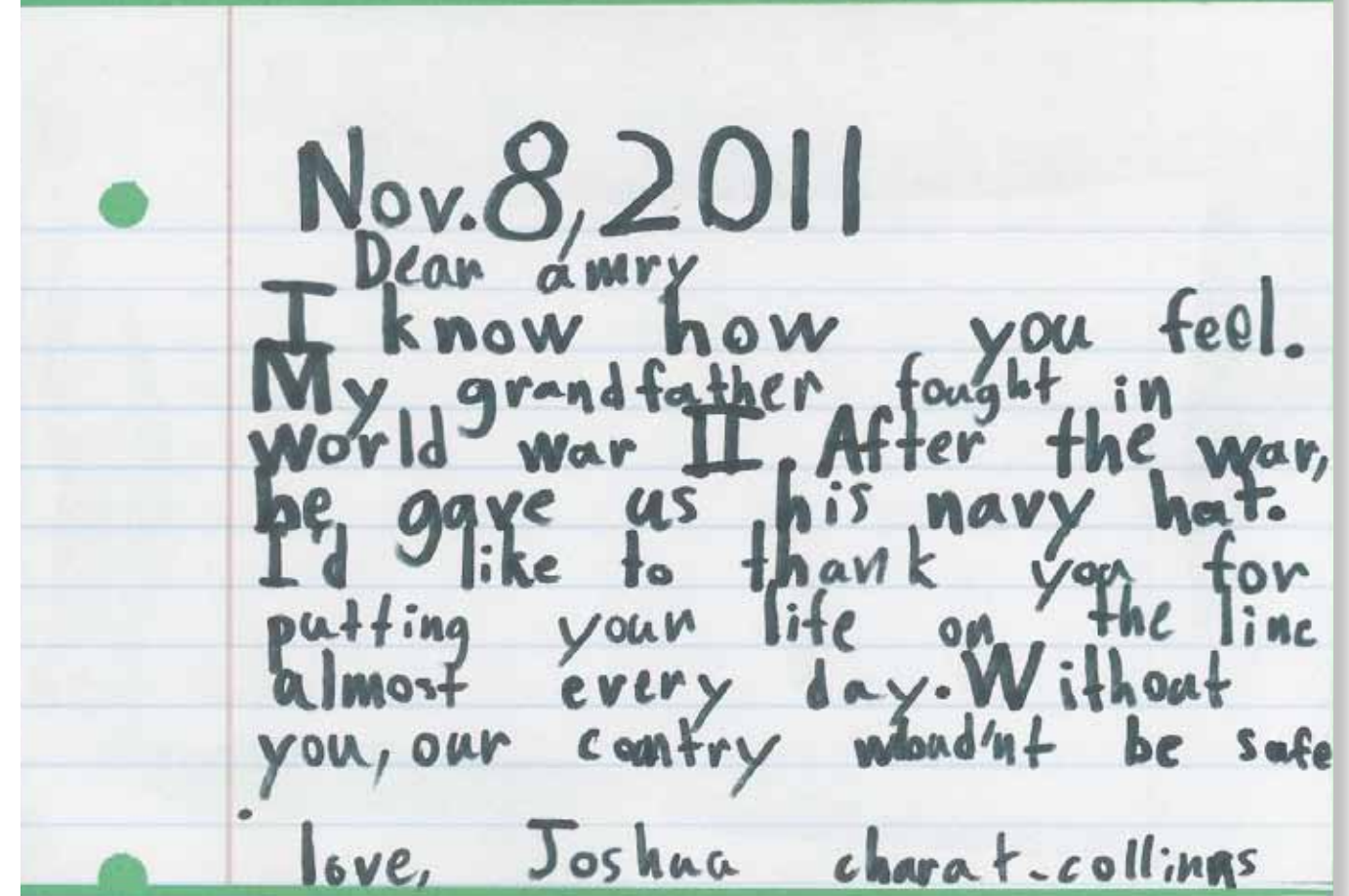
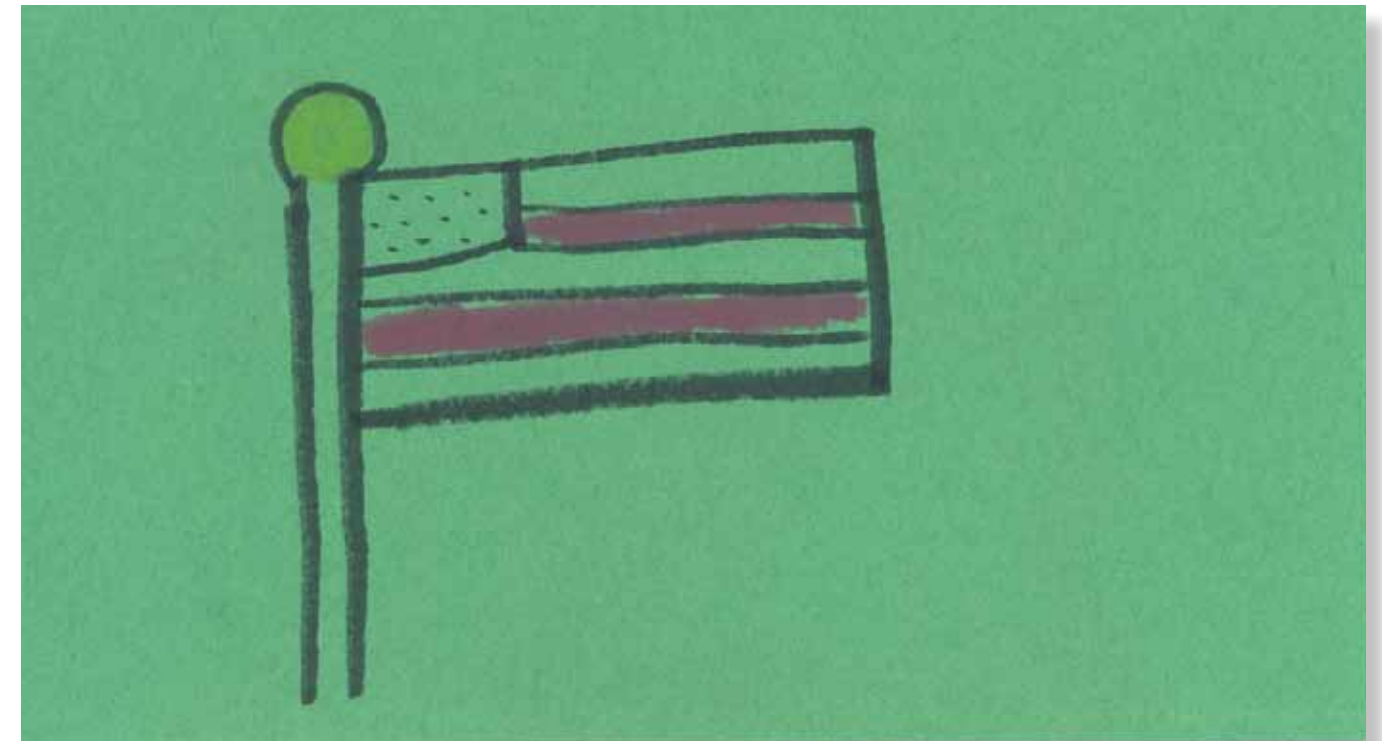
YN2 Reed  
UPAR  
Delta Co.



AME2 Flores  
UPAR  
Foxtrot Co.




AM2 Goerk  
UPAR  
ACD-3



THANK YOU FOR YOUR SERVICE.

It Happened on a Sunday Morning



# THE FINAL CONVOY OF OPERATION NEW DAWN



# It Happened on a Sunday Morning

*Story by: YNC(SCW/FMF) Ramon "Ray" Segura*

*Photos by: ET2 Carlos Mendez*

On a cold brisk Sunday morning, under the cover of darkness history was in the making as the last American combat troops drove South out of a free and sovereign Iraq and into Kuwait. From that day forward, Americans entering Iraq would do so only with the permission of the Iraqi government. After nine long years of United States military involvement that included soldiers, Sailors, airmen, Marines and Coast Guardsmen being deployed to Iraq, Operation New Dawn would be over in a matter of hours. The mission in Iraq was seldom clear cut and included operations as varied as searching for weapons of mass destruction, battling insurgents, patrolling cities and villages and the vast desert lands beyond, to the rebuilding and new construction of roads and buildings, convoying of supplies and other valuable resources. Probably the most important and often elusive aspect of the mission was winning the hearts and minds of the Iraqi people. After all that and all the blood, sweat and tears, on December 18, 2010, the last convoy arrived at the Khabari Crossing.



Better known as K-Crossing, this place was an embarkation point on the Northern border of Kuwait that served for years as a customs inspection facility and backdoor for the logistics movements that kept troops supplied during those long years of war. One of the major supply lines ferrying materiel to coalition troops in every corner of Iraq, the K-Crossing would service multiple convoys daily, each consisting of up to one hundred vehicles. Though the convoys consisted mostly of tractor-trailers they also required support vehicles in the form of military route clearing teams with equipment designed to detect and clear land mines and IED's and in the case of ambush they were capable of returning fire. Previous rotations of NAVELSG FWD maintained customs battalions at Khabari Crossing. In recent years, the customs mission was returned to the Army.



Under a broad canopy of stars a group of reporters from international media outlets, joined by their military counterparts, gathered, waited and watched, looking into the still, chill, eerie blackness on the distant horizon to the north. The silent void of the surrounding desert was interrupted only by the incessant humming of generators powering bright spot lights and a multitude of camera gear. The humming of generators was no match though for the thunderous roar of the military vehicles lumbering through the gate. Despite the noise, if you stepped away just far

enough from the din of the diesels and the breeze favored your location you could hear the cry of feral desert dogs calling to one another across the broad expanse. Despite the dark and the cold, warm conversation between civilian and military helped to fill the gaps between the arriving convoys.

Emerging from the abyss, the bright lights of the convoys would gradually appear on the northern horizon. Beginning as nothing more than a faint glow, the aura would slowly transform into a shining string of pearls, snaking its way along a southerly course ultimately arriving at the Kuwaiti border. As the first of the convoys approached the gates, frantic preparations and adjustments were made to ready camera gear, audio equipment and satellite uplinks for the beginning of what was to be a lengthy parade of heavy metal. As the hours passed and the convoys continued to arrive, darkness gave way to a clear morning sky.



# It Happened on a Sunday Morning



The orange sunlight glowed like a beacon and delivered the warmth of a new day despite the cold breeze. Having thrown off the oppressive dark and cold, the excitement continued to rise until the final vehicle in the final convoy passed through that hallowed gate. These troops-the last U.S. combat forces out of Iraq-were visibly glad to be on their way home and just in time for the holidays.

All present that morning cheered. Some waved and some jumped up and down as the trucks rolled through, honking their horns in jubilation. Photographers took pictures of the vehicles arriving and the Soldiers inside the vehicles in return took photos of their own. A friendly battle of camera flashes ensued like a paparazzi party at a Hollywood premiere.



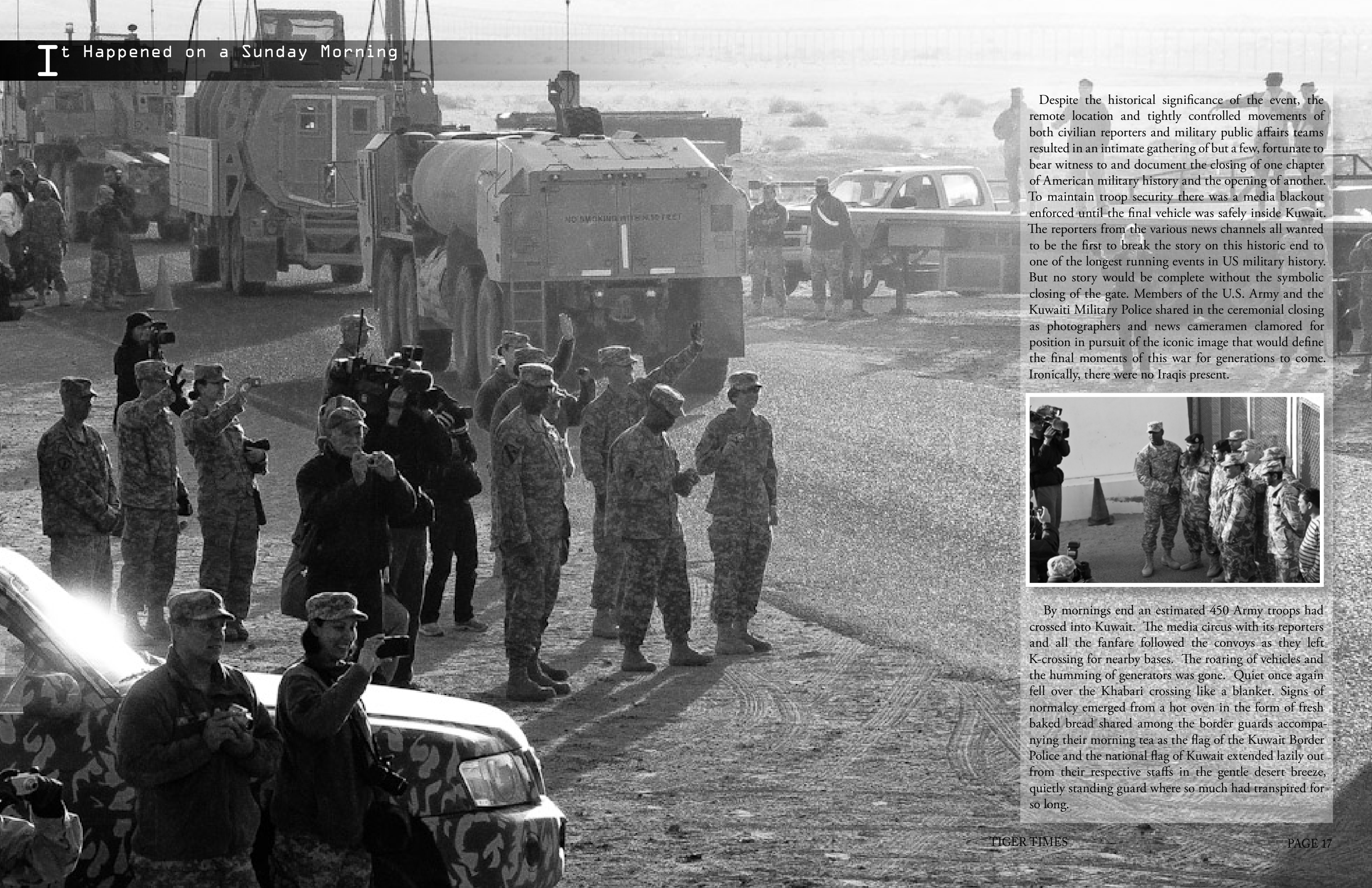


It Happened on a Sunday Morning





# It Happened on a Sunday Morning



Despite the historical significance of the event, the remote location and tightly controlled movements of both civilian reporters and military public affairs teams resulted in an intimate gathering of but a few, fortunate to bear witness to and document the closing of one chapter of American military history and the opening of another. To maintain troop security there was a media blackout enforced until the final vehicle was safely inside Kuwait. The reporters from the various news channels all wanted to be the first to break the story on this historic end to one of the longest running events in US military history. But no story would be complete without the symbolic closing of the gate. Members of the U.S. Army and the Kuwaiti Military Police shared in the ceremonial closing as photographers and news cameramen clamored for position in pursuit of the iconic image that would define the final moments of this war for generations to come. Ironically, there were no Iraqis present.



By morning's end an estimated 450 Army troops had crossed into Kuwait. The media circus with its reporters and all the fanfare followed the convoys as they left K-crossing for nearby bases. The roaring of vehicles and the humming of generators was gone. Quiet once again fell over the Khabari crossing like a blanket. Signs of normalcy emerged from a hot oven in the form of fresh baked bread shared among the border guards accompanying their morning tea as the flag of the Kuwait Border Police and the national flag of Kuwait extended lazily out from their respective staffs in the gentle desert breeze, quietly standing guard where so much had transpired for so long.



*Story by YNC(SCW/FMF) Ramon "Ray" Segura*

Camp Arifjan, Kuwait - In early December the Master Chief Petty Officer of the Navy (MCPON) Rick West, the Navy's Senior Enlisted Advisor made time to visit the Sailors of NAVELSG FWD. The position of MCPON, an appointment lasting four years, is regarded as the pinnacle of achievement for enlisted Sailors. Though most Sailors don't even aspire to the position, it is attainable. Like being elected President, there is no roadmap that leads directly to the front door. Most in that position would admit that they thought they would be the last person in that job and yet someone will be selected as the next MCPON. The position of Master Chief Petty Officer of the Navy was created in 1967 and has yet to be held by a female. The current MCPON, the twelfth Sailor to wear three stars atop his gold fouled anchor with silver superimposed USN, has been in the position for three years as of this writing. Though his time in Kuwait was brief, he was well received by the Sailors.

His visit to Kuwait started off with an ALL CHIEFS breakfast at the dining facility on Camp Virginia. In atten-



dance that morning were Chiefs of NAVELSG FWD's Bravo Company there in Ali Al Salem, as well as the Navy Seabee Chiefs of Camp Moreell and a number of other Chiefs belonging to NAVCENT who drove from nearby Camp Virginia. Following the breakfast that morning he would address as a group, all the Seabee's stationed at or transiting through Camp Moreell, an all Seabee encampment located on the LSA at Ali Al Salem. Some of the Seabee's had just arrived from Iraq, as part of the Iraq drawdown.

Later that same day at Camp Arifjan, the MCPON would tour the spaces of NAVLESG FWD for an opportunity to meet and greet the Sailors throughout the command. The Sailors of NAVLESG FWD who made up the majority of Navy presence at Camp Arifjan were will in attendance for an "All Hands" at the Warrior Transition Program Tent. The number of Sailors was significantly smaller compared to recent months. With the drawdown in Iraq came the drawdown of US forces across the region including Sailors in Kuwait; most notably Emergency Medical Facility Kuwait (EMFK) and the Provost Marshals Office (PMO).

Sailors from multiple Navy commands based in Kuwait came out en-masse to listen to and meet the MCPON. Members of the Warrior Transition Program (WTP), Central Command Deployment and Distribution Operations Center (CCDDOC) and the Theater Field Confinement Facility (TFCF) were all in attendance when the MCPON spoke and answered questions that afternoon. The MCPON answered questions from Sailors about subjects ranging from changes in the Navy uniforms and enlisted review boards to physical fitness assessments to retirement. Those were some of the questions on Sailor's minds and were common themes which also surfaced at the other bases he visited on his voyage.

Just before leaving, the MCPON challenged two Sailors, one of them being NAVLESG FWD's own IT2 John Peak from the N6 (IT)department to do push-ups with him as a way to get himself and the other Sailors motivated. The two chosen Sailors lead all those in attendance, for a loud, proud Navy HOOYAH!

The MCPON finished his day with an evening visit to NAVELSG FWD's Charlie Company and the Sailors of

MESRON3 Port Security Group at the Kuwait Naval Base. He spoke to the two groups and was the distinguished guest at an awards and pinning ceremony held that evening for the member of MESRON3. A few fortunate Sailors were lucky enough to be frocked by the most senior enlisted member of the US Navy. An honor they will surely never forget. After dining with the Sailors of KNB, it was back back to Camp Arifjan making preparations for the following day and eventually "rack out" but not before ending the night with the chance to see the Army vs. Navy Volleyball game being played as part of the 2011 Army Navy Game. A friendly series of challenges between Army and Navy personnel on Camp Arifjan, building up to everyone's favorite rivalry of the year; the iconic Army Navy Football game.

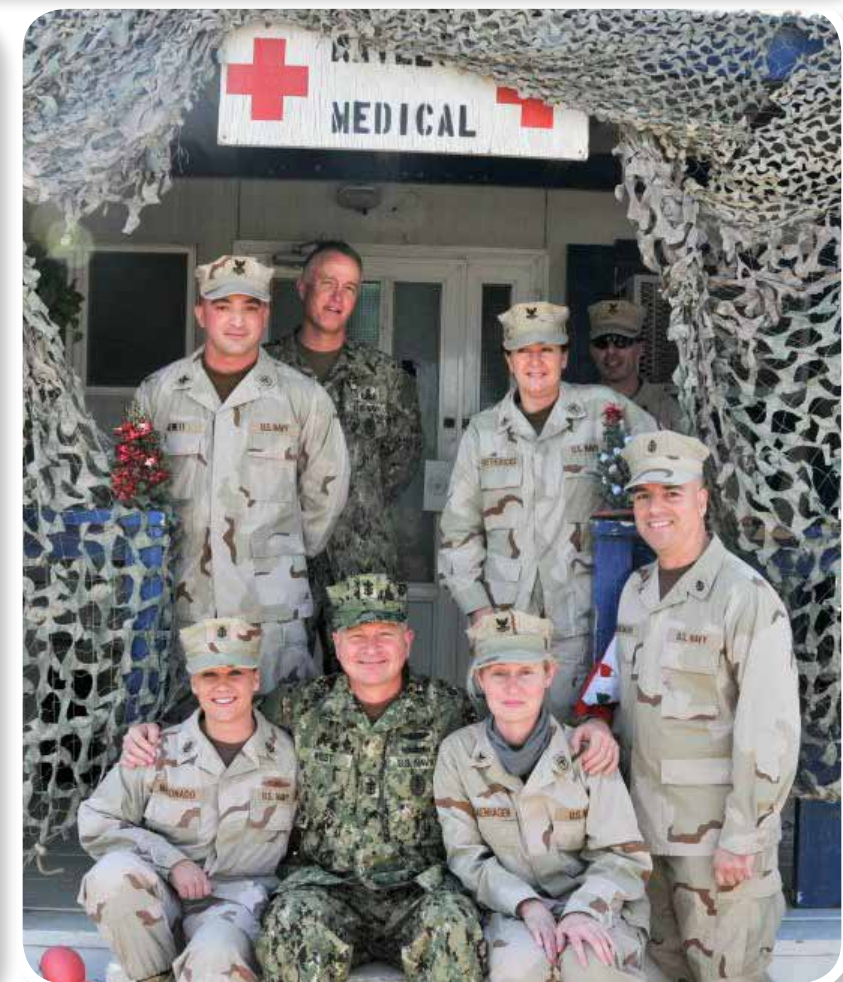
Having had the opportunity to meet the majority of the Sailors in Kuwait, the MCPON was off to Afghanistan for more face time with his Navy. For many deployed Sailors it was an opportunity not to be missed; the opportunity to meet with the Navy's most Senior Enlisted Advisor.

*Photos By: DC2 Veronica Suarez and ET2 Carlos Mendez*











# Families Reunite While Forward Deployed

Story and Photos by: DC2 Veronica Suarez

**Camp Arifjan, Kuwait** – Very few U.S. Service members have immediate family in the service and even fewer get the chance to deploy with them.

Three Sailors now attached to Navy Expeditionary Logistics Support Group Forward (NAVELSG FWD) recently had the unique opportunity to reunite with immediate family members while in theatre. Two mothers and two sons, all serving in the Middle East were reunited while serving their country.

Petty Officer First Class Katherine Bates is attached to Navy Expeditionary Logistics Supply Group Forward (NAVELSG FWD) Mike Rotation in Kuwait. She has served in the US Navy for 14 years and is currently on her second tour to the Middle East. Her son, Specialist Mathew Bates is deployed with the JCC J6 COMMO Army at FOB Torkham, Afghanistan. Specialist Bates has been serving in the US Army for three years and is on his first deployment.



When PO1 Bates was asked what her son thought about her deploying overseas, she stated that “he was proud of her” and he seemed to genuinely admire her heroism. Even though PO1 Bates is very proud to serve her country the one thing that went through her mind was that her grandchildren would have to miss both their father and grandmother during the holidays.



In November 2011, while SPC Bates was heading back home for R&R, he and his mother PO1 Bates were able to reunited and spend some quality time together. Before departing, PO1 Bates wished her son a safe trip and asked him to give everyone her love and regards back home. As PO1 Bates hugged her son goodbye, she expressed her pride in being his mother. Taking deep breaths was all she could do to keep the tears from falling. The gravity of the moment hit her as she thought of not being there for the holidays and the special moments in her young son’s life.



In January 2012, a similar occurrence took place for Petty Officer Second Class Eduardo Ramirez who is also serving with NAVELSG FWD Mike Rotation. He recently reunited with his mother, Lieutenant Gina Gonzales-Parkes, who arrived in theater a few days ago with NAVLESG FWD November Rotation, relieving her son Eduardo. She stated that, “It was more emotional than I expected to see him in uniform and to know that we can share the same experiences and appreciate the sacrifices that come with being a part of the US Military.”





Story by: YNC(SCW/FMF) Ramon "Ray" Segura

## Troops Helping Troops

Camp Arifjan, Kuwait - The diminishing resources service members had access to during the drawdown in Iraq and that members regularly have available in Afghanistan led Petty Officer 2nd Class, Veronica Suarez to start a grass roots program at Camp Arifjan where she has been deployed since May 2011. The "Troops Helping Troops" program was started to provide members deployed in Iraq with much needed items when the Exchanges and dining facilities were being closed as part of the drawdown, sometimes months prior to their departure leaving the servicemen and women deployed there in a very "expeditionary" state of affairs.

Nearly 2,400 care packages have been recieved by Sailors in Kuwait originating from the Cut-N-Curl hair salon, a small business located in Chula Vista, CA. The Sailors in Kuwait regularly receive an abundance of boxed donations ranging from hygiene and toiletry products to snack foods and candies. The care packages arrive from a wide array of charities, friends, family and supporters of Cut-N-Curl, whose owner is married to a retired Navy Master Chief.

Troops Helping Troops which is a "branch-neutral care package re-distributor", is a program begun for the Sailors formerly in Iraq and still in Afghanistan though some soldiers have also been the grateful recipient of packages.

Some of NAVELSG FWD's Sailors have either friends or family members deployed to Afghanistan serving with other branches of the U.S. Armed Forces. As a result, troops in Afghanistan from the various services are now receiving packages from the caring and supportive Sailors of NAVELSG FWD in Kuwait.

Troops Helping Troops have also graciously redirected supplies to the American Red Cross and the Navy's Warrior Transition Program (WTP) located on Camp Arifjan, in addition to NAVELSG FWD's Bravo Company, located at a nearby installation. At Bravo Company, service members are able to enjoy the products distributed to their location, in particular, the hygiene products which are especially useful when flights for service members going on R&R or redeploying are unexpectedly delayed.

Suarez, say's "the gratitude of those receiving these packages more than makes up for the effort involved in managing the program". She added that she looks forward to continuing to support those further afield until her deployment is over, at which point she hopes to "hand the program off to some likeminded Sailors here at Camp Arifjan to continue the good work until we all are home again".





Story and Photos by: ET2 Carlos Mendez

## Navy Trains the Army

Camp Arifjan, Kuwait - In an unusual role reversal Navy customs personnel were asked to provide training to a group of 39 Army personnel on the intricacies of vehicle washing techniques common to the members of NAVELSG FWD's washrack facilities crews.

Under the supervision of representatives from both the U.S. Dept. of Agriculture and U.S. Customs and Border Protection, a division of the Dept. of Homeland Security, U.S. Navy Customs and Border Clearance Agents shared their knowledge through formal instruction as well as lessons learned, hard won during their time as operational clearance agents in country.

Classroom training begun in Ft. Dix, New Jersey by the same officials observing the current training was completed here on Camp Arifjan through a series of Job Qualification Requirements (JQR's) led by members of the preceding LIMA rotation.



This current group of Navy inspectors will soon be passing their training on to their reliefs, NOVEMBER rotation, who begin arriving on station this month to take the watch and allow the MIKE rotation to return home at the end of a busy deployment which saw the end of Operation New Dawn and with it tens of thousands of vehicles and millions of pieces of equipment streaming out of Iraq.

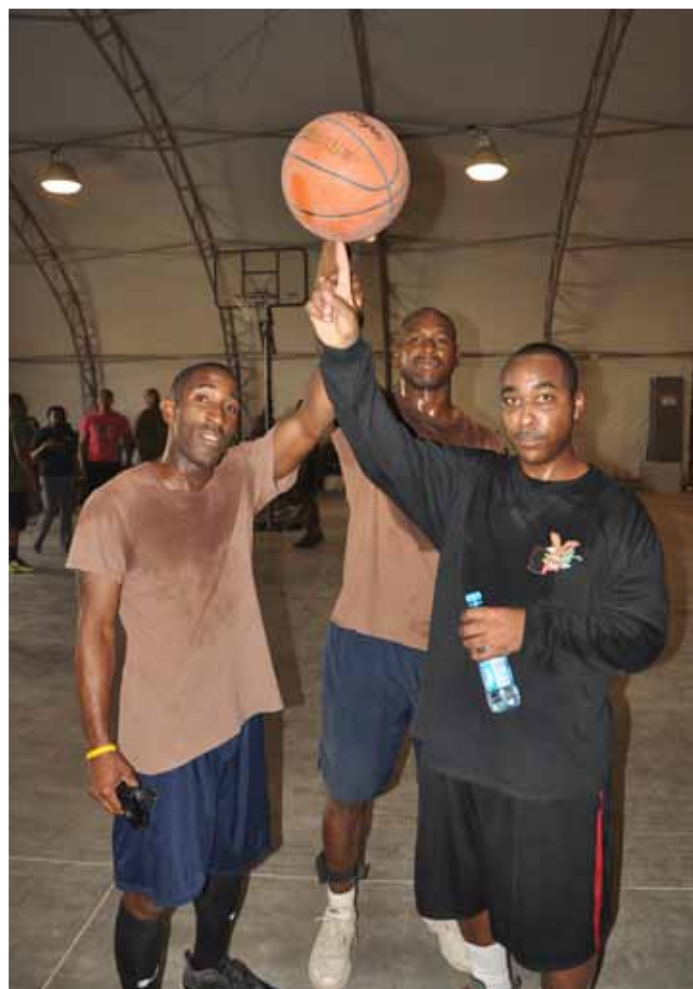




## ACD 3 Begins Group PT

Thursday mornings at camp leatherneck are either the beginning or the end of the day when ACD3 Musters at 0500 for group PT, as day shift meets night shift for early morning stretches, calisthenics, and athletic competition. LS2 Highsmith begins the work out by leading ACD-3 in yoga exercises designed to loosen the body and reduce injury. Senior Chief Stevenson starts the group off with warm up exercises including sidestratle hops, windmills, and monkey squats. By the time the sun comes up ACD-3 is ready for some beach volleyball, unless it is your turn to alternate out of the game and perform a combination of laps/ pushups.

The PT was set up as a way to boost overall group moral, improve communication and teamwork, and over all fitness. Group PT has been very popular. It is a good to have an event that mixes up the regular routine. The weekly competition adds levels of camaraderie and teamwork that are not gained during individual workouts. Due to the success of the program Thursday morning PT is here to stay, and is expected to remain in the exercise routine. Events are not permanent and are subject to change. Possible team building athletics include ultimate Frisbee and soccer. Much of the appeal of the program comes from the fact that you may not know what you will be doing this week, but you can expect to get in a good workout and a lot of fun.



## ACD-3 SUPPORTS THE USO

CAMP LEATHERNECK - AFGHANINSTAN,

ACD3 Seabees EO1 Larkin, EO1 Smith with the assistance of Chief Select Hinson and BM1 Clowney worked with the Marines of MALS 40 to improve the USO at camp leatherneck Afghanistan. The USO at camp Leatherneck is a work in progress, and although it has seen many changes in the short time we have been here none have been as impressive as the new deck.

Marines from the Marine Avionics logistics group 40 were preparing for the end of their tour, their relief was on their way and they wanted to make the USO better than when they arrived. To do this they were going to need the expertise of the US Navy Seabees.

Chief select Hinson came up with a design inspired by similar projects around Camp Leatherneck. The deck on the front of the building is a simple plan incorporating steps and seating areas with desks around a covered patio. Seabees provided wood and equipment. The Navy and Marines collaborated each giving personnel to accomplish the task. For 3 nights from seven in the evening to in the morning crews worked together building the deck.

Gunnery sergeant Fernandez, berthing coordinator of MALS 40, was strongly motivated by the hopes of giving service members a nicer place to relax and enjoy themselves before heading back out of the wire. He explained how important the USO is to so many people, and was emotionally moved by the thought that that building may be one of the last luxuries some of the marines will enjoy.

The new addition has been quickly put to use, and despite the high temperatures the tables and chairs are used throughout the day. Marines who pick up wireless Internet signals from the USO most heavily use the deck.



*Stories and Photos By: AM2 David Goerk*





### ACD-3 PARTICIPATES IN 4M/5K MEMORIAL RUN

Story by: AM2 David Goerk

Camp Leatherneck, Afghanistan - ACD-3 was not quite ready for the 10K race held on Memorial Day, 2011, but by the time the next race came around, ready or not members of ACD-3 did step up to honor a fallen Marine. 0600 13Aug a more than 500 service members started the five kilometer Megan McClung Memorial Run.

In December 2006, during the final month of a yearlong deployment Major McClung's vehicle was hit by an IED. She was killed instantly, becoming the first Female Marine Corps officer to be killed in the Iraq war, and the first female Graduate of the United States Naval Academy to be killed in action. Major McClung was an active triathlete and marathoner. Prior to her death she had organized and ran in Marine Corps Marathon's satellite competition in Iraq.

*The Injured Marine Semper Fi Fund is a 501(c)(3) nonprofit organization established to provide financial aid and quality of life solutions to:*

- *Marines and Sailors as well as members of the Army, Air Force and Coast Guard who have served in support of Marine forces, when they become injured in post 9-11 combat or or training, and their families*
- *Help defray the expenses incurred during hospitalization, rehabilitation and recovery*
- *Assist with the expenses associated with the purchase of specialized equipment, adaptive vehicles and home modifications*
- *Educate the public about the special needs of our wounded service members and their families*

*Established in May 2004, the Injured Marine Semper Fi Fund has provided over 18,300 grants totaling \$37 million in assistance to our Nation's wounded and critically ill heroes and their families.*



[www.semperfifund.org](http://www.semperfifund.org)

The Memorial run brought many people together to remember a fallen Marine by doing something she loved.

The Injured Marine Semper Fi Fund was established in May 2004. A nurse at the Camp Pendleton Naval Hospital, whose husband was deployed to Iraq, saw first hand the needs of those returning from battle. She brought together a group of Marine Corps spouses with diverse backgrounds to implement a plan to provide financial grants to post-9/11 injured Marines, Sailors, and service members injured while assigned to Marine forces, and their families during their difficult road to recovery.

### ET2 Wallace Rose

Hometown: Tucson Arizona

Married/Single/Kids? Divorced, two girls 17 and 11

How long have you been in the Navy? Reserves, 8 years

What do you do in civilian life? I'm a DoD, Defense Contract Management Agency, Systems Engineer. Whoa, that's a mouthful!

Any goals while you are over here? Warfare Pin, Defense Acquisition Corps Membership

What has been the biggest surprise of this deployment? The harsh environment. I live in the desert too but the desert in Tucson is nothing like the desert in Afghanistan.

Who is your favorite cartoon character? Bettie Bailey

If you could have any super power in the world what would you choose? The power of language to better convey to the Afghan Army and locals that we support democracy in their nation.

What is your favorite book? Joker One by Donovan Campbell





Knowledge dropped by: AT2 Erik Fenske

## The Yellow Ribbon Program

Camp Arifjan, Kuwait - For those Sailors currently or recently re-deploying, the Yellow Ribbon Program is an opportunity to subsidize those tuition expenses not covered by the Post 9/11 G.I. Bill at institutions of higher learning. It is a severely underutilized program which yields a great benefit.



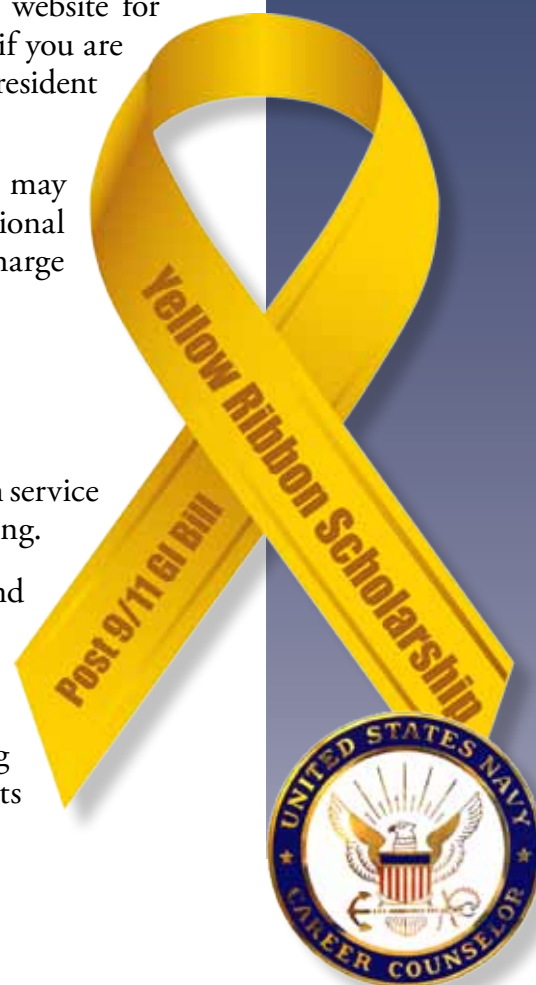
Command Career Counselor  
AT2 Erik Fenske  
DSN 430-4054

Alpha CC  
MM1 Mark Rioux  
DSN 318-430-7918

Bravo CC  
AE2 Christopher Hand  
DSN 442-0158

Charlie CC  
BM1 Carlo Cabrera  
DSN 318-839-1027

ACD 4CC  
BM1 Kelly Lynch  
DSN 318-357-5643



## Benefits of the Yellow Ribbon Program

### The Post-9/11 GI Bill pays either:

All resident tuition & fees for a **public school, or whichever is greater**, actual tuition & fees or \$17,500 per academic year for a private school

There are a few exceptions so be sure to check the GI Bill/VA website for those details. Your actual tuition & fees may exceed these amounts if you are attending a private school or are attending a public school as a nonresident student.

Institutions of Higher Learning (Degree Granting Institutions) may elect to participate in the Yellow Ribbon Program to make additional funds available for your education program without an additional charge to your GI Bill entitlement.

## Eligibility

Only veterans entitled to the maximum benefit rate (based on service requirements) or their designated transferees may receive this funding.

For complete information about the Yellow Ribbon Program, and to see if you qualify, please visit

[http://gibill.va.gov/benefits/post\\_911\\_gibill/yellow\\_ribbon\\_program.html](http://gibill.va.gov/benefits/post_911_gibill/yellow_ribbon_program.html)

Also, for information regarding the Post 9/11 G.I. Bill including a benefit calculator and the transferability of benefits to dependents please visit

[http://www.gibill.va.gov/benefits/post\\_911\\_gibill/index.html](http://www.gibill.va.gov/benefits/post_911_gibill/index.html)

## THE NAVCENT FWD KUWAIT WARRIOR TRANSITION PROGRAM INCLUDES TWO NAVY CHAPLAINS ASSIGNED TO THE CARE TEAM.

CDR Michael Neubert is a 27 year veteran of the US Navy. He served an active duty tour as a Base chaplain, Camp Butler, Okinawa 1988-91. During his Reserve career Chaplain Neubert has primarily worked with Marine Corps units. Chaplain Neubert is a Presbyterian minister from Herrin, IL. He and his wife Kathi have three children.

LT Stephen Griffin is a former enlisted member of the Marine Corps, who as a Marine spent two tours in Iraq during Operations Iraqi Freedom and Enduring Freedom. A 6 year veteran of the US Military, LT Griffin is currently stationed at Naval Station Norfolk, Virginia and he will be returning there to his wife and daughter at the end of his deployment. Chaplain Griffin is a Baptist minister endorsed by the Southern Baptist Convention.



While the chaplains are assigned to WTP, all Navy chaplains gladly care for any Navy personnel who may have personal, family or faith concerns. Navy Chaplains support and care for members of any faith or no faith. All chaplains have completed a masters degree and bring their education and experience to bear when serving the needs of sailors.

Please remember that when you speak to a Navy chaplain you have privileged communication - and the privilege belongs to you. All matters discussed are completely private and confidential. Should you ever need an "air tight" place to talk things over feel free to call.

WTP chaplains offer a worship service on Sunday mornings at the WTP Annex beginning at 0900 and always ending in time for redeployers to make the travel brief at 1000. If you would like to meet and speak to us informally, this is a great opportunity. You can also find us in the WTP garden on Friday nights at 1900 for "Holy Smokes," a cigar night designed for redeployers at which all Navy personnel are welcome.

CDR Michael S. Neubert, CHC, USNR

Warrior Transition Program

NAVCENT FWD Kuwait

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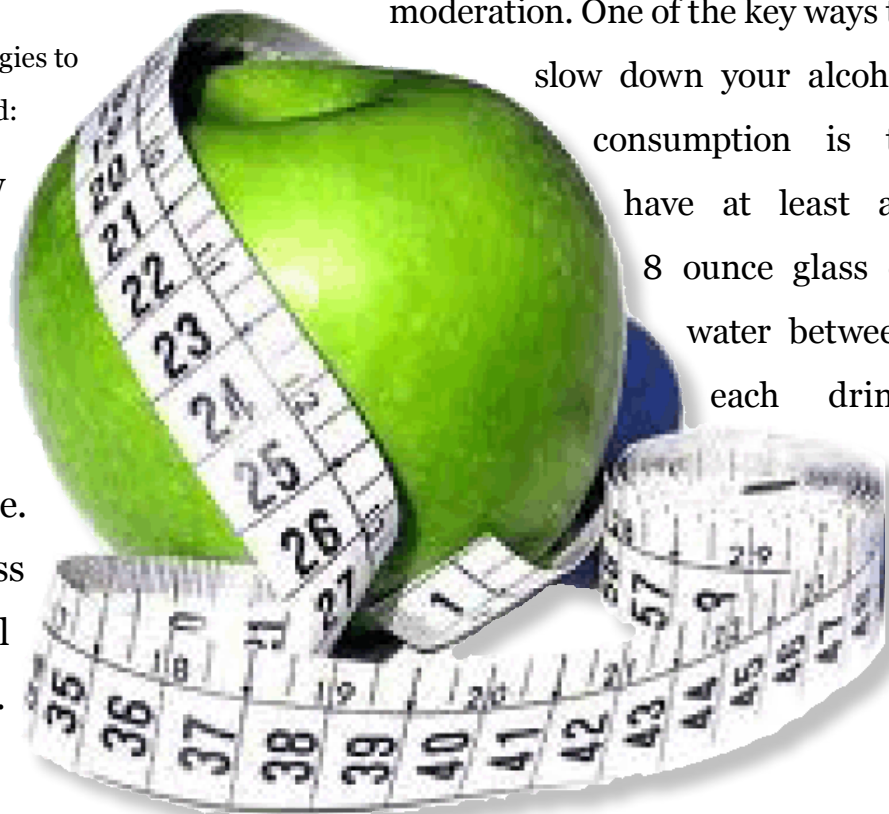


## Keeping The Weight Off



Here are some other very important strategies to make sure those pounds stay gone for good:

- **Keep exercising.** At your new lower weight, your body needs fewer calories to stay fueled. But you can compensate for that decrease by burning extra calories through regular exercise. Increasing your lean muscle mass through weight training will continue your new metabolism.



Story by: HM2 Deven Fredericks

After all you're hard work of losing all that weight, the last thing you want is for the weight you lost to come creeping back on. One of the highest calorie intakes is alcoholic drinks. We all are looking forward to being able to have that beer, glass of wine, or fancy bartender special; but before you go too far, remember everything in moderation. One of the key ways to slow down your alcohol consumption is to have at least an 8 ounce glass of water between each drink.



- **Weigh yourself regularly.** While you don't need to step on the scale every day, regular weigh-ins, for example, once a week or every couple of weeks, can help to identify small changes in your weight before they become a big problem.



Love your new body and have a safe trip home!



- **Be ready to handle setbacks.** The unwanted 5-pound weight gain from eating your favorite foods that you missed out on during deployment, doesn't have to be a permanent fixture. Be prepared to act as soon as you recognize slip-ups by having a plan in place that involves the same weight loss strategies that helped you in the first place.

*"Always remember, your body knows best!"*



