

TIGER TIMES



OPERATION COOKIE DROP
NAVELSG FWD DISTRIBUTES OVER
50,000 BOXES OF GIRL SCOUTS COOKIES

COOKIE DROP ISSUE



Photo by YNC Norman Cox

USS Wasp (LHD-1) at Port Shuaiba, Kuwait in 2004. The Wasp delivered the Marines of Battalion Landing Team 1st Bn., 6th Marines and Marine Medium Helicopter Squadron (HMM Rein) in March of 2004, to theater in support of Operations Iraqi Freedom and Enduring Freedom. Later that year in August she provided safe passage home for the Marines of HMM Rein from Kuwait to the shores of Norfolk, Virginia.

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 contributed to this edition...

YNC Cox, Norman
AME2 Flores, Enrique
HM2 Fredericks, Deven
AM2 Goerk, David
AE2 Hand, Christopher
MA2 Jones, Mark
ET2 Mender, Carlos

LT Moreno, Martin
YN2 Reed, Vernon
HT2 Scott, Adrian
MN2 Scott, Jamel
YNC Segura, Ramon
ET2 Smith, Joy
DC2 Suarez, Veronica



From the Captains Desk

As you read this edition of the Tiger Times, we will have reached the halfway point for the MIKE Rotation. You should all be justifiably proud of your hard work so far. We have met every mission requirement and tasking with flying colors. Each and every day I am encouraged by the levels of teamwork, dedication and genuine concern you show for each other in accomplishing our mission. We have had a relatively safe tour so far...stay vigilant and let's keep it that way. This newsletter is also aimed at our families and friends back home..feel free to forward them a copy so that they can keep up with our adventures in the sand. 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

Ramadan season has come and gone without incident, as well as, the Chiefs Induction Season. The first classes who were selected, tested and inducted, have now transitioned into Chiefs. And again I would like to welcome them and bring to attention of the command the new additions to our Chief's Mess. The new Chiefs have moved into their new roles within their companies and are moving forward with their missions and challenges. This is a time to reflect on how to be one of those Chief Selects or new first, second or third class petty officers for the next advancement exam cycle. If you did not make the grade on your last exam cycle or feel you did not study enough for the most recent exam. Study now for the next exam, it will be here before we all know it. First Classes hoping to be selected for Chief need to review your records with your Chief, Senior Chief, and myself so we can find what might be missing or what you need to put you over the top. The Command would like to promote all those that are eligible this cycle and next cycle, but the challenge comes from each member to be prepared in order to advance to the next higher pay grade. Start working on those anchors and next chevron now! Don't hesitate. Be prepared for the test and the board.



CMDCM (EXW/SW) TURNER

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ON THIS ISSUES COVER:

Kuwait Naval Base, Kuwait -

Chief Dalton, below, receives a box of cookies skillfully tossed by Chief Day, above, during the unloading of containers full of Girl Scout Cookies graciously donated by the Girl Scouts of Hudson Valley N.Y. All in all, over 50,000 individual boxes of cookies were donated, delivered and distributed throughout the CENTCOM AOR, reaching servicemembers of every branch of the US military serving in Afghanistan, Iraq and Kuwait. Photo by ET2 Carlos Mendez

DEPARTMENTS



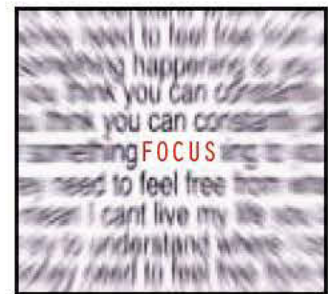
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FUN IN THE SUN PG.34



HISTORY PG.36



WELL FOLKS, IT'S ROUND ABOUT MID-DEPLOYMENT FOR US ON THE MIKE ROTATION AND THE FEELING IN THE AIR IS PALPABLE. THE EDGE OF SUMMER IS FADING, AND

WITH IT COME COOLER TEMPERATURES AND SHORTER DAYS. THERE IS A SENSE THAT WE ALL KNOW HOW TO DO OUR JOBS NOW AND WE'RE IN A GOOD GROOVE. THERE'S NOTHING NEW TO LEARN, NO NEW HURDLES TO JUMP OVER. A GOOD TIME TO LET ONES GUARD DOWN. NOTHING COULD BE FURTHER FROM THE TRUTH!



I REALIZE GROUND HOG DAY IS A SPRING TIME CELEBRATION AND IT IS NOW FALL BUT AS WE CAN ALL ATTEST, GROUND HOG DAY SYNDROME IS A YEAR ROUND PHENOMENON. WE USE THE TERM COLLOQUIALLY TO DESCRIBE THE SENSATION OF EVERY DAY FEELING THE SAME, AS IF NOTHING EVER CHANGES, AND HAS BEEN ATTRIBUTED TO TIME SPENT IN THE DESERT.

IN DEFIANCE OF THIS ENCROACHING PERCEPTION, WE MUST BE DETERMINED AND STEADFAST IN MAINTAINING OUR FOCUS AND A SENSE OF PURPOSE REGARDING THE TIME WE HAVE LEFT HERE. THE LIKELIHOOD IS THAT OUR TOUGHEST TIMES ARE YET TO COME.

ET2 MENDEZ



NOW IS THE TIME TO RE-DOUBLE OUR EFFORTS AND RE-CONFIRM OUR COMMITMENT TO THE MISSION... TO MAINTAIN OPER-

ATIONAL MOMENTUM. CHECK IN WITH OUR PERSONAL QUALITY CONTROL TO MAKE SURE WE ARE AND STAY ON TRACK WITH OUR PERSONAL, PROFESSIONAL AND EDUCATIONAL GOALS. WITH THE HOLIDAY SEASON FAST APPROACHING, OUR MINDS WILL BE ON OUR LOVED ONES BACK HOME AND DREAMS OF THE FUTURE MINGLED WITH MEMORIES OF THE PAST WILL CONTEND FOR OUR PRECIOUS ATTENTION, THREATENING TO TAKE US AWAY FROM OUR DUTIES.



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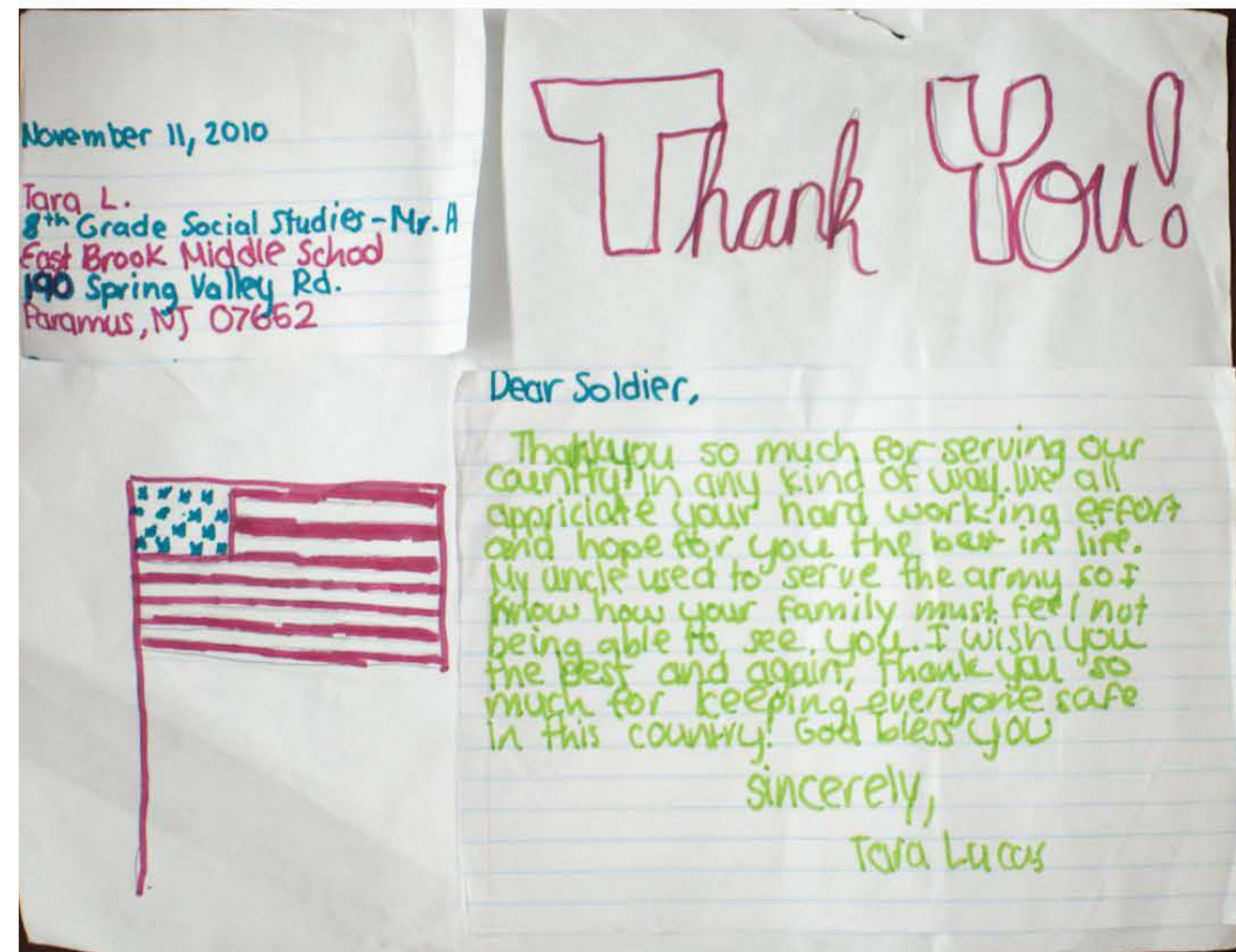
YN2 Reed
UPAR
Delta Co.



AME2 Flores
UPAR
Foxtrot Co.



AM2 Goerk
UPAR
ACD-3



THIS EDITION'S "LETTER FROM HOME" IS A LITTLE DATED BEING THAT IT IS NEARLY A YEAR OLD BUT THE MESSAGE IS AS FRESH AS THE DAY IT WAS WRITTEN. THIS YOUNG PERSON TOOK THE TIME TO WRITE AND THANK US FOR OUR SERVICE TO THE COUNTRY AND FOR THAT SHE DESERVES THANKS. WHEN YOU FIND YOURSELF SEARCHING FOR MEANING IN YOUR DAILY GRIND HERE IN THEATER, LOOK NO FURTHER THAN THE NOTES AND LETTERS THAT ARRIVE WITH EVERY CARE PACKAGE. THESE EXPRESSIONS OF GRATITUDE ARE FAR MORE VALUABLE THAN THE VARIOUS SUNDRIES THEY ACCOMPANY.

SO NO MATTER WHAT PART YOU PLAY, IN THE GRAND SCHEME YOUR JOB IS AS IMPORTANT AS SEVERY OTHER. WITH THAT IN MIND BRING ALL YOUR ABILITIES TO THE TASK AT HAND AND REMEMBER WHO YOU "REALLY" WORK FOR. AND THANK YOU FOR YOUR SERVICE.





Camp Arifjan, Kuwait - United States Sailors, Soldiers, Airmen and Marines recently got a little taste of home with cookies donated by Girls Scout of Hudson Valley, N.Y. Many service members walked out of the Warrior Transition Program (WTP) tent with big smiles on their faces and hands overflowing with boxes of cookies, they were sweet reminders of back home and a huge morale boost.

Operation Cookie Drop began in the wake of the aftermath of 9/11. Girl Scout communities all over the Hudson Valley (Ulster, Dutchess, Sullivan, Orange, Putnam, Rockland and Westchester) wanted to show our brave men and women serving this great nation of ours that they have not been forgotten. So they began sending cards, letters and boxes of Girl Scout cookies to as many servicemen and women they could.

In 2002, the project began with 36 girls and 111 boxes of cookies and has now expanded to 849 girls and 56,000 boxes of cookies. Girl Scouts along with 25

Sailors from Fort Dix, N.J. helped package boxes of cookies in preparation for shipment to troops serving overseas. The cookies were donated by customers who wanted to send cookies to the service members stationed overseas. This is an incredible event going into its tenth year. Operation Cookie Drop Coordinator, Alison Bergman stated that, "Hudson Valley residents can't say no to sending a taste of home to Soldiers, Sailors and Marines, which results in the tremendous amount of cookies headed over to the troops."

Director of Development, Girl Scouts Heart of the Hudson, Molly Gibeau-Griffin, writes, "Most importantly, thank you to you and your fellow colleagues for your service to our country. We hope that the cookies provide a little 'taste of home' that will go a long way to give comfort and let everyone there know how much we appreciate your dedication and sacrifice."

In addition to the 56,000 Girl Scout cookies shipped to Kuwait, 1000 boxes went to Walter Reed Hospital

in Washington D.C. for wounded warriors, 2000 boxes went to Stewart Air Force Base, N.Y. to be flown out to Iraq and Afghanistan and 1500 additional boxes were sent out by local Girl Scout communities to Soldiers from the Hudson Valley serving in Iraq and Afghanistan.

Navy Expeditionary Logistics Support Group Forward (NAVELSG FWD) Mike Rotation participated in "Operation Cookie Drop", by providing logistical support for disbursement of 56,000 thousand boxes of Girls Scout cookies. This mission was the first for Mike Rotation, but not to NAVELSG FWD's previous rotations, who have taken part in the annual event. The goal - get the cookies to as many troops as possible. Once the cookies were loaded onto a flatbed truck, 13,200 boxes were delivered to the Theater Gateway, an air passenger terminal and U.S. Navy Customs facility, which transports hundreds of troops daily to destinations within theater. While awaiting their flight, troops will have an opportunity to enjoy a sweet treat from home.

After departing from the Theater Gateway, NAVELSG FWD Sailors traveled to Camp Patriot, located on Kuwait Naval Base, where 4,400 boxes of cookies were dropped-off to hundreds of United States Army, Navy and Coast Guardsmen that are currently are assigned to the base. During the delivery, United States Marines from Camp Pendleton, California were waiting for their ship to pull into port and NAVELSG FWD Sailors pulled over beside the U.S. Marines and asked if they'd like some Girl Scout cookies? While passing out boxes of cookies, one U.S. Marine stated, "May I have a box Samoas, I don't mind if they are melted in this 130 degrees weather - they're Girl Scout cookies!"



Last stop was Camp Arifjan, where the cookies were placed in the WTP tent and distributed to all the different units assigned to the base. NAVELSG FWD Sailors and 1st TSC Army Soldiers are worked together to get the cookies out to other troops serving in Iraq and Afghanistan.

The Girls Scout cookies are such a treat, one thing that makes it sweeter are the notes and letters tucked in between the boxes. One letter stated, this is a gift of love, hope and happiness, hope you like them. Love, Troop # 2978. Another card stated, Dear Solider, Thank you for all you do! You are AMAZING. From Liran/Made with love by Girl Scout Troop #40756.

The mission was truly a success. Everyone was overjoyed and genuinely appreciated the time and effort the volunteers and girls took to make this happen. Troops in Kuwait are all walking around the base with a box of cookies in hand and smiles on their faces.

Electronics Technician Petty Officer Second Class Carlos Mendez Stated, "So many boxes of cookies, we must have received one box from every Girl Scout!" Operation Specialist Petty Officer Second Class Charlotte Seals, when she noticed the notes and drawing on the shipping boxes, she stated, "Overwhelmed with pride in Americas youth, makes me very proud to be an American." Boatswain's Mate Chief Select Michael Johnson, "These girls and volunteers are awesome, thank you to all the young patriots who made our day! You are the reason why we are proud to serve."

This is a gift of love, hope, and happiness. Have you liked them? Love, troop 2978

Dear troops, Thank you for fighting for us. I hope one day that you will come home safe. From, troop 2023

usa
usa



Thank you for fighting for us. Love, troop 2978

Contract Holder



A Day at the Range





On July 24 and 27, 2011, the Navy Expeditionary Logistics Support Group Forward (NAVELSG FWD) MIKE Armory personnel hosted their first in-country naval small arms qualifications at the Kuwait Naval Base shooting range. These introductory range days provided a chance for MIKE rotation to develop a training and qualification program and to qualify enough Range Safety Officers (RSO's) and Line Coaches to operate a firing range effectively during their deployment.

Events such as this serve to accomplish multiple objectives simultaneously. Those Sailors that do not currently hold the M9 service pistol or M4/M16 series rifle qualifications have an opportunity to qualify for the first time. Sailors already qualified have a chance to improve their personal best and increase their weapons handling proficiency. In addition, the range staff has the opportunity to hone their skills and to qualify new range safety personnel.

With this type of environment – desert in the middle of summer - come many challenges. Anyone here or that has previously deployed to the CENTCOM AOR can attest, the weather here is anything but forgiving and it was a major factor in both the scores and the length of time spent on the range. The first of two range days, ended early primarily due to heat. For instance, by 1100, it had become so hot, the plastic heat shields of the M4 series rifles, designed to protect the shooter

during instances of heavy use, were hot enough to the touch to warrant a pair of gloves. However, the group present for the second session completed three full iterations of fire, resulting in most shooters qualifying. Those that succeeded under the extreme conditions deserve a pat on the back for their commitment and dedication to becoming the most proficient and well-qualified sailors possible, despite challenging conditions.



The Sailors in attendance for these introductory range days were able to learn a great deal about the weapons they fired and safe weapons handling in general. Knowledge earned during range exercises regarding weapons systems not only helps sailors to qualify on a specific weapon in a safe manner but also helps those who are eligible in obtaining their Expeditionary Warfare (EXW) qualification; a goal of many sailors currently deployed with

NAVELSG FWD. The EXW is but one among many warfare designators such as Air Warfare, Surface and Submarine Warfare and Special Operations Warfare just to name a few. According to the instruction put out by Navy Headquarters, qualification and/or re-qualification is mandatory for all enlisted Sailors *assigned to designated warfare qualifying commands*.

“It’s a standard every Sailor must achieve.” The warfare device is a symbol that the Sailors who are wearing it have a basic level of knowledge, ensuring they are capable of fighting the ship, saving a shipmate and providing for their own safety at all times. This according to Master Chief Petty Officer of the Navy (MCPON), Rick D. West, in August 2010, when this instruction was released. “Having every Sailor at or working toward that level will only strengthen the war-fighting ability of that command and the Navy.”

Subjects covering weapons familiarization required by the EXW qualification include things like rate of fire and maximum and effective range of the weapons as well as being able to identify all major and minor assemblies of the weapon. The members of the NAVELSG FWD Armories are proud of their role as Line Coaches and RSO's, furthering the education and training of MIKE rotation Sailors pursuing and achieving their goals of small arms qualification and for some, the chance to earn an Expeditionary Warfare qualification.





Congratulations to all who qualified!

Bravo Zulu!

M9 NAVELSG FWD

- CANNON, LELAND CDR 235 E
- DOMINGUEZ, CLAUDIA YN2 201 M
- FIETZE, CHRISTOPHER BM2 211 S
- FOURTE, NORMAN AD2 216 M
- JEWETT, BRADLEY HM1 195 M
- MALDONADO, ANITRA HMC 205 S
- MCCOSKER, DANIEL GM1 180 M
- MITCHELL, ANDREW EN3 187 M
- MOSIER, EDWARD MAC 234 E

- ORTIZ, RYAN HT2 222 S
- RUBIO, FELIPE AD3 198 M
- SMITH, CHRISTINA BM1 182 M
- SMITH, JASON MA1 232 E
- SULLIVAN, IAN MA2 201 M
- THOMAS, TERENCE GM1 213 S
- TURNER, MARK BMCM 231 E
- WALLIS, JOSH GM2 221 S
- WICKS, SHAWN AOC 217 S
- WISE, MERLE STSCM 228 E

M4 NAVELSG FWD

- CAMPBELL, LUCAS BM1 149 M
- CANNON, LELAND CDR 187 E
- DAVIS, MIRANDA AM2 141 M
- DAY, JASON CSC 162 S
- GASCA, JOSE BM2 160 S
- HREHA, ALBERT BMC 174 E
- LARSON, LANCE CM1 184 E
- LEE, DAVID AM1 140 M
- LOPEZ, MICHAEL AO1 160 S

- MCOSKER, DANIEL GM1 168 S
- MENDEZ, CARLOS ET2 140 M
- SANDOVAL, RUBEN BM1 140 M
- VINING, ROBERT BMC 150 M
- WALLIS, JOSH GM2 149 M

M9 TFCF, ASG KU

- BALSAN, JASON MA2 239 E
- MITCHELL, ANDREW EN3 187 M

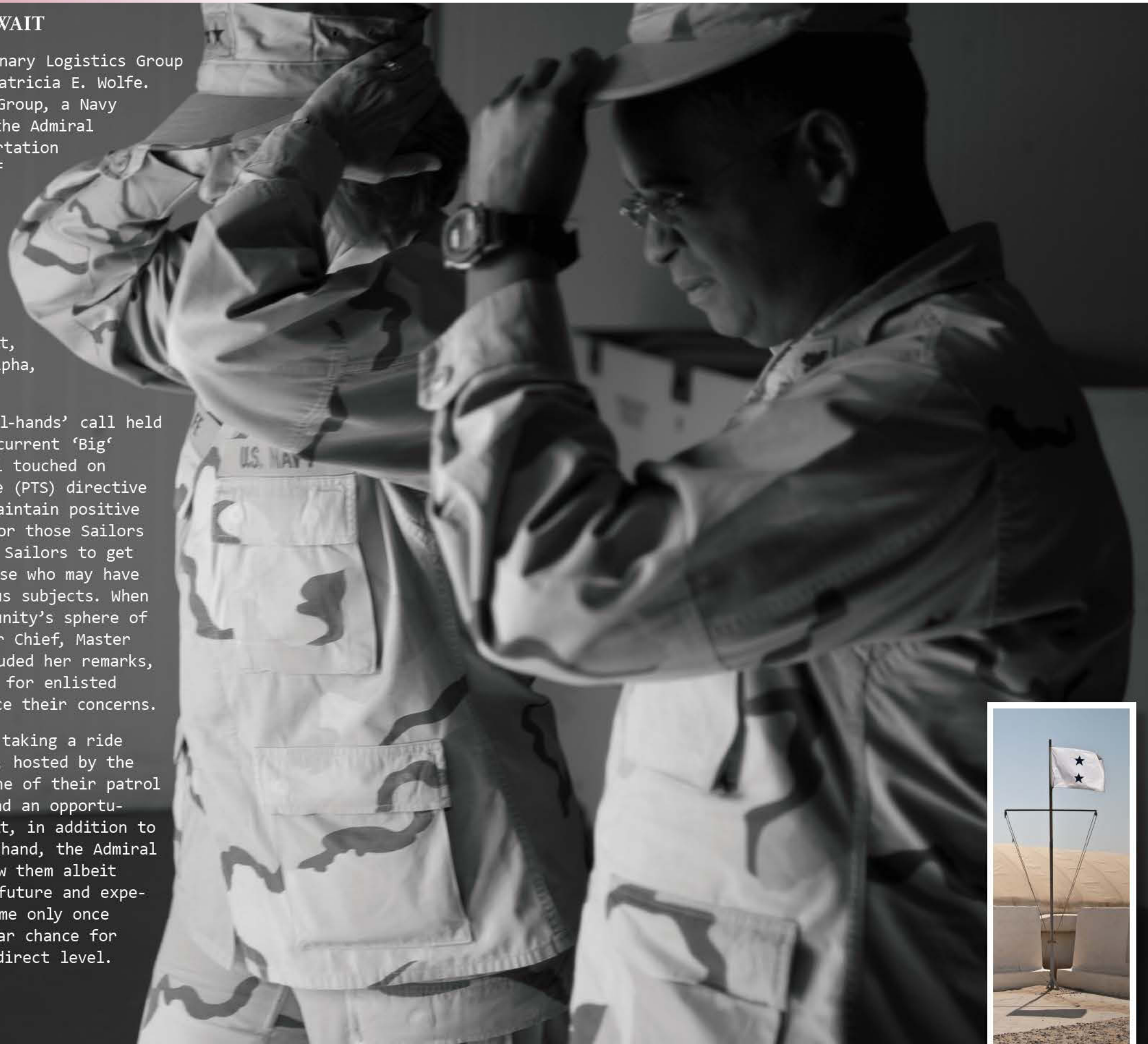
RADM PATRICIA WOLFE VISITS NAVELSG FWD IN KUWAIT

In the early days of August, the Sailors of Navy Expeditionary Logistics Group Forward (NAVELSG FWD) received a visit from Rear Admiral Patricia E. Wolfe. As the Commander of Navy Expeditionary Logistics Support Group, a Navy Reserve command headquartered in Williamsburg, Virginia, the Admiral oversees operations in a wide range of supply and transportation support missions. These missions range from management of warehouses and freight terminals to traditional shipboard cargo handling and even include less glamorous and seemingly disparate missions like fuel and mail distribution. The support provided spans not only from coast-to-coast in the States but worldwide, to include NAVELSG FWD's mission in the Central Command Area of Responsibility (CENTCOM AOR). Spending the sum of three days touring the operations of NAVELSG's forward group in Kuwait, the Admiral paid visits to the various camps comprising Alpha, Bravo and Charlie companies.

A most informative aspect of RADM Wolfe's visit was an 'all-hands' call held at Camp Arifjan where the Admiral spoke to Sailors about current 'Big' Navy policy and the implications on the Fleet. The Admiral touched on subjects ranging from the "force shaping" Perform to Serve (PTS) directive to deployment extensions and cross rating as a means to maintain positive professional momentum and opportunities for advancement for those Sailors who are in over-manned rates. She asked questions of the Sailors to get a sense of the command climate and offered answers to those who may have previously been unable to find clear explanations on various subjects. When a question pertained more explicitly to the enlisted community's sphere of expertise, the Admiral directed them to her Command Master Chief, Master Chief (SW/AW) Richard E. Ward. Once the Admiral had concluded her remarks, CMDCM Ward held a question and answer session in the hall for enlisted personnel E-6 and below giving them an opportunity to voice their concerns.

During her visit, RADM Wolfe had the distinct pleasure of taking a ride with Maritime Expeditionary Security Squadron Two (MSRON2), hosted by the newly appointed commanding officer, CDR Hanson. On board one of their patrol craft ported at the Kuwait Naval Base, the Admiral even had an opportunity to operate the vessel while underway. While in Kuwait, in addition to touring workspaces and viewing the Navy's operations first hand, the Admiral made it a point to take meals with Sailors and get to know them albeit briefly, sharing stories about family, aspirations for the future and experiences in the Navy. Opportunities such as this usually come only once during a deployment for most Sailors and provide a singular chance for many to interface with their senior leadership on a more direct level.

Story, Photo and inset by ET2 Carlos Mendez







Congratulations to those HQ and Alpha Co. Sailors who were recognized for their dedication to the mission and exemplary performance in each of their individual work centers!

Left Center: PO2 Scott Wilson
Left Bottom: PO3 Michelle Scott

Right Center: PO2 Troy Perkins
Right Bottom: PO2 Arik Mueller



Bottom Left: PO2 Elizabeth Barahona

Bottom Right: PO2 Marcos Saldana

Congratulations to those Bravo Co. Sailors who were recognized for their dedication to the mission and exemplary performance in each of their individual work centers!

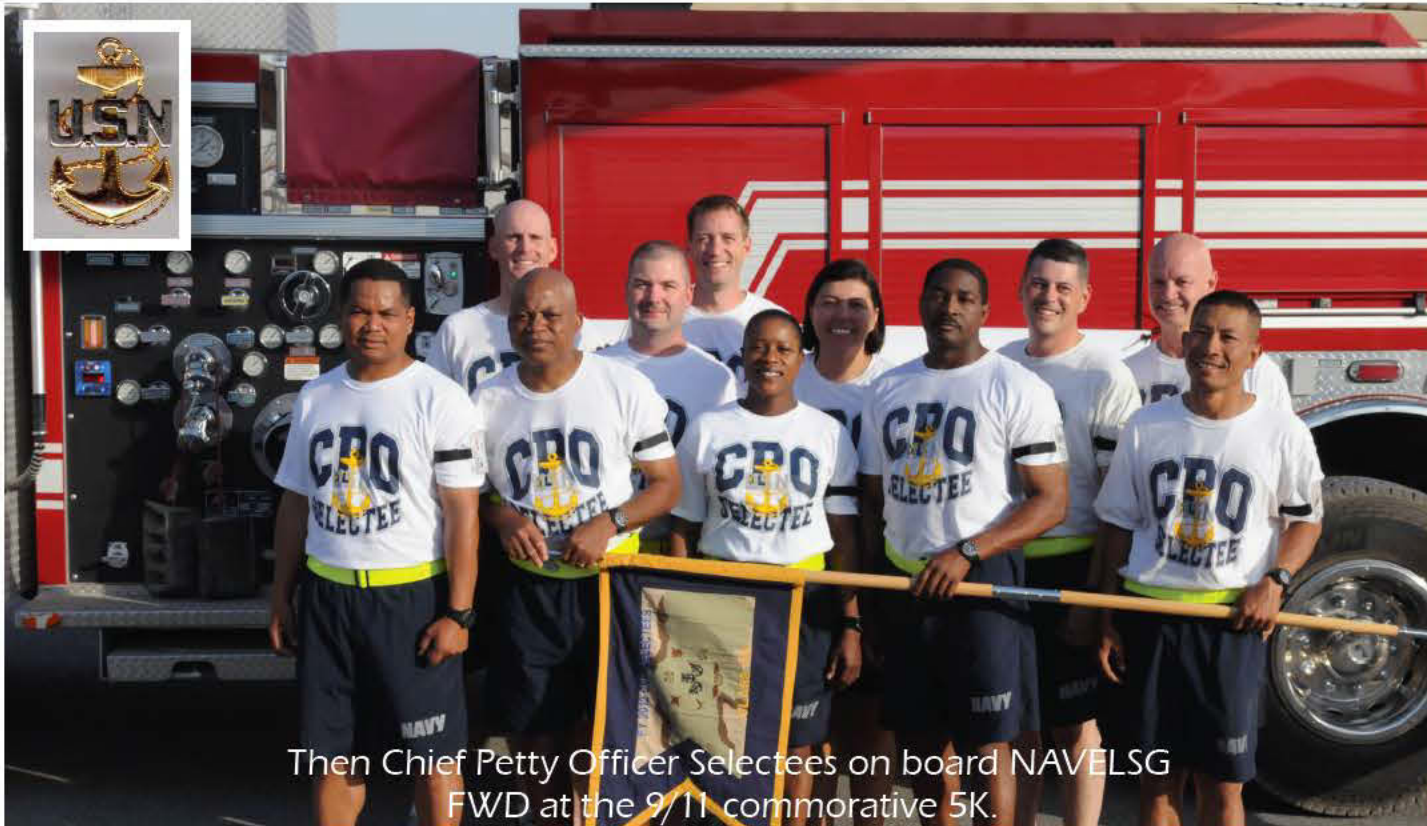


For 18 days between 10 June and 28 June, 2011, a group of six US Navy Customs and Border Clearance Agents (CBCA's) from Navy Expeditionary Logistics Support Group Forward (NAVELSG FWD), headquartered at Camp Arifjan in Kuwait, conducted a mission at the Royal Jordanian Naval Base in Aqaba, Jordan. Over the course of a fortnight plus three days, the crew was responsible for providing on site CBCA support to Army units coming out of Iraq transiting through the Jordanian Naval Base. They cleared the cargo as the Army convoys rolled in, arriving in-route to being loaded onto ships heading back to the U.S.A. The items inspected included all their vehicles and a multitude of various equipment.

Among numerous items confiscated by the inspectors and turned over to the amnesty manager, Mr. Ruring, included but were not limited to live .50 caliber and 5.56mm rounds as well as shell casings, a 'DAGR' handheld global positioning system, numerous manuals, maps detailing firing solutions as well as other paperwork

containing personally identifiable information (PII), and various unclassified, yet still sensitive documents. One of the more interesting items the inspectors cleared through customs prior to re-deployment was a nearly fully stocked ambulance including litters (hand carried stretchers), medical kits and some biohazards such as used IV bags.





Then Chief Petty Officer Selectees on board NAVELSG FWD at the 9/11 commorative 5K.

CONGRATULATIONS NEW NAVY CHIEFS!

Story by YNC (SCW/FMF) Ramon 'Ray' Segura

The history of the Navy Chief Petty Officer began April 1, 1893 and that history continues to this day, more than 118 years later.

Time honored traditions dating back over a Century, Navy folklore, formal courses and physical fitness are all part of the Navy's Chief Petty Officer Selectee transition program. For most, this is the realization of a goal set long ago. For all, this will be a once in a life-time experience.

The pace of training for Selectee's is designed to prepare each individual for the challenges they are sure to face in the next phase of their careers. Countless hours of training test each selectee, both physically and mentally during the transition period. This transition from First Class Petty Officer to Chief Petty Officer is purposefully challenging in order to make better leaders who can take charge and forge ahead to the future for their sailors, themselves and the Navy.

The transition season comes to an end on September 16 with a formal pinning ceremony. At that time, the selectees will have earned the honor of being called Chief and will join the ranks of the deck-plate leadership of the United States Navy.

HOOYAH NAVY!

TIGER TIMES



At Joint Base Balad, Iraq (JBB), U.S. Navy and Army CBCAs are working together to meet the unique needs of the base as it draws down and prepares to transition to Iraqi control. Air Force trained CBCAs are accompanying them on missions to increase their proficiency so they can support their own Squadrons as all branches of the American military plan for their redeployment from Iraq and Joint Base Balad.

Above: Petty Officer 3rd Class Rosborough trains SPC Hyndman on filling out a DD-2855 while SPC Gonzales and MSgt Wiggins observe.
Below: A combination of Army, Navy and Air Force CBCAs take their last picture by the large Navy Customs insignia as troops will soon begin to paint over all the t-walls on base preparing for the turn-over to the Iraqis.



4th of July Pool Party @ Camp Arifjan!



Photos by ET2 Carlos Mendez



Twenty-one years ago August, began a chapter of American Military history that continues to this day and includes all of us serving as members of the MIKE rotation for NAVELSG FWD. The Persian Gulf War began in response to Iraq's invasion and annexation of the State of Kuwait on August 2, 1990. Commonly referred to as the Gulf War, the conflict between Iraq and a U.N. coalition of thirty-four nations led by the United States, lasted a mere seven months. Then President George H. W. Bush, deployed American forces to Saudi Arabia on 7 August 1990, and urged our allies to do the same. There has been a permanent American boots-on-ground presence in Kuwait since the first American Marines crossed the Saudi/Kuwaiti border to expel Saddam Hussein and his army, the world's fourth largest at the time.



Influenced by the Carter Doctrine and Arabia; George H. W. Bush announced defensive" mission aimed at preventing codename Operation Desert Shield. Of threat Iraq posed to Saudi Arabian sover-Kuwait, the Iraqi army would be within easy of these fields, in addition to the Kuwaiti control over a large majority of the world's the U.S. Congress on September 11, 1990, with the following remarks: "Within three had poured into Kuwait and moved south decided to act to check that aggression.



concerned the Iraqi army would invade Saudi that the U.S. would launch a "wholly Iraq from invading Saudi Arabia under the major significance in the West was the eighty. Following a successful conquest of striking distance of Saudi oil fields. Control and Iraqi reserves, would give Hussein richest oil reserves. During a speech to President Bush summed up his reasoning days, 120,000 Iraqi troops with 850 tanks to threaten Saudi Arabia. It was then that I

The initial buildup of Navy forces for Operation Desert Shield drew upon the forward-deployed posture of the U.S. fleet. The Navy dispatched two complete battle groups with the aircraft carriers USS Dwight D. Eisenhower and USS Independence to the Gulf. They were on station and ready by 8 August. The U.S. also sent battleships USS Missouri and USS Wisconsin to support operations in the region. America's long-established maritime superiority provided the largest and fastest strategic sealift in history. Over 240 ships, moving more than nine billion tons of materiel got underway to sustain the force.



On 22 August, President Bush issued the first executive order authorizing the call up of 48,800 members of the Selected Reserve to active duty. Subsequent executive orders increased the authorization to 365,000 for all the services. Of those, the Navy was authorized a ceiling of 44,000 although the full authorization was never needed. Navy reservists served side by side with their active duty counterparts in specialties ranging from medicine to mine warfare throughout the Persian Gulf region. Eventually, over 21,000 naval reservists were called to join active-duty units in and around the Arabian Peninsula, and fill critical gaps in military support positions both in the United States and overseas. In many areas, including dedicated combat search and rescue, mobile inshore undersea warfare and logistic air transport, the reserves provided the Navy's only capability. The call-up of reservists in support of Desert Shield marked the single largest activation of reservists since President Johnson mobilized reserve forces during the Tet Offensive of 1968. This conflict validated the Navy's Total Force concept and underscored the importance and reliance our nation places on our reserve components.



Kuwait and an advance into Iraqi territory. Meeting little resistance, coalition forces quickly halted their advance, and declared a cease-fire only one hundred hours after the ground campaign began.

A BRIEF HISTORY OF U.S. PRESENCE IN THE PERSIAN GULF REGION

America's response to Iraq's threat against Saudi Arabia was World War II Persian Gulf policy. afloat naval presence in the Gulf ment of the Middle East Force. on allies to provide defense in the British, who withdrew from later in the 70s we turned to Iran Bahrain's sovereignty in 1971, piers, warehouses, communica-ties vacated by the British upon



invasion of Kuwait and the a logical extension of our post The U.S. has maintained an since 1949 with the establish-Still, for decades the U.S. relied the region. We first looked to the Gulf in the late 60s, then and Saudi Arabia. Finally, with came the U.S. Navy takeover of tions equipment and other facil- their departure from the country.

After the fall of the Shah of Iran in 1979, the United States assumed greater responsibility for the security of the Gulf. Nearly 30 U.S. Navy ships maintained a constant patrol in the Gulf during the Iranian hostage crisis of 1979-1981, including a full carrier battle group patrolling the Indian Ocean and North Arabian Sea. In September 1980, Iraq attacked Iran, launching the so-called "tanker war". Both launched attacks on neutral merchant vessels transiting the Gulf. On 1 November 1986, Kuwait sought international protection for its ships and on 7 March 1987, the U.S. offered to reflag 11 Kuwaiti tankers and provide U.S. Navy protection. Kuwait accepted. At the height of the Iran-Iraq war, MIDEASTFOR, composed of no less than 12 ships along with mine countermeasures teams, special warfare units, and rotating carrier battle groups, made up America's largest deployed naval force since the Vietnam era. Well-adjusted to the harsh operating environment through years of experience in the Middle East, the Navy conducted operations without the support of major land bases. With no permanent U.S. bases in the region, forward-deployed ships became increasingly pivotal as the U.S. demonstrated continuity of America's commitment to maintain stability in the region.





Photo by LT Martin Moreno

HM3 Nunez

Recently HM3 was recognized for his dedication to the mental health and well being of the Sailors under his care and received an award from Brigadier General Garrett in Al Asad, Iraq. As a result of his superior performance, HM3 was interviewed by Armed Forces Network and will be on TV soon!



HM3 Edward Nunez used skillful attention to his Sailors physical and mental wellbeing. The level of attention shown and consideration of his Sailors wellness has paid enormous dividends to his units' morale and mission accomplishment. One way in which 'Doc' Nunez has gone above and beyond is to ensure that his Sailors are made aware of the various mental health services available to them at Al Asad Air Base. He has provided training and ensured that proper attention was provided to his Sailors wellbeing.

CS3 Michelle Scott

Once again it is time to recognize another sailor making immense contribution to the Mike wave deployment. CS3 Scott, Michelle, attached to NAVELSG FWD, ALPHA COMPANY who hails from Andrews, SC. Currently CS3 Scott is single and has no kids. She has been in the Navy for a period of 7 years, 4 ½ being active-duty and 3 years as a reservist.



In her civilian life, she is a preschool teacher. During this deployment, CS3 Scott has set some goals including becoming a second class petty officer when she takes the next cycle of exams and also work on her EXW warfare pin. She enjoys reading the bible and playing Basket ball at her leisure time

A month before her deployment, CS3 Scott received The Navy Achievement Medal (NAM) back at her Naval Operational Support Center (NOSC). Her idol is her mother and they both enjoy listening to her favorite music artist, Mary J. Blidge.

EN2 John Krikorian

Engineman 2nd Class John Krikorian, a reservist who has spent 4 years in the Navy, is known by the nickname of "Metro" amongst his shipmates at Al Asad. Yet, beneath his "pretty boy" exterior lies Foxtrot Company's Hard Charger of the Month. In addition to his duties as a CBCA, Krikorian is an IMO and also a Security Officer. These responsibilities allow him to demonstrate his civilian knowledge of computer networking and security. He is certified in CISCO routing, A+, C++, Linux and also has degree in Network Engineering.



Photo by: AME2(AW) Enrique R. Flores
Interview By: ET2 Joy Smith

After completing his degree at Bloomfield College, Petty Officer Krikorian enlisted in the Navy and spent his first 2 years on board the USS Ashland (famous for capturing pirates off the coast of Somalia). Before joining the Navy, EN2 was already an experienced world traveler. Born in Armenia, he spent his youth living in Syria, Lebanon, Sudan, Morocco, and Germany, due to his father's job as a master jeweler.

EN2 currently drills out of New York City, where he works for Chase Bank as an internet consultant, ensuring that the company's network is secure for the end user. In his free time, he loves to shop, play sports, workout, cook, and socialize. Luckily for him, these activities can be done in theater.

While on deployment, his main goal, in his own words, is "GTL", which stands for "Gym, Tan, Laundry (a term made popular by the MTV show the "Jersey Shore"). Krikorian is determined to perfect his physique before leaving Al Asad.

He also hopes to improve his leadership skills by taking to heart the words of Nelson Mandela, whom he admires. Mandela feels that "it is better to lead from behind... but take the front line when there is danger". Ultimately, Krikorian wants to shine, but doesn't want to shine alone. With this attitude, he is definitely headed in the right direction.

Thanks to these Sailors for sharing their encouraging stories with the rest of us. We all have a story to tell so let us hear from you.
Anyone can submit for sailor in the spotlight.
If you are interested in submitting please email ET2 Mendez @ carlos.g.mendez@kuwait.swa.army.mil and request the sailor in the spotlight guidelines.



"What exactly is a security clearance and how do you get one?"

...a security clearance is very valuable outside of the military as well...

SECURITY CLEARANCES

Story by AE2 Chris Hand

Recently I polled several Sailors here at Bravo Co. and many did not know the details surrounding how one is granted a security clearance in the Navy. One Sailor even asked me, "What exactly is a security clearance and how do you get one?"

A security clearance is a status granted to applicants allowing them access to classified information or to restricted areas. The clearance is only granted after completion of a comprehensive background check. The extent of which the Sailor is investigated depends on which level of clearance the Sailor is applying for. Basically, the Navy wants to make sure that Sailors are mentally, financially and morally fit before

being given access to sensitive information.

All security clearances are not created equal. The three basic levels of clearance are Confidential, Secret and Top Secret. There are over 30 rates in the Navy that require at least a Secret clearance. Please know that all personnel in ratings requiring a security clearance will not be permitted to participate in the Navy Wide Advancement Exam if they do not have the proper adjudication prior to the test.

For a Sailor to be granted a SECRET Clearance a computerized search is performed on records held by federal agencies such as the Federal Bureau of

Investigations (FBI) and Office of Personnel Management (OPM). A local agency check of criminal records held by local law enforcement agencies in areas where the Sailor has lived, gone to school, or worked is conducted. Lastly, a financial check of credit history is completed. For Top Secret Clearances, a more thorough investigation is conducted to include interviews with the Sailor, family members and past teachers.

A clearance by itself is not sufficient to gain access to classified information. The Navy must determine that the cleared individual 'needs to know' the information. No one is granted access to classified information solely because of rank or position.

Basically, the Navy wants to make sure that Sailors are mentally, financially and morally fit to have access to sensitive information.



AM I CLEAR?

The Department of the Navy Central Adjudication Facility (DoNCAF) is responsible for determining who within the Department of the Navy is eligible to hold a security clearance. The Joint Personnel Adjudication System or (JPAS) is the database that your unit security manager uses to verify security clearance information.

Lastly, a security clearance is very valuable outside of the military as well. Civilian companies must pay for security clearances for prospective employees and clearance investigations can cost time and several thousands of dollars. Many employers will give hiring preference to applicants with current security clearances. This fact alone is a great reason for

Sailors to be aware and to protect their clearance status.

Command Career Counselors and unit security managers can assist sailors with verifying clearance information.

References:

Bupers Instruction 1430.16f

NAVADMIN 134/11

Command Career Counselor
YN1(EXW) Norman D Cox
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

Foxtrot CC
BM2 Magdalena Esparza
DSN 318-440-7815

POL CC
BM1 Fernando Lopez
DSN 318-833-6735

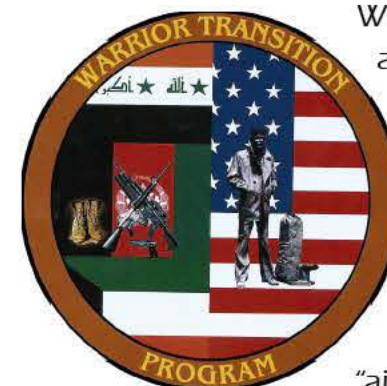
ACD CC
LS1 Geverix Murphy
DSN 318-357-5643



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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Stretching

Story by HM2 Deven Fredericks

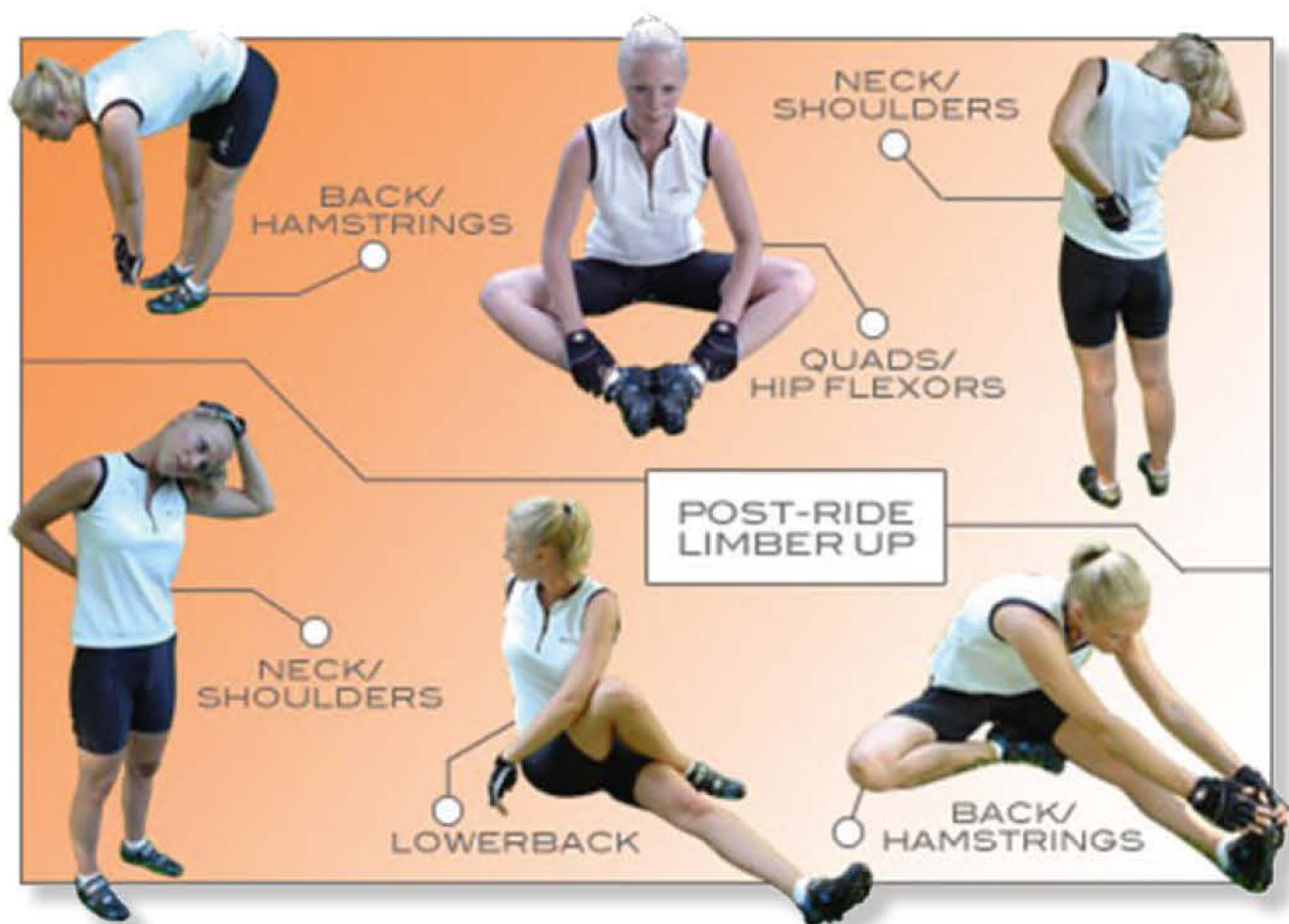
Stretching feels great! Especially if you've been in one position for any length of time, it comes naturally to us at those times. I know a lot of you don't even consider stretching while at your desk or by pass it before you workout or play a sport, but structured stretching has special advantages. Stretching helps:



- Reduce muscle tension
- Increase range of movement
- Improve flexibility
- Increase blood circulation

The Basics

To stretch properly and safely, stretch slowly through the muscle's range of motion just until resistance is felt -- the point at which you feel a slight pull. Stop and hold each stretch for 10 to 20 seconds without bouncing. Bouncing activates a muscle's stretch reflex, making it tighter and shorter. This may cause tiny tears in the muscle, resulting in injury and soreness. During the stretch, keep breathing rhythmically and slowly; do not hold your breath. Repeat each stretch a couple times -- or more if you like.



Stretching is simple and easy to do. It can take as little as 5 minutes, so don't tell me you don't have the time. It can be done just about anywhere without any special equipment. Consider taking a five-minute stretch break for every two hours you spend sitting or driving. You'll feel refreshed with a stretching routine that goes from head to toe. Here are some stretches to get you started:

Neck - Tilt head down and side to side--but always return to a center starting point before changing direction. Avoid tilting head to the back, as it may compress the cervical spine, and don't roll your neck around, as this may put too much pressure on the cervical spine.

Shoulders - Lift shoulders up toward ears, hold, and release; repeat. Next, make numerous forward circles with one shoulder, then the other. Repeat in opposite direction. Rolling shoulders forward and back several times in each direction will help relieve some of the stress of tight muscles around the upper back, neck, and shoulders.

Back of Shoulder, Upper Back - Bring one arm across the front of your body and pull it close to your chest with the opposite hand.

Triceps - Place a hand at nape of neck, with the elbow pointing up. With the opposite hand, press the elbow toward the back. Repeat with the other arm.

Chest - Stand in a doorway and grasp each side of it. Lean forward slightly until you feel a good stretch in your chest muscles, then hold.

Front of Thigh - Holding on to a chair or wall to stabilize yourself, lift right heel toward your buttocks. Grab it with your right hand and continue to pull your foot up until you feel a gentle stretch in your thigh. Try to remain upright and open at the front of the hip on the side you are stretching. Try not to over flex the knee. Hold.

Back of Thigh - Stand facing a step, one stride away. Place heel of one leg on step, keeping leg straight. With the opposite hand, reach toward the foot, bending forward from the hip, not the waist. You may bend the leg you're standing on.

Calf and Achilles - Standing with the balls of the feet on a step, drop heels down, keeping legs straight. Repeat several times. For Achilles, bend the knee a little bit when the heel is still down.

Believe me that after just a few times of being consistent with stretching, you will feel a lot better the next day and the day after your workout or sport activity. Remember to stay safe and always listen to your body, it knows best.

Information supplied by Discovery Fit and Health

Parting Shot



TO THE BEWILDERMENT OF SOME BYSTANDERS, ABH3 NAMAAN BARROWS PLANKS THE STARTING LINE AT ONE OF AJ'S 5K EVENTS. GO RIP-IT!!!

Photo by HT2 Adrian Scott