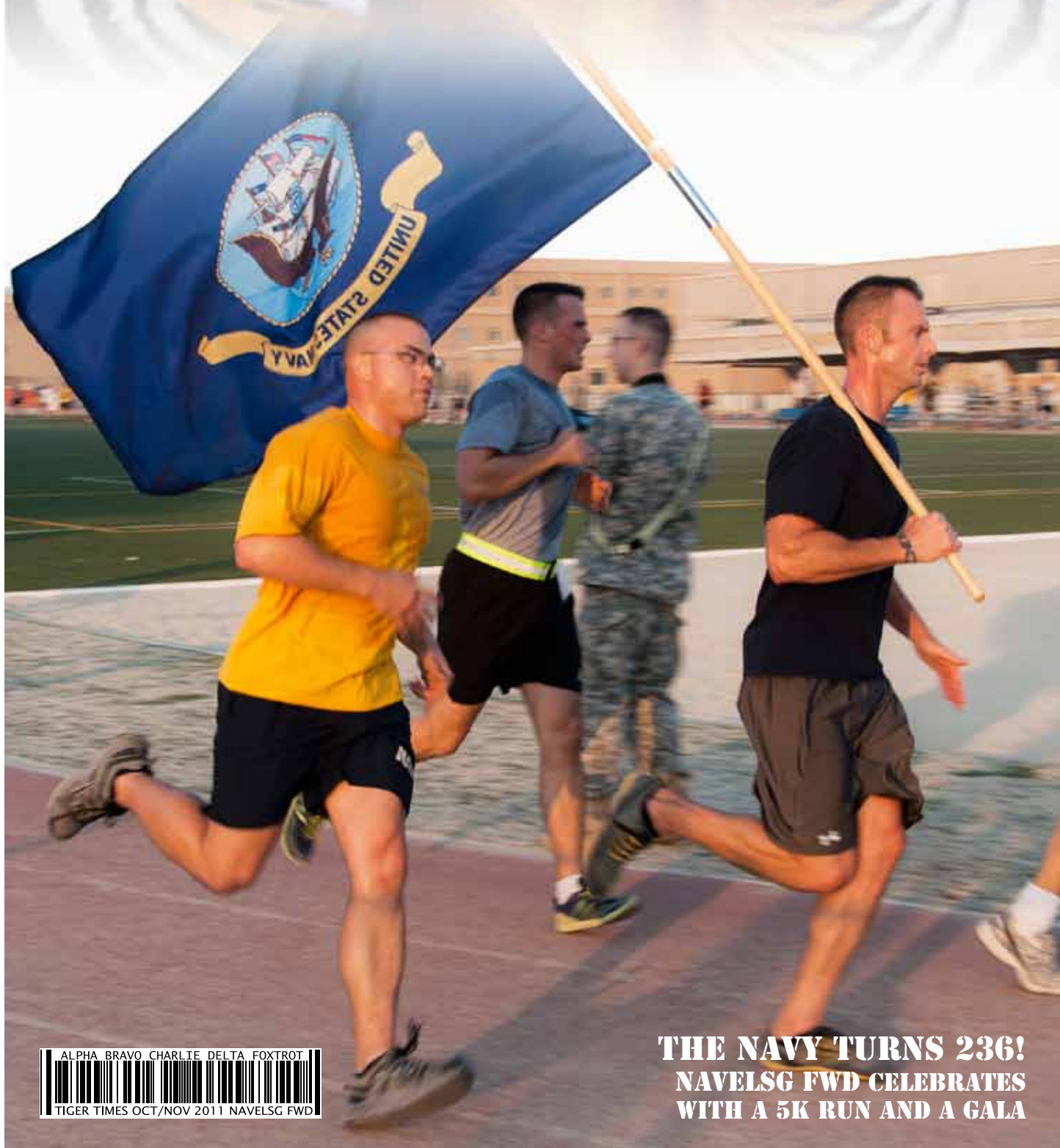


TIGER TIMES



THE NAVY TURNS 236!
NAVELSG FWD CELEBRATES
WITH A 5K RUN AND A GALA

NAVY ANNIVERSARY ISSUE



Photo by: ET2 Carlos Mendez

***A captured Iraqi tank:** The former Iraqi tank abandoned by the retreating Iraqi Army during Operation Desert Shield sits in a prominent position at the corner of the NAVELSG FWD Transportation compound atop the hill on Camp Arifjan, Kuwait.*

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...

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AME2 Flores, Enrique
HM2 Fredericks, Deven
AM2 Goerk, David
ET2 Mendez, Carlos*

*AZ1 Parker, David
HT2 Scott, Adrian
YNC (SCW/FMF) Segura, Ramon
ET2 Smith, Joy
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

With the holidays fast approaching we all need to be mindful of our actions and to stay focused on the mission while taking a little time to reflect on all that we have done thus far. But let's not forget to enjoy this cherished season and take part in the events scheduled at our respective camps during the holidays.

Safety as always is a priority and that includes looking out for your fellow shipmates' physical and spiritual wellbeing. During these months, it is natural to experience some feelings of loneliness as Sailors deal with separation from their family, friends and other loved ones at home.

Don't forget, if you need someone to talk to you can always pay a visit to the Navy Chaplains located in the WTP tent. Remember to remain positive and focused and be sure to enjoy your time here with new friends as these friends can become as close as your own family. Lastly, we have the new year to look forward to and before you know it, the culmination of our mission and re-deployment: the proverbial light at the end of the tunnel as it were.



CMDCM (EXW/SW) TURNER

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TIGER TIMES



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ON THIS ISSUES COVER:

Camp Arifjan, Kuwait -

A Sailor carries the Navy colors across the finish line of the Navy's Birthday 5K fun run held on Camp Arifjan, Kuwait, 13 Oct. 2011.

Photo by ET2 Carlos Mendez



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Letter from the Editor

The importance of Ritual: Firstly I think it prudent to give context to the word "Ritual". According to www.visualthesaurus.com, a website I rely on for guidance relating to the English language, ritual could be described by any of the following statements. any customary observance or practice - the prescribed procedure for conducting religious ceremonies - stereotyped behavior - a customary way of operation or behavior - an automatic pattern of behavior in reaction to a specific situation; may be inherited or acquired through frequent repetition.

If you read the preceding paragraph attentively you noticed that ritual is not exclusively the domain of religion. I think the name of an album from 90's rockers Jane's Addiction says it best, "ritual de lo habitual". The ritual of the habitual.

Our habits are our rituals and our rituals are the fabric in our lives that over time serve to build our character. Rituals give a framework or a perspective to the passing of time. Besides that, our rituals provide a context for experiences in our lives that can bring us pleasure such as one of the most rudimentary, the ritual of cleaning ourselves. What's better than a nice hot shower in the morning?

For many, one of the next most common rituals of the day after a invigorating shower is going to breakfast. Now you're thinking that the DFAC doesn't seem like a suitable place for a ritual but we're just talking about the act of nourishing oneself with food and drink to prepare to face the day. For many others physical training is a preferred ritual. Whether it be performed before work, during the lunch hour or after work is not relevant but the act of exercising ones body is as my grandmother would say "good for what ails you"! Not only does it make your body feel better but it improves your disposition as well, making you more likely to be successful in those high-power negotiations between you and your co-workers over whose turn it is to take out the trash.

I am deliberately taking a simplistic approach to a subject that has profound implications for our physical and emotional wellbeing, both of which we need to maintain while deployed overseas as well as when we return to the lives we left behind in the states. This is

something that simply cannot be overlooked in our daily lives. Without ritual there would be no consistency and in the absence of consistency there exists an abundance of chaos.

Maintaining a daily routine - notice I didn't use the word ritual - is the surest way to stay healthy, happy and productive during this holiday season and during the transition into the November rotation as they will soon arrive to take the helm and begin to uproot us from our well earned positions here at NAVELSG FWD Mike.

So treat yourself to brunch in Zone 2 every Sunday or grab a friend and go see a movie on the weekend and definitely don't forget to call home on a regular basis. Make it a ritual. It's good for what ails you.

ET2 MENDEZ

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AM2 Goerk
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ACD-3



THIS EDITION'S "LETTER FROM HOME" IS NOT REALLY A LETTER AT ALL BUT RATHER AN IMAGE OF A YOUNG PERSONS HAND PRINT. AN IMAGE USED TO EXPRESS THE VISUAL ELEMENTS OF OUR NATIONAL ENSIGN. AN IMAGE WHICH HAS THE POWER TO EVOKE A SENSE OF NATIONAL PRIDE IN SOME AND SOLIDARITY WITH ALL AMERICANS IN OTHERS. AN IMAGE THAT CAN REPRESENT THE ASPIRATION IN A YOUNG PERSONS HEART TO GROW UP TO ACHIEVE GREAT THINGS. TO BECOME PRODUCTIVE CITIZENS AND STEWARDS OF THIER COMMUNITIES AND EVEN SOCIETY AT LARGE. AN IMAGE THAT EMBODIES HOPE FOR THE FUTURE THAT WILL ONE DAY BE THEIRS. A FUTURE THAT EACH OF US HAS VOWED TO PROTECT THROUGH OUR SERVICE TO THE NATION.

DURING THIS HOLIDAY SEASON, REMEMBER THOSE YOU LOVE MOST, REMEMBER THE YOUTH WHO ARE THE FUTURE AND REMEMBER IT IS THEM FOR WHOM YOU SERVE.

THANK YOU FOR YOUR SERVICE.

JEA Hosts the Navy Ball

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

Camp Arifjan, Kuwait - On Saturday, October 15, 2011 NAVELSG FWD's Junior Enlisted Association (JEA) hosted the Navy Ball in honor of the Navy's 236th birthday. Held in the TAC building in Zone 6 on Camp Arifjan, Kuwait, this was the first Navy Ball ever held at Camp Arifjan. More than 350 Navy, Army, Air Force and civilians attended the event. The gala event was organized by NAVELSG FWD's JEA with the intention of maintaining Navy heritage and keeping Sailors spirits high while deployed.



History

The United States Navy traces its origins to the Continental Navy, which the Continental Congress established on 13 October 1775. In 1789, the Constitution of the United States, empowered Congress "to provide and maintain a navy." Congress ordered the construction and manning of six frigates in 1794, and the War Department administered naval affairs from 1794 until Congress established the Department of the Navy on 30 April 1798.

In 1972 Chief of Naval Operations (CNO) authorized the recognition of 13 October as the Navy's birthday. The Navy Birthday is intended as an internal activity for members of the active forces and reserves, as well as retirees, and dependents. Since 1972 each CNO has encouraged a Navy-wide celebration of this occasion "to enhance a greater appreciation of our Navy heritage, and to provide a positive influence toward pride and professionalism in the naval service."



Honored Guests included most notably, Major General Dowd, commanding general, 1st Theater Sustainment Command who raised a toast and spoke reverently about the shared history and long standing cooperation between the Army and Navy. Outlining efforts both in the past and in more recent times leading all the way to the missions of the present day. He also spoke about the differences in the two branches cultures, to include the language, special terms and virtually endless acronyms used by both services and that it is nothing short of a miracle that we all manage to understand each other and complete a mission.



Captain Jones, NAVELSG FWD, group commander, graciously presented MG Dowd with a gift of honor and recognized as an accomplishment among the Navy's ranks - a Sand Sailor certificate - thereby making the general an honorary Sailor. A fact I am sure MG Dowd is exceedingly proud of!

Other speakers that evening included Petty Officer Second Class Mark Jones, who was a driving force behind the coordination of the event. Petty Officer Second Class Veronica Suarez dutifully orated the significance during the ceremony of setting the hallowed POW/MIA Table. Petty Officer Second Class Grevious from the NAVCENT Warrior Transition Program (WTP) served as the Master of Ceremonies for the evening.

Slide-shows comprised of photos prepared by the various Navy commands stationed at Camp Arifjan, as well as, other bases in Kuwait were shown featuring Sailors both at work and play. During a short period of technical difficulties a loud cry of "Go Navy, Beat Army" rang out in the vicinity where a number of Navy Chiefs were sitting. The gesture was presumably to make light of the technical difficulties but definitely as a display of good sportsmanship in anticipation of the Army Vs Navy Football game coming up in December.

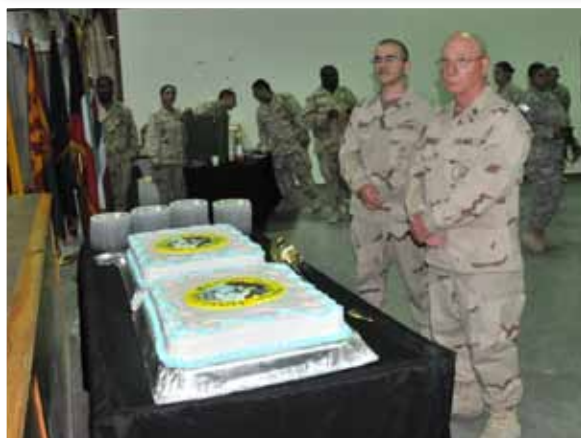


Every day a festival and every meal a feast



Great care went into planning the dinner menu that was expertly catered by a local restaurant located off base. After dinner, the tone was set by Petty Officer 2nd Class Perkins who with the skill of a world class DJ, played a tasteful variety of music appreciated by all in attendance. Guests danced to the music as they waited in line to have their photograph taken in a studio-like setting by one of the evenings event photographers.

At the end of the day, the Navy Ball, hosted by NAVELSG FWD's Junior Enlisted Association was a wild success and provided Camp Arifjan with an evening that was special and unique across the Area of Operations for all those in attendance.



Are those guys guarding the cake? Or stalking it? According to tradition, the youngest and the eldest members of the command each cut a cake



Ceremony



Celebration



Photos by: ABH1 Dylan Wondra, HT2 Adrian Scott



Following a Legacy of Bravery

Al Asad Air Base, Iraq - We have all heard, read, or watched stories on television about great warriors throughout history, such as the Spartans or Easy Company from the show "Band of Brothers". For most of us, these types of stories seem inaccessible and the expectation to come close to these great stories is low. However one such story, full of compassion, fearlessness and brotherhood, came within reach in an amazing way for Foxtrot Company, at Al-Asad Air Base, Iraq. It is the story of a fallen Marine named Chance Phelps.

Private First Class (PFC) Chance Phelps was born in Dubois, Wyoming and raised in Clifton, Colorado. Motivated by the September 11th, 2001 attacks, he joined the Marines shortly after high school, after attending recruit training at MCRD San Diego; he attended artillery school at Fort Sill, Oklahoma and was later assigned and deployed with 3rd. Battalion 11th. Marines, and was deployed to Iraq in February 2004. In April 2004, during a convoy escort, PFC Phelps was injured when the convoy came under fire outside Ar Ramadi.



Even though he was hit, he refused medical attention and manned his M240 machine gun in order to provide cover for the evacuees of the convoy. His act of courage and fraternity for his fellow Marines led to his death as he was fatally wounded during withdrawal. He was killed in action in Al Anbar Province Iraq, on April 9, 2004. For his sacrifice and bravery, PFC Phelps was posthumously promoted to the rank of Lance Corporal (LCPL). Foxtrot Company stumbled upon Phelps' inspiring story unexpectedly during clean up for the Iraq draw down.

While cleaning the armory in preparation for the closure of Al Asad Air Base, Iraq, GM2 Javan Jones of NOSC Jacksonville, encountered a much unexpected distinct treasure. When removing non-mission essential items, he found a sign blanketed in a thick layer of dust. It was clear that this forgotten sign had not been disturbed for an extended amount of time. The sign read: "PFC Chance Phelps Memorial Armory." The new knowledge that Foxtrot's armory was named in reverence for PFC Phelps led armory personnel to wonder, "Who was Chance Phelps?" The journey to find the answer ended with the members of Foxtrot Company coming together and conducting research that led to a movie named "Taking Chance" starring Kevin Bacon and that extensively explained the journey of PFC Phelps to Dubois Wyoming and in the process learning about a true hero, whose sacrifice did not go unnoticed by his fellow Marines and fellow veterans and a grateful nation at home.

When GM2 Jones found the sign, his thought was that to have a building named after someone; that person must have contributed significantly. He thought LCPL Phelps must have "made the ultimate sacrifice [in order] to have the armory bearing his name". GM2's thought couldn't have been more correct.

Foxtrot Company made the decision to contact Chance's family and understood and appreciated the service of LCPL Phelps and wanted to honor the memory of their fallen brother. Foxtrot Company decided to pack the sign and send it to his mother, Gretchen Mack, who runs the Chance Phelps Foundation, in the words of Mrs. Mack, "You thinking of our son and our family means the world to us." BM2 Esparza, from NOSC San Antonio, said that if she had a child who had died on the battlefield she "would be honored that his memory was being kept alive". LCPL Phelps has left memorable footsteps to follow, about bravery, teamwork, and respect. Before finding the sign, Foxtrot Company was just here on a mission, now they are inspired by heroism and true grit, Foxtrot Company has embarked in a new path, we are now following a legacy of bravery.

Story By: YN2 Kelly Brewer, ET2 Joy Smith, and AME2 Enrique Flores



It's Anchors Aweigh for the last NAVY detachment of Expeditionary Medical Facility Kuwait

Members of NAVELSG FWD's N43 (Transportation) use ingenuity and elbow grease to finesse the anchor onto the lift in preparation for its transit to the NAVELSG FWD compound. With the departure of EMFK and PMO and the transfer of their missions to the Army, the Navy's footprint at Camp Arifjan grows ever smaller. In a gesture of solidarity and preservation of Navy culture in the desert, the Chiefs of EMFK and NAVELSG FWD orchestrated the symbolic hand-off of the anchor prior to turning over the medical facility to the Army.

Story by: RPC Michelle Guzman-Roberts

Camp Arijan, Kuwait - In 2005, Navy Medicine transitioned the Kuwait AOR mission from the traditional Fleet Hospital formation to being staffed by Individual Augmentees from across the Bureau of Medicine and Surgery. Each Navy detachment has since been staffed with Individual Augmentees coming from as many as 40 different Navy units at a time. In the past seven years EMFK has provided direct individual medical support to CENTCOM coalition forces and critical, time sensitive missions in Afghanistan, Somalia, Iraq, Bahrain, Jordan, the Gulf of Aden, Egypt, Kazakhstan, Djibouti, Yemen, on U.S. Naval vessels operating within the Persian Gulf, on Al Basrah Oil Terminal platforms, and at other commands within Kuwait.



Additionally, EMFK sent two Forward Resuscitative Surgical teams to Afghanistan and a U.S. Naval vessel supporting operations off the coast of Somalia. EMFK provided up to 10% of their staff to NAVCENT and ARCENT missions while still maintaining high medical quality, patient services, and staff morale. On average over 8,850 patients per month have passed through the doors of the EMFK main hospital and outlying clinics providing routine and emergent care, rehabilitation for OIF/OEF/OND Joint Coalition Forces, sustaining combat strength and enabling optimum return to duty of CENTCOM AOR personnel.

EMFK also coordinated over 1,200 specialty care referrals and 260 inpatient bed days at Host Nation hospitals and clinics, providing timely treatment and patient movement to higher levels of care via the United States Air Force AeroVac system.

EMFK is the only Military Treatment Facility in the CENTCOM theater where the Air Force Contingency Aeromedical Staging Facility (CASF) is not located next to the hospital. This required the Joint Patient Movement Requirements Center (JPMRC) located in Qatar, the 386th Expeditionary Medical Group CASF at the Ali Al Salem Air Base, and the EMFK patient care and medical regulating staff here in Camp Arifjan to maintain superb coordination, ensuring timely and accurate processing and tracking of over 742 tactical and 450 strategic medical evacuations during the LIMA Detachment tour.

The last wave of Sailors that comprised the EMFK LIMA Detachment from February 23 to November 03, 2011, has been a model for the future of military health care medicine with all three services -Army, Navy and Air Force- working together under one roof and melding the best practices of each service towards a common goal of seamless Force Health Care protection for the entire DoD family. On November 03, 2011, Change of Authority will commence at 0900 at the Zone 1 Chapel, Camp Arifjan, where Colonel Joe D. Robinson, 325th CSH, United States Army, will relieve Captain Dick W. Turner, EMFK Lima Detachment, United States Navy.



Photos by: ET2 Mendez

Story by: LS2 Rebecca Huckleba

Gear Drop: Supply making redeploying easier

Camp Arifjan, Kuwait - WTP, the Warrior Transition Program is designed to help unload redeploying Sailors of their gear and worries. Many Sailors who come through WTP are being relieved of their duties to the Army and Marine Corps in Afghanistan and Iraq. While working for the Army and Marines they are going from everyday Sailors to Detainee Ops, ISAF (International Special Assistance Forces), and other strenuous and tasking jobs. Coming through WTP is a way for them to “decompress.” They not only drop off their gear that was issued to them at various bases in the United States, but they drop off, figuratively speaking, the responsibility and stresses of their job.



Coming through “gear drop” is a fast and painless process, which is not often found in the military. “I thought this drop would take half a day and be painful, but I am highly impressed, they could not have made it any better for us,” USN CDR (Res) Mary J. Chew stated as she dropped off her gear. “I loved coming through the door hearing the clapping and cheering!” The objectives of the members from Supply and Customs who work the gear drop pride themselves in getting the redeployers in and out quickly with no stress or complications. With music playing, people clapping and cheering for those who served, the sight of a gear drop is a pleasant one. The Red Cross brings donuts, treats and their friendly rescue dogs that provide familiar comforts of home and companionship for the redeployers.

Gear drop is an easy experience for the redeployers but definitely has effort devoted to it by the members of Supply here in Arifjan Kuwait. All the members of Supply are required to come early to set up for the gear drop and leave several hours after the drop has ended to tear down the set-up, box the gear, load it into containers and ship it back to the States where it was originally issued. Supply is all about the customer and their efforts and teamwork are what set the tone and make this process go so smoothly and fast. The Supply department is a happy group who operate as a family and team to complete this mission. What is seen at the gear drop reflects only a fraction of the hard work and dedication that the Supply team puts in; it is very extensive and takes days in advance to prepare for and days after to complete. The gear drop is a never ending process that affords redeploying sailors the convenience of “letting go” and keeps the mission always moving forward.





Gear drops happen every Friday and often unannounced during the remainder of the week both day and night. Supply is always looking for volunteers to come help set up, move gear and provide upbeat support. Supply processes on an average: 120-150 redeployers, 7,500 pieces of gear valued at approximately \$400,000 per week. The time and effort involved is incalculable and in high demand as this evolution is a make or break for the Headquarters mission in Kuwait and the Middle East as a whole.

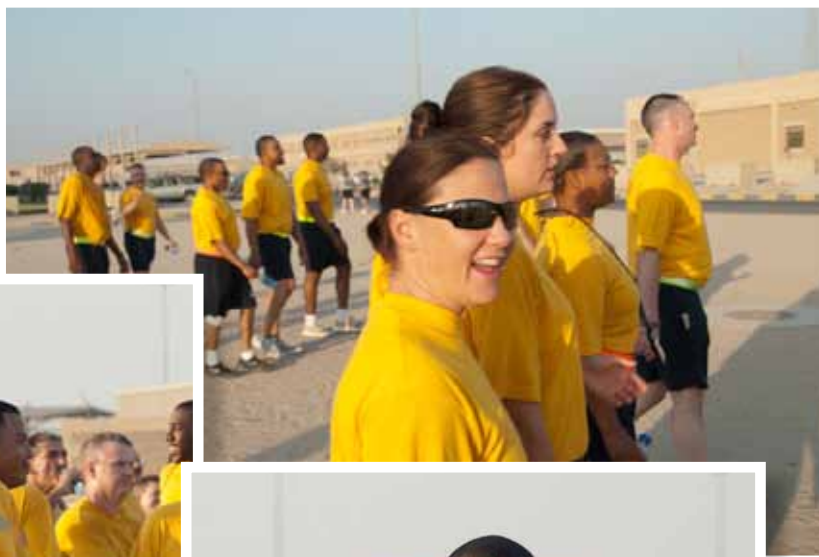
Photos by: ET2 Carlos Mendez



Fun in the Sun

Photos by: ET2 Carlos Mendez





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

Camp Buehring 10 Miler

Camp Buehring, Kuwait - Early on a Sunday morning in October, a few of NAVELSG FWD's heartier souls from across Kuwait gathered at Camp Buehring to meet the challenge set by the Army's 10 Mile run. That morning the temperature was pleasantly cool, accompanied by a light breeze flowing nonchalantly over the desert environment. As registration was finalized and runners formed up at the starting line, they brimmed with a sense of anticipation and were visibly excited to run in a climate noticeably cooler than anything in recent memory.



The field was comprised of members from all branches of the military including numerous Navy units. Amidst a sea of runners, some Sailors wore the traditional blue and gold while others donned individual command sponsored shirts proudly showing their organizational affiliation.

While many service members wore their official PT gear, others displayed bold colors, dotting the visual landscape with vibrant hues of yellows, pinks, greens as well as red, white and blue, serving to enliven the usually drab desert even if only for a day.



Immediately following morning colors the runners were called into action by the emphatic pleading of a whistle. A brisk pace was set right from the start as the fastest runners broke away from the pack. Most chose to set their own, less ambitious pace and many smiled for the cameras as they passed the photographers positioned at points surrounding the starting line.

The initial frenzy soon gave way to a quiet calmness as the runners made their way from the starting line toward the northern perimeter road. The course set by the MWR coordinators was comprised of two loops of varying lengths. The first on the east side of the camp was a mere four miles in length leading some to a false sense of distance travelled when they passed the start-finish area not yet having completed half of the course. The second loop encircling the west side made up the remaining six miles.



Strategically located around the course were ten water points offering runners ample opportunity to hydrate during the run. Thankfully, due to the exceptionally mild weather that morning there was little risk of runners suffering from heat exhaustion. Nevertheless, the distance did present difficulties for some who were not fully prepared, physically or mentally, to run 10 miles.

As NAVELSG FWD's runners crossed the finish line, they displayed a well-deserved sense of satisfaction. They had met the challenge they set for themselves and many finished with better times than they anticipated. Ultimately, all were pleased to be part of the event. As runners were still catching their breath and wiping away the sweat from their forehead's, they made their way to the Award and Staging Area to claim their coveted tee-shirts. All the while, upbeat festive music played rejuvenating the runner's spirits and ample food and drink was provided to replenish their tired bodies.



An inspiration to all who saw him was one Army soldier who completed the 10 mile course in full "Battle Rattle", including his rifle. The last one to cross the finish line, he was welcomed and congratulated by a large round of applause from the other participants and the organizers.

Navy Birthday 5K Run

Camp Arifjan, Kuwait - October 13, 2011 was a moderately humid morning on Camp Arifjan in Kuwait. A light breeze from the east attempting to cool the air gave life to a large Navy Flag held aloft by a lone Sailor. The Navy rose early to participate in the Navy Birthday 5K fun run held in honor of the of the Department of the Navy, established by the Continental Congress 236 years prior, actually preceding the birth of our nation by some 8 months and 22 days. On that morning the Navy colors flowed with a particular majesty.

As with most fun runs, this one began immediately following morning colors which on Arifjan is signaled by the Army reveille followed by a piece of music entitled Patton's March. But what was different about this run and this day over any other I have spent in Kuwait was the playing of the Navy's pride and joy. As the cadre of runners and walkers departed the starting line "Anchors Aweigh" was played, to the pleasure of every Sailor within earshot of the base-wide PA system. If it wasn't played on every installation where Sailors of the United States Navy serve around the theater and around the world, then it should have been.

The prominent position that piece of music holds for Sailors became evident upon hearing it that morning singing through the air as big as life, giving voice to the Navy's presence in the desert amidst an Army dominated culture. The experience could be likened to an exile hearing the songs of thier homeland upon return from an extended period abroad. Despite the ratio of Army to Navy on Camp Arifjan, the Navy's posture was perceptible to all on that day. In the coming months as a result the drawdown, the Navy's footprint across the region will grow smaller still, affecting all of NAVELSG FWD's missions as well as those of other Navy units.

Camaraderie abound and runners cheered each other on as they approached the finish line. The vitality of Navy pride would endure across the community as the Navy Ball was only two days away. but on that day, October 13, the Navy shone like gold.

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





Photos by: ET2 Carlos Mendez





Photos by: ET2 Carlos Mendez



Army Safe Driving Course

Camp Arifjan, Kuwait - Most of us learn how to drive during a driver's education course in high school or maybe we learned from our parents or even from friends when we were younger. Some of us may have learned later in life but whatever the case, with experience, time and age we become more skillful drivers. Along the way we pick up driving habits: some good and some bad. These habits learned over time are either self-taught or learned from others. Ultimately we must learn from our mistakes: sometimes the hard way in the form of minor and in some unfortunate cases, more serious injury causing accidents.

At Camp Arifjan, Kuwait, the Army supports the Army Driving Safety Course which can help you be a better driver. The course, taught by civilian instructors whose experience and background range from a former race car driver to a retired FEDEX Driving Safety instructor is designed to teach emergency and tactical driving skills

to assist in accident avoidance and mitigation as well as tactical departure from hostile environments. Depending on the situation, the application of skills learned in this course might achieve total avoidance of a major accident or at the very least reduce the seriousness of an otherwise unavoidable accident.

On a piece of tarmac adjacent to the helicopter pad on Camp Arifjan's airfield, instructors have set up a series of well-defined maneuvering tests outlined with orange cones. Each training evolution begins with an instructor describing and demonstrating a scenario. Following demonstration of proper execution of each maneuver, the student drivers get behind the wheel and attempt to imitate the actions of their instructors. Because the training is held on an active airfield, all training vehicles must come to a complete stop during the arrival or departure of aircraft.



The course begins by reviewing the most elementary of driving principles that with time and practice will have you driving with greater control and awareness. You may learn or re-learn certain driving skills as seemingly basic as hand position on the steering wheel. You will learn to confidently execute aggressive maneuvers such as high speed braking and steering around accidents on the road safely without becoming involved in the accident. Through repetition in this closed course, risk free environment, you are able to develop real world experience which you can draw upon should you suddenly find yourself in an accident avoidance situation or needing to perform an emergency departure from a hostile environment.



Vehicles used during driver training include a Toyota Camry, Chevrolet Cruze and a GMC Yukon. Even though these may not be the vehicles you're used to driving, when you find yourself behind the wheel again, you will have greater control over your vehicle no matter what type of vehicle you drive. Much of the evasive maneuvering taught in the course is very hard on the cars and you would not want to do this with your own vehicle unless in an emergency situation. But here we throw caution to the wind and with no regard for vehicular wear and tear. Each vehicle goes through a set of tires in about a week's time. Sure, tires may be replaced every week, but the tie rods on the front end are another part of the vehicle that most often require replacement.

Pre-requisites for attending the Army Driving Safety Course are a minimum six hours sleep on the night prior, a valid state driver's license in your possession, the wearing of seat belts at all times, patience and to remember safety is paramount throughout the course. The duration of the course is either a half or one whole day depending on the number of students. The course is graded Pass or Fail. After successfully completing the course you will receive your Army Driving Safety Certificate which you may use to receive up to a 15% discount on car insurance through USAA. The discount is offered in all states except North Carolina.

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

**To sign up for the Army Driving Safety Course
contact the Training Department.**



Photos by: ET2 Carlos Mendez

Sailors in the Spotlight

NAVY CUSTOMS APPRECIATION LUNCHEON

Story By: AZI David Parker

On 13 NOV 2011, through the combined efforts of Alpha Co.'s wash rack and sterile yard personnel, an appreciation luncheon was organized, prepared and served in honor of the civilian crews who work in concert with the Navy's Customs and Border Control Agents (CBCA's) on Camp Arifjan. The Navy, Army and a score of civilian employees work together to ensure the proper pre-clearance inspection processes are successfully executed prior to the return of valuable war materiel stateside. In all, a total of 115 persons attended the appreciation luncheon.

There were over 130 pieces of chicken as well as 10kg of rice prepared which fed the 115 attendees. In addition to the efforts of those members of NAVELSG FWD's Alpha Co. washrack and sterile teams, two of the civilian workers, natives of India, dedicated their off-time to come in and cook a traditional dish for the enjoyment of all. Without their efforts, I believe it would not have been as great a success as it was.

The members of Alpha Co.'s washrack and sterile yard day shift each received certificates of appreciation from the Alpha Co. leadership. The awards were received by all with great enthusiasm.

As related to me by James Jones (civilian crew, head supervisor), "This is the first time that something like this has ever been done for us and we are most grateful that you and your team took the time and effort to do this for these guy's. They are a great bunch of guy's and are under appreciated for all that they do".

I would like to thank the following individuals who donated their free time to ensure this event was a great success:

*GM1 McDevitt
EN2 Aguilar
BMI Lohr*

*BM2 Gasca
AS2 Barrientos
CS2 Wilson*

*CS2 Deleon
HT2 Scott
AD2 Forte*



Sailors in the Spotlight



Photos by: HT2 Adrian Scott

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.

Story by: YNC (EXW) Norman Cox

Service Records

Camp Arifjan, Kuwait - Who is in control of your career? This is the most important question you may have never asked yourself. With the current state of the economy, the looming budget cuts taking with them defense spending and the Navy looking for even more ways to shed Sailors, it is more important than ever to know the answer to that question. The Navy is aggressively down-sizing. Will you be cut? We have all heard about the Active Duty's "Perform to Serve" (PTS) program, likely coming to a NOSC near you as early as the summer of 2012.

"Rates are closing, High Year Tenure is looming, and I can't advance". Ever hear anyone say that? You can run but you can't hide. Good Sailors are being sent home. If you are going to be one of the Sailors who does advance and does "Stay Navy" then your records might hold the key. If your record is incorrect or simply incomplete, you could be passed over for advancement or worse yet, be sent home.

"Every Sailor should be vigilant in verifying that all aspects of their service records are correct", says YNC (SCW/FMF) Ramon Segura. "This means checking ESR, FLTMPs, NDAWS, NSIPS, OMPF and your SMART Transcripts - REGULARLY". Acronym after Acronym, site after site, these various databases contain different portions of your record and are maintained by different authorities and for different purposes.



One very important distinction Sailors should make is not to confuse their Official Military Personal File (OMPF) - your permanent record - with the Electronic Service Record (ESR). Information entered into the ESR is used to update and create documents for the OMPF but is generally temporary and is purged when a Sailor is transferred or separated. The OMPF is used for review by selection boards and used to manage a Sailor's assignments, training, advancement and separation.

Navy leadership continually reminds Sailors that it is their responsibility to meet the challenge of personally maintaining their OMPF. In pursuit of this, one of the simplest things any Sailor can do is to keep a hard-copy of their record in the traditional paper format. This way, no matter what, you will have proof of your accomplishments when no one else seems to.

If you have gaps in your personal hard-copy you can log on to "OMPF-My Record" on BUPERS Online at <https://www.bol.navy.mil> to securely review and print OMPF documents such as Page 13s, evals, awards, orders or other service record items. Sailors should make a habit of logging on at least once every six months to verify accuracy. The longer you wait to correct errors or omissions, the harder it is to validate and the burden of proof ultimately lies with the individual Sailor.

Moral: Don't leave your career in the hands of someone else because no-one has more to gain or to lose than you yourself.

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

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

DSN: 318-430-7826

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NIPR email: michael.s.neubert@kuwait.swa.army.mil



SUPPLEMENTS

At this point in your deployment you're probably set into an exercise program and might be looking at taking supplements for that extra edge. Whether to boost your workout, build muscle or lose weight, there are a lot of options. Medically speaking though, you need to be careful in your selection and do your research.



The supplement industry is one of the fastest growing industries in the world and there are a lot of choices out there. One of the things to look for is the Grade of the vitamin. You might think that all vitamins and supplements are created equal but that's not the case at all. As you'll see below, there is a vast difference between the different forms of vitamins you can take. Pharmaceutical grade vitamins are leaps and bounds beyond the cheap grocery store brands, but still not the best way to go.

When getting the essential vitamins and minerals your body relies on, it's best to get them from all natural sources. Other supplements a person might take for things like joint pain, hair growth, skin care, etc, will most likely have to come from non-natural sources. But those aren't generally compounds that your body relies on for normal, healthy function. Whole food multivitamins help give your body a great foundation to work with. Now, is your body better with a vitamin or food?



VITAMINS VS FOOD



Of course, your best option is to just eat lots of raw organic fruits and vegetables. This, as you know is plentiful on deployment, right!? Just kidding, but there are fruits and vegetables available at the DFAC and they should take up half your plate of food. Most importantly, while on deployment it's important to include at least one multivitamin per day.

GRADES OF VITAMINS -- FOOD GRADE, PHARMACEUTICAL, WHOLE

Here are the different grades of vitamins that you can take and some more information about each of them.

1. REGULAR GROCERY STORE FOOD GRADE VITAMINS

These supplements are generally what are known as synthetic isolates. Your body can only partially absorb and utilize synthetic isolates. Not only that, but regular grocery store vitamins often have

“fillers” in them, meaning they’re impure. Companies put extra inert chemicals into them to reduce cost of manufacturing them but also reduce the quality. More often than not these companies are not

required to print on the label the different dyes and fillers that they have in their final product. There may be things in the supplements or vitamins that you’re allergic to or just not good for your body.

2. PHARMACEUTICAL GRADE VITAMINS

These vitamins meet the standards set by the pharmacies themselves. Regular supplements differ in that they only meet the standards for human consumption. That’s why they’re often referred to as food grade vitamins. Pharmaceutical

grade vitamins have a higher quality standard, meaning two things. First, you won’t get unnamed “fillers” like you would in regular grocery store vitamins. Second, depending on which kind you buy, they should be more bio-

available, meaning that your body can more easily absorb and utilize the vitamins. Pharmaceutical grade multivitamins are nice because they at least have higher quality control standards that other pills don’t, but better still are whole

3. WHOLE FOOD VITAMINS

This is really the best form of vitamin that you can buy. It’s not a synthesized vitamin with artificial elements. Whole food vitamins are made with all natural foods, generally raw foods, and have a very high quality standard. Because of that, whole food vitamins generally come as a multivitamin

because they usually contain lots of different types of compressed fruits and vegetables, with lots of beneficial compounds like chlorophyll and digestive enzymes. The main benefit of whole food vitamins is their bio-availability. Since they’re made directly from real food, your body can utilize the whole pill.

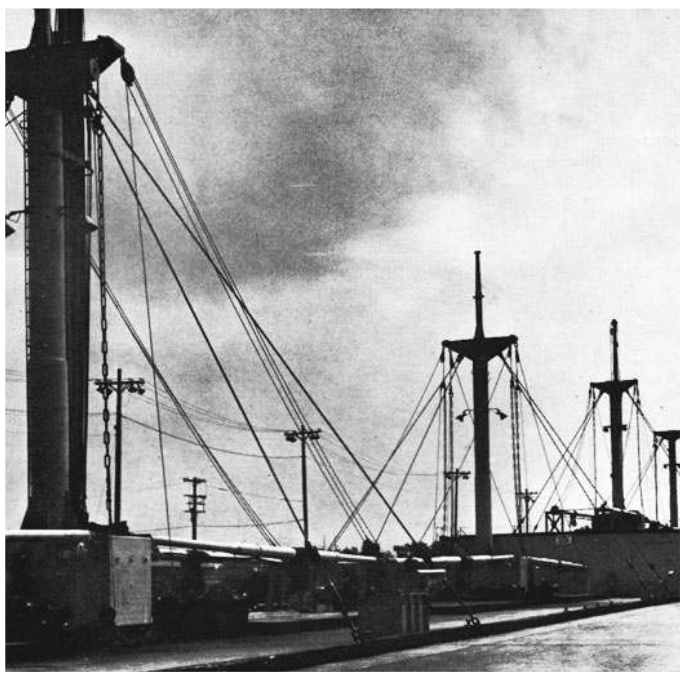
There are not any side effects or any unknown fillers to watch out for, and your body doesn’t have to work extra hard to absorb and process it. If you’re looking to get exactly what you’re paying for, then this is the way to go. This is undeniably the safest, most useful type of vitamin on the market.

REMEMBER TO LISTEN TO YOUR BODY BECAUSE IT KNOWS BEST.

The information in this article was researched on the internet through various sites.

A Short History of NAVELSG

Today's Navy cargo handlers find their roots in the Naval Construction Force, known the world over as the "Seabees". Starting in January 1942, men were recruited from civilian construction trades and assigned to Naval Construction Regiments. In the fall of that year, the need arose for specialized military units that could load and unload ships in the Pacific. With the logistics bottleneck that was occurring, ships remaining at anchor waiting to be offloaded became primary targets for Japanese aircraft.



Following the war, the mission of the Seabee "Special" was transferred to the Bureau of Supplies and Accounts, and on 1 Oct 1949 the first true Cargo Handling Battalions (CHB's) were established. In 1970 the Navy Cargo Handling and Port Group found home port at Williamsburg, Virginia.

Based on the experiences of Operation Desert Shield/Storm, Navy planners sought to develop a single logistics organization capable of providing flexible, deployable transportation with the ability to supply support services in any theater of operations in the world. 1993 saw the formation of the Naval Expeditionary Logistics Support Force (NAVELSF).

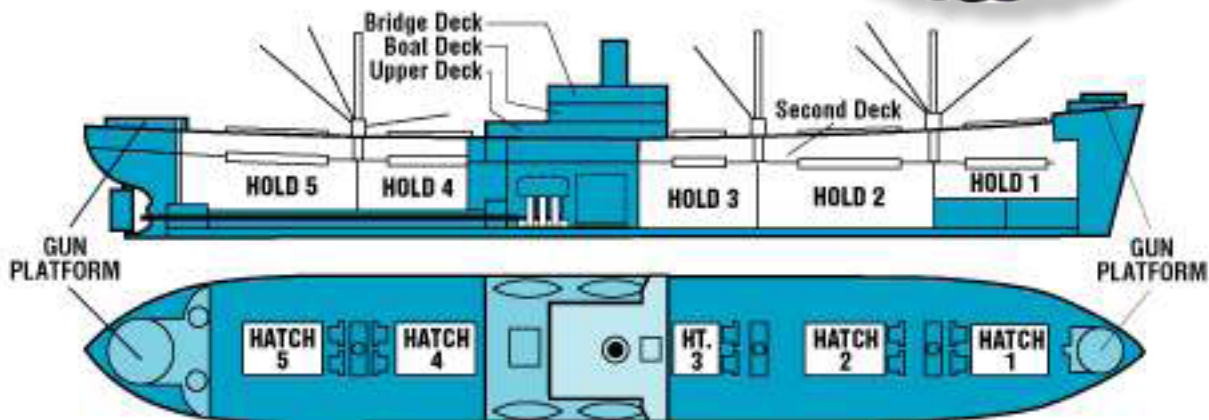
In response the U.S. Navy organized "Special" battalions around seasoned stevedores, many of whom were longshoremen who worked the docks in the U.S. Their crews were then rounded out by less experienced men who received stevedoring training at Camp Peary, VA. In all there were 39 Seabee special battalions formed, with the first commissioned in Dec of 1942. The motto of the special battalions was "Keep the Hook Moving."





Just over a decade later, in 2004, NAVELSF was moved from an administrative Chain of Command under Commander Navy Reserve Forces Command (CNRFC), to an operational alignment under United States Fleet Forces Command (USFF), placing all cargo handling forces, both active and reserve under one centralized command. The USFF, originally formed in 1906 as the US Atlantic Fleet, was an integral part of our national defense for nearly a century. A mere two years later in early 2006, NAVELSF became one of the founding components of the newly established Type Commander for expeditionary forces, the Navy Expeditionary Combat Command (NECC). Under NECC, NAVELSF became the Navy Expeditionary Logistics Support Group (NAVELSG) as we know it today.

In 2009, NAVELSG continued further streamlining and standardizing its force by establishing the Naval Cargo Handling Battalion (NCHB) as its primary Unit of Actions. NCHB's were then restructured to focus on NAVELSG's core missions: Surface Cargo, Air Cargo, Fuels, Warehousing and Transportation. As of this year, 2011, NAVELSG's mission has expanded to include operations in Afghanistan, Bahrain, Iraq, Jordan, Kuwait, the Sultanate of Oman and the United Arab Emirates in support of Operations Enduring Freedom, Iraqi Freedom and Operation New Dawn.



LIBERTY SHIP — BASIC LAYOUT

The "Liberty" ships were the primary platform in use during WWII, upon which the US military's surface supply lines were built. The SeaBee "Special" Battallions ushered in a new era for the logistics community - one which continues to be refined and expanded upon today by the Sailors of NAVELSG in the rears as well as her forward deployed units.



DO ONE MORE.



I BET RIGHT AFTER THAT
THE MARINES WILL WANT TO
RUN AT LEAST A 5K ON
NOV 10TH IT WILL PROBABLY
BE A 10K

AT LEAST A 5K!!
THAT RUN ALMOST KILLED ME
THESE BIRTHDAYS ARE
GETTING RIDICULOUS
ALL I WANT FOR MY
BIRTHDAY IS A 12PK.

I HOPE YOUR
BIRTHDAY IS AFTER
FEBURARY



Parting Shots

