

Hey Guys. Here is a small update for me out here on the Big ocean!

So here we are on day 6 still crossing the Atlantic. We probably have another 3 or 4 days in the Atlantic to be honest before we ever get to see the Med. I am really excited about being able to visit the places we are going to go though. I think that it should be a lot of fun if all goes well. I will admit that I have not made a whole lot of new friends on the boat yet, but I am enjoying myself with those that I have. I don't even really have very much free time at the moment and it's about to become much less once we get into the AOR. Being on the ship has shown me many things that I never thought I would see in people and the way things work. The thing that keeps me going though is to be able to stand in front of the hangar bay doors and just stare out into the ocean. It's so serene when it's the only thing out there. For some reason I feel comfortable on the ocean and I always have.

As far as my life on the ship I basically go to work, get back to my berthing, shower and lay down to go to bed. Well that has been my schedule the past couple of days since we have been losing sleep from the time changes. I went to the gym last night, but it was too packed to do anything so I worked out on the elliptical machine, showered, and went to bed. I plan on hitting the gym more seriously once the marines disembark to do their thing. I want to work out, but I can't do anything with so many people in there (Not to mention I am probably the smallest guy in there).

Just making my due and getting by where I can. I miss you all and take care please!

With Love,

Jeffrey M Graham
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