

Hello Everyone,

Hey you guys! What's been going on? How is everything else in your lives? I really do hope that everything is going well for you! I am not up to a whole lot myself to be honest. I am studying for my ESWS board this week. I am probably going to take my board on Friday and then I will shred all of my notes and just focus on the E-5 exam. That is one thing that I am a little worried about right now. I really am not 100% that I have a change of advancing to E-5 because I just don't feel confident no matter how much I study. I am not going to worry about it though because I am just going to take the exam and see what happens.

Anyway I just wanted to write you a little something to basically say hello. As you can tell I am not really doing much at all right now except for studying. I got a few pen pals while I am out here so that I would be able to keep myself busy writing people and not bother you guys with all the e-mails. I know that you don't mind receiving e-mails, but I feel like I am being a little overwhelming or... well something along those lines. I have begun to start my workout program here on the boat as well. I am in the gym every morning at 0445L (0145Z / 2045 EST) and I have a set workout schedule. Every morning I begin with some SEAL training stuff though and the amounts and rep's that I do will increase as the weeks go on. For the first week it is 4 x 20 Sit-ups, 4 x 15 Push-ups, 3 x 3 Pull-ups. Next week it will increase and so on and so forth. I should be in pretty good shape and looking pretty darn good when I get back I think. Well I will let you go. Please take care and have a good time with everything that you do. I miss you and I am thinking about you.

V/r,

CTR3 Jeffrey M. Graham
USS BATAAN HITS TRAINER
HITS OPERATOR

P.S. – The Shell Back Ceremony should be happening this upcoming Sunday at probably 0430L (1830 PST / 2130 EST). I am excited about it to be 100% honest and I hope to be able to get some photo's of it, but it is somewhat of a sacred Navy Tradition and they might not allow photography to be hoenst. We will see.

SHELL BACK CEREMONY

A Shellback ceremony is when a navy sailor crosses the equator. This is the point where "Davy Jones" (King Neptune's royal scribe) takes control and cleanses the ship of all the Wogs onboard (soon-to-be Shellbacks). It's an initiation ceremony in short.