



The World Famous Purple Foxes

Swiftly Scoop

Volume 2, Issue 2

December 2009

Upcoming Events:

- 19 December:
VTC (Video Tele-Conference) MAG-39 Conference Room
- 21 December: Shortest day of the Year!
- 25 December: Christmas Day
- 31 December: New Year's Eve

What's Inside:

- XO/SgtMaj 2
- S-1/S-2 3
- S-3/S-4 4
- S-5/S-6 5
- DOSS/Med 6
- Maint Control/
Maint Admin..... 7
- Avi/Airframes 8
- Flight Equip/
Ordnance 9
- FlightLine/Phase..10
- QA /Tool Room ... 11
- Promotions/Awards/
Re-Enlistments.... 12
- Pictures 13-14

Happy Holidays! Well, they would be a lot happier if we were all together, but we are doing our best to get into the spirit of the holidays. To that end, I thank everyone who helped with the personal ornaments and decorations that arrived. We have quite a tree set up in our little Chow Hall.

First, the latest word on our deployment timeline is this: We are sending a small Advanced Party back in the middle of January, and it looks like we will have multiple cargo aircraft returning around the same time. If all goes well we should have sent around 45 people home before the end of January. The Main Body should then follow the Advanced Party home by the middle of February. Now the bad news: because we need to get every helicopter back to Camp Pendleton and it takes one cargo aircraft to carry each CH-46, we think the last of the squadron won't come home with the last aircraft until early March. As always, these projected dates are subject to change, and I'm sure they will. As always, I will do my best to keep everyone informed and update you on any changes.

I can't believe December is here already. We are staying very busy with flying and fixing the birds. Our Marines are truly the best and I am honored and humbled by their dedication. I anticipate our workload to remain steady, or even increase, as the other squadrons leave. HMM-364 was here when OIF started, and after five deployments we will close this place down for Marine Aviation. Until then, we are making a difference every day and you can be proud of each and every one of your Purple Foxes.

Please have a happy and safe holiday season. Julie and I wish each and every one of you the best and please let us know if we can do anything for you.

LtCol Robert Boucher
Commanding Officer
HMM-364



The CO and AMO enjoy a nice frosty beverage on the USMC 234th Birthday.

XO, Maj Mitchell Criger



The XO takes a break from flying and pretends to be busy walking around the Phrog Pond

Hello! We're two months into it and the time is flying by. We just celebrated Thanksgiving here in Iraq and the chow was pretty darn good; the turkey was just a tad synthetic-tasting but the stuffing made up for it. Armed Forces Television had all the football games on. My sympathies to all you Detroit fans. Is it just me or do the Detroit Lions play every Thanksgiving? I guess if you're a Lions fan you look forward to Thanksgiving so you can watch your team. I'm from Kansas..so I guess I can't really talk trash about football this year. The Kansas teams...not so hot. Frankly, I'm looking forward to Basketball season. I hope all of you back home had a great Thanksgiving day. We have a lot to be thankful for! For example: holiday season has officially started; which means it won't be long until we're into the New Year and that much closer to being home again. Yesssss!

Before I sat down to write this I was outside talking to our AAMO, Capt Dan Stoner. He and I both commented on the weather here. You know, I've never been deployed to Iraq during this time of year and I'm here to tell you that it gets COLD in the desert and it rains too - a lot. We've had several wet days recently and when it rains, the desert sand turns into mud. So, the place turns from a warm, dry, sandy mess into a wet, cold, muddy mess pretty quick. But, Dan and I counted our blessings; at least we're not in tents with mud floors. Knock on wood. I flew over a couple of Bedouin (desert nomads) camps the other day and I don't know how these people live out here. Call me a spoiled American but I like my house, my leather chair and my TV. I wonder if they know what they're missing. I suppose it's all about what you're used to. One more thing to be thankful for, I guess. Your Marines are still making it happen. We are flying a lot and the helicopters are holding up great. These things are 40 years old and I'm amazed every day at the hard work and ingenuity displayed. I think these things would fly forever with the type of quality maintainers we have. They're just phenomenal; again, I'm thankful.

I hope you all have a happy holiday season. Be sure to send out some of that holiday baking. I just wolfed down some of Capt Alex Taylor's mom's peanut butter fudge and I know why he keeps it hidden. (He won't get away with that anymore.) You gotta be thankful for the holiday baking.

We'll be putting up our tree pretty soon and decorating it with the purple ornaments you all sent (Thankful). Our flight equipment shop erected a blow up helicopter with elves for pilots. Higher HQ may make us take down all the cammie netting but by God the elves are staying! I'm thankful for the elves. I'm thankful for all of our families that support us and a country and a way of life that's worth defending. Take care. We'll talk to you again next month.

Maj Criger

P.S. Less than 25 days until Santa comes. Somebody please make sure he knows my deployed address.

Thanks.

SgtMaj, SgtMaj Derek Leggett



SgtMaj spent some free time building a porch for the Command suite.

Families and Friends,

As we near our second month over here, the Marines continue to get accolades from other units for doing a great job. It seems they turn wrenches with the speed and intensity of a Indianapolis 500 pit crew. The Marines continue to stay busy as we are flying gear and personnel all over Iraq. I have passed out numerous boxes of care packages to the Marines, and I would like to thank John Wintersteen with Project Marine Care, Colonel Cooper and the Mile High Hot Sauce, Donald Stoneking, Jerry Soukup and many others for the generous donations of care packages they have sent to the Marines of HMM-364. And I would like to thank the friends and families back home for their support, mostly moral, of the Marines, because that is what keeps us able to do our jobs out here. Keep the letters coming, everyone loves to read mail in a combat zone.

Also, I gave in and joined the construction crews and with the help of some of the Marines we built a front porch on the CP to keep the head shed out of the rain. Because the rainy season is upon us, even though we are in a desert, when it rains here, it pours.

Give A Shit

SgtMaj Derek Leggett
HMM-364 Sergeant Major

'Give a Shit'



S-Uno, Number 1

Happy Thanksgiving and an early Merry Christmas to our family, friends and loved ones; "thank you for your support" from your friendly, motivated Admin shop!!! S-1 is doing our job and keeping morale up with a little help from Doc Courtney and Cpl Sanchez serving the squadron with a daily dose of mail. Under the guidance of Capt Eagan and the leadership of SSgt Peterkin, S-Uno is keeping morale and motivation up other ways as well, like taking care of PARs, helping with pay issues or any admin question/ concern, or by simply being the greatest S-1 in all the Marine



LCpl Pizano and PFC Ramirez represented S-1 as part of the cake detail for the Marine Corps Birthday Ceremony.

Cookie Recipe of the Month Gingerbread Foxes

- 3 1/4 cups flour 3/4 tsp baking soda
- 3/4 cup butter 1 egg
- 1/2 cup dark-brown sugar (packed)
- 1Tbsp ginger 1Tbsp cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp nutmeg 1/2 tsp salt
- 1/4 tsp finely ground black pepper
- 1/2 cup molasses

1. Sift flour, baking soda and spices in large bowl. Set aside.
2. Cream butter and sugar until fluffy. Mix in egg and molasses. Gradually stir in flour mixture.
3. Wrap in plastic and chill for 1 hour or overnight.
4. Roll dough 1/8 in thick and cut into fox shapes. Place on ungreased baking sheet. Bake at 350° for 8-10 minutes.
5. Cool thoroughly. Decorate as desired. Pack in box. Mail to OPSO (the XO can't have all the cookies).

Corps. Congratulations to LCpl Pizano in sweeping judges off their feet and winning the Meritorious Corporal Board. As soon as December 2nd Cpl Pizano can floss the new chevrons. Capt Jones has been busing racking up the flight hours and preparing for his upcoming HAC board. Sgt Domyanic held one re-enlistment for Cpl Thompson from Maintenance Control, who opted to stay as Aviation Supply, and he is working on many other packages. Well that's all from S-Uno for now.. Until next month, take care!

- PFC Ramirez, Admin Clerk

S-2, Secret Foxes

Another month has passed for the "Secret Foxes" and December is approaching fast. The Marine Corps Birthday and Thanksgiving were celebrated and we all had much to be thankful for. To change the pace, LCpl Vonschert and Sgt Dennis switched up shifts while SSgt Gonzales continued to hold down the fort working days. 1st Lt Mattson's daily duties keep him in the air and he will soon be joined by SSgt Gonzales working to be an AO. Sgt Dennis was lucky enough to take a motivational flight and see Iraq from a different height. LCpl Vonschert continues to work hard both at work and in the gym. SSgt Gonzales, always taking care of his Marines, has been staying busy with briefs and other tasks as the Intel Chief. The "Secret Foxes" wish you all Happy Holidays back home!!

-Sgt Dennis, HMM-364 Intel



Sgt Dennis and SSgt Gonzales got into the Thanksgiving spirit with their pair of paper turnkeys.

S-3, Operations



Greetings from the “Bus Stop” aka the Operations Department. It has been close to 2 months since we left our wonderful lives back in California and we are well into the swing of things out here. All the Operation Officers are ecstatic with the tasking from higher headquarters and are jumping through hoops to fly the VIPs to and from the TQ chow hall for the pancakes. The enlisted Marines are in great spirits as they give daily periods of instructions to the pilots on how to fill out their flight itinerary correctly. As Corporals Sanchez and Vitale like to point out to 1stLts Thesing and Hole, “No Gentlemen, You can’t count dropping the Yoga instructor off as Combat time!” Although we are on top of every-

thing that goes on, the Ops O still seems to be losing more hair every time the 1stLts destroy the office spaces. Captains Alissandratos and Harris are constantly praising the well thought-out tasking we receive from higher and are so in-love with our flight tracking system, that they are thinking of becoming government contractors. Captains McGill, Taylor and Erickson have been using their spare time for P90X, bulking up and sleeping respectively while Capt Running tries to get under 1stLt Hole’s skin by reminding him that the University of Texas is THEE University in Texas! There has been a bit of a shake-up in the enlisted side of the house at the “Bus Stop.” We are sad to say that we are losing our outstanding Enlisted Aircrew Training Officer, Cpl Ervin, to Flight line. But never fear, his care packages still come to our shop first, so it’s all good. The OpsO had to recruit someone equally great to replace Cpl Ervin and dragged GySgt Grobmyer to take his spot. Cpl Vitale, on his third round of quitting smoking, is running the night shift for the clerks as Cpl Sanchez runs the day shift and SSgt Inzunza, well, he’s stuck in traffic somewhere between the “cans” and the office so he’s always “5 minutes” away. Lance Corporals Wakefield and Haley have finished building the Operations Hookah lounge and it looks great! They even built the OpsO a sandbag chair—a great place to hide out. LCpl “Chancla” Vazquez has been taking time out here to sharpen his skills as an Ops clerk and bulk up. But he and Capt Taylor seem to be on the same weight loss program instead of a weight gain program. SSgt. Inzunza is doing just fine. Always thinking of things for the Marines to do and making them be happy they are in Iraq, whether they like it or not. That is it for this month from the “Bus Stop” aka Ops. Tune in next month to see if the office is still standing.

The Ops “Bus Stop”



S-4 enjoys their beer after handing it out to the rest of the squadron and ensuring only two beers apiece!

S-4, Logistics

November has now come and gone. We celebrated the Marine Corps’ 234th Birthday with a birthday cake. And what goes better with birthday cake than beer? Really, what goes better with anything than beer? Okay, maybe an In-N-Out Double Double, and we all know what goes best with a Double Double, that’s right, another Double Double! Anyway, Gunny Chartier finally arrived at Al Asad and a collective sigh of relief could be heard throughout the AO (especially from Capt Bird and 1stLt Landrau). Thanksgiving was a nice surprise, with a delicious holiday meal and the standard paper machete display. Nothing says “Happy Thanksgiving” like a life size buffalo, camel and, of course, giraffe! Happy Holidays!

-Capt Bird, S-4 OIC

‘Give a Shit’



Greetings from the Phrog Pond in Al Asad. !

I hope everyone had a great Thanksgiving; I sure did! I enjoyed a delicious Turkey dinner with a few other Foxes at one of the small outposts we fly to over here. The chow hall was located right on the banks of one of the oldest rivers in the World, the scenic Euphrates! Too bad the chow hall did not have any windows...

The Christmas tree and all the decorations that were sent from home are now up and on display in the Foxes chow hall here at the Phrog pond. With all the Purple Fox and CH-46 Christmas decorations, I would not be surprised to see a 'My other sleigh is a Battle Phrog' bumper sticker when he shoots his approach into Al Asad this Christmas.

Take care for now!
Semper Five!
-Capt Rector

Capt Rector stops while taking his gear out to one of the mighty Battle Phrogs. His philosophy—if you put your stuff on the aircraft before anyone else, they might just let you fly that day.



S-6 poses in front of the squadron mural on the Maintenance Day.

S-6, The System Agents

Friends and Family of the Purple Foxes,
0010001001110011000 010000 1001011001
001010010100000 010000001110010011000
000110000000 000111 --Oh wait, what I meant to say was "thank you" to all of our friends and family who are at home supporting us. We here in "The Six" have been reading your emails and appreciate all the love and hope you send to the squadron. It is heartwarming to know that back in the states we have people who love and care for us and are looking forward to our return. The three of us in "The Six" have been expanding our knowledge in the world of "all things beyond computers". Both 1stLt Morgan and Cpl Gonzalez have been spending time

at the gym in order to come home looking more like Greek gods, and less like... well, nerds. Capt Stevenson is doing coursework in some sort of online class, which will help him in his goal to become the Commandant of Computers someday. With our combined brains and brawn, we are also attempting to bring this Operation Iraqi Freedom deployment to a peaceful and successful end. Happy Holidays!

-1stLt Morgan
S-6A

'Give a Shit'



Doss, Making Swifty Safe

Safety Tip of the Month:

Don't let your Christmas trees become a fire hazard! If you use a real tree be sure to keep plenty of water in the base so that it doesn't dry out. For all of your trees, check your Christmas lights before you throw them on there for any exposed wiring!

This month we bring you a closer look at two of the ring leaders in this crazy circus we call safety:

Major Charles M. Nunally III (not to be confused with the II or the I) comes to us from the cascading hills of Tennessee. He bleeds UT orange, which, considering their season thus far, means we should probably send him in to see the Medical Staff for a transfusion. If he makes it through the entire football season in one piece then he'll make it home in time to see his new nephew, due later this holiday season.

Mathew M. Stulz is our friendly representative from the Midwest, proving that "Minnesota Nice" is more than just a catchy state slogan, it's a way of life! And though his roots have well prepared him for the cold weather that we are now seeing, he continues to cultivate his personal face warming layer, commonly referred to as a mustache, which has proven to be one of the stronger mustaches in the squadron. Go safety!

Semper Glowbelts.

Maj Nunally and Capt Stulz throw back a couple of beers, but don't worry, they had their glow belts nearby.



Swifty Medical

Greetings from the HMM 364 Medical Department, we would like to thank everyone back home for all the support that they give us. There is no better medicine than support and encouragement that you provide your Marines. Things are in full swing, keeping us busy with flight physicals, FMF training and making sure that everyone gets that pesky H1N1 vaccine. LT Abels has stayed busy passing out home décor tips along with medical advice to several patients. HM2 Courtney is still trying to figure out his sleep schedule and waiting for his Call of Duty Modern Warfare 2 to come in the mail (we are convinced that PFC Ramirez and LCPL Pizano "misplaced" it while picking up mail). HM2 Teofilo has been working on her "Guns" while making HM2 Rivera look bad in the gym. Hope you're all having just as much fun! Happy Holidays everyone!

-HM2 Rivera



GySgt Brown, who hates needles (note the many tattoos), finally gets his Pig Flu shot from HM2 Teofilo.

'Give a Shit'



Maintenance Control

Purple Fox Family and Friends,

Ok campers, rise and shine and don't forget your booties cause its cold out there today. It's cold out there every day. What do you think this is Miami Beach, not hardly? There is a reason why today is especially exciting, and the question on everybody's lips is, do you think Phil is going to come out and see his shadow? That's right woodchuck chuckers... its Groundhog day! Punxsutawney Phil, who as legend has it can predict the ending of an early deployment.

The Purple Foxes joined in the festive celebrations of the Thanksgiving holiday season this month by fixing and flying helicopters, as usual. What a glorious celebration it was. The cold refried beans with chicken burritos out of an old green plastic box just brought back visions of home. We are all quivering with anticipation to see what Christmas will bring. We do thank you all for goodies from home making it all a little more enjoyable.

GySgt Michael Graham departed this month and headed back to Camp Pendleton to be with his family while his daughter is in the hospital. Can't say we were glad to see him leave us, but we were certainly anxious to get him home to his family. His daughter is in our thoughts and prayers for a speedy diagnosis and recovery.

Godbless and Semper Fi,

Capt D.C. Stoner

HMM-364 Assistant Maintenance Officer



Maintenance Control, takes a break and poses in front of their shop for a quick picture before getting back to work.

Maintenance Admin

November is almost gone and we at Maintenance Admin are still doing our thing, we found out that LCPL Gladue is a Great BBQ Chef when he made some great steaks; however, he went from a first-place BBQ Chef to a regular cook when SSgt Abdalla from QA marinated some good California Style Steaks that were finger-licking good, and claimed the title of Master Chef. We enjoy both Marines' style of cooking and anticipate the next cook-out. Cpl Ramirez is hard at working out trying his best to get chiseled abs—ones that you can see with your clothing on.....); working out twice a day I hope he makes it. Cpl Mcleod is still singing; I think we are going to have to call American Idol to get him a spot. From sun-up to sun-down he's carrying a tune—what type of tune we are not sure of yet, maybe a new style of singing. Sgt Gamino is hooked on P90X workouts; maybe someday he can be an instructor of the P90X. He also wants to say thanks for Video Tele-Conference (VTC) where he got a chance to talk and see his family through satellite. Sgt Robles is still being the Queen of England with her attitude and is getting her butt kicked with a cold—she's at work making everyone sick. Until next month take care and God Bless.

-Cpl Ramirez



Maintenance Admin before enjoying their beer on the Maintenance Day.



Greeting Family and Friends from the Al Anbar Province, Iraq. The dust has settled from the beautiful summer winds that blow here, not to worry though it has been replaced by another meteorological phenomenon not common to this part of the world, rain. That's right, folks, the fine talcum powder dust has been turned into sticky mud. Your Marines are undaunted by the change and forge ahead with a smile on their face and motivation in their hearts. Our month has been a cornucopia of celebrations from the celebration of our Corps 234th Birthday to our giving of thanks for all we have, during our observance of Thanksgiving. The Birthday party that our CO LtCol Boucher sprung on us brought cake and beers. Two beers each with a slice of cake was the fare and it was a glorious day honoring our heritage and traditions. Top Grant graced the party as being **not** the youngest Marine present, passing on his piece of cake to the deserving youngster LCpl Vonschert, who I believe is just old enough to drive. Avionics seemed to enjoy the day by "Drinking Responsibly" and sharing their stories of life, liberty and their individual pursuits of happiness. Not to be outdone by our party the staff at the chow hall prepared a special midday meal for Thanksgiving Day. It was definitely not like mom use to make, but it beat rice and deep fried chicken cordon blue. If you were unable to make the afternoon meal, you were treated to soggy tortillas and burritos with some spicy chicken or beef for dinner. GySgt Ulery treated himself to a chow hall delicacy of a corn dog and Dr Pepper. We have received so many wonderful packages from family, friends and well wishers and we would like to thank you from the bottom of our hearts and bellies for all the goodies. I would be remiss to remind all of you that we will need to eventually fly out of here and if the sweets continue to be

so good we might have to leave our gear behind in fear of not being able to fit on the plane. I hope all you remember to bake and cook safely during this holiday season, never leave the house with the stove unattended. It is an honor to serve with your Marines, thank you for your continued support and we'll see you in December.

-CWO2 Mike Costello

Avi shop poses in front of Swifty.



Airframes

The Airframes Division has settled in to our new spaces, and we are getting the mission done. Of course we had to make the place a little more like home by building a porch and getting a Christmas tree. Cpl's Sabo and Gibson are quite the carpenters. Some of our Airframers (Sgt Crocker, Cpl Jassopadilla, Cpl Cox, Cpl Sabo, LCpl Litterell, and PFC Barnard) have temporarily inhabited the Phase hangar to assist them. They continue to do a great job knocking out scheduled maintenance and nursing our fleet back to health one Phrog at a time. Cpl's Mickschl, Cox and Villarreal are working on completing their Collateral Duty Inspector Syllabus. All the members of the shop are working hard and are improving their skills as aircraft Mechanics. You should be very proud of your Marines as they accomplish amazing things with very little. Cpl. Villarreal is finally "21" after two deployments to Iraq with the Purple Foxes. Gunny Silva and Sgt Helsel have joined the dark side and are night walkers now. They are trying to cut back on U.V. exposure since they saw on Dr. Oz that it caused premature aging. We continue to receive numerous holiday packages and are greatly appreciative. Every time we get a package it is almost like Christmas. Thanksgiving dinner at the chow hall was excellent and brightened everyone's spirits. Of course the food would have been better if we were home with our families. We will be having a shop Secret Santa that should prove to be very interesting. As a shop we would like to say "Happy Holidays" to all our families.

- Capt Allen, Airframes OIC



Air Frames takes a break to pose for pictures.

'Give a Shit'



Flight Equipment

LCpl Sylvia get the Flight-E shop into the Christmas spirit.



November was a good month for HMM-364's Flight Equipment work center. We really missed the turkey, stuffing, and cranberry sauce, but we've received more than enough care packages to keep us happy. We're getting into the Christmas spirit, following Lance Corporal Sylvia's lead. He has mounted a giant blow-up holiday helicopter decoration on the shop's roof, with Santa as the pilot, an elven crewchief, and an elf preparing to fast-rope out the crew door with a present. The main rotor and tail rotor are actually functional, and the decoration's red and green lights help to guide our real helicopters into the "Phrog Pond" at night. Corporals Martin and Modica are doing well, enjoying care packages and keeping night crew straight. Sergeant Gomez has been practicing the guitar; his moustache is coming in nicely. Gunny Brown has been flying quite a bit, which he is enjoying. Just today he and I were flying together when we came across a herd of wild camels. We miss everyone back home and we'll be talking to you all over the holidays.

-Capt Lewis, Flight E OIC

Ordnance



Happy Thanksgiving from the HMM-364 Ordnance shop. We're keeping our spirits up moving into the holiday season, with the help of all the care packages from back home. We've received a few more dog pictures for our "dog wall" and even added some horse pictures. There's still a lot of room on the wall, though, so keep the pictures coming. Sergeant Caudill began flying this month as an aerial gunner/observer. He's enjoying it, though there's a lot to learn in the beginning. Corporal Whiles continues his strenuous workout program and thanks to his dedication and Syntha-6 "man powder" he is quickly becoming a rock. Corporal Raymond is happy about the Viking's record this season, though with the time difference and our work schedule he hasn't been able to see a lot of the games. Corporal Chapman started his own war recently on the masses of flies here at Al Asad. He has hung up a large, blue electric bug-zapping lamp which he had sent from the United States. We frequently hear the familiar pop or buzz of a frying insect, and it strikes a nostalgic chord, bringing us back to summer backyard barbecues at home. Corporal White is currently working hard on his Collateral Duty Inspector qualification, and Staff Sergeant Hallmark is busy keeping everything in order. Until next month...

Whiles, fresh from the gym and complete with 'man powder' and .50 caliber machine gun. What else do you need? .

'Give a Shit'

Flight Line



GQ's fall fashion line-up.

Happy belated Thanksgiving from the Purple Fox Flight liners! The day-to-day life on the line continues to be busy, but the busier we stay, the faster the time seems to pass. Along with the passing of time comes the change of seasons, and no one is more excited about that than the Purple Fox Flight liners. You may ask yourself, what is behind this recent excitement?? Well, this fiscal year the Marine Corps' "warming layer" contract was bought out by GQ, who recently released an exciting new Fall Fashion Flight line Wardrobe. As you can see, layers and earth tones are again topping the charts of fashion in the Al Anbar. GySgt Grobmyer looks fabulous while confidently sporting the once controversial fleece vest, which has made a huge comeback in the Corps

as an outer garment. LCpl Giampetro is so hot right now, both figuratively and literally as he layers his polypropylene, coveralls and gortex. I mean, you have to be hot if you can get away with poppin' not one, not two, but three collars. The Kurt Cobain inspired grunge look of the early 90s is also showing up at the Phrog Pond, as modeled here by GySgt Smith. The Marine Corps has also gotten one up on the EMO skinny jeans fad by introducing skinny polypro from head to toe, as displayed by Sgt Vansickle. And what wardrobe would be complete without accessories? Gunnery Sergeant Grobmyer chooses to sport a fashionable scarf, while wearing his watch cap with a sassy little twist, closely mimicking the hip new look of the Army's beret. (Watch cap is available at your local Cash Sales in Coyote, Black, and the ever-popular O.D. Green. \$5.50 U.S. \$6.35 CAN. M4 Assault Rifle, Ray Bans and Oakleys not available.....and yes ladies, all models are single) . -Capt Litfin, Flight Line OIC

Flight Line workout tip of the month:

Bulking Phase

Step 1) Creatine, Taurine, Caffeine, Glutamine, Arganine, Protein, Amphetamine, Lysine, basically if it ends with an "ine" sound, take it!!

Step 2) Remain in the bulking stage, lifting hard and eating everything you see until you hurt yourself. Then and only then should you begin the cutting phase.

Courtesy of Cpl "Tiny" Smith

Phase Crew

We are still all here, controller thumbs are getting stronger and boredom is setting in. Mean while each Marine has his own little part in motivating. Our fearless leader SSgt Warrenski continues to play his ipod (ZUNE) as loud as he can on a playlist that he clearly got from a young girl,. Barnard corrects us all to keep us at the highest standard of the Marine Corps. Roz pounds 5 Monsters a day making us all wanna get up and do something. Jackson freaks us all out keeping us as far away from the shop as possible. As for me (Bowman) I just write these things.

As far as night crew they have learned to climatize to the Antarctic temperatures that we have all grown so fond of. Sgt Davis, our trusty CH-46E Battlefrog AGO, has even told us of his late night adventures and the Intel on spotting of Polar Bear. Cpl Cox would love so very much to hunt these fearless creatures with his BB gun (Rivet Gun). As per the 4790 maintenance is performed accordinally as continually being supervised by Cpl Jasso. Until our next contact month,,Thanks to all the families that have sent these packages of edible conjunctions that we devour in Minutes.

"Phase Crew"



Yes, the picture is supposed to be like that.

'Give a Shit'



Quality Assurance

To all our friends and family that are supporting us back home,

The month of November has come and gone and all the Marines in HMM-364 QA are doing just fine. We had a good time celebrating the birthday ball, and know we were missed at the dinner table for thanksgiving. We are here to provide a smooth turnover to the Army and the Iraqi Army, and plan on doing just that in the safest manner possible so we can come home to our loved ones. We would have like to spend Christmas together but we understand there is a job for us to do out here and we are looking forward to seeing you when we get home! Please keep the care packages and all the terrific support coming.

Thanks again, and on behalf of the Marines of 364 QA, happy holidays and see you soon.

-Capt Andrew Hamilton



QA smiles for a picture.

Tool Room

November has flown by, literally with the shop working towards becoming better pilots with their remote control helicopters. There is time to play, but there is a lot going on. LCpl Huggins is working towards looking more like SSgt Warrenski a.k.a. Mr. Olympia. He is working towards getting a first class PFT. Cpl Ramirez is celebrating his 26th birthday on November 29. He is hitting the gym every day "because he can." Cpl Szubrych celebrated her 20th birthday on November 16th, and is working on her running. She might become motivated to run to work with a pack on with SSgt Warrenski one of these days. SSgt Warrenski is still doing his circuit courses and attempting to stay fit while we are out here, but with all of those Twizzlers and other candy he is eating that might just fail. We would also like to send out a thank you for all of the care packages that we are receiving. They are very much appreciated.

Thanksgiving has come and gone. We did enjoy a turkey and stuffing lunch. That is what they called it at least. We hope that everyone back home had a wonderful Thanksgiving and is enjoying getting ready for the holidays coming up. Time is going by and before you know it we will be packing up and getting ready to come home! We are continuing our journey out here. Until next month...be safe and take care!

-Cpl Szubrych



SSgt Warrenski takes a break from working out and, well, works.

'Give a Shit'

December Promotions, Awards, and Re-Enlistments

To Sergeant:

Sgt Jesse Peele

To Corporal (Meritorious):

Cpl Robert Pizano

To Captain:

Capt Bryan Hole

Capt Karlo Landrau

Capt Paige Venettozzi

Navy Achievement Medal:

LCpl Daniel Zawicki

Good Conduct Medals:

Cpl Andrew Hiske

Cpl Tyler Raponi

Cpl Terrance Taylor

Certificate of

Commendation:

Cpl Fernando Ramirez

Cpl Marcus McLeod

Meritorious Mast:

LCpl Brendon Gladue

PFC Renard Gibson

Re-Enlistments:

Cpl Charles Thompson

Aircrew Wings:

SgtMaj Derek Leggett



Mailing Address:

Rank / Name

HMM-364 / Shop

UNIT 42015

FPO, AP 96426-2015



'Give a Shit'

Family Readiness Officer Contact Info

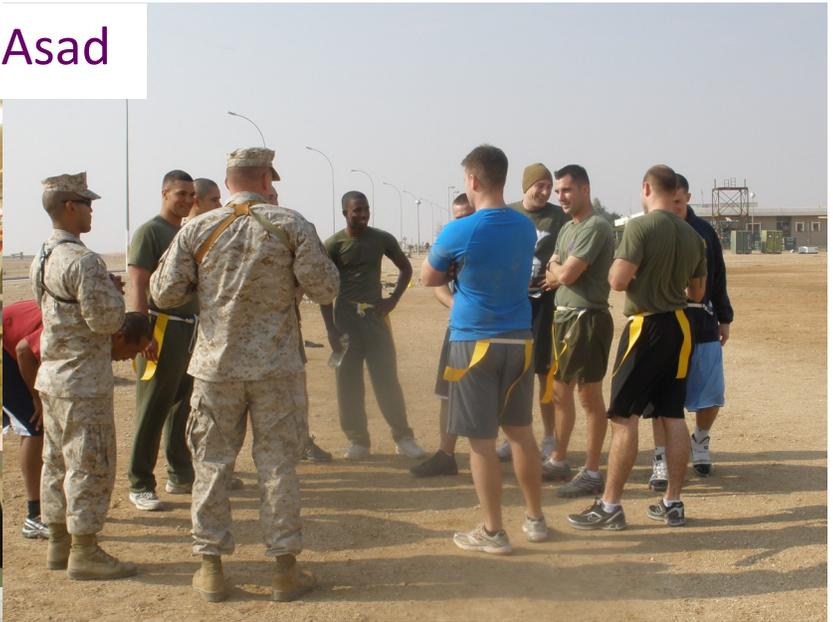
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Thanksgiving at Al Asad



Thanksgiving for the Purple Foxes was almost just like every other day. The squadron flag football team put up a valiant effort in a pick-up game vs. the skid squadron on Thanksgiving day, but ended up without the trophy. As you can see, key players were missing, in part due to Operation Turkey Trot. Dinner at the chow hall was enough of a prize as you can see by this well dressed larger than life turkey. We can't wait to see what the upcoming holidays have to offer.

