BLUF: BOTTOM LINE UP FRONT

Week of 20 July 2020

Announcements:

- If you were not able to attend the Command Town Hall this week, notes can be found here. Pass any questions/suggestions you have up the CoC. (Click here)

- On 04AUG20 The Military, Veterans, and Society Program at the Center for a New American Security is holding a round table on sexual assault in the military. More information and registration information is linked here. (Click Here)

- If you have letters or well wishes MIDN 1/C Bishop while she is as OCS, feel free to write a brief message and it will be passed along. Submit your work to MIDN 2/C Boyle at: bboyle89@gwu.edu

- Want to share what you are doing this summer with the battalion in the BLUF? Contact MIDN 1/C Saville at: iansaville@gwu.edu

The Galley:

This week’s recipe for Key Lime pie is courtesy of MIDN 1/C Collins.

Ingredients:
4 egg yolks, 1 14 ounce can sweetened condensed milk, ½ cup Key lime juice, ½ teaspoons cream of tartar ,1 9-inch graham cracker crust, whipped cream

Step 1: Heat the oven to 325 degrees. With an electric mixer, beat the egg yolks on high speed until thick and light in color. Add the condensed milk and mix on low speed. Still on low speed, add half the lime juice, cream of tartar and then the remaining lime juice, mixing after each addition. Mix well until blended.

Step 2: Pour into pie crust and bake for 10 to 15 minutes, or until the center is firm and dry to the touch. Freeze for at least 3 hours. Serve with whipped cream.

Iron Hippo:

Good work on getting DOUBLE points for pull-ups this week! Bravo is currently in 1st place, Charlie is in 2nd place, Alpha is in 3rd place, and HQ Staff are in last place.

Weekly Workout:

This week marks 51 years since Neil Armstrong became the first man to walk on the moon, so we will be doing an Apollo 11 tribute workout!

11 Burpees
11 Up-Down Planks
11 Push-Ups
11 Tricep Dips
11 Lunges (both sides)
11 Squats
11 Jumping Jacks
11 Sit-Ups
11 Russian Twists
11 Leg Raises
11 V-Ups

Eye on the Fleet:

- At 0830 on 12JUL20 the USS Bonhomme Richard LHD-6 called away a fire. After four days the fire is now out and an investigation has been called to discover the cause. 59 sailors and civilians were hospitalized but hey have all since been released. For more infor-

- The USS Tripoli LHA-7 was commissioned on 17JUL20. She is the second of the America Class of Amphibious Assault Ships. (Click Here)