



FROM THE COMMANDER

EXPEDITIONARY STRIKE GROUP THREE



ESG3 Team, The upcoming summer season is an exciting time that allows us to take advantage of warm weather and outdoor activities with family and friends. Memorial Day weekend signals the beginning of these summer months. I encourage you to take a moment to reflect on the sacrifices of those great men and women who came before us this Memorial Day.

As you celebrate the start of summer, please also remember one thing: Safety is paramount! Plan ahead; take no unnecessary or uncalculated risks and above all else... "All things in moderation." If consuming alcohol, plan for success. Designating a sober driver or utilizing a taxi service is essential. Use ORM during outdoor and water activities. If it's new, be extremely careful. Have a travel plan. If driving long distances, be cautious of increased traffic on the roadways, get rest prior to driving, and plan your trip to allow stops prior to reaching your destination. Know and obey the rules for outside cooking and camping. Don't start something we can't stop.

The Naval Safety Center (www.safetycenter.navy.mil) has resources to help ensure you and your family remain mishap-free this Memorial Day weekend and throughout the summer season. Please take advantage of the Safety Stand Down on 21 May 2014 at 1000 and 1300 provided by Naval Base San Diego in the base theater.

Thank you for the hard work you do every day; please reflect on and enjoy the Memorial Day weekend and the coming summer months.

With Deep Respect,
RDML F. L. Ponds
Commander, Expeditionary Strike Group THREE