



Front Row: SA J. Sherlock, SN P. Ste Marie; Back Row: CS1 J. Robbins, CS2 R. Tarr, CSCP A. Stephens, CS3 S. Novak. Not Pictured: CS2 M. O'Donovan, CS3 R. Thomas.

All sailors are acquainted with the word "chow" and many a prospective bride has been advised that the way to a man's heart is through his stomach. The food or chow as we know it, is prepared for us by members of the Commissarymen rating.

A person talking about a meal prepared at home is generally referring to, as a rule, servings for three to six persons. The task of the commissarymen on board **Westwind** would be an easy one if this were the case. Unfortunately, it is not and they must concern themselves with the preparation and serving of three meals per day to some 180 persons on board. Multiply this by 220 days, the length of this deployment, and a person's imagination is almost staggered by the tremendous effort required of these men.

Their job is an around the clock one and generally the galley is open almost twenty-four hours. After serving the evening meal, they must prepare rations for the mid-watch and the night bakers assume the job of preparing fresh bread and pastries for the morning meal.

Their task sometime seems little appreciated by the crew. However, which of us on board would volunteer for this assignment. Our hats are off to the chefs, bakers and cooks of **Westwind** for their fine performance.



Thomas mixing it up.



Tarr and Novak check out the steam vats.



CS