

THE OFFICIAL MAGAZINE OF USS MAKIN ISLAND (LHD 8)

AROUND THE ISLAND

MARCH 7, 2014

VOLUME 4 ISSUE 2

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**Motorcycle
Safety:** What you
need to know

Virus Alert
**How to protect
yourself**

**MKI
celebrates
Black
History**

**PLUS:
BIGGEST
Loser**



LOCKED & LOADED

MKI completes ammo onload

Looking For A Career Challenge? Try Recruiting Duty



From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. - Are you looking for a new career challenge? Do you want an opportunity to receive \$450 extra a month in Special Duty Assignment Pay? Consider applying for recruiting duty and take advantage of the many bonuses and opportunities available with these assignments.

To qualify, Sailors E-5 - E-8 with a good service record should first take the recruiter aptitude Battery assessment at <https://militaps.nmci.mil/rab>. Next, Sailors should call their detailer to request to be released to special programs for recruiting. Some ratings are not eligible, but others have a great chance of selection.

Finally, once a Sailor is nominated they have 30 days to complete screening requirements and submit.

Special programs detailers advise that any Sailor applying for recruiting duty apply for and obtain a secret clearance at least 18 months prior to their Projected Rotation Date. Security clearances are mandatory for any special assignments.

For more information, visit the Recruiting Duty page of the NPC website at www.npc.navy.mil/enlisted/detailing/shorespecialprograms/recruiting/Pages/Recruiting%20Duty.aspx.

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AROUND THE ISLAND

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ON THE COVER:

Aviation Boatswain's Mate (Handling) 2nd Class (AW) Justin Hittenger signals as ammunition cargo is lowered on the aircraft elevator of USS Makin Island (LHD 8).
Photo by MC1(SW) Corwin Colbert

Are you ready to become a Surface Warrior?

ESWS Trivia?

- A. Explain the purpose of a harpoon?
- B. What area of responsibility is 4th Fleet?
- C. State the purpose of blue coding in regards to ammunition?
- D. What information is listed on Page 2 of your service record?

CRRC Informs Crewmembers of New Motorcycle Guidelines

Story by MC3 (SW) Kory Alsberry, Around The Island Staff

A recent change to the Navy's traffic safety instruction has prompted the Carlson's Raiders Riding Club (CRRC), a command-sponsored motorcycle club, to inform the crew of the amphibious assault ship USS Makin Island (LHD 8) of the new changes.

According to the Naval Safety Center, there were 17 Navy motorcycle fatalities in fiscal year 2013, a slight decline from fiscal year 2012 which had 20.

The club distributes information about general safety procedures and requirements. The riding club and its focus on safe operation of motorcycles, are supported by leadership aboard Makin Island. Before personnel are allowed to ride on base, they must adhere to safety regulations along with completing the mandatory training.

Sailors are required to wear proper safety gear including, eye protection, foot protection, head protection and protective clothing.

"There is a long list of required items, but the most important out of them is the correct mind set," said Aviation Ordnanceman 1st Class (AW) Rollie Sturdavant, Makin Island's riding club president. "Never being angry, upset, tired or impaired; these will all affect your senses and reflexes and directly affect how you overcome any situation on the road."

The instruction, Navy Traffic Safety Program 5100.12J, also requires commands to set up a mentorship program for motorcycle riders along with required training courses. These training courses include the Basic Rider Course and Military Sport Bike Rider Course, which are designed to teach the basics of bike handling and risk management.

"Carlson's Raiders Riding Club is focused on mentorship as well as safety," said Chief Aviation Support Equipment Technician (AW/SW) Jason Block, Makin Island's motorcycle safety representative. "Motorcycle riding is inherently dangerous alone, hence the reason for mentorship and sound judgment before young riders make mistakes. I have had many friends over the years that I have lost, many due to mistakes that could have

been avoided if someone stepped in to intervene. Yes, safety and mentorship are two key reasons Makin Island has a rider's club."

The 21st Century Sailor and Marine initiative consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine readiness, safety, physical fitness, inclusion, and continuum of service which builds resiliency and hones the most combat-effective force in the history of the Department of the Navy.

The club provides different riding experiences of all the members.

"I enjoy the camaraderie the club provides," said Aviation Electrician's Mate 1st Class (AW) Kendall Walker, CRRC member. "You can gain something different from each member."

Additional information can be found under Navy Traffic Safety Program 5100.12J.

The club's name of "Carlson's Raiders Riding Club" honors Maj. Evans Carlson, who led Marine Raider Companies A and B, 2nd Raider Battalion, on Japanese occupied Makin Island Aug. 17-18, 1942. That historic battle, along with the heroes who fought and died there, is honored with the ship's name of Makin Island.





MASTER CHIEF'S CORNER

THIS MONTH'S CONTRIBUTOR: ABCM(AW/SW) BENJAMIN M. VELASCO

“Accuracy and Precision”

Do you ever wonder why we set general quarters, execute fire drills, call away “man overboard,” rehearse medical casualty response, and continue to drill the way we do? Most senior personnel understand the logic behind this incessant training. But, many junior personnel wonder why we continue to drill time and time again. They question why they have to put on the flash hood and gloves, and don the emergency escape breathing apparatus; why time is so crucial when mustering during a man overboard scenario, and why medical continues to challenge so many work centers with casualty drills?

As an Aviation Boatswain's Mate (Handling) our stake is in flight deck firefighting. We prepare ourselves, so in the event of an aircraft mishap on the flight deck we can extinguish the fire and rescue the pilots and aircrew expeditiously and with precision because their lives depend on it. We also take pride in on time launch and recovery of any aircraft operating from our flight deck. Timeliness is critical to mission execution; a mission on which hundreds or thousands of lives might rely, or one in which fuel states are stretched to their limits.

When general quarters is sounded, all hands must man their repair lockers quickly and safely. At the repair lockers everyone must pay close attention to instruction, don PPE correctly and respond with the correct firefighting and damage control tactics. We must always be prepared to protect the ship from fires or flooding whether caused by the incorrect operation of equipment or from an enemy missile strike. We must continue to train to execute with precision and timeliness. After all, it is our own lives that are at stake.

Every department onboard plays a major role in many different ways. If you are in Deck department, you are being relied upon to get the ship moored safely and in a timely manner; especially after an 8-month deployment when family and friends are waiting for loved ones at the pier. If you are in the galley preparing food and it isn't until the 8th batch that you realize you've been using the tablespoon to measure the salt instead of the teaspoon, your inaccuracy in food preparation may result in many unhappy Sailors and Marines. Medical must execute with precision and accuracy when administering medication. Those Sailors in the dungeons (Engineering)

who hardly see or feel the heat of the sun, must constantly be alert to the safe operation of the generators, water evaporators, and many other vital machines, ensuring things like hot water can be enjoyed in the shower at the end of our day. At the same time, those same generators are powering equipment operated by Sailors in C5 department allowing servers to maintain internet connectivity so we can communicate with our loved ones at home while underway.

As we prepare the ship and ourselves for our upcoming deployment we must continue to train everyday with accuracy and precision because we are “Team Raider” doing it “by the book every time.” So when the time comes that someone wants to test our capabilities, we will be ready. We will execute with “accuracy” and “precision.”





MKI celebrates Black History Month

Story and photo by MC2(SW) Princess Brown
Around The Island Staff

The amphibious assault ship USS Makin Island (LHD 8) held an African American/Black History Month observance on the ship's mess decks Feb. 21.

This year's theme highlighted civil rights in America and how it has shaped the country. The program recognized how the Civil Rights Act helped to strengthen the Navy.

The master of ceremonies, Chief Aviation Boatswain's Mate (AW/SW) Chaka Porter, gave the opening remarks.

"Black history is all of our history and it plays a role in all of our lives," said Porter. "It has been 164 years since the end of slavery and 50 years since the signing of the Civil Rights Act of 1964."

The Civil Rights Act of 1964 was signed by President Lyndon Johnson and it prohibited discrimination on the basis of race, color, religion, sex, or national origin.

"I'm proud to say that this nation has changed, and continues to evolve," said Porter. "The progress and history that has been made can be seen not only on the surface, but deep within the veins of this nation."

At the conclusion of Porter's remarks, the keynote speaker Commanding Officer Capt. Alvin Holsey addressed the crew.

"The civil rights movement was a time of great

change in our country and our Navy," said Holsey. "During this movement, the struggles for equality open doors of opportunity all across our nation and our military."

Holsey, a naval aviator, read the "Tuskegee Airmen Poem" to the crew.

"Goals, strength, and determination," said Holsey. "I think it's safe to say, they all played roles in driving that movement which changed the course of America forever."

During the civil rights movement, thousands of Americans participated in protests, sit-ins, and many other efforts which helped reshape the nation.

"There were several key moments throughout the civil rights movement that made a difference," said Holsey. "I think the most crucial moment of the movement was when the folks, both black and white, stood together in the face of adversity and said, 'No More'."

Holsey compared the unity of Americans involved in the movement to that of Sailors and Marines today.

"Today we all have the right to achieve, the right to dream, the right to do whatever we desire as long as we are willing to work hard and execute," stated Holsey.

MLA



MLA

Photo layout by MC2(AW) Lawrence Davis

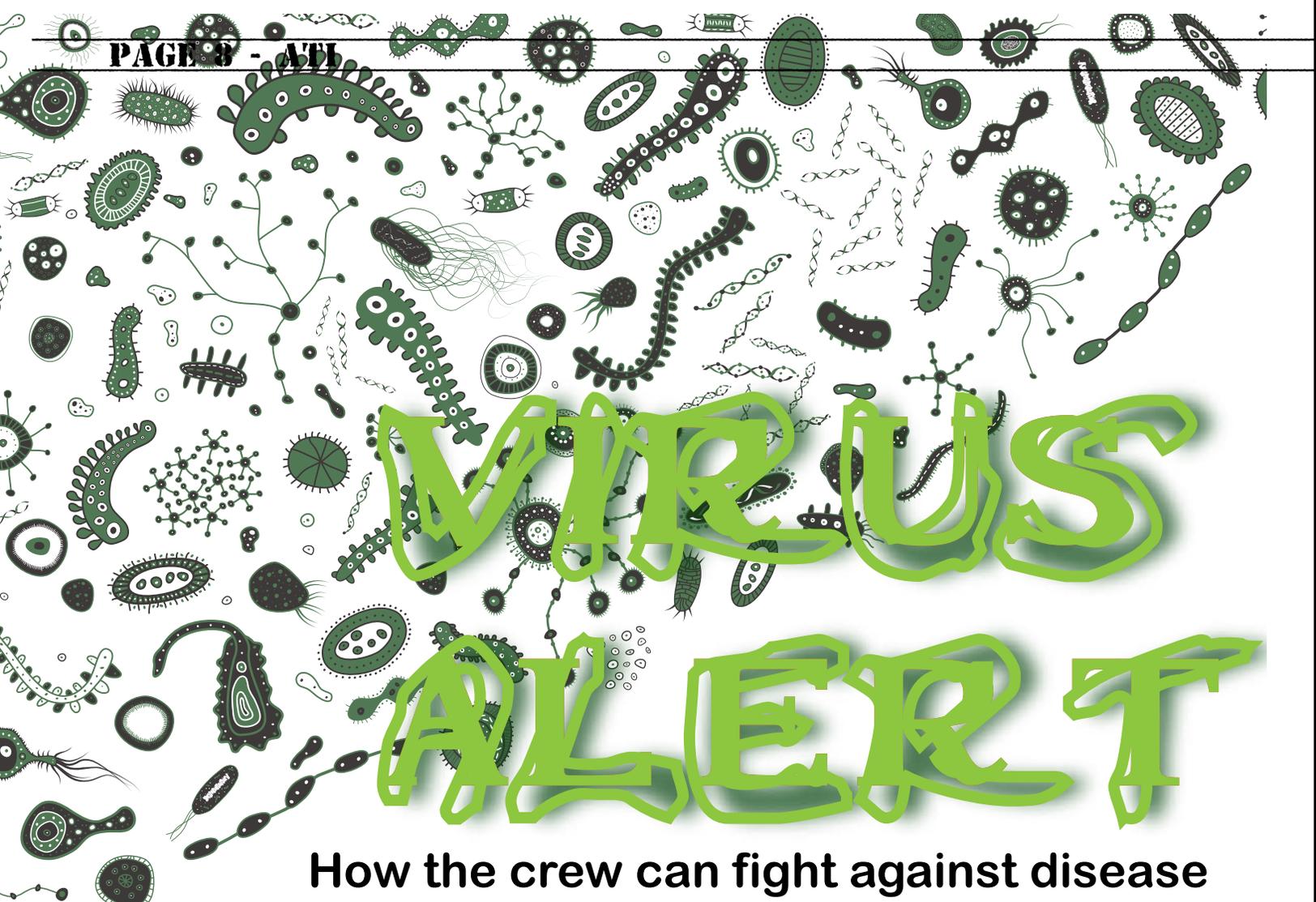
PREP



TECH



PREP



VIRUS ALER T

How the crew can fight against disease

Story by MC1(SW) Corwin Colbert,
Around The Island Staff

Seven hundred people were quarantined, imprisoned, severed from the mainland and suffering from nausea, vomiting, stomach pains and diarrhea. Medical attention was physically present, but couldn't keep up with the mass sickness that was spreading uncontrollably to the vacationing masses. The Royal Caribbean role call may have been all accounted for, but they missed one traveling passenger – the Norovirus.

Here on USS Makin Island (LHD 8), more than 1,000 Sailors eat, sleep and toilet aboard the ship. Norovirus is looking for us, but who is it going to catch?

Lt. Cmdr. Andrew Baldwin, Makin Island's senior medical officer, believes awareness and proactive measures can keep Norovirus and other diseases at bay.

"I don't think some people realize, we are like a floating Petri dish," he said.

"Bacteria and viruses can easily grow on the ship. It grows on door handles, bulkheads, decks and food to name a few. Because the crew lives in such close quarters personal hygiene and overall ship cleanliness is vital to preventing serious outbreaks."

Baldwin said there is also the "cowboy-way" to help deter these microscopic assailants.

"It's Raider Round-up time," Baldwin chuckled. "The Raider round-up is a dedicated time for us to round-up all the little monsters on our ship that causes disease and put them out of their misery."

He explained that dust and dirt harbors bacteria and disease. It may come from the ship's ventilation systems or normal foot traffic. Many Sailors come to medical for a head cold and it may just be the dirty air they are breathing.

"Dust can cause congestion, making it hard to breath," he said. "It's important to know we are really on an island and disease will spread. Take care of yourself and the ship to minimize those

occurrences."

Controlling sickness and outbreaks takes a dedicated effort from each crew member. To maintain mission readiness, every Sailor must be a hygienic vigilante, keeping Norovirus and hisits cronies off the ship.

Norovirus is the most common cause of acute gastroenteritis in the United States. Each year, it causes 19-21 million illnesses and contributes to 56,000-71,000 hospitalizations and 570-800 deaths. Norovirus is also the most common cause of food borne-disease outbreaks in the United States.

Commissioned in 2009, Makin Island is the Navy's newest Wasp-class amphibious assault ship capable of utilizing surface and air assets to move Marine forces ashore. The ship is named in honor of the daring World War II raid carried out by Marine Raider Companies A and B, Second Raider Battalion, on Japanese held Makin Island Aug. 17-18, 1942. LHD 8 is the second ship to bear the name "USS Makin Island."



Nine Millimeter **GUN SHOOT**





Makin Island Completes Ammunition Onload

Photos by MC2(AW) Lawrence Davis
Story by MC2(SW) Princess Brown,
Around The Island Staff

The amphibious assault ship USS Makin Island (LHD 8) successfully completed an ammunition onload, Feb. 14.

This evolution was an intricate part of the ship's preparation to become fully operational for deployment.

Sailors from weapons department worked around the clock, taking on approximately 878 pallets of conventional ordnance.

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"I am very proud of each and every ordnanceman and fire controlman onboard the USS Makin Island," said Chief Aviation Ordnanceman (AW/SW) Mattie Hackney. "They worked more than 18 hours a day to ensure that the onload was completed safely and expeditiously. We had Sailors from the PCU America and the USS Peleliu to assist in this major logistical process that was necessary for the ship to become fully operational in its war fighting capabilities."

Teamwork played a major role in the success of the onload. The mission was completed by vertical replenishment with the assistance of Helicopter Sea Combat Squadron Two Three (HSC-23) and Helicopter Sea Combat Squadron Two One (HSC-21) transferring ammunition from shore to Makin Island.

"On a personal note, I feel that even though we all came from different ships, different training we all came together as a team to accomplish the onload no matter how tired we were," said Aviation Ordnanceman 3rd Class Kana Boudreaux.

Developing Sailors, training crews to fight and win, and providing warships ready for combat are the subjects of Vice Adm. Thomas H. Copeman III, Commander of Naval Surface Force, U.S. Pacific Fleet's "Vision for the 2026 Surface Fleet", which consolidates a set of objectives and policies to maximize surface force readiness by concentrating on warfighting ability, sustainable excellence and wholeness over time.

Makin Island has incorporated this



Makin Island To Kick Off Biggest Loser Competition

Story by MC2(SW) Princess Brown, Around The Island Staff

MKI will kick off the 2014 “Biggest Loser” competition March 4.

The competition is sponsored by the Morale, Welfare and Recreation (MWR) division to help promote health and fitness onboard Makin Island.

“This is an opportunity for crewmembers to accept the challenge of losing weight, while paving the way to lead a new and healthy lifestyle,” said Kristen Venoy, Makin Island’s MWR ‘Fun Boss.’ “The Navy and the USS Makin Island are always striving to promote a culture of fitness. This is one way we encourage those to strive towards their fitness goals.”

Sailors who participate in the program will be committing to attending two fitness classes per week, two health seminars a month, weekly weigh-ins and bi-weekly photos to document each Sailors’ progress, with an added incentive of winning \$500.

Makin Island’s Chiefs Mess and command fitness leaders (CFL) will be working with Venoy to help change the fitness climate onboard the Makin Island.

“Physical fitness is an essential and critical component of readiness,” said Chief Aviation Boatswain’s Mate (AW/SW) James Williams, Makin Island’s CFL. “We want to encourage the entire crew to pursue a higher level of personal fitness and a greater concern for there own well being.”

According to Venoy the program is designed to promote fitness, as well as be a support group for the Sailors.

Each Sailor will have a mentor who assists with their progression through the program. The mentor may be a CFL, assistant CFL, or personal trainer.

Williams stated that the program contributes greatly to Makin Island through the support that will be given to the Sailors to help keep them motivated, focused and mission ready.

“The ‘Biggest Loser’ competition will play an important role in helping promote the 21st century Navy and Marine Corps initiative with an emphasis on physical readiness standards,” stated Williams. “The goal is not only to lose weight, but to promote an awareness of health standards for a better quality of life amongst our Sailors.”





Replenishment at Sea



OPINION ISLAND

How are you studying for the advancement exam?



CS2 Gregory Jubinal
"By teaching junior Sailors, and practicing what I teach."



HT3 Ryan Renneker
"I'm getting more on the job training from using my chain of command."



ABHAN Demyco Winston
"By going over NAVAIR manuals and studying the bibs."

C.F.L. Reminder

PT will be in the ship's gym or on the flight deck from
1500-1600 in port
0500-0600 underway

Friday BCAs will be held in Medical's P-Ward from
0600-0700 in port
0500-0600 underway

March

Week 1

- 4 Cardio Conditioning (Ship's Gym)
- 5 Spin with ABH2 Thompson (Ship's Gym)
- 6 Mock PFA
- 7 FEP BCA

Week 2

- 10 Abdomen Training
- 11 Machine Training
- 12 Spin with ABH2 Thompson (Ship's Gym)
- 13 Mock PFA
- 14 FEP BCA

Week 3

- 17 5K Run
- 18 Half PRT
- 19 Swimming Pool
- 20 Mock PFA
- 21 FEP BCA

ESWS Answers
 A- Anti-surface, ship to ship missile
 B- Inert or training
 C- South Atlantic Ocean
 D- Dependant/Emergency Data



March's Topic of the Month: Navy Nutrition

The Importance of Proper Nutrition

No matter what your fitness goals are, good nutrition can help improve your exercise performance, decrease your recovery time from strenuous exercise, prevent injuries due to fatigue, and provide the fuel required during times of high-intensity training and weight control. Combining good nutrition with exercise also can help reduce the risk of numerous chronic diseases, such as diabetes, cardiovascular disease, hypertension, obesity, osteoporosis and some cancers. Learning how nutrition and exercise work together for optimal health is essential.

Performance Nutrition

A complete athlete is as diligent about nutrition as training for their sport. It is well documented that athletic performance and recovery from physical training is enhanced by optimal nutrition. Due to weight requirements, logistics and different physical requirements of each sport, it is important to individualize your nutrition and hydration plan and maximize your nutrient consumption to ensure your best performance.

More information on Navy nutrition can be found online at www.navyfitness.org. You can also seek resources through the command fitness leader, assistant command fitness leaders, and medical.



CORNER

Feature Family Event

Real Pirates: The Untold Story of the Whyday from Slave Ship to Pirate Ship

Arrgh! Pirates have dropped anchor in San Diego with the opening of Real Pirates at the San Diego Natural History Museum in Balboa Park.

The National Geographic exhibit showcases the treasure chests of coins and gold, jewelry, cannons, pistols, and knives recovered from the ocean floor, plus a replica of a real pirate ship that sank off the coast of Cape Cod nearly 300 years ago.

Feb. 8th - September 1st

LOCAL EVENTS IN MARCH

TUES. 4 MARCH

1800 Texas Hold'em
(NBSD Recyard)

1830 Bonk Comedy Show
(NBSD Recyard)

SUN. 9 MARCH

1700 Volleyball Tournament
(NBSD Recyard)

1800 Board Game Night
NASNI Liberty Rec)

THURS. 13 MARCH

1100 Trilogy Movie Marathon
(NBPL The Hub)

1800 Call of Duty Tournament
(NBSD Recyard)

SAT. 15 MARCH

1100 Old Town Day
(NAB Q-Zone)

1800 UFC 171 Viewing Party
(NBSD Recyard)

MON. 17 MARCH

1600 St. Patty's Day BBQ
(NAB Q-Zone)

1800 St. Patrick's Day
Scavenger Hunt
(NBSD Recyard)

FRI. 21 MARCH

1600 San Diego's Own
Belmont Park
(NBPL Liberty Hall)

1700 Foodie Fridays
(NASNI Liberty Rec)

SAT. 22 MARCH

0900 Keep on Swimming
(NBPL Liberty Hall)

1100 Agua Caliente Mud
Caves & Hot Springs Camping
(NBSD Recyard)

SAT. 29 MARCH

0700 Mt. Woodson Hike
(NAB Q-Zone)

0930 Base Pride Clean-up
(NBSD Recyard)

For more local San Diego events, check out:
<http://navylifesw.com/sandiego>

TEAM RAIDER



COMMANDMENTS

est. 2012

- 1. We will always lead by example.**
- 2. We will abide by our oath and Core Values.**
- 3. We will treat everyone with respect, regardless of paygrade, race, or gender.**
- 4. We will strive to achieve a balanced life and help others in the process.**
- 5. We will execute by the book with precision.**
- 6. We will plan ahead, communicate professionally, and use teamwork to deconflict competing requirements.**
- 7. We will always be committed to excellence.**
- 8. We will apply lessons learned from past experiences in order to continuously improve.**
- 9. We will dream big, work hard and won't quit!**
- 10. Remember that excellence is a journey not a destination.**



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