

THE OFFICIAL MAGAZINE OF USS MAKIN ISLAND (LHD 8)

AROUND THE ISLAND

MAY

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The Holy Helo:
Chaplain Chapa tours MKI
ARG for
Sunday Service

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Corpsman prep for
deployment

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2014
Recycler of the Year

PLUS:

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MKI UNDERGOES MCI

Makin Island under the microscope of
TMIT Inspectors

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Are you ready to become a Surface Warrior?

ESWS Trivia?

- A. What date was the USS Cole attack?
- B. What AOR is 4th Fleet?
- C. What is a Type 5 duty assignment?
- D. What legislation governs discharge of oily waste into the ocean?

Answers available on page 14

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AROUND THE ISLAND

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ON THE COVER:

Deck Seaman Daniel Likita, from Port Harcourt, Nigeria, heaves line during an underway replenishment aboard USS Makin Island (LHD 8).

Photo by MC2(AW) Lawrence Davis

MASTER CHIEF'S CORNER

THIS MONTH'S CONTRIBUTOR: LSCM(AW/SW) CHUCK A. MIRELLI



Preparation = Success

The last couple months the Master Chief's corner had conversations with you about precision and training in preparing the ship for deployment and the importance of family and achieving a balanced life. Let's take those thoughts and merge them! As someone who has deployed many times, I can tell you that preparation now in your personal lives will pay dividends while you are deployed and ensure you and your families don't experience any unnecessary stress. President Kennedy had some good advice when he said, "The time to repair the roof is when the sun is shining." With about three months left before deployment and little time in port, the sun is shining so let's make every day count.

For many, this will be your first time away from the United States, the first time in another country and the first time traveling halfway around the world. That can seem intimidating. There are a lot of things that will come up that you haven't thought about and maybe some that you have but you let procrastination get the best of you. It is time to wake up and take action.

Let's start with the basics. Is your recall information correct? Is your Page 2 and SGLI information current? Does your family know how to contact you in the event of an emergency? Do you understand the importance? Sometimes unplanned events happen. Those of us that have been around a few minutes have heard the sea stories of the wrong person being listed on those

very documents. That doesn't help your loved ones and will add more stress to the situation, so DON'T become another SEA STORY!

Soon the command will provide resources for you to get Wills and Powers of Attorney completed. I know a lot of you are many years younger than me and you think you are "ten feet tall and bulletproof," but these are important things to complete. Again, ensure your loved ones don't get stress added to their lives - especially if we can prevent it. Some of you may not know or understand what a Power of Attorney is - on a basic level it allows others to act in your place to get things done. Only you know what the right thing to do is and what comfort level you have in granting a Power of Attorney. Ask questions of your chain of command or the Legal Officers that the command provides. Get solid advice to help you make the right decisions.

You should now take stock of your situation at home and go over everything that needs to happen on a daily basis and envision how these things are going to get accomplished while you are gone. It could be things like mowing the lawn, picking the kids up from school, getting groceries, renewing your car tags or paying the bills. Many of these things we take for granted now because we are home, but when we deploy and we aren't there, it becomes a different story. For those of us that are married or have a significant others, you need to discuss these things and work

together as a team to develop the plan. Don't add stress because you thought you were too busy to talk about it now!

Shortly the command will have several pre-deployment briefs. The command has gone to great lengths to ensure the right people attend and the right information and resources are provided. This is NEED TO KNOW information, if not for you, for your family! A lot will be covered. The items and resources covered are important and many are born out of experience. Make sure you attend and encourage your family to share the experience. There is a vital support network out there and one that if you are prepared and informed can relieve a whole lot of stress. Be prepared!

Deployment is the culmination of a lot of preparation and training - the time when everything comes together and the time that is going to create lifelong memories! Your experience and success for the most part is going to boil down to attitude and preparation. Let it be a time you always look back on with pride because you got everything out of it you could, because you were prepared!





By Mass Communication Specialist Seaman Robin Peak,
USS Makin Island (LHD 8) Public Affairs

MV-22 Osprey with engines roaring waits on the flight deck for its next mission. Fueled up and pilots on station, only one more passenger needs to board: Lt. Robert J. Chapa, Roman Catholic chaplain aboard USS Makin Island (LHD 8).

Transported by "Holy Helo," a term used for helicopters transporting chaplains, Chapa, from Robstown, Texas, landed on the deck of USS Comstock (LSD 45) Sunday, and Roman Catholic Sailors and Marines aboard were given the opportunity to attend Palm Sunday mass.

This was Chapa's first trip visiting another ship in the Makin Island Amphibious Ready Group (ARG).

Comstock does not have a Roman Catholic priest permanently assigned to its chaplain department.

"One of our jobs as chaplains is to facilitate so that everybody has the opportunity to worship," said Cmdr. Timothy Moore, from Easley, S.C., command chaplain aboard Makin Island.

There are two chaplains on Comstock, two on USS San Diego (LPD 22), and Makin Island has four. Lt. Chapa is the only Roman Catholic priest in the entire ARG.

"There are only 48 Roman Catholic priests currently serving as active duty chaplains in the Navy, so we're spread out thin," said Chapa. "That's why it's important that I go out to other ships to provide that service."

Upon arrival on Comstock, Chapa and his assistant, Religious Programs Specialist 2nd Class Paul M. Ludlam, from Dearborn, Mich., wasted no time preparing the chapel on board for service.

Moore also said that moving forward into deployment, he would like

to get Chapa out to each of the ships in the ARG at least once a month to minister and perform services.

"He's an excellent priest," said Moore. "I am very pleased with Father Chapa's willingness to be able to do exactly what our mission is as chaplains. He's called to serve and is willing to serve. It's important for everybody to have an opportunity to worship."

The service lasted roughly 45 minutes and was given to approximately 20 Sailors and Marines collectively aboard the Comstock.

Sailors aboard Comstock expressed their gratitude for Chapa's visit.

"Father Chapa's mass was very refreshing," said Ship's Serviceman 3rd Class Albert Raymond Bruan, from West Orange, N.J. "It is important to strengthen faith especially in trying times like training cycles and deployment."

Lt. Byron T. Johnson, Chaplain aboard Comstock expressed his appreciation for the service.

"Our ship really appreciated Chaplain Chapa's visit," said Johnson. "We have many Catholics onboard and it is a blessing to have a priest willing to fly in to provide the religious needs of our service men and women."

At 1 p.m. the following day, Lt. Chapa once again boarded a "Holy Helo" and left Comstock to return to Makin Island.

"I enjoyed going out to the ships. The Sailors were very welcoming," said Chapa. "It was all good."

Makin Island ARG is in the Amphibious Squadron Marine Expeditionary Unit Integration Training (PMINT) phase in preparation for its upcoming deployment.



Makin Island ARG Medical Team Participates in Pre-Deployment Trauma Training Course

By Mass Communication Specialist 2nd Class(AW) Lawrence Davis,
USS Makin Island (LHD 8) Public Affairs

USS Makin Island's (LHD 8) medical department, Fleet Surgical Team 5 (FST-5) and medical elements from 11th Marine Expeditionary Unit (MEU) participated in a six-day pre-deployment trauma training course, April 9-14.

The course, which is accredited by Naval Medical Center San Diego, incorporated 20 hours of lectures and six simulation exercises with eight complex multi-injured trauma patient scenarios.

"Some of the training re-hashes individual training done previously, but there are several new concepts introduced including team resuscitation," said course director Lt. Cmdr. Jeff Kang, general surgeon, Naval Hospital Camp Pendleton.

Navy and Marine Corpsmen assessed various simulated injuries including amputations from improvised explosive devices, gun shot wounds, drowning, hypothermia, and spinal and pelvic fractures.

"We work better cohesively because of the training, which allowed us to experience common injuries that may occur and familiarized us with our definitive roles as corpsmen, technicians and healthcare providers," said Hospital Corpsman 2nd Class Thai Dinh, a respiratory therapist assigned to FST-5.

The course also covered other trauma-based scenarios such as injuries to the head, facial and abdominal extremities and the process of trauma assessment and intervention in a systematic way.

Kang explained that pre-deployment trauma training is currently only available on the "green side," so this integrated training course remedies that for the Navy.

"It's a very informative course," said Hospital Corpsman 2nd Class

Andrea Hahn, of Makin Island's medical department. "The concepts go far beyond the basics of medical corpsman training and it helps to prepare the medical team for possible casualties that could require trauma care."

Hahn trained as part of the resuscitation team, led by Makin Island's Senior Medical Officer, Lt. Cmdr. Andrew Baldwin. The team simulated multiple elements of resuscitation including hemorrhage control, airway management and surgical intervention.

"It's the mission of the medical staff on our ship," said Baldwin. "The key to saving lives lies in our ability to receive casualties from our amphibious assault mission and work seamlessly as a team."

According to Kang, the USS Boxer (LHD 4) Amphibious Ready Group's medical staff was the first shipboard medical team certified in the course back in 2013. Since then, the course has been picked up by the U.S. Navy Bureau of Medicine and Surgery and the Navy Surgeon General as a proof of concept initiative.

"We're hoping the future direction of the course is that this becomes a requirement for all shipboard medical departments prior to deploying," said Kang.

At the conclusion of the training course, Baldwin spoke about the overall success of the training aboard Makin Island.

"I'm extremely proud of my blue side and green side corpsmen and how they've come together as a team over the course of this training evolution," said Baldwin. "I look forward to a very exciting and successful deployment to come."

By Mass
Communication
Specialist 2nd
Class(SW) Princess
Brown, USS Makin
Island (LHD 8)
Public Affairs

2014
RECYCLER
OF THE YEAR



USS MAKIN
ISLAND
(LHD-8)



The amphibious assault ship USS Makin Island (LHD 8) was recognized as one of the top Recyclers of the Year during the 2014 City of San Diego Waste Reduction and Recycling Awards ceremony hosted on the flight deck April 29.

The event was sponsored by the City of San Diego Environmental Services Department in efforts to recognize businesses and organizations within the San Diego community that have implemented waste reduction reuse, recycling and recycled product procurement programs that demonstrate success, innovation and exemplary waste reduction practices.

Capt. Alvin Holsey, commanding officer of Makin Island, gave opening remarks to attendees.

Holsey stated that Makin Island is leading the way for “future” naval hybrid ships that will one day sail into the San Diego harbor.

“We are the first hybrid-powered amphibious assault ship,” said Holsey. “What that means is that I can take this 40,000 ton warship and move it throughout the water with the same power source that drives my lights, air conditioning, satellite communications and television.”

Makin Island’s unique design helps the ship to burn nearly 50 percent less fuel than a traditional steam-powered ship within its class.

Makin Island has implemented a significant number of initiatives to minimize the amount of waste generated by reutilization of materials and packaging; conserving energy through best management practices; installing energy savings systems to increase renewable generation, and decreasing water consumption.

“The Navy’s first hybrid-powered ship doesn’t just confine its green program to the engine room,” stated Chris Gonaver, Director of Environmental Services Department. “Throughout the ship, Sailors onboard are learning what those on land have been doing for years. The crew was able to recycle more than 3,800 tons of debris which included the reuse of materials and packaging.”

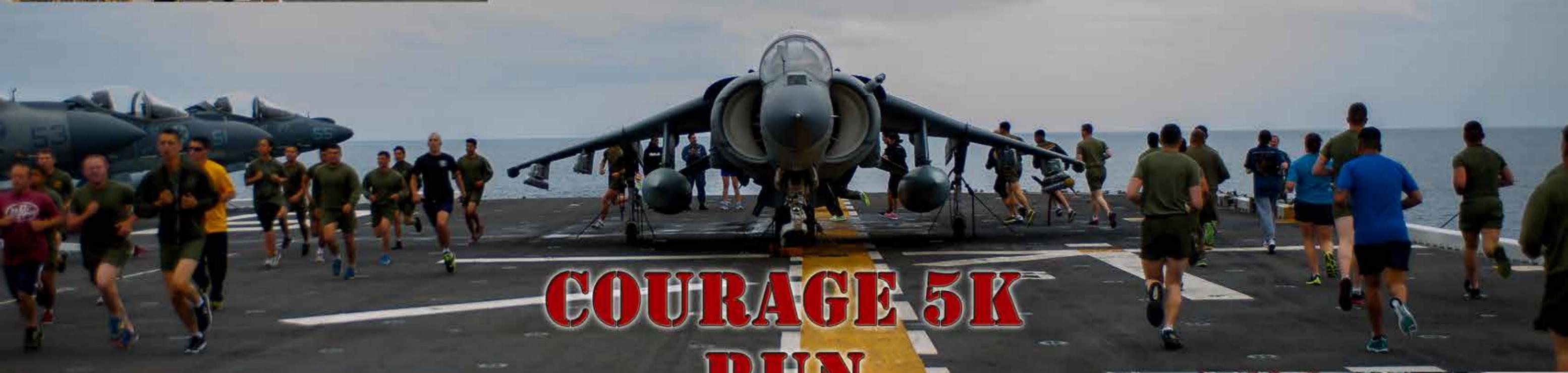
Makin Island currently has more than 300 recycle containers throughout the ship in each of the manned work spaces and centrally located containers in common areas. Crewmembers thoroughly separate all recyclable materials and all bags are double checked before any processing.

Gonaver stated that the city of San Diego is proud to have the first hybrid ship stationed within the harbor.

Makin Island puts the highest priority on partnering with Navy and local organizations to review new policies/regulations, obtain ideas to improve solid waste diversion and to develop the most creative and comprehensive solutions to our Navy’s solid waste related issues.

Makin Island recycling efforts in 2013 contributed to the four and a half tons of material recycled by Navy Region Southwest.

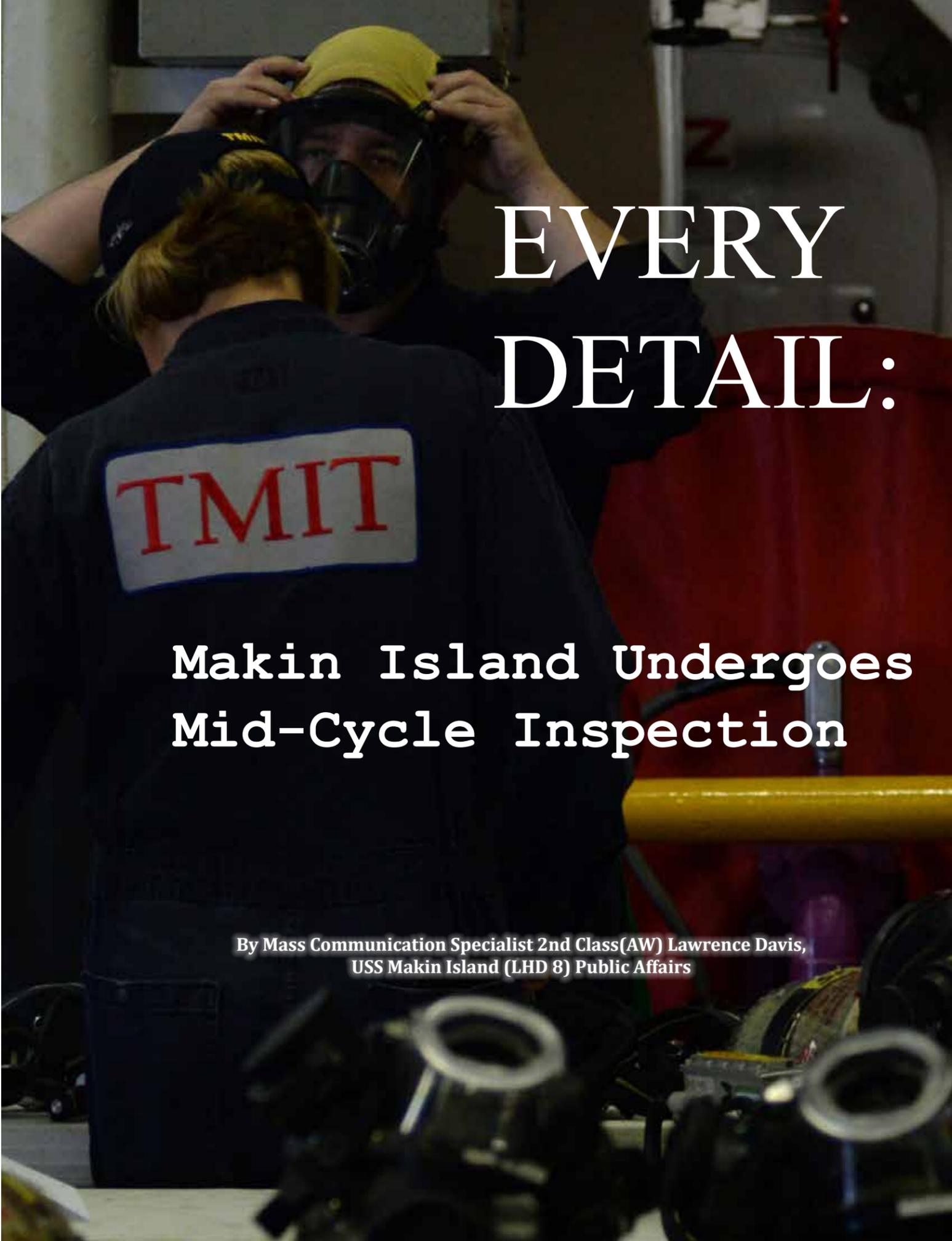
Makin Island is the flagship of the Makin Island Amphibious Ready Group, which is in its work-up cycle in preparation for its upcoming deployment.



COURAGE 5K RUN

Sailors and Marines ran in the 2nd Annual Courage 5k run to support sexual assault prevention and awareness.





EVERY DETAIL:

Makin Island Undergoes Mid-Cycle Inspection

By Mass Communication Specialist 2nd Class(AW) Lawrence Davis,
USS Makin Island (LHD 8) Public Affairs



Naval sea commands undergo MCI approximately once every two to three years to assess the material condition of the ship between Board of Inspection and Survey (INSURV) inspections, which occur every five years.

“Makin Island is a fairly new big-deck amphibious assault ship and our goal is to ensure this ship’s lifespan lasts long enough to support fleet needs,” said Makin Island’s Command Master Chief Thomas Moore. “These mid-cycle inspections allow us to keep the same momentum in our routine maintenance and material conditioning as we would in preparing for INSURV.”

Forty-Five inspectors from Commander Naval Surface Forces (CNSF) Type Commander Material Inspection Team (TMIT) boarded Makin Island to conduct inspections of the ship’s propulsion systems, deck equipment, damage control, combat systems, and aviation equipment.

“We inspect everything, every nook and cranny,” said Senior Chief Damage Controlman (SW) Amanda Fraser, a TMIT damage control inspector. “We’re checking to make sure all the gear is good to go, the Sailors are maintaining it and it works the way it’s supposed to work.”

Inspectors observed crewmembers conducting various shipboard evolutions including precision anchoring, small boat operations and full-power propulsion runs.

“A lot of long hours, dry-runs and in-house inspections have gone into preparing for MCI to make sure that we’re where we need to be and our equipment is good to go,” said Damage Controlman 1st Class (SW) Richard Neal, Makin Island’s engineering a repair division leading petty officer.

Many of the ship’s compartments were also inspected for occupational health and safety.

“We’ve been making sure all of our admin is

in order, painting, priming, needle gunning; you know the usual Sailor thing,” said Aviation Ordnanceman 1st Class (AW) Kathryn Wesson, of Makin Island’s weapons department.

Chief Fire Controlman Chris Masciovecchio, a TMIT weapons inspector, commented while inspecting Makin Island’s ammunition lockers.

“So far so good,” said Masciovecchio.

Fraser spoke about the importance of MCI while she was inspecting self-contained breathing apparatus bottles and face masks.

“These inspections ensure general functionality of the ship’s equipment,” said Fraser. “The day our Sailors need to use their equipment is not the day they should find out whether it works or not.”

Navy Nurse Corps 106th Birthday

By Mass Communication Specialist 3rd Class Ethan Tracey
USS Makin Island (LHD 8) Public Affairs

The 106th Anniversary of the establishment of the United States Navy Nurse Corps is being celebrated on May 13 and serves as a reminder of progression and equal opportunity in the Navy.

Today, Navy nurses are deployed all over the world, participating in humanitarian and combat support missions with Fleet Surgical Teams, such as Fleet Surgical Team (FST) 5, who is embarked aboard USS Makin Island (LHD 8).

“The Navy Nurse Corps has led the charge for equal opportunity throughout history,” said Lt. Cmdr. James Reilly, FST-5 operating room nurse. “It has allowed not only opportunities for females but opportunities for minorities as well.”

The corps also has the honor of having several firsts throughout history.

“The first American awarded the Legion of Merit was Cmdr. Ann Bernatitus, a Navy nurse during World War II,” said Reilly. “A tremendous credit to our corps is we appointed the first African American Navy nurse, Ens. Phyllis Dailey, in 1945 which shows that we have led the charge for equal opportunity.”

Reilly continued, “In Vietnam in 1964, four Navy nurses were awarded the Purple Heart: Lt. Ruth Mason, Lt. Frances Crumpton, Lt. Barbara Wooster and Lt. j.g. Ann Darby Reynolds.”

“We have evolved from an early state to now, where we can be there in combat support anywhere around the world that we are called to be,” said Reilly.

As part of Team Raider, FST-5 has conducted training with Makin Island corpsmen.

“The nurses have a long history of teaching our corpsmen,” said Senior Chief Hospital Corpsman Juan Guedea, FST-5 senior enlisted leader. “The corpsmen are able to get on the job training and learn for any scenarios that come our way. The nurses are an important part of our fleet surgical team which is also comprised of a general surgeon, medical regulating control officer, general duty corpsman, a family practice physician, surgical technicians, lab technicians and an x-ray technician.”

The fleet surgical team consists of an operating room nurse, a critical care nurse and an anesthesia nurse.

“With our nurses, our patients are receiving the best care,” said Lt. Bill Lawson, FST-5 medical regulating control officer. “We bring capability during deployment to provide immediate care for any situation.”

“Public Law No. 115, H.R. 20471, 13 May 1908 CHAP. 166.-An Act Making appropriations for the naval service for the fiscal year ending June thirtieth, nineteen hundred and nine, and for other purposes; The nurse corps (female) of the United States Navy is hereby established.”

MKI CSADD Chapter Sponsor Beach Clean Up

By Mass Communication Specialist 2nd Class(SW) Princess Brown
USS Makin Island (LHD 8) Public Affairs

Sailors assigned to the amphibious assault ship USS Makin Island (LHD 8) participated in a beach clean-up at Mission Beach in San Diego April 3.

The event was sponsored by Makin Island’s Coalition of Sailors Against Destructive Decisions (CSADD) Chapter.

“Community service is very important,” said Air Traffic Controller 1st Class Suzette Prado, CSADD liaison. “Our main focus is to get more of our Sailors out to these volunteer events and to establish a good relationship and positive presence within the community.”

The group spent three hours walking the

beach collecting and disposing trash within the area. Many of the Sailors were thanked by people walking along the beach and sidewalk for their service and efforts.

“The best part of the beach clean up was being recognized by the civilians for our efforts in trying to keep the community clean,” said Cook.

Community service is important to Makin Island, and CSADD is one of the key organizations onboard that caters to the community.

“CSADD is currently planning on having an event each week for Sailors to be more

involved in the community,” said Prado. “This is important because it gives Sailors an opportunity to veer away from destructive decisions and make positive changes in the community. It also gives Sailors a sense of pride knowing that they were involved in something that was beneficial to the city of San Diego.”

Leadership at all levels aboard Makin Island work to inspire Sailors to strive for excellence and continuous improvement. The ship’s commitment to the San Diego community as well as other initiatives that seek to improve people’s lives is key to making a difference.



OPINION ISLAND

What is your favorite thing about Spring?



AO3 John Murrieta
"The time springing forward and the nice weather."



CS3 Royce Hawke
"The rain because it brings forth life."



YNSN Ryan Scott
"Baseball season and the weather here in California."

C.F.L. Reminder

PT will be in the ship's gym or on the flight deck from
1400-1500 in port
1400-1500 underway

Friday BCAs will be held in Medical's P-Ward from
0830-0930 in port
0830-0930 underway

May

Week 2

- 7 BCA Run
- 8 BCA Run
- 9 BCA Swim/Machine

Week 3

- 12 BCA Run
- 13 BCA Run
- 14 BCA Swim/Machine
- 15 BCA Swim/Machine

Week 4

- 27 PRT Run
- 28 PRT Run
- 29 PRT Run
- 30 PRT Machine

ESWS Answers
A- Oct. 12, 2000 B- South Atlantic Ocean C- Neutral Duty D- The Clean Water Act



May's Topic of the Month: Physical Fitness

Serving in the Navy, participating in weekly workouts, passing semi-annual fitness tests; It all requires that you take part in general fitness routines as well as satisfy specific fitness standards. And for some jobs, you may also be required to meet more demanding fitness baselines associated with the particular role.

Beyond improving job performance, requiring Navy service members to uphold certain levels of fitness and stamina also encourages better physical and mental health which is rewarding personally as well as professionally.

Consistent training, flexible workouts and good nutrition are key to any fitness program, and certainly in the Navy.

Physical training (PT) provides a foundation for all Navy service members. Sailors are recommended to integrate exercise into the work week through command PT programs.

Examples of recommended PT include: 30 minutes of moderate intensity cardio training five days a week or 25 minutes of high intensity cardio training three days a week. Strength training exercises at least twice per week to work all major muscle groups.

See your command fitness leaders for more guidance.



Feature Family Event

Aquatica Sea World's Waterpark

Save \$7 on a single admission

-or-

2014 Splash Pass

Pay for a Day, Come Back for the Season

Get ready for another summer at Aquatica SeaWorld's Waterpark, where the South Seas meets Southern California in this whimsical tropical oasis. Plus, all-new for 2014, Taumata Racer is a high-speed competitive mat ride where six racers rip down a staggeringly steep hill, head first. Located in Chula Vista.

Visit your local Military Ticket Office for specially priced tickets.

LOCAL EVENTS IN MAY

SUN. 4 MAY

All Day May the 4th Be With You (NBPL The Hub)

1800 Star Wars Trivia (NBSD Recyard)

MON. 5 MAY

1700 Cinco De Mayo Celebration (NBSD Recyard)

1700 Cinco De Mayo Fiesta (NBPL Liberty Hall)

THURS. 8 MAY

1800 BONK Game Show (NBSD Recyard)

1800 Board Game Night (NASNI Liberty Rec)

THURS. 15 MAY

1700 FFSC Workshop (NASNI Liberty Rec)

1800 Nat'l Chocolate Chip Day (NBSD Recyard)

SUN. 18 MAY

0700 Scenic Sunday: Disneyland (NBPL Liberty Hall)

1500 BBQ (NBPL The Hub)

THURS. 22 MAY

1700 Name That Movie (NASNI Liberty Rec)

1800 9-Ball Tournament (NAB Q-Zone)

MON. 26 MAY

1400 Memorial Day BBQ (NASNI Liberty Rec)

1600 Memorial Day BBQ (NAB Q-Zone)

THURS. 29 MAY

1700 Dinner on Us (NBPL The Hub)

1700 Dominoes Night (NASNI Liberty Rec)

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



SAFETY IS YOUR OWN RESPONSIBILITY

OWN IT

IAW NSTM 300

Personal electronic equipment such as phone chargers, televisions, game systems and DVD players **MUST** be electrically safety checked by Tool Issue. 1-71-2-Q EXT 4774