

THE OFFICIAL MAGAZINE OF USS MAKIN ISLAND (LHD 8)

AROUND THE ISLAND

APRIL 5, 2014

VOLUME 4 ISSUE 3

INSIDE:

MKI ARG:

The first group
sail of 2014

Earth Day 2014

Just how "Green" is
Makin Island?

PLUS:

Get to Know MKI's
Sailor of the Year

Women's History

MKI recognizes the contributions
of women in the Navy

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AROUND THE ISLAND

COMMANDING OFFICER:

CAPT ALVIN HOLSEY

EXECUTIVE OFFICER:

CAPT MICHAEL S. FEYEDELEM

COMMAND MASTER CHIEF:

CMDCM(SW/AW) THOMAS MOORE

PUBLIC AFFAIRS OFFICER:

LT MICHAEL L. SMITH

DEPUTY PAO:

MCC(AW/EXW) BRADLEY SAPP

MEDIA LCPO:

MCC(SW/AW) ADAM VERNON

LEAD EDITOR:

MC2(AW) LAWRENCE DAVIS

COPY EDITOR:

MC1(SW) CORWIN COLBERT

STAFF:

MC1(SW/AW/SCW) RONALD GUTRIDGE

MC2(SW) PRINCESS BROWN

MC3(SW) KORY ALSBERRY

MC3 ETHAN TRACEY

MCSN ROBIN PEAK

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ON THE COVER:

Aviation Maintenance Administrationman 3rd Class Cassandra Florexil, duty messenger of the watch, renders a hand salute on the quarterdeck aboard USS Makin Island (LHD 8).
Photo by MC2(AW) Lawrence Davis

MASTER CHIEF'S CORNER



THIS MONTH'S CONTRIBUTOR: SHCM(SW/AW) IOAPO M. PUAATUUA

“We WILL STRIVE to achieve a balanced life and help others in the process.”

With our deployment quickly approaching, our focus this issue can be found in our 4th Team Raider Commandment. “We WILL STRIVE to achieve a balanced life and help others in the process.” Perhaps the greatest use of the word “WILL” is in the context of “a habitual behavior.” One other word in the commandment that deserves special attention, and then the vocabulary lesson is over, is the word “STRIVE,” which means, “to make GREAT EFFORTS to obtain or achieve.” If we were to rewrite our commandment with these definitions, the finished result would be something along the lines of:

“WE HABITUALLY MAKE GREAT EFFORTS TO ACHIEVE A BALANCED LIFE AND HELP OTHERS IN THE PROCESS.”

It is of the utmost importance that the men and women of Team Raider are marked by their everyday efforts to keep balance in their lives. The balance of this ship depends on the balance in the lives of its individual Sailors. For balance to be maintained there needs to be a sturdy foundation, capable of carrying the load that the life of a United States Navy serviceman or woman will bear. Balance is necessary for success.

For me, the foundation that ensures the balance of my life consists of my faith in God, and the family of 14 He has blessed me with. My faith in God allows me to see things from an eternal perspective and gives me everyday hope. My family is the reason I work hard. Motivation for the long week at work comes from understanding that my family needs, loves, and supports me. My family does not know every detail of what I do and vice versa but they know I care about them and I know they can come to me for anything. If they ever lose sight of my reasons for doing what I do, they cannot rely on me the way they are supposed to. If I ever lose sight of what is important to them, I lose out on seeing the fruits of my labor. If I am not talking to my 10 daughters and 2 sons daily, if I am not patient and loving with my wife of 32 years, if I am not present in their lives I have cracked the very foundation that keeps my life in balance. This may seem dramatic, but the fact of the matter is we all belong to families and communities that helped shape us into the people we are today. These relationships will affect the way we work, but they are worth the everyday effort to invest in them.

This deployment is important,

it is inevitable and fast approaching. It is a blessing and a privilege to take part in. But no matter how many inspections we pass and no matter how good this ship looks, we are only as successful as the sum of our parts. If we are leaving behind families that are not prepared to endure the deployment, we are not ready. If we are coming to work with unresolved problems or unnecessary burdens, we are not prepared. Take the time necessary to fortify the foundation of your life, to strengthen the people who have supported you, to appreciate the families that make your house a home. These are investments that will yield success. These are efforts that will balance our lives. These are the things that matter and are expected of anyone aboard Team Raider. Make it a great day.



Are you ready to become a Surface Warrior?

ESWS Trivia?

- A. How many monkey lines are there?
- B. Who is in charge of the boat davit?
- C. What does LARC stand for?
- D. What color is restricted maneuvering during night?

W History omen's



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

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

—Helen Keller

The amphibious assault ship USS Makin Island (LHD 8) observed Women’s History month March 25.

“This year’s theme is celebrating women of character, courage, and commitment,” said Capt. Alvin Holsey, USS Makin Island commanding officer. “I share with you that you don’t have to look too far for that.”

Lt. Cmdr. Allison R. Martin, from Reading, Penn., navigation officer of the ship, was the keynote speaker during the observance.

“No longer is it about highlighting how different and how special we are,” said Martin. “It’s to celebrate those that struggled before us and fought for the benefits we enjoy and who fought for our existence here on this capital warship today.”

Martin went on to say, “We can sit at the head of the table, we can be the sole bread earner of the family (like myself), we can run a company, and be the commanding officer of a warship.”

One of the Sailors present during the observance was Operations Specialist 2nd Class Marquetia D. Conley from Dallas.

“This event highlights the contributions that women have made in building American history, and specifically appreciates women who are strong and accomplished,” said Conley.

When asked how she continues to impact her command as a woman, Conley said it’s continuing to be a good shipmate in support of the mission and help when she can.

“You’ll never separate being a woman and a shipmate,” said Conley, “you just have to acknowledge and respect the two.”

Women officially began serving in the Navy in 1908 with the establishment of the Nurse Corps. During World War I, women in the Navy, commonly known as “Yeomanettes,” provided clerical support. Today, women make up roughly 18 percent of active duty and reserve forces in the Navy. Additionally, more than 54,000 women serve in the Navy as civilians.

“Because our history is fairly recent the walls of gender discrimination are still coming down,” said Martin. “There’s still work to be done.”

In her closing statement, Martin encouraged and challenged the female Sailors in attendance. “There’s still plenty of history to be made,” said Martin. “It could be you who makes it.”

For more information on women in the Navy please visit www.history.navy.mil.



MAKIN ISLAND UNDERWAY FOR GROUP SAIL

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

The Makin Island Amphibious Ready Group (ARG) sailed underway for "Group Sail" off the coast of Southern California, March 13.

The ARG is comprised of the amphibious assault ship USS Makin Island (LHD 8), the first hybrid-drive warship, amphibious dock landing ship USS Comstock (LSD 45), and amphibious transport dock ship USS San Diego (LPD 22).

Makin Island participated in the Group Sail to improve interoperability with the other ships in the Makin Island Amphibious Ready Group and the embarked 11th Marine Expeditionary Unit (MEU).

"Group Sail is a critical training opportunity for the upcoming deployment, because it gives the ARG and MEU the chance to validate the ARG/MEU's battle rhythm, establish communication procedures, strengthen our ARG/MEU relations and conduct multi-ship aviation operations," said Capt. Victor V. Cooper, Commander, Amphibious Squadron (PHIBRON) 5.

Furthermore, the composite of the Makin Island ARG and the training experienced in the Group Sail promotes Commander Surface Forces, Vice Adm. Tom Copeman's "Vision of the 2026 Surface Navy" of war-fighting ability, sustainable excellence and wellness over time.

The Group Sail had an active schedule of evolutions that tested the ARG on a wide array of amphibious and air operations.

"Whether it was flight operations, replenishment at sea,

fueling at sea, or well deck operations, at least one of these operations was conducted everyday we were underway," said Cooper. "Practicing these skills will be essential in our ability to operate as an ARG."

This was the first event the three ships participated in together as an ARG in preparation for the scheduled deployment.

"Overall, the ARG performed well," said Cooper. "Each ship and the PHIBRON staff took away some significant and valuable lessons learned that each will build upon to set the ARG up for success during the integrated training phase."

The integrated training phase consists of PHIBRON MEU Integrated Training (PMINT), Composite Training Unit Exercise (COMPTUEX) and the Certification Exercise (CERTEX).

The 11th MEU, also underway aboard the Makin Island ARG training for the upcoming deployment, is comprised of more than 1,000 Marines.

"Many of our young Marines, enlisted and officer, have never set foot aboard a Navy vessel, and likewise many of our younger Navy counterparts have never been underway with Marines embarked," said Col. Matthew G. Trollinger, Commanding Officer, 11th Marine Expeditionary Unit. "Group Sail provides the Marines that first step in beginning our at-sea pre-deployment training while also compelling integration in myriad areas with our partners on the respective ships that comprise the ARG."



MKI ARG Group Sail 2014





MAKIN ISLAND AT SEA



Photo Layout by MC2(AW) Lawrence Davis

MKI Sailor of the Year



average joe to JOE navy

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

Quietly he approaches the brow of the USS Makin Island every morning before the sun paints the horizon. As he crosses the quarterdeck he slightly notices a picture of himself but humility quietly keeps him moving along.

He greets every shipmate he encounters with a slight smile and a “good morning” knowing that the little things such as acknowledgement will help promote morale onboard. He is one of the many leaders onboard but he stands out a slight bit more than most, he is Makin Island’s Senior Sailor of the Year.

There were many steps taken both consciously and subconsciously for Ships Serviceman First Class (SW/AW) Wilson V. Brown to get to Sailor of the Year. He joined the Navy in 2001 as an undesignated seaman not knowing that the road he’d began would lead to somewhere great.

“July 12 was my first day of boot camp and I graduated 2 days after ‘9/11,” said Brown. “I started off as a deck seaman and after about 18 months, I struck the rate of SH and never saw an A-school.”

All the knowledge he’s attained in his military career has been learned through on-the-job training (OJT). Brown rapidly grew within his rate onboard his first ship USS Tortuga (LSD 46), home ported in Virginia.

“When I moved to S-3, I became the vending operator then advanced to the laundry operator. Next I took over the ships store then I became the sales and service supervisor.”

In the five years Brown spent at his first command, he advanced from the pay grade of E-2 to E-5 and qualified as an Enlisted Surface Warfare Specialist. He participated in a hull swap with USS Ft. McHenry (LSD 43) and also assisted with preparation for a NEY inspection which his ship won that year.

Many accomplishments were made during Brown’s first tour in the Navy but they did not stop there. After departing the USS Ft. McHenry (LSD 43) Brown arrived at Naval Air Station (NAS) Lemoore determined on spending the next four years improving as a Sailor and in his rate.

When a unique opportunity presented itself Brown accepted with no hesitation. Brown was given the chance to serve his country through an individual augmentee in Kabul, Afghanistan for 12 months. After returning from his IA, Brown received news that his next duty station would be in sunny San Diego on the USS Makin Island (LHD 8).

Upon checking into the Makin Island, Brown hit the non-skid running. He became the work center supervisor (WCS) and career counselor for the S-3 division, a command fitness leader working with the fitness enhancement program, a member of the First Class Petty Officers Association (FCPOA) and a bright budding member of the Damage Control Training Team (DCTT), all within the first year onboard.

His first year onboard can be considered as cement he’s laid that have lead to a solid foundation. As a senior leader he’s stood out through command involvement. Striving to continue to move up within his department, Brown took on the task of becoming the 3M aid and the departmental leading petty officer.

Within the command he knew that a key to helping would be to lead so he did just that. Brown became involved with the enlisted surface warfare program to help his shipmates. He also became the Vice President of the FCPOA which lead to his current position as President of the FCPOA.

One particular command involvement that has set Brown aside from the rest has been DCTT. He is a seasoned member whose hands on training aids in the overall mission readiness of the Makin Island.

Rapid ringing of bells can be heard all over the ship. The last three strikes of the bell send a message and then a calm but stern

voice is heard.

“This is a drill. This is a drill. Class alpha fire reported in zero two tack one one six tack four tack quebec. Away the flying squad away. Provide from repair locker one hotel.”

Most will hear these words and become slightly nervous. The anticipation of fighting the fire will causes most of the junior Sailors to become anxious. While seasoned vets like Brown remain calm in the face of this storm.

“At the moment it’s time to execute,” said Brown. “We are there to get better ourselves, while in the process improve our whole ships force.”

Training is a very important aspect that shapes the culture onboard. With ever drill or casualty skills are learned and a solution is found to fight the problem.

“My goal is to get the watch stander at every watch station to learn,” stated Brown. “They don’t have to see it the way I see it, I just want them to understand. I want them to know and understand the exact job that they are doing.”

His qualities as a leader, work ethic, and determination were some of the reason he was chosen to be Makin Island’s 2nd quarter Senior Sailor of the Quarter, which lead to the opportunity to become the Senior Sailor of the Year.

Brown was surprised when he was told he needed to prepare for a board.

“It was unexpected but one of the greatest feelings because the command had me in mind,” said Brown. “A blessing, that I didn’t see coming.”

Brown immaculately dressed in a crisp enlisted service dress blue uniform, patiently waited outside the door for his board to begin. He was nervous but his calm demeanor would not let anyone know the feelings he felt at that moment.

“I was pretty nervous but when I got inside and answered a question or two correctly that’s when the confidence came in,” stated Brown.

Brown’s board went very well with the exception of one question.

“When I had my board they ask me what Veteran’s Day was originally called,” said Brown. “I did not know and it actually baffled me. Now, I know that it was called Armistice Day.”

Accordingly to Brown right after his board he felt the need to grow and learn more.

Brown credits his family as being the motivation behind everything he has done. His wife has been his support system for the last 13 years and together they have two beautiful children.

Brown currently works within the S-3 division of the Supply department but is slated to move to the Executive department and become the Indoctrination Leading Petty Officer for Makin Island.

Brown has served the United States Navy for a little over twelve years, has seven deployments underneath his belt, qualified as a Surface and Air Warfare Specialist, been awarded three Navy Achievement Medals (NAM), four Good Conduct Medals, an Army Commendation Medal and a Flag Letter of Commendation(FLOC). He is a humble yet sharp Sailor.

MAKIN ISLAND LEADS GREEN EFFORTS THROUGH EARTH DAY



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

As Earth Day 2014 approaches, the amphibious assault ship USS Makin Island (LHD 8) continues at the forefront of the Navy's "green" efforts of energy conservation and reducing its carbon footprint, as it is the first and only ship of its kind to feature an all-electric design.

The ship hosts a hybrid-electric propulsion system comprising two auxiliary propulsion motors, two General Electric LM2500+ turbines, and six diesel-electric generators with a controllable pitch propeller.

"Makin Island is the first naval vessel to utilize an electric drive that produces very little emissions, saves large amounts of fuel and adds an additional capability to remain on station between refueling three times longer than traditional LHDs," said Lt. Cmdr. Raul Santospieve, Makin Island's main propulsion assistant.

During its maiden deployment in 2012, it is noted that the ship's more modern propulsion system saved more than four million gallons of fuel, which helped to significantly reduce carbon emissions into the environment as well as a cost savings in excess of \$15 million.

"The new systems are operated by a central control station with very few local operators, reducing the amount of manpower required," said Machinist Mate 2nd Class (SW) Zachary Long, assigned to Makin Island's Engineering department.

"Propulsion and environmental systems are all monitored through alarms and automatic logs. We still monitor many systems with manual logs, but many times the remote cameras mounted throughout the ship assist the engineers with troubleshooting and system monitoring," Long added.

According to the ship's engineering log books, Makin Island's unique design helps the ship to burn nearly fifty percent less fuel than a traditional steam-powered LHD.

While underway, Makin Island implements an energy saving propulsion method called "sprint and drift." The ship uses one of its twin 70,000-horsepower gas turbine engines to sprint ahead of the plan of intended movement (PIM), where it then transitions to auxiliary propulsion operations to operate at slower speed and conserve fuel until the ship falls a few hours behind the PIM.

"This technique can be used repeatedly especially during long transits as a planning tool for fuel and energy conservation," said

Santospieve.

The hybrid-electric drive is not the only "green" feature in Makin Island's strategic energy-efficient design. The ship uses a stern flap to improve fuel economy, an anti-fouling coating on the hull to minimize drag, and solid-state lighting is used to reduce energy consumption.

Makin Island utilizes four onboard reverse osmosis water-purification systems to generate fresh potable water at sea. The ship has the ability to make more than 200,000 gallons of fresh water daily, which is more than what is needed to keep operational.

"We aggressively work to conserve water through training and routine inspections of the systems" said Santospieve.

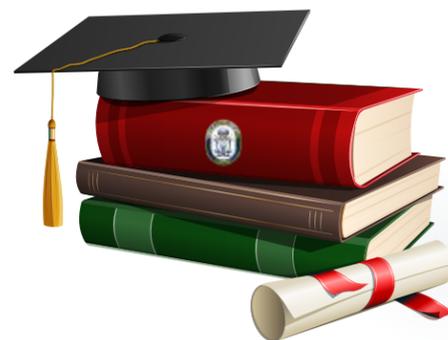
The Department of the Navy expects that over the course of Makin Island's lifecycle, this kind of fuel and energy reduction, and water conservation will add up to more than \$250 million in savings, proving the Navy's commitment to energy awareness and conservation.

This initiative is one of many throughout the Navy and Marine Corps that will enable the Department of the Navy to achieve the Secretary of the Navy's energy goals to improve our energy security and efficiency afloat and ashore, increase our energy independence and help lead the nation toward a clean energy economy.

In 2012, Makin Island received the Secretary of the Navy's Energy Conservation Award for its significant contributions to energy awareness.

Makin Island is the flagship of the Makin Island Amphibious Ready Group, which is in its underway work-up cycle in preparation for its regularly scheduled deployment where it will support maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

Sailors Assist Elementary School P.E. Class



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

MAKIN Sailors helped teach a "Zero-Hour" physical education (P.E.) class at Willow Elementary School in San Ysidro, Calif., March 18.

The event was part of Makin Island's adopt-a-school program which assists with community outreach.

Aviation Boatswain's Mate Handling 2nd Class (AW/SW) Nakedia Thompson and Electronics Technician 2nd Class Farrah Rangel provided instructions on proper exercise techniques and safety practices while demonstrating stretching procedures during the class.

"The smile on the kids' faces alone is worth the trip here," said Rangel. "They thanked me for coming out and everyone seemed to have fun."

Students participate in P.E class before the school day begins to allow more time in the afternoon to devote to their studies.

"We are thankful for the Sailors that help out with our kids," said Manuel Boroquez, Willow Elementary School's principal. "This physical education class is a great way to start the day for our students who need extra help in language arts and math."

The students participate in a variety of sports during the session. "I like this class a lot," said 13-year-old Charles Ingram. "I enjoy playing soccer and football and this is a fun way to start off my day."

Jose Herrera, the school's physical education teacher, commented on how helpful the Sailors were during the workout.

"I teach five classes here," said Herrera. "I'm thankful for the Sailors help because there is a lot to oversee with more than 50 students in this "Zero-Hour" class and I have noticed a positive difference in the students. The more help we can get, the better."

Makin Island Sailors will be participating in another "Zero-Hour" P.E. class on March 25 and tutoring on March 27.

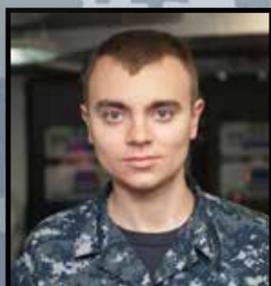
Makin Island promotes the Navy's culture of fitness by engaging physical activities such as the Biggest Loser Fitness Competition, 5K runs, the bi-annual physical fitness assessment, while continuing to provide nutritious options to crewmembers.

OPINION ISLAND

How are you maximizing your liberty time?



BM3 Emerson French
"By making crafts and going to music shows with my friends."



ITSN Kurt Van Hise
"Going to the rec-center and seeing my family and friends as much as I can."



SA Paol Gonzales
"Studying, spending time with my lady and getting rest when possible."

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

April

Week 1

- 1 Swimming Pool
- 2 Spin with Donna @ Fitness Station
- 3 Mock PFA
- 4 FEP BCA

Week 2

- 7 Strength & Conditioning
- 8 Machine Training
- 9 Spin with ABH2 Thompson (Ship's Gym)
- 10 Mock PFA
- 11 FEP BCA

Week 3

- 14 Strength & Conditioning
- 15 Abdomen Training
- 16 Spin with ABH2 Thompson (Ship's Gym)
- 17 Mock PFA
- 18 FEP BCA

ESWS Answers

- A- Eight B- Davit Captain
- C- Lighter Amphibious Resupply Cargo D- Red-White-Red



April's Topic of the Month: Sexual Assault Prevention & Awareness

Sexual assault betrays our core values of honor, courage and commitment. It attacks the human dignity of our shipmates. It affects the survivor for years to come. It undermines the morale of our Sailors and the teamwork of our commands - all critical to our mission readiness.

This month is Sexual Assault Prevention and Awareness Month. It is each and every Sailor's duty to: learn about the problem of sexual assault through fleet-wide training efforts; prevent sexual assault by doing the right thing - and that includes building a culture where all Sailors are treated professionally and with respect; intervene as a bystander, which is key to preventing sexual assaults before they occur; support those who have been sexually assaulted; and commit ourselves to all of these efforts not just this month, but every day-to build a culture where there is no place for sexual harassment or assault.

The Navy Chaplain Corps is committed to helping educate Sailors during fleet-wide training on the sexual assault reporting options and what to expect in the process. Chaplains provide pastoral support to Sailors throughout the military justice process as they work with partners like the uniformed victim advocate and the sexual assault response coordinator.



Feature Family Event

Sea World San Diego

Experience Sea World's newest attraction, Explorer's Reef - a vibrant undersea realm of giant coral and tropical lagoons where amazing creatures in shimmering touch pools invite you into their world.

Step beneath the waves and go "hands-in" to touch a shark, a crab, a gentle ray, or thousands of tiny cleaner fish who'll nibble playfully at your fingers.

From the moment you step in, it's like a walk under the waves and an unforgettable exploratory adventure you'll just have to sea to believe- catch you on the next wave.

See MWR for tix prices

CORNER

LOCAL EVENTS IN APRIL

<p>THURS. 3 APRIL</p> <p>1700 Karaoke Night (NBPL The Hub)</p> <p>1900 Captain America Night (NBSD Recyard)</p>	<p>THURS. 10 APRIL</p> <p>1700 Golf Day (NBSD Recyard)</p> <p>1700 Mid-Week Races (NASNI Liberty Rec)</p>
<p>SAT. 12 APRIL</p> <p>0900 Whale Watching Tour (NBPL Liberty Hall)</p> <p>1800 UFC 172 (NBSD Recyard)</p>	<p>TUES. 15 APRIL</p> <p>1600 VITA (NBSD Recyard)</p> <p>1800 Tuesday Tourney (NBSD Recyard)</p>
<p>SUN. 20 APRIL</p> <p>All Day Easter Egg Hunt (NAB Q-Zone)</p> <p>1700 Easter Sundae (NBSD Recyard)</p>	<p>WED. 23 APRIL</p> <p>1800 Halo 4 Tournament (NAB Q-Zone)</p> <p>1800 Overseas Xfer Wrkshp (NBSD Recyard)</p>
<p>SUN. 27 APRIL</p> <p>1800 Board Game Night (NASNI Liberty Rec)</p> <p>1900 Pre-payday Grub (NBSD Recyard)</p>	<p>WED. 30 APRIL</p> <p>1700 Wacky Hair Day (NBPL Liberty Hall)</p> <p>1700 April B-day Celebration (NBSD Recyard)</p>

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

ARE YOU READY FOR DEPLOYMENT **NOW?**

Who is coming to get your car on the pier and where will it be stored?

Are family members currently ready for you to be gone for 9 months, starting NOW?

Are your family members in DEERS?

Will your credit cards, ATM card, driver's license, and/or military ID cards for dependents expire during the deployment?

Did you remember to bring your passport with you?

Is your seabag complete?

Do you have a will made out and a general or specific power of attorney executed?

Do family members and significant others know how to contact you in the event of an emergency?

Is your Service Record Page 2 verified so that we have the most up-to-date information and contacts?

Do you have a trusted source that has access to your important documents?
(i.e. passports, birth certificates, marriage license, auto insurance information, mortgage company & bank access information)



Have **YOU** completed the **MKI Pre-Deployment Checklist?**