

AROUND THE ISLAND

JUNE 3, 2013

VOLUME 3, ISSUE 5



CSADD MEMBERS VOLUNTEER

MKI Sailors give their time to support San Diego's Jazz Festival (Page 3)

WOMEN AT SEA HELP RESCUE MISSION

Female MKI Sailors volunteer to work at San Diego Rescue Mission warehouse (Page 4)

MAKIN ISLAND SPORTS DAY

Photo highlights of MKI Sailors enjoying a day of fun in the sun (Page 6)

Navy Announces Fleet-Wide Women's Uniform Survey



GREAT LAKES, Ill. (April 16, 2013) Recruits undergo a uniform inspection at Recruit Training Command, the Navy's only boot camp. (U.S. Navy photo by Brian Walsh/Released)

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) --

Approximately 16,000 randomly selected female officers and enlisted are being asked to participate in the online survey on the fit, design and durability of Navy uniforms in a Fleet-wide survey announced in NAVADMIN 127/13.

Letters were mailed April 30 to participants notifying them of their selection and providing instructions on accessing and completing the survey. The online survey will be open for approximately 90 days.

The decision to do the fleet-wide survey was made after interviews and focus groups determined that there was a need to gather more feedback on women's uniform concerns and recommendations.

Survey questions will address levels of satisfaction with service dress, service and working uniforms and components. The survey will also ask about fit and hip-to-waist ratio of slacks; the comfort of shirt collars; and preference for shirt lining, shoulder stitching and yoke on service uniform shirts.

For more information on uniforms and uniform policy, visit the Navy Uniform Matters website at <http://www.public.navy.mil/bupers-npc/support/uniforms/pages/default2.aspx>.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

AROUND THE ISLAND

COMMANDING OFFICER:

CAPT CEDRIC E. PRINGLE

EXECUTIVE OFFICER:

CAPT ALVIN HOLSEY

COMMAND MASTER CHIEF:

CMDM(SW/AW) STEVEN ALT

PUBLIC AFFAIRS OFFICER:

MCCS(SW/AW) DONNIE RYAN

DEPUTY PAO/LCPO:

MCC(AW/EXW) BRADLEY SAPP

LEAD EDITOR:

MC3 PRINCESS L. BROWN

ASSISTANT EDITOR:

MC1(AW) ANDREW WISKOW

STAFF:

MC1(SW/AW/SCW) RONALD GUTRIDGE

MC2(AW) LAWRENCE DAVIS

MC3 KORY ALSBERRY

MC3 DANIEL J. WALLS

MCSN ETHAN TRACEY

ON THE COVER:

Makin Island Sailors enjoy a day of fun in the sun during Makin Island Sports Day. [Photo by MC1(SW/AW/SCW) Ronald Gutridge]

MKI CSADD Chapter Volunteers at San Diego Jazz Festival

By MC3 Princess L. Brown, Around the Island Editor

Sailors assigned to the amphibious assault ship USS Makin Island (LHD 8) volunteered their time to support San Diego's Jazz Festival in nearby Carlsbad, Calif. May 26.

Members of Makin Island's chapter of the Coalition of Sailors Against Destructive Decisions (CSADD) volunteered to welcome and usher guests to their seats and different areas of the festival.

CSADD is a peer-to-peer mentorship program used Navy-wide. The program is geared toward Sailors 18 to 25 years old, and is designed to help reinforce the culture of "Shipmates helping Shipmates."

"I collected admission tickets, issued wristbands for re-entry and greeted people at the door," said Electronics Technician 3rd Class Farrah Rangel, a CSADD member who works in Makin Island's Command, Control, Communication, Computers and Combat Systems (C5) Department.

The Makin Island CSADD chapter stays actively involved in the San Diego community by volunteering at various non-profit organizations and events around the San Diego area.

"I think volunteering your time on the weekends and even during the week is always good for keeping people humble and grounded," said Rangel. "It's good for the community, as well as for

the soul."

Community relations (COMREL) projects are organized events that provide opportunities for Sailors to volunteer their time in community service.

"COMRELS allow us to see the city how the average person sees it and it shows the community that the military isn't just about going overseas and fighting in wars," said Aviation Structural Mechanic 3rd Class Angela Rushworth, a CSADD member assigned to Makin Island's Aircraft Intermediate Maintenance (AIMD) Department. "They also bring people back down to earth giving them something to actually do and stay out of bad situations."

While volunteering, Sailors also had the opportunity to enjoy the festivities.

"My favorite part of the festival was the interaction with the community and the music artists," said Aviation Ordnanceman 3rd Class (AW) Tressa Williams, a CSADD member from Makin Island's Weapons Department. "It was an amazing opportunity, and being up front for the music was definitely a memorable moment for me since one of my favorite jazz artists, Jessie J performed."

Williams said events like this are a great way to help the community and give Sailors alternative opportunities to engage themselves with other people without involving alcohol.



June Topic of the Month: Off Duty Recreation Safety

Sports

1. Have a plan in place should there be an injury or emergency.
2. Always warm-up and stretch prior to activity.
3. Stay hydrated! Drink plenty of fluids.

Boating/Watersports

1. Wear a life jacket, know how to swim.
2. When boating, follow the rules of the lake, or river, or sea.
3. Avoid drinking anything alcoholic before and during any boating or water sport activity.

Hiking/Camping

1. Always carry a first aid kit and be trained in first aid and CPR.
2. Make sure to use the buddy system.
3. Know how to use a map and compass. Take whistles along as they can be heard farther than your voice.

Guns/Hunting

1. Assume that any gun, at any time, is loaded.
2. Keep your finger off the trigger.
3. Know what you're shooting at.
4. Be familiar with your gun
5. Pay attention!

If you are interested in becoming a member of the Makin Island CSADD team, contact the CSADD advocate AO3 Williams via email libbreta@lhd8.navy.mil or call x5451.

Women at Sea Help San Diego Rescue Mission

Story and Photos by MC3 Princess L. Brown, Around the Island Editor

A group of female Sailors from the amphibious assault ship USS Makin Island (LHD 8) dedicated several hours of their personal time to support the San Diego Rescue Mission warehouse in San Diego, May 30.

More than 30 members of the ship's "Women at Sea" program from the ship and embarked Amphibious Squadron (PHIBRON) 5 staff helped to sort donated items at the facility.

"Today we helped out the San Diego Rescue Mission, a nonprofit organization that helps recovering drug and alcohol addicts get back on their feet," said Information Systems Technician 1st Class (SW/AW) Amanie Roberts, assigned to Makin Island's Command, Control, Communication, Computers and Combat Systems (C5) department.

The Rescue Mission operates three thrift store locations in San Diego and receives more than two truckloads of donated items everyday. Donated items typically include clothing, furniture, household items and food from the San Diego community.

"Surprisingly, the quality of the

items that were donated was very good," said Roberts. "People took the time to wash and fold items and properly package them which made our job a little easier. I think we sorted way more good than bad stuff, very few items went to waste."

During their time at the facility, the group successfully sorted and organized a large amount of donations, greatly helping the regular warehouse staff.

"There were a lot of belongings that needed to be separated and our efforts helped speed up the distribution of items to the other two thrift stores," said Roberts. "We helped expedite the process of sorting which is beneficial to the entire San Diego community. We did a lot of good work."

This was the first community relations project that volunteers from the ship's "Women at Sea" program have participated in as an organization.

"We had a very good turnout for volunteers," said Roberts. "There were a lot of women of different races, ethnicity, and rank and everyone worked together as a team

and enjoyed helping out."

Roberts said the "Women at Sea" program was created to help empower, uplift and encourage women serving aboard the Makin Island. The program is open to male members and they are encouraged to get involved.

"We still have ground to break as women, empowering each other will help us reach our goals," said Roberts "Hopefully one day soon we will have a female MCPON [Master Chief Petty Officer of the Navy]. Nothing is impossible if you set your mind to it."

Other Sailors who volunteered said they also enjoyed the opportunity to give back to the community.

"We sorted clothes and helped pick out items that would be useful to families and people in need," said Operations Specialist 2nd Class (SW/AW) Shaquita Sims, assigned to PHIBRON 5. "This warehouse gives people the opportunity to have clothes and different household products that they would not be able to afford or be able to purchase at a more suitable price."



MAK IN ISLAND SPORTS DAY

Photos, Layout and Design by MC1(SW/AW/SCW) Ronald Gutridge



USS Makin Island (LHD 8) Welcomes JS Hyuga (DDH 181)



Khaki Corner

The Chief's Mess would like to congratulate the two Makin Island Senior Chiefs that were recently promoted to the rank of Master Chief Petty Officer!

Master Chief Hospital Corpsman
(SW/AW/FMF)

Omar Azimita



Master Chief Intelligence Specialist
(SW/IDW/AW)

Cheri Galvez



Reminder

Change of Command will be held Friday, June 14th, on the Flight Deck.

Formation Commanders - Service Dress Whites (ribbons, cover, gloves)
USN - Service Dress Whites (ribbons, cover)
USMC - Dress Blue D (ribbons, cover)
MKI Ceremony Participants
USN - Full Dress White (medals, cover, gloves)
USMC - Dress Blue A (medals, cover, gloves)

Personnel awarded only ribbons that do not have corresponding large medals shall wear the ribbons on the right side.

Please contact LT Hendricks at x2724 if you have any questions.

Congratulations, Shipmates!

Makin Island's Newly Selected E-4's, E-5's, & E-6's:

CTR1 Paul Bettie
AM1 Breck Brown
CS1 Nicole Campbell
FC1 Chaz Jackson
MA1 Jaqualin Johnson
AT1 Anthony McMillian
CS1 Jeffrey Palacpac
ET1 Justine Pennel
CS1 Maximino Salvador
GM1 Heather Stuchlik
FC1 Lance Vennard
ABH1 Timmy Vu
OS2 Alisa Andersen
IT2 Marcus Anderson
CTT2 Blake Arriola
EM2 Dimitry Baglay
AS2 Christopher Borromeo
MC2 Princess Brown
OS2 Ariana Calderon
HM2 Charles Carroll
EM2 Bo Chen
CTR2 Matthew Connelly
SH2 Talmadge Cook
IS2 Brett Costa
GM2 Jonathan Cowan
IT2 Jonathan Cox
IT2 Cody Cramsey
EN2 Joshua Creighton
LS2 Carlton Cross
SH2 Bridget Darcy
GSM2 Mario Deleon
CTR2 Mark Dinglasan
OS2 Quincy Gaskin
HM2 Ashley Gonzales
AO2 Matthew Granaas
AE2 Corey Hall
AM2 Deonte Hall
IT2 Ryan Heslin
AO2 Walter Hopkins
HT2 Nicholas Humbert

AO2 Brittanie Jackson
AO2 Jessica Jefferson
IT2 Jamia Jenkins
RP2 Joshua Julian
IT2 Seth Kiefer
ET2 Thuan Lam
MA2 William Landeros
EN2 Dejan Loveric
RP2 Paul Ludlum
GSM2 Ronald Manalo
IT2 Lawrence Meadows
FC2 Thao Miller
IC2 Ryan Murray
AZ2 Ryan Peer
AS2 Alexis Ramos
AO2 Derrick Reynolds
IT2 Angela Robinson
CTR2 Courtney Seward
ABH2 Mikeah Sahres
IT2 Nicholas Shepherd
ABF2 Quinton Smith
ET2 Ashley Sopr
IT2 Tanya Stone
GM2 Brandon Tokarsi
EM2 Maria Trnka
MA2 Bryan Watson
AT2 Patrick Webb
ET2 Jared West
ET2 Kristi Zapfe
GM3 Victor Anzuetto
AO3 Tristan Bailey
LS3 Kenneth Barcelon
GM3 Brandon Barnes
BM3 Christopher Bel
ABF3 Kimber Betzenderfer
IT3 Hayley Bishop
ABF3 Sarah Blakeman
YN3 Derek Bowman
ABF3 Shelby Bowers
AD3 Darius Dawson

ABF3 Manuel Deguzman
MM3 Jeffrey Delapena
LS3 Alexander Diaz
BM3 Micheal Dinning
ABH3 Zulma Duran
AZ3 Cassandra Florexil
GSM3 Kimbrom Gebrebziabher
CS3 Samantha Gervickas
QM3 Shay Grey
OS3 Alisha Johnshon
LS3 Charity Johnson
LS3 Deandre Johnson
PR3 Damian Jones
LS3 Dominique Lafontant
ABH3 Shane Lavanway
SH3 Trae Luster
CS3 Eric Manalad
AZ3 Joshua May
AO3 Aaron Melia
ABF3 Jared Milby
AO3 Jessica Mojica
EN3 William Mudd
EN3 Ani Nga
ABF3 Nicholas Norton
ABH3 Brandon Propeza
MM3 Jason Plum
BM3 Traci Pratt
ABF3 Bryant Preciado
ET3 Asaiah Rahmani
AO3 Michael Rodrigues
AT3 Kiena Sanders
GM3 Sean Segui
GSM3 Rachel Sokol
EN3 Morgan Sprague
OS3 Uneika Thomas
ABH3 Kyle Tibbetts
CS3 Juan Villarreal
PS3 Corey Williams
OS3 Shiquita Williams
CTR3 Joshua Witcher

**OPINION
ISLAND**

What are your plans for the summer?

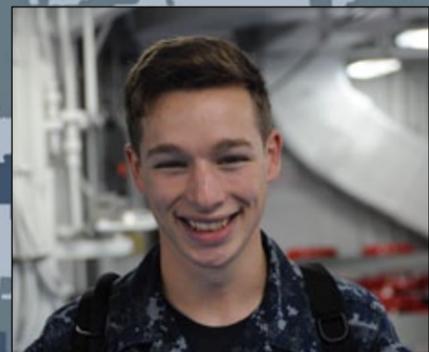


"I'm taking my family to Las Vegas and the Grand Canyon."

-CS1 Corey Steenhard

"I'm going to take yoga classes and get my tan on at the beach."

-ATAN Trish Kolb



"I'm going to be at the beach a lot with my wife."

-CSSN Simon Riley

"I'm going horseback riding and kayaking."

-ASAA Sierra Griffith



CORNER

June Fun Runs

Sat. June 8
0800
Color Me Rad 5K
Petco Park

Sun. June 9
0900
Superhero 5K and
BBQ
NTC Park at Liberty
Station

Wed. June 12
1000
Flag Day Run/Walk

Sat. June 15
0900
Camp Pendleton Mud
Run
Camp Pendleton

Sat. June 22
0900
5K Walk for Sobriety
NTC Park at Liberty
Station

Sat. June 29
0800
TMI 5K For
Independence
Embarcadero Marina
Park North

LOCAL EVENTS IN JUNE

FRI. 7 JUNE

1900 Les Miserables
(Lyceum Theatre)

1930 Shakespeare's R&J
(Cygnet Theatre)

SAT. 8 JUNE

1500 World's Ocean Day
(SEA LIFE Aquarium
Carlsbad)

TUES. 11 JUNE

2000 Gaslamp Open-Mic
(American Comedy Company)

FRI. 14 JUNE

1800 Jason Ott's All Request
Acoustic Show
(Tower Two Beach Cafe)

SAT. 20 JUNE

1700
Summer Solstice in Del Mar
(Powerhouse Park)

SAT. 22 JUNE

1000
La Jolla Festival of the Arts
(Warren Field)

1000 Fairy Festival
(San Diego Botanic Garden)

THUR. 27 JUNE

2000 Erykah Badu
(Humphreys by the Bay)

FRI. 28 JUNE

1800 Kendrick Lamar
(Del Mar Fairgrounds)

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

CHOOSE YOUR RIDE



DRIVE SOBER!