

# PeleeNEWS

Sept. 20, 2013

## Peleliu Senior Chief Rides 500 Miles for Hemophilia



Senior Chief Aviation Electrician's Mate Robert "Shane" McCartney takes a break along California Highway 1 during his participation in the 12th annual California Coastal Ride for Hemophilia. *Courtesy photo.*

**Story by MC3 Dustin Knight**  
*Peleliu Staff Writer*

Biking 500 miles in seven days may seem a tall feat, but 17 men and women took that challenge to help raise awareness of hemophilia, Aug. 18-24.

According to the Mayo Clinic, hemophilia is a blood-clotting disorder that can cause prolonged bleeding and bruising.

The 12th annual California Coastal Ride for Hemophilia, beginning in San Francisco and ending in San Diego, took riders along the grueling and winding coastline's California Highway 1. Each cyclist was required to raise at least \$3500 for the opportunity to ride. The event has raised more than \$108,000, closing on its record of \$119,000. USS Peleliu's Senior Chief Aviation Electrician's Mate Robert McCartney joined this group.

"It wasn't as difficult as I thought it would be," said McCartney, participating in his first ride of this length.

He completed this ride not for himself, but for his 15-year-old son Shane and 12-year-old son Shaun, as well as his wife Misty, all of whom have hemophilia.

"I didn't know how to train for it since I've never done anything like this before," added McCartney, who commutes 30 miles on

his bike nearly every day to and from work. He recalled that the hill climbs proved to be "really difficult," especially when one of the days required the cyclists to climb 50 miles.

"Participation with our bike ride has grown every year," said Heidi Scanlan, executive administrator for the Hemophilia Council of California (HCC). "The number of individuals willing to be part of [the ride] grows in number and enthusiasm. We are blessed with great riders [and support teams.]"

Four California hemophilia chapters form the HCC, including the Hemophilia Association of San Diego County.

"For the last couple of years, the HCC has asked me to ride [in the event] but last year's schedule didn't work out since we were about to deploy," McCartney said.

Denmark-headquartered Novo Nordisk, a healthcare company specializing in hemophilia and diabetes care, sponsored McCartney to help offset racing fees, uniforms, hotel accommodations and food along the way.

According to the Center for Disease Control and Prevention, hemophilia affects 1 in 5,000 male births. About 400 babies each year are born with the disease.

"We found out both of my sons had the disorder from my youngest," said McCartney.

When his son was 10 months old, he smashed his toe with a chair. After discovering that the wound kept bleeding, McCartney took him to the hospital for stitches. Later, a specialized blood test determined that his son had the disorder. Family history normally contributes to approximately two-thirds of hemophiliac people.

"The doctor asked me if there was a history of it in our family and there was on my wife's side," said McCartney.

Symptoms mainly affect men and typically passes down through the mother's side. Women seldom show symptoms or afflictions.

"It is extremely rare for a woman to be an actual hemophiliac," said McCartney, as his wife also has the disorder. It is estimated that less than one percent of the world's hemophiliacs are women.

The HCC formed in 1989 as a nonprofit organization to coordinate their shared advocacy agenda to create a more successful and united voice for people with bleeding disorders in California. The HCC is comprised of four chapters, Hemophilia Foundation of Northern California, Central California Hemophilia Foundation, Hemophilia Foundation of Southern California and Hemophilia Association of San Diego County.

# Peleliu's Chief Pinning Ceremony Sept. 13



**Top Left:** Family and friends applaud the newly-promoted chief petty officers assigned to amphibious assault ship USS Peleliu (LHA 5). **Top Right:** Chief petty officer fouled anchor wood relief on the front of a charge book. **Center Left:** Chief petty officers sing "Anchors Aweigh" during their pinning ceremony. **Center Right:** Chief petty officers stand-by during their pinning ceremony. **Bottom:** Twenty-one Sailors assigned to amphibious assault ship USS Peleliu (LHA 5) accepted the responsibilities and duties expected of a chief petty officer in the Navy. (Photos by MC2 (SW) Daniel Viramontes)

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## Navy Announces 2013 Suicide Prevention Month

From Navy Personnel  
Command Public Affairs

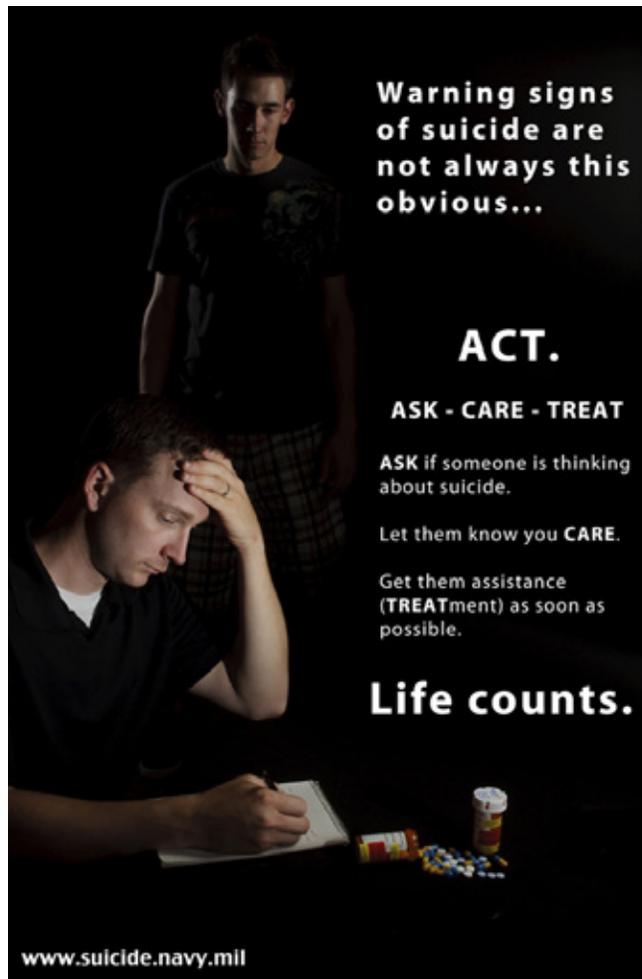
MILLINGTON, Tenn. (NNS) -- Each year America's Armed Forces recognize September as Suicide Prevention Month.

For 2013, Navy is focusing on the importance of community and self-purpose when dealing with adversity, officials announced in NAVADMIN 212/13.

The theme of this year's Navy Suicide Prevention (SP) Month is "Thrive in Your Community," encouraging Sailors to work together as commands, units, installations or other groups to contribute to a project of their choice that benefits others. Participation is not mandatory and there is no minimum for engagement. Sailors can work together to do something positive for their commands or installations, or get involved in their local communities. Family and civilian engagement is encouraged.

"While we don't often think of it this way, suicide prevention actually happens every day at the deckplate, in our neighborhoods, even in our own homes," said Capt. Kurt Scott, Navy Resilience chief. "When we do small things that make a difference to those around us, we may not realize the effect we're having on others' lives-or our own," Scott said. Navy seeks to promote unity and cohesion in this context to emphasize the positive impacts of seeking help; Sailors that are willing to help others may be more willing to receive it when needed.

Throughout the month, resources will be released on [www.suicide.navy.mil](http://www.suicide.navy.mil) > Suicide Prevention Month to guide discussion on stress navigation, comprehensive wellness, and a sense of community-all protective factors against suicide. The website also houses ideas and guidance for "Thrive in Your Community" engagement for any command environment. Command



**Warning signs of suicide are not always this obvious...**

**ACT.**

**ASK - CARE - TREAT**

**ASK** if someone is thinking about suicide.

Let them know you **CARE**.

Get them assistance (**TREATment**) as soon as possible.

**Life counts.**

[www.suicide.navy.mil](http://www.suicide.navy.mil)

Suicide Prevention Coordinators will also be available to help organize local efforts. Sailors are encouraged to send details and/or photos of their September events to [suicideprevention@navy.mil](mailto:suicideprevention@navy.mil) to be shared with the fleet on the SP Month website and Navy Operational Stress Control social media.

"Navy's efforts to help Sailors better navigate their stress are an all hands evolution, all of the time. These initiatives extend far beyond September and serve as a launch pad for year-long local efforts to build resilience and unit cohesion, promoting a Navywide culture supportive of seeking help," said Scott.

For more information, reference NAVADMIN 212/13 or visit [http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST\\_CENTURY\\_SAILOR/SUICIDE\\_PREVENTION/SPMONTH/Pages/default.aspx](http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST_CENTURY_SAILOR/SUICIDE_PREVENTION/SPMONTH/Pages/default.aspx) and receive the latest updates by following @NavStress on Twitter and Facebook.

For more news from Navy Personnel Command, visit [www.navy.mil/local/npc/](http://www.navy.mil/local/npc/).

## CMC's Corner



**CMDM (SW/AW/EXW) TyRon Flynn**  
Command Master Chief, USS Peleliu (LHA 5)

Hooyah, Iron Nickel!

As we wrap up the summer months with this edition of the Pelenews, we can look back and say we have had an action-packed summer filled with milestones and achievements!

We hit the ground running right after our return to homeport from a successful and lengthy deployment. Our preparation for 3M mid-cycle assessment culminated in a 92 percent passing score. We had a great Surface Line Week showing, and on top of that, we took the ship from operational into full-blown planned maintenance availability, all in the same week!

We have done outstanding in the advancement department as well, with making two Master Chiefs, four Senior Chiefs and rolling right into CPO 365 Phase II with 21 CPOs selected. We advanced one Sailor to petty officer first class, two Sailors to PO2 and three Sailors to PO3, all through the Command Advancement Program.

This leads me into the message for this month and beyond: KEEP WHAT YOU EARNED. As many of you may have noticed this saying on the posters about the ship, we need everyone 100 percent behind this campaign, centered on "good order and discipline." We have had some hiccups since we returned from cruise in this area, but we are full stride with regards to a positive turn around! Remember, we are Sailors 24/7/365, so keep what you have worked so hard to earn.

Lastly, September is Ombudsman Appreciation month and we recognize our Command Ombudsman Jamila Barnwell and Rebecca Fratt for all they have done. Additionally, Sept. 15 kicked off Hispanic Heritage month and we will be celebrating our diversity by recognizing our shipmates of Hispanic heritage through Oct. 15.

Until next time Peleliu, remember:

**Be Polite, Be Professional, and Be Prepared!**

CMC Out!

# ESG 3 VISITS PELELIU



1: Commander, Expeditionary Strike Group Three, Rear Adm. Frank L. Ponds arrives aboard amphibious assault ship USS Peleliu (LHA 5) Sept. 17, 2013. (Photo by MCSN (SW) Micheal Duran) 2,3,4: Ponds addresses the crew on the flight deck. (Photos 2,3 by MC2 (SW) Daniel Viramontes. Photo 4 by MC3 Alex Van'tLeven) 5: Ponds shakes hands with Sailors during his arrival. (Photo by MCSN (SW) Micheal Duran) 6: Ponds tours engineering main spaces during his visit. (Photo by MC3 Dustin Knight)

## Man on the Street

By MC3 Dustin Knight

We are two weeks into the NFL season and everyone has seen what each team looks like by now. There have been some surprises from some teams. Other teams are still terrible and then there are those great teams who are expected to be on top.

**“So Peleliu, who are your Super Bowl predictions?”**

**CS1 Bernell Browley, Riverside, Calif.**



“My picks for the Super Bowl are the [Denver] Broncos and the Detroit Lions and the Broncos are definitely going to win.”

**Lt. Odarius Chambers, Andalusia, Ala.**



“It’s going to be Denver versus Atlanta in the Super bowl. I’m a Falcons fan but with the way Peyton Manning is playing the Broncos are going to win.”

**IS2 Samantha Fallon, Chicago**



“The Broncos and the Bears are going to be in the Super Bowl. I’m from Chicago, so I’m a Bears fan but the Broncos will win. Their defense has been playing pretty good.”

**A02 Chancellor Lafferty, Punta Gorda, Fla.**



“Definitely going to be the Packers because I’m a Packers fan. I think it will be the Broncos from the AFC. The Packers are going to win it though.”

# AMERICA'S NAVY

## Promoting Equal Opportunity

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