

October 31, 2010

# PalomNews

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# FROM THE DECK PLATES



By CMDCM  
(SW/AW/SS)  
Brent Williams

Hello again shipmates, and as many of you know, November is almost here; hard to believe. October has been a great month for PELELIU and the Navy. The ship had a great 5<sup>th</sup> Fleet port visit; we celebrated the Navy's birthday, welcomed some new shipmates including our prospective Executive Officer, and as always, completed a ton of work safely and in PELELIU fashion. We also had a few new Dad's, and many complete all the requirements for there warfare devices.

November is going to be jammed packed and will go by very quickly. We have many that are still completing their warfare qualifications and are awaiting boards. It is imperative that if you have time to study, take advantage of it. It takes a lot of time and effort to get the experts together and hold a board. I know it is hard to prepare, but the key is to get out there and learn the locations of the major equipment, in weapons, combat systems, deck, and engineering. We are seeing some great boards, but it seems that many are not getting the locations as well as they should be which is causing subsequent lookups and even some re-boards. As we get closer to our return, we are going to have to stick to our schedule, and there will be a cutoff date. So study hard and ensure that you have visited the spaces to truly get a handle on it.

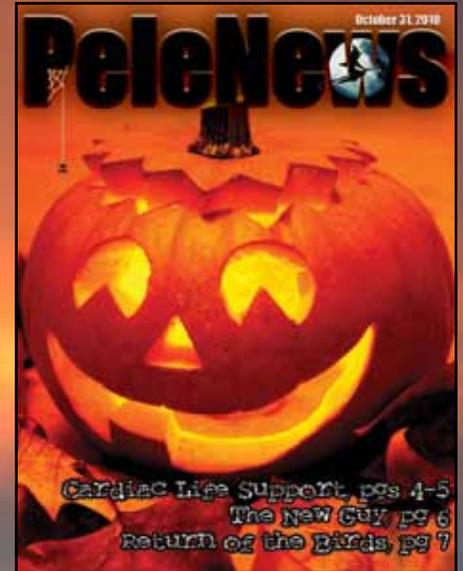
For our new Sailors, welcome to a great ship, and as far as your warfare qualifications go remember that for newly reporting E4 and below, you have 30 months to have your warfare pin from the day you reported aboard. We will cover this at your first career development board, along with many other career issues. I think all of our new shipmates are getting here at a great time, you are seeing the ship in full operational mode prior to our return to home port. PELELIU operating at sea compared to PELELIU in port San Diego is like night and day. So learn all you can now so once in port, you can appreciate the differences.

So what will November bring? This month will be crunch time for a variety of areas that will be the key to the successful completion of a very productive and valuable deployment. We have many plans in the works; from Tiger Cruise, homecoming preps, and yes planning the next maintenance availability. There is also talk of his Majesty Neptuness Rex and his Royal Court making a visit to allow our passage and the cleansing of the ship. If you are not sure what I am speaking of, then yes, we need cleansing.

Dig in, do the job right the first time, and make everyday count. To all of you, stay safe, we've been out here to long doing too good to get complacent; think about what you are doing. I want all of you to get home safely and be able to enjoy the time off.

Go Navy, and "Keep Charging PELELIU"

## On the Cover



Happy Halloween!

This magazine was published and printed on board by the USS Peleliu (LHA 5) media division. This newspaper is an authorized publication for members of the Department of Defense. Contents are not necessarily the official views of the U.S. Government. The media division reserves the right to edit submissions.

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# FRG UPDATE

Happy November to all! It sure does feel good to say it is November and turn another page on the calendar as well as set our clocks back, another week down!

Homecoming is on the horizon and although we do not have definitive dates yet, plans for the celebration are well underway. We want and need everyone to understand that you will not miss the announcement when it is made, we would love to have dates now, but that is not the case, be patient, we will know something soon.

Back to homecoming: if you are coming to San Diego from out of town to greet the Iron Nickel, please let us know, we are planning a night before USS Peleliu family get-together. This will be for anyone coming from out of town, to greet your Sailor, as well as those of you in San Diego, all are welcome. Please email us at [peleliufrg@gmail.com](mailto:peleliufrg@gmail.com) so we can start to get a head count for our out of town guests. One of the local hotels is also offering a special \$99 rate for anyone wishing to stay, once dates have

been confirmed, we will put out that information.

On a side note, if your service member is a Marine and part of ship's company, this night is for you too. Those of you that have a service member that is part of the 15th MEU, please contact the FRO for all of your homecoming details, as the MEU will be disembarking the ship the day before the ship actually pulls into San Diego. Here is the contact information for the 15th MEU FRO: <http://www.i-mef.usmc.mil/external/15thmeu/family/family.jsp>.

On to more FRG fun! If you are in San Diego and don't have Thanksgiving plans, we are going to be doing a Thanksgiving Day 5k. The link to sign up is [http://www.thanksgivingrun.org/2010/pdf/Thanksgiving5KRegistration\\_2010.pdf](http://www.thanksgivingrun.org/2010/pdf/Thanksgiving5KRegistration_2010.pdf). Get your homecoming shirts soon so you can wear it to the walk/run! We are working on a potluck dinner for the afternoon of Thanksgiving. If you would be interested, please email us at [peleliufrg@gmail.com](mailto:peleliufrg@gmail.com) so we can start making plans for how many people we may have. The time and location is to be determined; stay tuned for details in the coming weeks.

More fun, we have a diner's night this week, it is November 4th at Rubio's in UTC, the flyer is attached, just print it out and bring it in so you can help raise money for the FRG events!

Back to homecoming: join us on November 16th at 6 p.m. at the Murphy Canyon Chapel for our last meeting! There will be a lot of information

disseminated and we have the return and reunion brief as well. We will be selling first kiss raffle tickets before the meeting starts and everyone that attends will get the first one for free. Once the meeting starts, ticket sales will end so get there early! Mrs. Cedrun will be there to draw the first kiss tickets, as well as give us any updates she may have from the ship. There will also be a raffle that everyone who attends will get a ticket for, and we will draw prizes at the end of the meeting.

Have a safe and productive week!

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**AND RAISE MONEY FOR**

**USS Peleliu Family Readiness Group**




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Please remember to turn this flyer into the cashier to receive credit

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| <b>DATE:</b><br>Thursday,<br>November 4th, 2010 | <b>AT THIS RUBIO'S RESTAURANT LOCATION:</b><br><b>La Jolla - UCSD</b><br>9500 Gilman Drive, La Jolla, CA 92093 |
| <b>TIME:</b><br>2:00 pm - CLOSE                 | For directions visit <a href="http://rubios.com">rubios.com</a>  |



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- Rubio's a-Go-Go® Catering Trays -

\*Flyer requires 24 hours advance notice for Rubio's a-Go-Go® catering orders.

# PELELIU'S MEDICAL BI-ANNUAL CARDIAC

Story and Photos By MC3 Omar Dominquez

The Peleliu Amphibious Ready Group medical team embarked aboard amphibious assault ship USS Peleliu (LHA 5) conducted a bi-annual simulated cardiac life support drill on a new, high-tech medical mannequin Oct. 29.

The drill was designed to train Sailors and Marines to respond to cardiopulmonary shock in addition to training on the \$150,000 computerized mannequin. The mannequin aids in training by simulating a real cardiac arrest, and other cardiopulmonary conditions.

“Since we can’t necessarily have an individual on the ship have a heart attack or an abnormal rhythm, or more importantly a way to conduct CPR or conduct electrical shocks to them, this new mannequin enables us to conduct all these different types of training evolutions that can’t be done on an actual person for safety reasons,” said Lt. James Clifford, senior medical officer.

Clifford added that the new mannequin allows medical personnel to practice for real life scenarios. The mannequin is electronic and has many lifelike characteristics that add a different intensity to the training evolution.

“The mannequin gets connected to a computer which gives it commands, such as having a pulse, or dilated pupils, or replicate its bowel sounds,” said Clifford. “We can also get intravenous access, inject medications, and insert a tracheal tube down the throat.”

The mannequin’s many reactions help medical responders to react with more realistic training than conventional training.

“A lot of the times when we conduct cardiac life support drills, we give verbal commands on what we are doing, in this case we actually do it on the mannequin,” Clifford said. “The hardest part for some Sailors and Marines is becoming comfortable

with the piece of equipment.”

The patient simulator brought the different components from Medical Department to work together.

“We have been very fortunate to have an integrated Medical Department, both the Marines’ Medical Department and Navy Medical Department,” said Clifford. “Our blue-green team came together very well. We have a lot of resources coming from Fleet Surgical Team 1, Peleliu’s Medical Department and the 15th Marine Expeditionary Unit medical side.”

According to Hospital Corpsman 1st Class (FMF/AW) Joven Pimentel, drill assistant supervisor, training like this one is important.

“This drill is a good way to keep everyone on their toes,” he said. “We want our medical team to respond quickly and not have to think about what to do next; it should be automatic. With this new equipment, it will allow us to reach that goal and progress in our jobs.”

Clifford said Peleliu will conduct these drills often to keep the medical team prepared.

“Much like anything, a lot of this training is muscle memory, and getting comfortable with materials and the tools that you have, so if you don’t practice for the real scenario, mistakes are more likely,” said Clifford. “We hope we never have an actual casualty, but the more we can do this under situations where we can see what works and what doesn’t work, we can prepare for future events to run smooth.”



# TEAM CONDUCTS LIFE SUPPORT DRILL



LT. Cmdr. Ronald McGuire, nurse anesthetist, gives oxygen to a computerized mannequin during a simulated cardiac life support drill aboard amphibious assault ship USS Peleliu (LHA 5). The computerized mannequin has many lifelike characteristics such as having a pulse, dilated pupils, and the ability to receive injections.

# The New Guy

Story and Photo by MC1 (SW/AW) R. David Valdez

What happens when you're new to marriage, a new father, new to the Navy, and you're assigned to a ship that's already underway?

Aviation Ordnanceman Airman Ignacio Gonzales, a 19 year-old from San Bernadino, Calif., decided he would show his wife exactly what kind of life he's living aboard the Iron Nickel.

"I got married right before Boot Camp, so my wife already had to spend a lot of time without me," he said.

"Nobody gets married to be left behind all the time, and we have a new baby, so she's doing a lot without my help."

In order to make sure his wife got an understanding of shipboard life, Gonzales had some photographs taken of his rack, the head, and the line at chow.

"A lot of people take simple things for granted," said the two-week veteran of the Iron Nickel. "Back at home, people don't sleep on top of their closet, share a bathroom with more than two or three people, and we don't wait in line to have dinner."

Gonzales added that he understands the reason why shipboard life is different, and he understands the reasons for the different conditions aboard ship.

"I don't want to sound like I'm complaining," he said. "If everybody had the bed they were used to, berthing would be about ten times the size it is now, and there are some little things like the ship's store, the gym and the library that make life a little easier."

Gonzales believes that taking the time to shoot photographs of his living conditions is going to do more than just give his wife an idea of what his life is like while he's underway.

"My daughter is only going to be five months old when I get home," he said. "When she gets bigger, she'll be able to see these pictures and know what her daddy is doing when I get underway again."



# Helicopters Return, Peleliu ARG and 15th MEU Conclude Pakistan Relief Operations

By MC2 (EXW) Andrew Dunlap

Four CH-46E "Sea Knight" helicopters of Marine Medium Helicopter Squadron 165 (Reinforced) (HMM-165) landed, shut-down, and were chained to the flight deck of amphibious assault ship USS Peleliu (LHA 5) on Oct. 28, after ten weeks of flying missions over the flood-stricken country of Pakistan.

These helicopters returned to the ship as the Peleliu Amphibious Ready Group (ARG) and embarked 15th Marine Expeditionary Unit (MEU) began the retrograde of personnel and aircraft, as support to

relief operations ashore conclude.

relief operations ashore conclude.

"The Navy and Marine Corps team is designed to execute a variety of complex missions," said Col. Roy Osborn, commanding officer of the 15th MEU. "This particular team performed its humanitarian aid mission as well as anyone."

Peleliu was the first Navy and Marine Corps asset to arrive off the coast of Pakistan after the flooding began. The ship was executing a regularly scheduled deployment in the 5th Fleet area of responsibility when she was directed to move across the Indian Ocean and station off the coast of Karachi, Pakistan.

En route, Peleliu embarked three U.S. Navy MH-53E "Sea Dragon" helicopters from Helicopter Mine Countermeasures Squadron 15 (HM-15) to join the 12 U.S. Marine Corps CH-46E "Sea Knight" and CH-53E "Sea Stallion" helicopters from HMM-165 (REIN), assigned to the 15th MEU.

These helicopters worked alongside the Pakistani military to provide the Government of Pakistan with a medium and heavy-lift capability to evacuate internally displaced persons and deliver food and supplies. Throughout the ten weeks on station, the Navy and Marine Corps team evacuated more than 9,000 people and provided more than five million pounds of relief supplies to areas inaccessible by ground vehicles.

"The extent of the flooding wiped out the ground infrastructure throughout large parts of Pakistan leaving no way for relief supplies to reach those in need. That's when our helicopters literally came to the rescue," said Capt. Dale Fuller, commander of the Peleliu ARG. "The Sailors and Marines of Peleliu ARG showed their mettle in facing some really harsh conditions, non-stop relief efforts and truly made a difference in the lives of millions of Pakistani flood victims."

Initial helicopter operations began in August at Ghazi Air Base in northern Pakistan where the flood damage was most devastating. The Peleliu ARG and 15th MEU eventually shifted operations south to Pano Aqil Air Base after additional humanitarian relief forces arrived in Ghazi. The relief efforts based out of Pano Aqil were in response to more persistent flooding in the southern areas of the country.

"I am extremely proud of all the hard work these Marines and Sailors did during the relief effort," said Lt. Col. Todd Oneto, commanding officer of HMM-165 (REIN). "The combination of long hours, challenging weather and flying conditions made it difficult, but the Marines and Sailors got the job done."

Peleliu will depart the coastal waters of Pakistan, but U.S. military relief efforts in the region will continue. The Kearsarge ARG and 26th MEU continue to work with other U.S. military assets in Pakistan to assist the Government of Pakistan with relief operations from Pano Aqil.

The Peleliu ARG consists of amphibious assault ship USS Peleliu (LHA 5), amphibious dock landing ship USS Pearl Harbor (LSD 52) and amphibious transport dock ship USS Dubuque (LPD 8).

Peleliu ARG will turn over with Kearsarge ARG as the theater reserve force for U.S. Central Command before leaving the 5th Fleet area of responsibility and transiting across the Pacific Ocean to conclude deployment when they arrive in their homeport of San Diego, Calif.



*Break  
Free*



*Stop by Medical  
for support*