

AROUND THE ISLAND

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Navy News: Changes with ZIP Codes

9-Digit Codes Mandatory for FPOs

By Debbie Dortch, NAVSUP Corporate Communications
MECHANICSBURG, Pa. (NNS) --

Effective immediately, family, friends, and businesses sending mail to Navy mobile units must use a nine-digit ZIP code to ensure delivery, according to an ALNAV message released July 12 by Secretary of the Navy Ray Mabus.

Mail not addressed correctly, including mail already en route, will be returned to the sender as undeliverable.

"Every mobile unit - ships, squadrons, detachments, et cetera - has a unique nine-digit ZIP code," said Naval Supply Systems Command Postal Policy Division Director Thomas Rittle. "Commanding officers will provide the correct ZIP codes to Sailors so they can notify their correspondents about the new address requirement."

According to the message, "The United States Postal Service (USPS) is resizing military mail processing operations from two coastal locations to one located in Chicago, Ill. to gain efficiencies in military mail delivery. As part of this effort, new procedures affecting configuration of mobile Fleet Post Office (FPO) addresses have been implemented to completely leverage automated mail sorting equipment and reduce manual sorting workload."

USPS automated equipment is set up to read the nine-digit ZIP code separated with a dash between the first five digits and the last four digits.

The nine-digit ZIP code is required for all classes of mail.

The NAVSUP and Navy Supply Corps team share one mission - to deliver sustained global logistics and quality-of-life support to the Navy and joint warfighter. NAVSUP/Navy Supply Corps' diverse team of more than 25,000 civilian and military personnel oversee a diverse portfolio including supply chain management for material support to Navy, Marine Corps, joint and coalition partners, supply operations, conventional ordnance, contracting, resale, fuel, transportation, security assistance, and quality of life issues for our naval forces, including food service, postal services, Navy Exchanges, and movement of household goods. The NAVSUP/Navy Supply Corps team forms a vast network of professionals who deliver unparalleled products and services to customers in the Fleet and across the world.

For more news from Naval Supply Systems Command, visit www.navy.mil/local/navsup/.

Are you ready to become a Surface Warrior?

ESWS Trivia?

Within what frames are personnel protected from CBR attacks?
How many ship service diesel generators (SSDG) are onboard MKI?
Name the type of firemain system MKI has.
How many Main Machinery Rooms does MKI have?

Answers available on page 8

AROUND THE ISLAND

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ON THE COVER:

Adm. Cecil D. Haney, Commander, U.S. Pacific Fleet, is piped aboard the USS Makin Island for a visit July 31, 2013. [Photo by MC2(AW) Lawrence Davis]

MKI MWR Holds 5K Freedom Run



Photos and Story MCSN Ethan Tracey, Around the Island Staff

Sailors from the amphibious assault ship USS Makin Island (LHD 8) gathered at the Admiral Prout Track and Field, Naval Base San Diego, July 26, to participate in a Freedom 5K Run to promote physical readiness.

The event, presented by the ship's Morale, Welfare and Recreation (MWR) division, and hosted by the Drug and Alcohol Programs Advisor, DAPA challenged Sailors in leading healthy lifestyles while supporting the fitness element of the Navy's 21st Century Sailor and Marine initiative.

"The DAPA team's goal is to promote a healthy lifestyle and provide events that encourage healthy habits especially during this extended PMA period," said Chief Air Traffic Controller Gavriela Brooks, Makin Island command DAPA.

According to Makin Island's MWR "Fun Boss," Kristen Venoy, a total of 30 Sailors competed for the chance to win more than \$100 in prizes, and special liberty chits as well as 1st and 2nd place prizes awarded for men's and women's divisions.

"MWR is an alcohol and tobacco free program, so anytime we can team up with DAPA to promote fitness and fun without those things, we'll do it," said Venoy. "We try to do a 5K at



FREEDOM RUN Continued on page 9

MASTER CHIEF'S CORNER

THIS WEEKS CONTRIBUTOR: CMDM MOORE

First, it is my absolute pleasure to be the Command Master Chief onboard this awesome warship. This month we will start a monthly column from the Master Chiefs onboard focusing on Leadership. As the Command Master Chief, I will start it out.

Let's see, I was sitting on the dock of the bay....no wait, wrong sea story. Where did I learn leadership? The answer to that is, everywhere. I learned something from every leader that has ever been in charge of me, and there have been a lot. That is not saying that I am old, it just means no matter how high we go we always have someone in charge of us.

I have had great leaders who took the time to train and develop me, those that truly cared about me and those that were hard on me to ensure that I was developed beyond my expectations. I took all of these examples and used which ones made sense to me and was within my personality to use. The first rule of leadership is that we cannot be somebody we are not. You must pick a leadership style that fits your personality. That is not to say we don't or cannot change with experience or effort, but it must come from within us. I observed every leader that I had, and more so, I observed the people they led to see their action or reaction. Every decision they made was an opportunity for me to learn.

Let's talk about the basic tenants of leadership that I hold true. First we must never forget the basics; they are what give us the foundation with which to lead. They are what you know and what you expect your Sailors to know. To answer the question, "What are the basics?" all you have to do is think back to Boot Camp or your commissioning source school and your navy technical schooling. What did you learn there? Keep looking back and refreshing your knowledge on those basics. It is that

foundation that will propel you to be a better Sailor and leader.

Second, you must know who you are leading. What makes them click? What motivates or demotivates them? What issues or problems are they having that might interfere with them concentrating on work? We as leaders have to take every issue seriously and aggressively pursue the fix. We have to know how to help, what resources are available or who to get the answer from. If all else fails, ask the Command Master Chief.

Third and lastly, you have to know the mission and capabilities of your Division, Department, Ship and our Navy. What is your part? Are your actions and tasks in line with supporting the overall mission? What capabilities do you provide, or should you provide? Do you have the knowledge and technical expertise to provide the capability?

This is by no means the only thing you need in your toolbox. It is just the start, much like this article is the start of the Master Chief Corner. All of the above can be summed up by simply saying; Know Your Ship, Know Your People, Know Your Business. GUNG HO!



Naval JROTC visit MKI



Photos and story by MC3 Kory Alsberry, Around the Island Staff

A group of 25 Naval Junior Reserve Officer Training Corps (NJROTC) students from high schools located throughout Dekalb County, Ga., visited the amphibious assault ship, USS Makin Island (LHD 8) for a tour, July 17.

NJROTC is a joint-sponsored Navy and secondary school citizenship and leadership program for students in grades nine through 12. It is strictly an educational program, and the cadets are under no naval obligation. NROTC, on the other hand, is offered at the college level and trains young men and women to become naval officers upon graduation.

The tour came at the request of NJROTC instructor Cmdr. Edward Johnson (ret.), in an effort to bridge the gap between potential service members and those currently serving.

"This was a phenomenal visit we had aboard the Makin Island today," said Johnson. "The cadets as well as the naval science instructors were so impressed with the passion and commitment of the Makin Island crew. Field trips like this showcase what the Navy has to offer and gives our students motivation and vision to pursue their dreams."

For many of the students, who range in age from 14 to 17, this was their first time on a ship. According to Lt. Harriet Johnson, Makin Island's

safety officer, this visit will be very beneficial to both the Navy and the NJROTC program.

"It's important for the Navy that we open our doors to the NJROTC program," said Lt. Johnson. "For the students, a visit like this stretches their minds to think beyond their neighborhoods. It shows them alternate avenues to find their dreams and underscores the fact that it requires dedication to be successful in life, no matter what your goals may be."

While onboard, the NJROTC students visited various parts of the ship, including the bridge, flight deck, and well deck, getting a first hand look on how Sailors perform daily operations while in port. They also visited the ship's galley where they saw how the food is prepared everyday for the crew and was invited to have lunch.

Makin Island's Commanding Officer, Capt. Alvin Holsey, expressed to the students how important it is to receive a good education and continue planning for the future.

"The young folks who visited only got a glimpse into what we do," said Holsey. "Even a glimpse can spark interest and maybe allow someone to dream a bit differently. You never know the difference a smile, handshake or answering a question can make."



MAKIN ISLAND FAMILY FUN DAY AT SEAWORLD

Photos, Layout and Design by Around The Island Staff



CSADD NOTE

August Topic of the Month: Drug Abuse Prevention and Awareness

Every year thousands of Sailors dedicate countless hours towards improving their skills set in their rate, volunteering around their community, studying for advancement exams, taking college course, and getting involved in their command through collateral duties in hopes that it will assist with putting them ahead and helping with their continued advancement within the Navy. Don't let the countless hours you've dedicated go to waste by getting into trouble.

"Keep what you've earned"
Think about the decisions you make and evaluate how they will affect yourself, your family, your shipmates and your command. Substance abuse affects ALL. What happens when you get caught?

"Who's going to stand your watch"
Think about the impact your bad decision will have on the unit and your shipmates when you have to be removed from duty as a result of a substance abuse incident.

"Don't Be That Guy/ Girl"
If you have questions or are in need of help contact the Command Dapa ACC Brooks at x2342 .

C.F.L. Reminder

Monday ,Tuesday PT will be in the ships gym.
Wednesday, Thursday pt will held at Admiral Prout Field from 1500-1600
Friday BCA's will be held in Medical's P-Ward from 0600-0700

August Week 1

- 1 Mock PFA
- 2 FEP BCA

Week 2

- 5 Circut Training
- 6 Swimming Pool
- 7 Spin with Donna at Fitness Station
- 8 Mock PFA
- 9 FEP BCA

Week 3

- 12 Team Relay Cardio Conditioning
- 13 Core Conditioning
- 14 Spin with Donna at Fitness Station
- 15 Mock PFA
- 16 FEP BCA

Week 4

- 19 5K
- 20 Swimming Pool
- 21 Spin with Donna at Fitness Station
- 22 Mock PFA
- 23 FEP BCA

Week 5

- 26 Half PRT
- 27 Line Drill
- 28 Spin with Donna at Fitness Station
- 29 Mock PFA
- 30 FEP BCA

ESWS Answers
A) Bow-49 B) 6
C) Composite Loop D) 2

FREEDOM RUN (cont) from Page 9

least every other month. Unlike previous Makin Island 5K's, Sailors were encouraged to wear something patriotic to further their chance to win a costume contest which was held after the run.

Aviation Boatswain's Mate (Handling) Airman Larry Flores who finished in 18:45, was the male runner winner and Information Systems Technician 2nd Class Tanya Stone, who finished in 22:15, was the female runner winner.

"I enjoyed the course and the patriotism displayed in the costume contest," said Flores.

Makin Island's Freedom Run and other MWR-sponsored activities are designed primarily for recreation but they also play an important role in helping maintain Navy physical fitness standards which ensures the command's overall mission readiness.

"Not only is it important to workout whenever you can, but a balanced diet is key to help maintain an active and healthy lifestyle," said Electricians Mate 2nd Class Maria Trnka, a Makin Island command fitness leader. "I make sure that after my people PT we talk about some healthy alternatives that we can use during lunch and dinner onboard the ship."

The 21st Century Sailor and Marine initiative consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine readiness, safety, physical fitness, inclusion, and continuum of service which builds resiliency and hones the most combat-effective force in the history of the Department of the Navy.

Women at Sea help San Diego Food Bank



If you are interested in joining Women at Sea contact LT Johnson, ICC Alexander, or IT1 Roberts

**OPINION
ISLAND**

Why is your job important ?



"As the ship's meteorology and oceanography officer, I provide weather and tactical oceanography to the Marines and Navy operating in our amphibious readiness group. I keep them safe."

-LCDR Jeremiah Chaplin

"My job is important because we provide nutritious meals to the crew and help improve morale."

-CSSC Lawrence Lapell



"My job is important because without GSMs, we wouldn't be able to leave the pier or go underway. We are the driving portion of the Navy."

-GSM2 ErinMarie Fletcher

"My job is important because we keep the ship functioning through the evolutions we perform and all the preservation and deck work we do as BMs."

-BM3 Mercedes Gonzales



CORNER

*Feature
Family Event*

*Ringling Bros and
Barnum & Bailey
Circus*

*Location: Valley View
Casino*

*Features more than 110
artists and athletes
representing 17 countries
along with 95 exotic
and domestic animals.
Opening 90 minutes prior
to each performance, ticket
holders are invited to tour
the Animal Open House
to get up-close with the
animals. Then one hour
before show time, families
can step onto the arena
floor to meet our circus
performers and animals at
the interactive all access
pre-show.*

Show dates/ times

Thursday, Aug. 8

7 pm

Friday, Aug. 9

11 am

7 pm

Saturday, Aug. 10

11 am

3 pm

7 pm

LOCAL EVENTS IN AUGUST

TUES. 6 AUGUST

0900 Fitness & Healthy Living Expo (NBSD Commisary)

2000 Gaslamp Open-Mic (American Comedy Company)

THUR. 8 AUGUST

1800 Brazilian Carnival Dinner Show (Bahia Resort Hotel)

FRI. 16 AUGUST

1800 Elvis karaoke contest (NBSD Recyard)

1900 Jazz Jam Fridays (California Center for the Arts, Escondido)

SAT. 17 AUGUST

1200 San Diego IndieFest 8 (NTC at Liberty Station Arts and Culture District)

1900 Weezer (Del Mar Fairgrounds)

WED. 21 AUGUST

1830 Green Flash Concert: Matt Costa (Birch Aquarium at Scripps)

FRI. 23 AUGUST

1900 Family "Dive-In" Movie Night (Naval Medical Center SD, Bldg 12 Athletic Complex Pool)

THUR. 29 AUGUST

1900 Comedy Show (NBSD Recyard)

2000 Spotless Comedy with Mark Christopher Lawrence (Comedy Palace)

SAT. 31 AUGUST

1400 SD Bacon Fest (Point Loma)

1900 Reggae Fest featuring Ziggy Marley (Del Mar Fairgrounds)

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

YOU'VE EARNED IT



DON'T WASTE IT



DRINK RESPONSIBLY.

**KEEP WHAT
YOU'VE EARNED**

IT WASN'T EASY GETTING HERE.
DRINK RESPONSIBLY.

www.nadap.navy.mil