

EST. 2011

NOV/DEC 2017

AROUND THE ISLAND



INSIDE

CHANGE OF COMMAND
VETERANS DAY
THANKSGIVING
YEAR IN REVIEW

AROUND THE ISLAND

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\$1 EXACTA #21 WITH		POOL TOTAL: \$444,427					
1	136	5	241	9	187	13	254
2	40	6	286	10	95	14	372
3	451	7	-	11	42	15	-
4	375	8	80	12	259	16	-

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ON THE COVER
CAPTAIN DAVID ODEN SPEAKS DURING THE CHANGE OF COMMAND CEREMONY



PHOTO OF THE MONTH

By MC2 ERIC ZEAK

MKI COLOR GUARD PRESENTS THE COLORS AT THE BREEDERS CUP





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15 YEAR IN REVIEW

Thankfulness

The Conscious Practice of a Mood-Boosting Virtue

U.S. Navy story by Mass Communication Specialist 3rd Class Asher Allen



For some, there must be family, turkey, and mashed potatoes, or it's not Thanksgiving.

Tradition is a wonderful thing, but many discover that it can be a hard commodity to maintain while serving in the military. Every Thanksgiving—every holiday—there are service members on duty, many in harm's way, and thankfulness is sometimes the last thing on their minds.

“The fall holiday is a good time to remember that the mood-boosting virtue of thankfulness is not dependent upon food or any other tradition,” says retired Chief Hospital Corpsman Kevin “Shirley” Conrad, who spent countless holidays away from home and loved ones during the Vietnam War. “It is also not a mood, as many think, but a mental practice. A conscious choice.”

Conrad absently strokes his impressive November mustache as he explains that thankfulness is a very important part of maintaining a positive outlook on

life. “We can literally turn our own day around just by choosing to focus on the good things in our lives. Ironically, this is most effective when we're feeling the most discouraged about where we're at in life.”

Conrad explains that spending time focusing on positive aspects in one's life—be it health, family, freedom, even good food or perhaps a great mustache—can drastically affect the way we approach each day.

“My second son was born about a week before Thanksgiving, when I was overseas,” shares Conrad. “I desperately wanted to bemoan my situation and throw a pity-party for myself. But I realized something. I had a second son; a healthy child. He was with his older brother and my wife in the States. They were safe. I might not be with them, but I truly had much to be thankful for.”

Conrad smiles as he looks at a wallet-sized photo of his kids. “I don't get to see them every Thanksgiving or Christmas. I'm grateful when I do, but when I don't, I'm still thankful. I'm thankful they are well. I'm thankful for the country we live in. I choose to be thankful for many things.”

Conrad says not to take even the little things for granted. “Be thankful. Even when you feel dissatisfied or angry, try to focus on the things that are working out for you. I promise there are more good things in your life that you immediately assume.”

FEEDING THE FLEET

THANKSGIVING

89



Naval Supply Systems Command is tasked with serving hundreds of thousands of pounds of food for the holidays. Here's the break down:

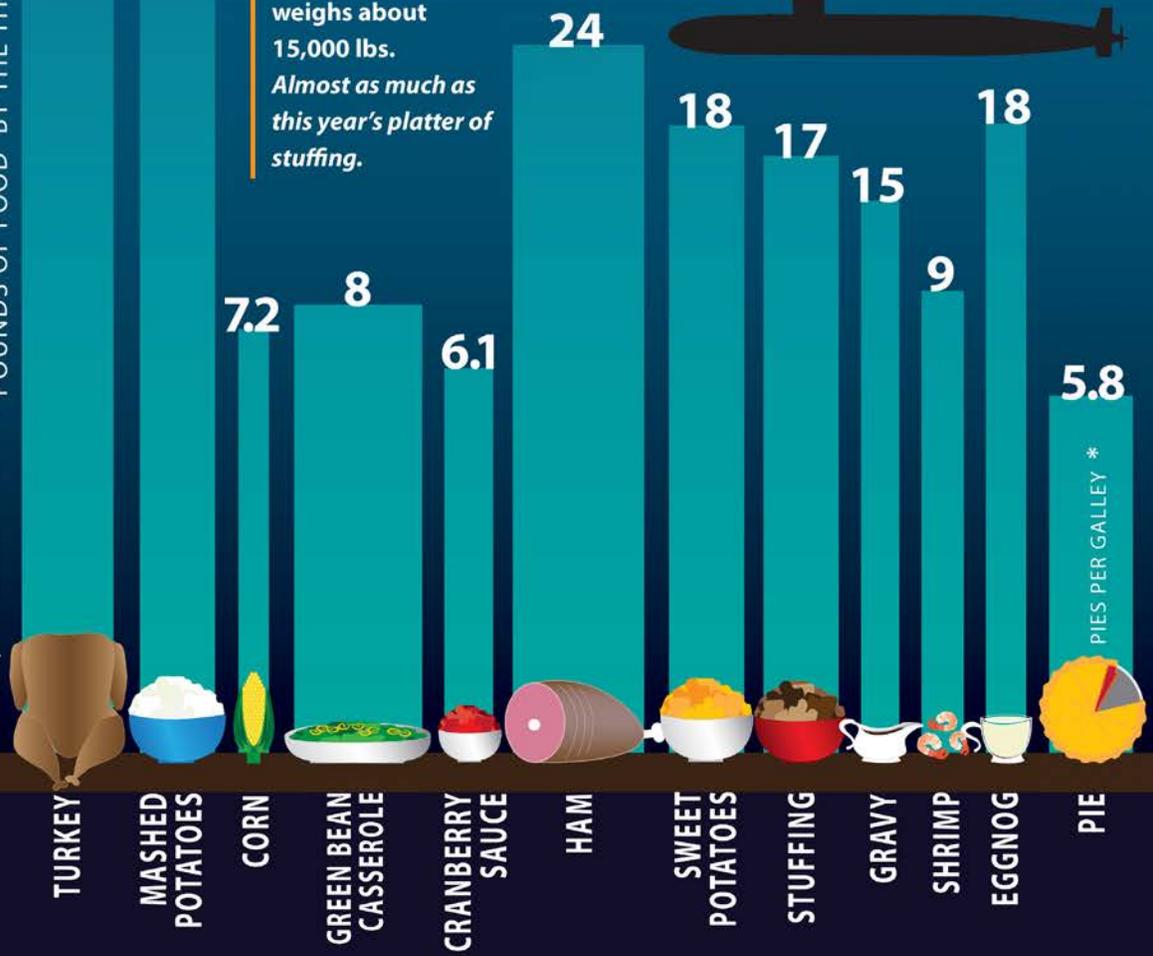


Do you like eggnog?
How about a swimming pool's worth?

The MH-60S Sea Hawk helicopter weighs about 15,000 lbs. Almost as much as this year's platter of stuffing.



POUNDS OF FOOD BY THE THOUSAND



PIES PER GALLEY *

USS Makin Island Holds Change of Command

U.S. Navy story by Mass Communication Specialist 2nd Class Eric Zeak

The amphibious assault ship USS Makin Island (LHD 8) held a change of command ceremony at the I-Bar on Naval Air Station North Island, November 9.

Capt. David Oden, from Fortville, Ind., relieved Capt. Mark Melson during the ceremony.

The guest speaker was Rear Adm. Sean Buck, commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet. Buck said he wanted to honor both Capt. Melson and Capt. Oden for their leadership and warfighting skills.

“A change of command is a significant event,” said Buck. “Not only to revel in a recent homecoming after a successful deployment, but also to take a moment to acknowledge your captain.”

Since assuming command of Makin Island in August 2016, Melson led the ship on a combat deployment to the 3rd, 5th, and 7th Fleet areas of operation.

Melson thanked friends, family, and the crew for their support during his time with Makin Island.

“This ship was my home this past deployment,” said Melson. “As beautiful as she is, she is nothing without her crew. To be your commanding officer has been the most

humbling and special honor I have had, and I will never forget you.”

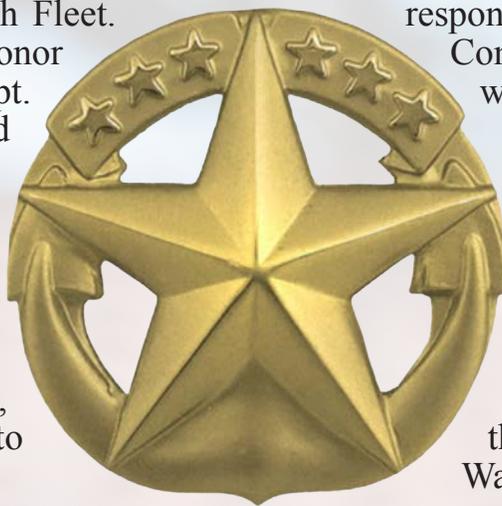
During the ceremony in San Diego, Melson, who will continue his naval service on staff duty for Supreme Allied Commander Europe, was presented with the Legion of Merit for his performance as commanding officer from August 2016 to October 2017.

Oden officially assumed the title and responsibilities as Makin Island’s Commanding Officer after orders were read and salutes rendered.

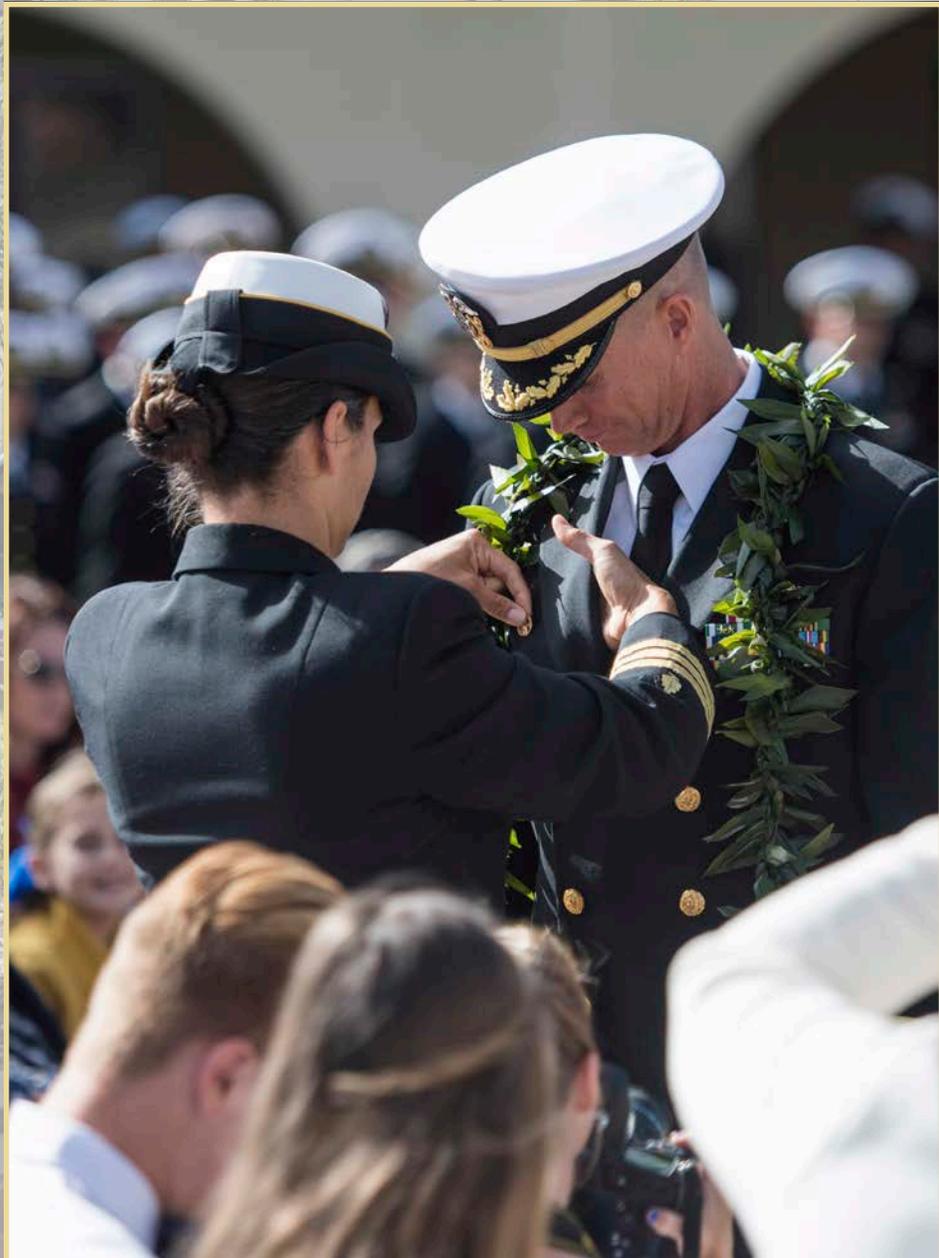
Oden served as Makin Island’s executive officer from August 2016 to October 2017. Previous tours include USS Fort Fisher (LSD 40), USS Milius (DDG 69), USS Benfold (DDG 65), and the Naval Surface and Mine Warfighting Development Center.

“This crew has proved itself time and time again through every evolution,” said Oden. “The level of professionalism and dedication I witnessed on deployment was truly second to none. I look forward to all of us carrying on Makin Island’s outstanding waterfront reputation.”

Makin Island is currently conducting a depot-level planned maintenance availability (DPMA) at the National Steel and Shipbuilding Company (NASSCO) facility in San Diego.









Makin Island Sailors Volunteer at Veterans Day Barbeque

U.S. Navy story by Mass Communication Specialist 2nd Class Eric Zeak

USS Makin Island (LHD 8) Sailors attended a Veterans Day barbeque at Casa Aldea at University City Village, November 11.

Casa Aldea is an independent community for people 55 and older. Casa Aldea held the barbeque in honor of the 27 residents who served in the military.

Kelly Barrie is the activities director at Casa Aldea, and she said having active duty military attend the barbeque took the event to a whole new level.

“We do a Veterans Day barbeque every year,” said Barrie. “It felt like something was missing, so I thought it would be fun to have the active duty military here. Everybody loved interacting with the Sailors.”

Makin Island volunteers ate lunch with the residents and swapped stories about their time in the military. Sailors also presented the veterans with Makin Island merchandise and made deliveries to those who couldn't make it to the barbeque.

Fire Controlman 2nd Class Rachel Koons volunteered for the barbeque, and she said it's because of past veterans that we're here today.

“Veterans Day is a day to step back from our lives to remember and honor those who came before us,” said Koons. “Without their sacrifices in past conflicts, this might be a very different world. Because of their courage, we have to chance to serve in the world's greatest Navy.”

Koons also said the event surpassed all of her expectations.

“The spirit of this event was to show our gratitude to the veterans of this community by listening to their stories and never forgetting why we serve,” said Koons. “Sailors gained perspective and the veterans were invigorated by our visit.”

Casa Aldea said they would love to host Makin Island Sailors for future community relation events.





**Cryptologic Technician
(Maintenance) 1st Class (Retired)**

Jayson Mallari

Q. What drove your decision to join the U.S. Navy?

A. My reason for joining the Navy was for several reasons: first, it was a family tradition. My older brother was a huge influence in helping me to decide Navy when back then I was all about joining any branch of the military. Marines was my first choice, then the Army. But, my heart was set on the Navy for some reason which stemmed from hearing about and seeing my older brother's adventures overseas. It was a fascinating tale and made my imagination grow. What he got to see I also got to see personally as a sailor. Second reason, was to make my parents proud of doing something that would make a great difference in my life. My dad felt for me that the Navy was great way to learn a trade, be responsible and have discipline. And for me personally, it was a chance to be a part of something and be somebody. Looking back, it was the decision I am most happy about and will never forget. There's not a time I will never utter something about my Navy experience with someone even with a new sailor at the shop I work in.

Q. How did serving with your nephew help you both become better Sailors and leaders?

A. Our bond together is like nothing I have ever had even with my own siblings. Sure we were uncle and nephew to the rest of the family, but as for me and him, we are so much more. We're like brothers. I raised him like he was my younger brother. As sailors, we were shipmates. That brotherly love that one would have with someone in a trench at a field of battle is how we were with each other. He chose to enlist in the Navy for the same basic reasons I did. But my nephew's journey is his own. When he made Chief recently I felt his joy despite of the distance being on his deployment. Jasper still asks me for leadership advice. He gains an insight and at the same time I gain a stronger relation. Some would say we are cut from the same cloth. Now, as he's taken on a mantle of leadership that few get the privilege to have, he never stopped caring for his junior sailors. He told me when he made Chief is that it's time to go back to the basics. I asked him what would that be. He said the basics of leadership by rounding out the next Naval generation of leaders to take our Navy into a better future. We are both proud of the uniform we wear. We take deep pride in the Navy and its history.

Q. What does Veterans Day mean to you and how to you celebrate it?

The meaning of Veterans Day is a celebration of our accomplishments (personally and professionally) in the service. It's a way of recognizing, remembering, and appreciating our veterans who did what had to be done to protect our way of life. Modestly speaking, I am the one who is always thanking a vet whenever I see one. A WW2 vet still proudly wearing his tattered ribbons from years go on his coat has my utmost respect and admiration. As weak in body they have become, their minds have still the vividness of their service. And still they have the same veteran humor and language as newer veterans do which makes them closer to us despite of the generation gap. There is something that ties us veterans from any era that no civilian that served will truly understand. The way I celebrate Veterans Day is being part of a fundraiser for veterans and volunteer in a homeless shelter serving food. I see a homeless vet, I would sit down with them and eat along with them. Asking them introductory questions like their name, their branch of service, when they served, where they served. Some of those vets tend to keep to themselves because they feel abandoned. But no brother ever abandons his brother and sister in arms. I can never allow myself to be cut off from that brotherhood. It is just unnatural to do so for me. It's what we become as a result because we share in the same struggle and alot of times victory.



Q. How have you carried on the Navy traditions as a veteran?

A. At my workplace, honor courage and commitment carries weight in the civilian world. Because of the principles I learned in the Navy they help me entirely in making decisions at work and really it nurtures my work ethic. Surely the Navy technicalities will not always work in the civilian world but the basic skills of leadership, teamwork and resourcefulness really apply in life. As a hobbyist with living history the Navy traditions show themselves. The public especially the children engage in my teachings about Navy history. As I see these kids listen attentively I may be helping in their decision to do something for themselves; perhaps enlist or become an officer in the Navy or any of the other branches. Children that I have interacted with during these events are interested in history. That's their reason for visiting and being engaged. The point is, they become aware that the Navy's history and tradition are woven into our nation's pride and history that made us who we are as Americans. That's my small contribution to the Navy today.

Makin Island Celebrates American Indian and Native Alaskan Heritage Month

U.S. Navy story by Mass Communication Specialist 3rd Class Colby Mothershead

Sailors assigned to the amphibious assault ship USS Makin Island (LHD 8) learned about Native American culture during an American Indian and Native Alaskan Heritage celebration organized by the diversity committee at the base theater on board Naval Base San Diego Nov. 30.

November is American Indian and Native Alaskan Heritage Month, dedicated to recognize and acknowledge the traditions and rich ancestry of Native Americans.

Mallory Genauer, Barona Cultural Center and Museum's education coordinator, taught Sailors the rich historical significance and impact that Native Americans have had throughout the nation as she led the event as the guest speaker.

"It's important to know the history of this country, both bad and good," said Genauer. "If we can understand the bad, then we can change for the better."

Genauer also said, it's imperative that the Navy recognizes Native Americans because they have the highest ethnicity of enlistment per capita and have been serving the nation's land long before the Navy.

More than 9,000 Sailors and 2,000 civilians of American Indian and Native Alaskan heritage are currently serving in the Navy. Native Americans have honorably served in the U.S. Navy for more than 200 years.

"We all bring something different to the table," said Chief Information Systems Technician Michele Veverka, head of Makin Island's diversity committee. "We are all different in how we are brought up and the values that we have. Bringing it all together and using our strengths for each other is what truly makes us a team."

Veverka, who is of White Mountain Apache and Cherokee descent, also said she encourages Sailors to learn from each other's cultures and backgrounds because that is what truly unites the Navy.

The 2017 national theme for American Indian and Native Alaskan Heritage Month is "Standing Together," which encourages the nation to embrace and celebrate the cultural differences shared with the indigenous peoples of North America.

Makin Island Commanding Officer, Capt. Dave Oden, delivered his remarks during the ceremony.

"When I look into the stands here today, all I see is blue and gold," said Oden. "I don't see race or ethnicity. I see a bunch of Sailors who bring something to the table. The only reason we are as good as we are is because of every single one of you."

According to the Chief of Naval Personnel Public Affairs, a diverse workforce positions the Navy to operate successfully around the globe by bringing together Sailors and civilians with different ideas, experiences, perspectives, capabilities and skill sets. Integrating diverse backgrounds into the force allows the Navy to recruit and retain the nation's top talent from a vast pool of skilled personnel.



Word ON THE NON-SKID



A01 Alex Jones

My favorite part of Christmas is coming together with family and friends and enjoying great conversation and a good home cooked meal.

AN Ayesha Willy

One of my favorite things about Christmas is seeing all the excitement that surrounds it. I really enjoy being able to come together with family and celebrate a great holiday.

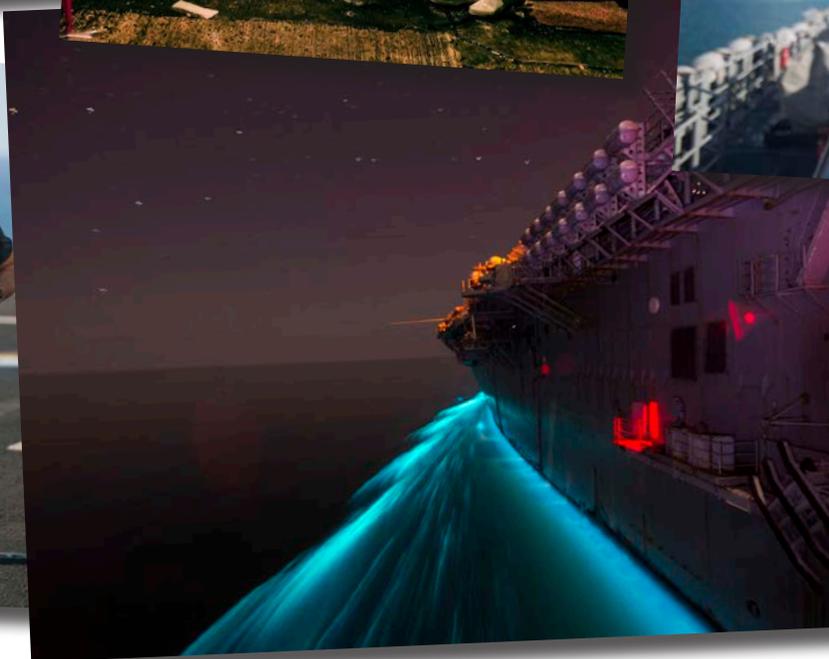


AZ1 Jonathan Webb

Religious beliefs aside, I enjoy Christmas time because I usually get to see the best of people. Whether it is feeding the homeless, toys for tots, or just giving back to those less fortunate, it shows that when needed, we can come together... I also love the Christmas music!



2017 YEAR IN REVIEW









Fair Winds
and
Following Seas

2017

