

AROUND THE ISLAND

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MKI SAILORS CONDUCT COMREL

Sailors reach out to local elementary school (Page 8)

LANE SPLITTING BANNED ON BASES

CNRSW policy prohibits motorcycle driving practice on Navy installations (Page 5)

BIGGEST LOSER COMPETITION 2013

Sailors compete for the title of 'Biggest Loser' while improving their health. (Page 3)

Statement from the Secretary of the Navy Ray Mabus on the Women in Service Review

From Secretary of the Navy Public Affairs

WASHINGTON (NNS) -- Secretary of the Navy Ray Mabus released the following statement Jan. 24 on the Women in Service Review.

"I fully support Secretary Panetta's decision to rescind the 1994 Direct Ground Combat Definition and Assignment Rule, which removes barriers preventing women Sailors and Marines from reaching their potential in certain fields.

"I am pleased the Navy has completed an initiative I announced several months ago to open up one of the few areas not currently available to women, that of service on Virginia Class submarines (SSNs). Three years ago we announced a policy change allowing women to serve in guided-missile attack (SSGNs) and ballistic missile submarines (SSBNs) and this is a planned continuation of that effort. Newly commissioned female officers have been selected for assignment to Virginia Class submarines upon successful completion of the Naval Nuclear Powered training pipeline. We expect these officers, along with female Supply Corps Officers, to report to their submarines in FY15. We also plan to include female enlisted Sailors in this process. The Navy has a long history of inclusion and integration and I am proud we have achieved another important milestone during my tenure as Secretary.

"Along with the changes already being made in the submarine force, rescinding the Direct Ground Combat and Assignment Rule allows Navy to expand opportunities for women in our riverine forces and in Navy billets that directly support Marine infantry operations like hospital corpsman and chaplains.

"The Marine Corps has already opened officer and staff noncommissioned officer billets in unrestricted mission occupational specialties in ground combat units that were previously closed to women such as artillery, armor, low altitude air defense and combat engineer battalions. We will continue to seek female volunteers to train at the Infantry Officer Course to prepare women to serve in the infantry as part of a comprehensive research plan that will inform the Marine Corps' implementation plan.

"The Marines are dedicated to maintaining the highest levels of combat readiness and capitalizing upon every opportunity to enhance our warfighting capabilities and the contributions of every Marine--it's simply the right thing to do.

"As the Marine Corps moves forward with this process, our focus will remain on combat readiness and generating combat-ready units while simultaneously ensuring maximum success for every Marine.

"Women continue to serve bravely and honorably at sea and ashore. Drawing from their talent in additional assignments increases our ability to maintain readiness.

"We will meet the goals and timeline laid out by Secretary Panetta and we will continue to deploy the finest naval force in the world."

THE OFFICIAL PUBLICATION OF USS MAKIN ISLAND (LHD 8)

AROUND THE ISLAND

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ON THE COVER:

USS Makin Island (LHD 8) Sailors participate in a Dr. Martin Luther King, Jr. memorial ceremony at Oak Park Elementary School and Music Conservatory in San Diego Jan. 22.

[Photo by MC3 Princess Brown]

MKI Kicks Off 2013 'Biggest Loser' Competition

By MC1 Ronald Gutridge, Assistant Editor

Sailors assigned to the amphibious assault ship USS Makin Island (LHD 8) began a "Biggest Loser" weight-loss and fitness competition Jan. 16, to help promote physical readiness during 2013.

The competition, sponsored by the ship's Morale, Welfare and Recreation (MWR) division, is based on the popular television reality series and challenges Sailors to lose weight and lead a healthy lifestyle while supporting the fitness element of the Navy's 21st Century Sailor and Marine initiative.

According to Kristen Venoy, Makin Island's MWR "Fun Boss," a total of 20 participants have signed up for the chance to be named the ship's "Biggest Loser."

"My goal for this year's Biggest Loser competition is to help those dedicated individuals truly learn how to live a healthier lifestyle," said Venoy. "For the Sailors who are living on the ship, in the barracks, or on duty, it becomes a challenge to pack healthy eating options. I want to show them the way to better nutrition, regular exercise, and hopefully spark a new sense of self-esteem and knowledge within these individuals."

Venoy said the program is scheduled to last four months, with prizes being awarded for the largest percentage of weight lost during the first month, at the halfway mark,

and a grand prize for one male and one female winner at the end of the competition.

During the competition, participants are encouraged to track caloric intake, log their workouts

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.

"We have a field of challenges to get through and by utilizing events like Biggest Loser and a robust physical fitness program, we can continue to beat tough issues like obesity and poor nutrition habits," said Chief Aviation Structural Mechanic Carlos Dave, one of Makin Island's command fitness leaders. "This competition is designed to help Sailors achieve their physical fitness goals and prepare them for future Navy physical fitness assessments."

Sailors said they are excited to take part in the competition.

"This competition is a great way to promote a culture of fitness," said Aviation Ordnanceman 3rd Class Carolina Martinez. "It also makes weight loss fun and competitive and it is easier stay motivated when others are participating with you."

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.



USS Makin Island (LHD 8) MWR "Fun Boss" Kristen Venoy (center) conducts the initial weigh-ins for contestants of the "Biggest Loser" competition. [Photo by MC1 (SW/AW/SCW) Ron Gutridge]

and record their progress for the official record. They are also encouraged to choose a friend, peer, or one of the MWR gym trainers to be their exercise mentor or "workout buddy."

Makin Island's Biggest Loser competition and other MWR-

MKI Joins Local Students to Honor the Life of MLK Jr.

By MC3 Princess L. Brown, Around the Island Staff

A group of seven Sailors assigned to the amphibious assault ship USS Makin Island (LHD 8) joined students at the Oak Park Elementary School and Music Conservatory for a special assembly to honor the life and work of Dr. Martin Luther King Jr., Jan. 22.

In addition to being guests for the musical program, Makin Island Sailors participated by reading King's biography and talking about his many accomplishments in the area of civil rights.

Following the program, the group of Sailors visited classrooms and met with students for short mentorship sessions.

"It was very refreshing having the Makin Island Sailors here today," said Julia Hutcheson, an administration assistant at the school. "I'm happy that they came. Now our students can see positive role models and learn about options for their future."

Sailors who attended the program were very excited about the opportunity to hear the music and songs, visit classrooms and talk with the students as a tribute to King's life and work.

"It was nice to see the children playing the instruments and their small choir," said Religious Program Specialist 3rd Class Joshua Julian, who works in Makin Island's religious ministries department and helps coordinate community relations projects for the ship. "I enjoyed having the chance to talk to the children and being able to let them see a little bit about who and what we are as people and Sailor's in the United States Navy."

Julian said it is important for students to meet military members rather than just see them on television because on television they have no personal connection.

"I loved interacting with the children," said Cryptologic Technician (Collection) 2nd Class Francine Finklea, a school volunteer assigned to Makin Island's



Aviation Boatswain's Mate (Handling) 3rd Class Ma Fuerte (right) reads a biography of Dr. Martin Luther King Jr. to students at Oak Park Elementary School and Music Conservatory Jan. 22. [Photo by MC3 Princess L. Brown]

operations department. "You could tell they were very excited to see and meet us by their energy levels. They asked many questions, but they were very courteous and welcoming. I was also amazed at the amount of discipline the students had."

Finklea said she tried to relay to the students the importance of staying focused in school, of working hard to achieve good grades, and to think about what they wanted to do in the future.

"I made sure to emphasize maintaining a positive attitude about school to the students," said Finklea. "Staying in school and getting a good education is very important. It helps to shape your future and open more doors for better opportunities."

Oak Park is one of two San Diego area schools that benefit from Makin Island's community outreach program. Makin Island volunteers also work closely with Willow Elementary School in nearby San Ysidro, Calif.

Leadership at all levels on board Makin Island works to inspire Sailors to strive for excellence and continuous improvement. The ship's commitment to schools in the local area, as well as other initiatives that seek to improve people's lives, is a key component of the command philosophy.

Policy Prohibits Motorcycle 'Lane Splitting' on Navy Bases

By MC1 (SW/AW) Davd McKee, Around the Island Staff

The practice of motorcyclists transiting their bikes between cars to escape slow traffic goes by different names. Some call it lane sharing, white-lining or filtering. In a policy letter issued to support OPNAVINST 5100.12J, the Commander, Navy Region Southwest (CNRSW) calls it "Lane Splitting" and prohibits this cycling practice on all CNRSW installations.

The instruction also makes it illegal to pass on the right, ride on the shoulder, ride in a designated emergency lane or cross over the fog line. Military personnel who violate the policy could face adverse administrative actions, non-judicial or judicial punishment under the UCMCJ.

Lane splitting is legal on California roadways other than those on Navy bases, according to the California Highway Patrol (CHP), which states motorcycle riders can "split" lanes, but must do so in a "safe and prudent manner."

The benefit of lane splitting

is simple from a rider's point of view, says Chief Aviation Support Equipment Technician Jason Block.

"There is no traffic, no overheating of your motorcycle and there is the convenience of saving time and getting to where

splitting is that the drivers in cars are not expecting riders to be there and merging into another lane, or even drifting over the center lane when not paying attention to the road."

Block, who is an avid motorcycle rider with several years experience, says the base rule really doesn't change much for riders on the base because traffic is not as congested.

"The majority of the traffic we face is the at the gate and waiting for our turn on a motorcycle is a little more difficult, but it is one that we all have to accept and abide by,"

said Block.

However, there are many Sailors who will choose to ride their motorcycles and split lanes to save time in traffic off base.

"It is important for us as riders to prepare for the worst before getting on our bikes," said Block. "Make conscious decisions and make sure 100 percent of our attention is on getting to and from where we go safely. Then we will all end up old riders in the far future."



Driving a motorcycle between lanes is a common and legal maneuver on California roadways, but a CNRSW policy prohibits the practice on all Navy installations. (Photo courtesy of Google images)

you want to go faster."

Block said it is important to be aware of the ways lane splitting leaves riders vulnerable to drivers who may not see them are because they are distracted by activities like talking on cell phones or texting.

"The last thing on someone's mind who is preoccupied with other things in a car is a rider who is lane splitting. The margin for escape is just not there," said Block.

"The biggest issue with lane

Black/African American History Month

Famous First for African American Sailors



Master Chief Boatswain's Mate Carl Maxie Brashear



Rear Admiral Lillian E. Fishburne



Captain Donnie L. Cochran



Vice Admiral Michelle J. Howard



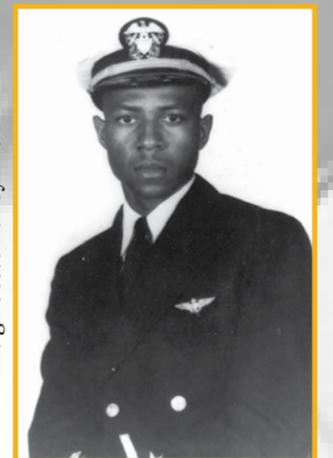
Chief Gunner's Mate John Henry ('Dick') Turpin



Lieutenant Junior Grade Harriet Pickens
Ensign Frances Wills



The Golden Thirteen



Ensign Jesse LeRoy Brown

1917

1 June 1917 **Chief Gunner's Mate John Henry ("Dick") Turpin, USN:** One of the Navy's first African-American Chief Petty Officers. Turpin served 29 years in the United States Navy.

1943

30 June 1943 **Ensign Oscar W. Holmes, USN:** First African-American Naval Aviator. Holmes entered the Navy as a qualified pilot and was designated a naval aviator upon completion of flight instructor training.

August 1943 **USS Harmon (DE-678), 1943-1967:** First ship to be named for an African-American dedicated to Mess Attendant First Class Leonard Roy Harmon, USN.

1944

February 1944 **Golden Thirteen:** First male African American Commissioned Officers: Ensign James E. Hare, USNR, Ensign Samuel E. Barnes, USNR, Ensign George C. Cooper, USNR, Ensign William S. White, USNR, Ensign Dennis D. Nelson, USNR, Ensign Graham E. Martin, USNR, Warrant Officer Charles B. Lear, USNR, Ensign Phillip G. Barnes, USNR, Ensign Reginald E. Goodwin, USNR, Ensign John W. Reagan, USNR, Ensign Jesse W. Arbor, USNR, Ensign Dalton L. Baugh, USNR, Ensign Frank E. Sublett, USNR.

November 1944 **Lieutenant Junior Grade Harriet Ida Pickens and Ensign Frances Wills:** First female African American officers commissioned as WAVES (Women Accepted for Volunteer Emergency Service) officers.

1948

21 October 1948 **Ensign Jesse LeRoy Brown, USN:** First African-American naval aviator to fly in combat. USS Jesse L. Brown (DE-1089, later FF-1089 and FFT-1089), 1973-1994 was named for his service.

Edna Young: Became the first African American woman to enlist and serve in the regular navy.
Ensign Fred Morrison, USN: Remembered as first African American SEAL. Frogmen, members of the Underwater Demolition Team which fathered what we know now as the U.S. Navy SEALs.

1949

June 1949 **Lieutenant Commander Wesley A. Brown, USN (Civil Engineers Corps):** First African American to complete a Naval Academy education.

1961

15 February 1961 **Vice Admiral Samuel Lee Gravely Jr., USN:** At the rank of Captain, Gravely became the first African American to command a warship, the USS Theodore E. Chandler (DD 717).

1970

Master Chief Boatswain's Mate Carl Maxie Brashear, USN: First African American Navy Diver, Master Diver. Navy's First Amputee Diver (April of 1968). USNS Carl Brashear (T-AKE 7), was named in his honor. He was a pioneer in the Navy as one of the first African Americans to graduate from the Navy Diving School and was designated a Navy salvage diver. He was the first African American to qualify and serve as a master diver while on active duty and the first U.S. Navy diver to be restored to full active duty as an amputee, the result of a leg injury he sustained during a salvage operation. After 31 years of service, Brashear officially retired from the U.S. Navy on April 1, 1979.

1971

7 July 1971 **Vice Admiral Samuel Lee Gravely Jr, USN** First African American to be promoted to the rank of rear admiral. He was the first African-American to achieve Flag Rank in the Navy serving as commanding officer of USS Jouett (DLG 29).

1975

26 March 1975 **Rear Admiral Lawrence Cleveland Chambers, USN:** First African American to command an aircraft carrier, the USS Midway (CV-41). Chambers was also the first African American graduate of the Naval Academy to reach flag rank.

1976

10 September 1976 **Vice Admiral Samuel Lee Gravely Jr., USN:** First African American to become a vice admiral and first African American to command a U.S. Fleet. In September 1976, Vice Admiral Gravely assumed command of the Third Fleet. USS Gravely (DDG 107), is named in honor of Vice Admiral Samuel L. Gravely Jr. (1922-2004)

1985

October 4, 1985 **Captain Donnie L. Cochran, USN:** First African American to become a member of the Blue Angels precision flying team in the history of its 40 year existence. Cochran went on to become the commanding officer of the Blue Angels in 1994.

1996

July 31, 1996 **Rear Admiral M. Eugene Fussell, MC, USNR:** First African American naval reserve officer to become an admiral. Fussell was an orthopedic surgeon.

December 1996 **Admiral J. Paul Reason, USN:** First African American to become a full admiral (four-star) when he became Commander in Chief, Atlantic Fleet

1998

February 1, 1998 **Rear Admiral Lillian E Fishburne, USN:** First African American woman to be promoted to the rank of rear admiral.

1999

March 12 1999 **Vice Admiral Michelle J. Howard, USN:** First African American woman to command a U.S. warship and first to be promoted to two star admiral.

MKI Sailors Take Part in Student Incentive Program at Local Elementary School



Logistics Specialist 3rd Class Danni Li reviews the academic binder of an 8th grade student at Willow Elementary School. [Photo by Seaman Matthew Hill]

By SN Matthew Hill, Around the Island Staff

Sailors from the amphibious assault ship USS Makin Island (LHD 8) participated in a special student incentive program at Willow Elementary School in San Ysidro, Calif., Jan. 25, as part of the ship's community outreach program.

A group of 12 Makin Island Sailors visited the classrooms of the school's 6th - 8th graders to review the academic progress binders of students and provide each individual with counseling and mentorship.

"The idea behind the binders is to show the students that there is someone who is interested in their performance," said Manuel Bojorquez, Willow Elementary School principal.

Bojorquez said the program is designed to motivate students to succeed and that the Sailors served as positive role models for the students while showing the students examples of career-oriented professionals.

"The partnership between the Navy and the school district gives Sailors an opportunity to do good and also opens the doors for others, staff and students to follow that example," said Bojorquez.

According to Bojorquez, Makin Island Sailors will return twice a month to check student binders. The Sailors will also be involved in a reading program that will be used to encourage the students to read.

Makin Island Sailors said that they enjoyed participating in the program and encouraging the students to excel in school. Some Sailors said that they also benefited from participating in the program.

"In helping these young people, we also teach them about Navy core values," said Logistics Specialist 3rd class Danni Li. "We get to teach them about doing the right thing, while learning something about that, ourselves. It is a win-win."

Li said that she looks forward to going back to the school again and that helping others and learning through community outreach is a big part of what it means to be in the Navy.

Meet the New Makin Island Ombudsman Team



Makin Island's Ombudsman team of Anne Baker (left) and Jennifer Abbott (right) enjoy dinner and entertainment during the 2012 Makin Island Holiday Party. Both are new arrivals to the ombudsman job.

An Interview with Mrs. Anne Baker by MC3 Daniel Walls:

Where are you originally from?

I am a San Diego native. I was born and raised in Chula Vista.

How did you hear about the ombudsman position?

I have been aware of the Ombudsman position for a number of years. I grew up with an uncle in the Navy and being from a military town like San Diego, I have a lot of friends who either joined the military or married someone in the military. I learned a little bit more about the Ombudsman job when I married my Sailor but will admit I did not know the full extent of it until I attended Ombudsman training.

What made you decide to become the Makin Island's ombudsman?

I grew up in a family where helping others is like breathing. Almost every one in my family is a civil servant, serving in jobs from firefighter/paramedic to school teacher to working in various jobs in the medical field.

During this last deployment, my own family needed the help of the command Ombudsman. I was so grateful and appreciative of all the help I received. I have always loved working in positions where I had con-

stant dealings with the public so I when I heard Georgia and Terri would be stepping down; I knew I wanted to volunteer to take their place.

Jennifer and I are going to have some big shoes to fill following in Georgia and Terri's footsteps but we are both excited and up for the challenge. I am happy to be able to share this role with my co-ombudsman because I already know from working with Jennifer in the past on things with the Family Readiness Group (FRG) that we work very well together.

Why is it important that the ship has an ombudsman?

The Ombudsman is such a vital role to the command. We are advocates for the command and the command's families. We were appointed directly by the CO and we keep him informed regarding the morale, health and welfare of our command's families. If the command's families' morale, health and/or welfare isn't doing well, it can affect the sailor's morale and ultimately affect the ship's mission.

Why is it important for the families to be able to contact an ombudsman?

As Ombudsmen, Jennifer and I can help our Team Raider families find resources to

help them solve almost any problem from critical emergencies to routine requests. If we don't have the resource you need, there is a very good chance we know someone who does.

Ombudsmen have a direct link to the command and are the source of official and accurate command information especially during emergencies.

Anything we are entrusted with is confidential unless it is one of our reportable. If we are asked for help in these areas, we must report it to the command. These reportable include:

- Alleged domestic abuse
- All known or suspected child abuse/neglect
- Suspected or potential homicides, violence or life-threatening situations
- All suspected or potential suicidal risks

What responsibilities come with being an ombudsman?

We deal with helping families with issues such as marital problems, substance issues, financial difficulties, parenting challenges, work performance issues, infidelity, violations of law, mental health disorders, child neglect or abuse, medical issues, domestic abuse, suicidal or homicidal behaviors and many others.

We keep constant communication with each other, the command and our resources throughout the Navy and the community so we can stay as updated as possible on issues that affect the command.

We have both attended Basic Ombudsman Training and are required to do continuous education classes by attending Advanced Ombudsmen Training classes when they are offered.

We attend a monthly ombudsman assembly with the CO, XO, CMC and Chaplain. Jennifer and I both carry an Ombudsman phone and take turns maintaining our Ombudsman email and Facebook page.

We are constantly looking for new resources for our families. Once we have an updated command roster, it will be easier to get information out to our families.

Contact Information:

Jennifer Abbott (619) 204-4572
Anne Baker (619) 204-3854

makinislandombud@yahoo.com

www.facebook.com/mki.ombudsman

OPINION ISLAND

How will the new alcohol detection devices influence the impact of alcohol use and abuse at the command?



"I think it may deter underage Sailors and make them think twice about the consequences of drinking."

-Lt. Tabitha Noel

"It is keeping with the "Right Spirit" and I think it will make our Sailors think about the choices they make."

-EMCS Bob Alping



"I think it will scare people into thinking about how much they drink the night before work."

-LS2 Nancy Cid



"I think it will overall cut down alcohol abuse on board."

-MA3 Brian Watson



MXI MWR CORNER

Bay Bridge Run / Walk

Sunday, May 17th

San Diego Bay Bridge

For anyone who is interested in participating, register online at www.navylifew.com/bridgerun.

San Diego Padres baseball tickets will be given to everyone who registers.

Save \$3 per individual or \$15 per team if you register by February 28, 2013

UPCOMING LOCAL EVENTS

SUN. 3 FEB.

1600 Super Bowl Party (Mess Decks)

1500 Super Bowl Sunday (NBSD Recyard)

TUE. 12 FEB.

1900 Mardi Gras (NBSD)

THUR. 7 FEB.

1700-2000 Vita FREE Tax Assistance Begins (NBSD)

THUR. 14 FEB.

1000-1200 Valentine Day Poker Run (NBSD Wet Side Base Track)

FRI. 8 FEB.

1100 Polar Bear Plunge (NBPL Smugglers Cove)

FRI. 15 FEB.

1900 Harlem Globetrotters (Valley View Casino Center)

SAT. 9 FEB.

1500 Supercross (Qualcomm Stadium)

SAT. 23 FEB.

1000 Rock Climbing (NBPL Liberty Hall)

Fool's Gear

Cool Gear

HEAD. Considered precious by sensible people; never exposed by the pros. When fully in view, allows immediate identification of unsafe person not using his or hers. Hand out rider education info on sight.

HELMET. Most important piece of protective gear a rider can use. Protects against head injury, windblast, cold, and flying objects. Full-face helmet recommended.

EYES, EARS AND FACE. Exposure leads to irritated eyes, noise-deafening windblast, and distracting impacts from bugs and road debris.

FACESHIELD. "Saves face." Any rider who's been hit in the face by stones, insects, or debris can tell you the benefits.

HANDS. *Au naturel* (not for long). Known to lock into curled position when exposed to cold; not genetically evolved to withstand abrasion.

GLOVES. Keep hands comfortable, functional, and protected. There's an infinite variety for all seasons.

BARE LIMBS. A phenomenon seen only in riders who think it's other people who crash. Subject to ridicule in riding circles.

JACKET AND PANTS. Long sleeves and sturdy trousers resist abrasion and protect against sunburn, dehydration, or hypothermia. Some riders wear padded gear with "body armor" for more protection. Light colors in the daytime and reflectivity at night make it easier for car drivers to see you.

FLIP FLOPS. Terminology for what sandals, toes and feet do upon contact with road surfaces, shift lever, brake pedal, or footrests.

BOOTS. Provide protection against foot and ankle injuries and give you a good grip on footrests or road surfaces.

BOTTOM LINE. Fool's gear identifies an unaware rider. Learn how to avoid embarrassment, ridicule and injury, while gaining valuable skills and knowledge by completing an MSF RiderCourseSM.

BOTTOM LINE. Dress for the ride as well as for the crash. Proper riding gear allows you to enjoy the ride in comfort and helps minimize injury.

800.446.9227 or www.msf-usa.org
or contact:

**BM1 Higgins at
X5009 for more information.**



The more you know, the better it gets.