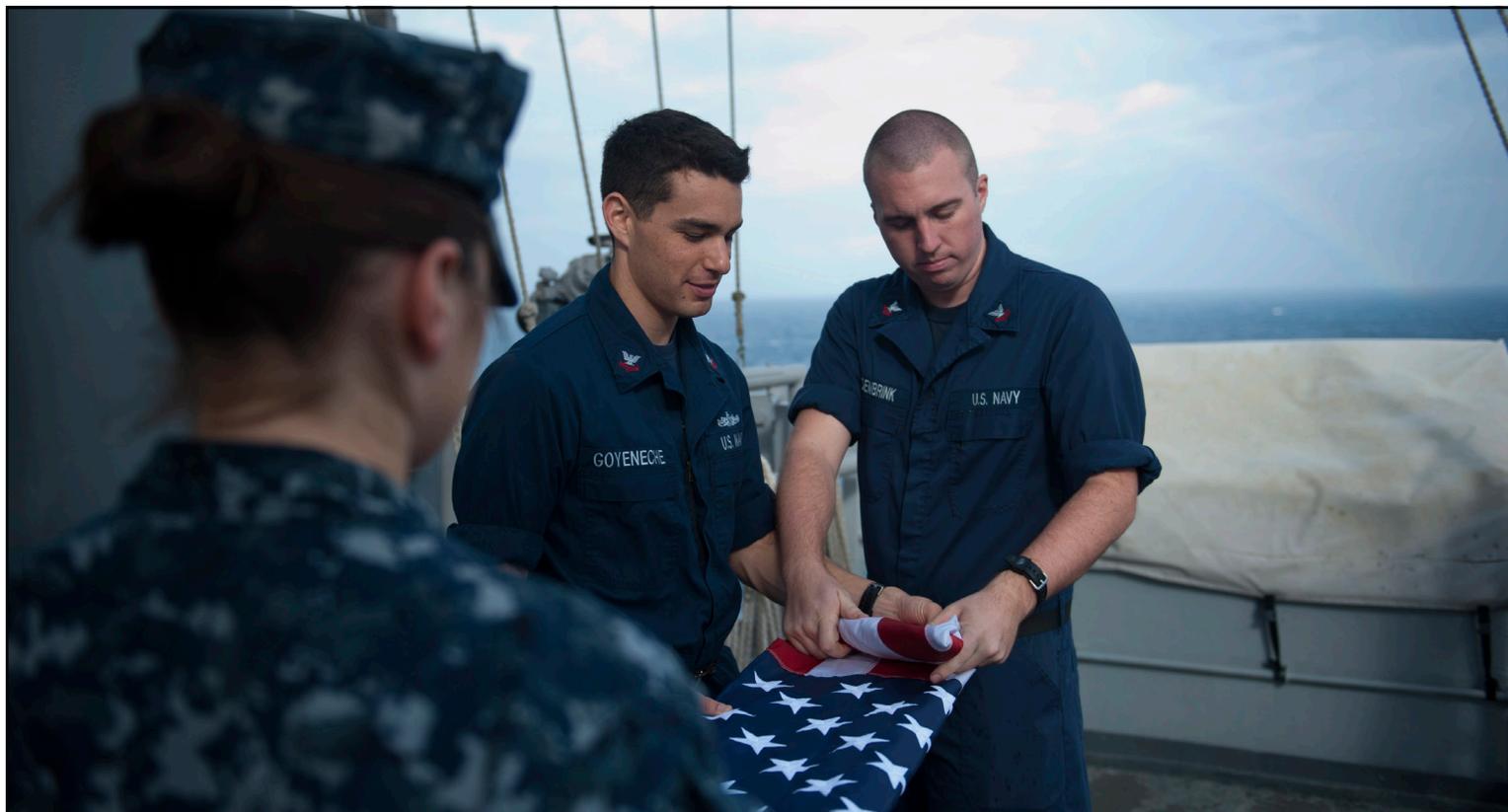


Peleliu News

January 20, 2013

Sandy Hook Memorial Field Day



Quartermaster 2nd Class Nicholas Goyeneche, center, and Quartermaster 2nd Class Eric Aufdembrink fold the national ensign after flying it aboard amphibious assault ship USS Peleliu (LHA 5) Jan. 14.

Photo and Story by MC2 Nick Brown
Peleliu Staff Writer

Sailors and Marines aboard the amphibious assault ship USS Peleliu (LHA 5) will participate in a memorial track and field competition, or “field day,” to honor the victims of the Sandy Hook Elementary School shooting. The field day is scheduled to take place Feb. 16.

The shooting occurred in Newtown, Conn., Dec. 14, 2012 when the shooter, Adam Lanza, shot and killed 20 students and six adult staff members. Before he made his way to the elementary school Lanza killed his mother at their home in Newtown. Lanza also wounded two other staff members at the school before taking his own life.

Cryptologic Technician (Collection) 2nd Class Kimberly Henry coordinated the field

day with the Second Class Association’s (SCA) support. Henry intends to send a package to the school that will include a memorial flag flown on board Peleliu, a short video and photos of the field day.

The field day will run from noon through 5 p.m. and will incorporate 26 different exercises, one for each of the victims. Participants will spend 60 seconds at each exercise station but there is no time limit for the event as a whole. There will be no prizes as it is not a competition, but Henry urges Sailors and Marines to take part. A sign-up sheet will be available at the MWR office.

“It’s more than just a workout, and I hope people keep that in mind,” said Henry. “This is going to be very challenging. ... I want people to push themselves because their strength is hopefully passing and carrying on

with the American flag over to the families.”

The flag, flown Jan. 14, will have a letter of authenticity signed by Peleliu’s Commanding Officer Captain John D. Deehr and be presented to the school.

“The Sailors of Peleliu came up with a wonderful idea to show support for the families of the victims of the Newtown shooting,” said Deehr. “We hope this package and our memorial field day express the sympathy that we feel and we want the families to know that our hearts are with them during this tremendously difficult time.”

Henry added, “This flag is going to travel across the world with our thoughts and prayers to let the families know... regardless of what our mission is or why we’re out here; we’re still keeping in mind our families back home.”

Perform to Serve 101

SEXUAL ASSAULT PREVENTION AND RESPONSE

PELELIU SAPR POC:

NCCS SUSAN GARROW Ext 7567

If you have been sexually assaulted, call the 24 hour crisis hotline at 877-995-5247, text your location to 55247 (INCONUS), or contact any of the following personnel BEFORE you speak to anyone else:

Any Chaplain; Victim Advocates (VA):

Lt. Nicole Schwegman
HMC Jody Lacefield
AO1 Jennifer Martin
LS1 Vermita Foster
AE1 Jeffrey Ritchie
ABH2 Donnell Viree
HM2 Janice Sapaden
OS2 Canon Deimerly
PR2 Cassandra Cox

OFFENDERS OF SEXUAL ASSAULT

Most Sailor and Marine victims of sexual assault are assaulted by another person in uniform – usually someone they know. Offenders are usually of similar rank or 1 – 2 pay grades senior to the victim. Most assaults begin in a social setting, both on and off base; CONUS and OCONUS. Alcohol is almost always a factor and in some cases used as a weapon to incapacitate potential victims. As a part of their plan offenders will encourage the victim to use alcohol, or identify an individual already drunk. Anonymous surveys suggest almost 25 percent of female Sailors and Marines experience some form of sexual assault during their careers. Males are also victims of sexual assault; however they are less likely to report – in the last four years statistics show increase in males reporting sexual assault. In calendar year 2012 there were 218 sexual assaults reported in the Pacific Fleet; 18 percent of those victims were male. How can you help? Be an active bystander; bystander intervention is the key element to prevention of sexual assault.



Navy Career Counselor 1st Class Ryan Mitchell conducts a perform to serve (PTS) career development board.

Photo and Story by MC3(AW) Valerie Grayson
Peleliu Staff Writer

There comes a time in a Sailor's career to decide whether to remain in the Navy or separate after enlistment. However, before a Sailor can make this decision to reenlist, the Perform to Serve (PTS) process evaluates his or her performance in the Navy.

Per Navy Military Personnel Manual NAVPERS 15560D Article 1440-060, PTS is a long-term force shaping tool that aids in leveling manning between overmanned and undermanned ratings.

E-6 and below Sailors with less than 14 years submit applications to the program. Additionally, they will receive a career development board 15 months prior to the end of active obligated service. The Sailor will receive a minimum of six "looks" or record reviews.

"It's important for the Sailors to know the PTS process and to understand the pipeline that they're going through," said Navy Counselor 1st Class Ryan Mitchell. "[They need to] understand their options to give them the maximum capability of staying in."

During the approval process, the

Navy looks at the commanding officer's advancement recommendation, pay grade, and up to the last five evaluations.

Sailors have four options when submitting an application: in-rate quota, reenlist in-rate or convert, convert only, and separate at the end of active service. In-rate quota allows the Sailor to stay in the current enlisted rating. The next option adds conversion, or an opportunity to choose from three other rates. The third option focuses leaving the current rate for another.

"PTS is the only system the Navy currently uses for all lateral conversions," added Mitchell.

The last option, separate at the end of obligated active service, is documented on the application. A Sailor cannot change his or her mind after final decision occurs, six months prior to end of contract.

When Sailors decide to convert, the selected rating's enlisted community manager will assist in the transition to ensure requirements are met, like the Armed Forces Vocational Aptitude

Continue PTS on page 3.

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15th MEU Stays Current with Fast-Roping



A Marine fast-ropes out of CH-46E Sea Knight helicopter onto the flight deck of USS Peleliu (LHA 5).

Photo and Story by Cpl. John Robbart III
15th MEU Staff Writer

Whenever U.S. Marines of the 15th Marine Expeditionary Unit prepare to conduct a mission, a special team of Marines is identified to provide emergency recovery assistance of aircraft or personnel. Often times, these recovery missions require that these Marines fast-rope into hectic situations.

More than 50 Marines of Weapons Company, Battalion Landing Team 3/5, 15th MEU, participated in fast-rope sustainment training with the Tactical Recovery of Aircraft and Personnel Section, 81mm Mortars/Tactical Recovery of Aircraft and Personnel Platoon, Dec. 29-30.

Fast-roping is a tactical maneuver

used by helicopter-borne infantry units to quickly insert themselves into areas where helicopters may not be able to land.

Marines involved in a fast-rope mission are divided into three elements: security, recovery and support. Security acts as the lead element and covers various avenues of approach. Recovery treats any casualties recovered and acts as litter bearers when required. Support provides rear security as well as assists recovery as needed. The fast-rope unit often has attachments, such as intelligence or logistical specialists that vary based on the specific mission.

"Fast-roping is a skill-set that keeps us mission capable," said Staff Sgt. Clinton W. Thoman, section leader, TRAP section,

TRAP Platoon, Weapons Company, BLT 3/5, 15th MEU. "We may have to recover a downed pilot or aircraft, and we need to be prepared to rescue them in a variety of areas to include an open desert, highly-vegetated areas or mountainous terrain," added the 37-year-old native of Denver.

The unit began their refresher training by fast-roping out of the "hell hole," an opening large enough for a Marine with gear to pass through, in USS Peleliu's hangar bay. Each Marine was required to conduct two iterations, one without gear and one with. The following day, the Marines loaded CH-46E Sea Knights with Marine Medium Helicopter Squadron 364 (Rein.), 15th MEU, to practice fast-roping while the helicopter hovered over the ship's flight deck. This time, the Marines went with their full combat loads to create a more realistic scenario. Some Marines fast-roped out of the helicopter's "hell hole," an exit in the center of the aircraft, and some fast-roped out of the rear of the helicopter. This allowed them the opportunity to practice the two types of tactical exits they have the ability to conduct.

"Insertion is a small, but crucial part of what we do as a TRAP unit," said Sgt. Scott W. Gilchrist, the platoon's recovery team leader, and one of the helicopter rope suspension trainers who facilitated the training. "All in all, I think the Marines had a good time. It was a good way to break up the monotony on the ship," added the 24-year-old native of Hurst, Texas.

The platoon underwent rigorous training during the fast-rope unit's workup, but wanted to ensure they stayed brilliant in the basics of their trade. The exercises included training in unfamiliar environments as well as rescuing both downed aircraft and pilots.

PTS Continued from pg. 2.

Battery score. The community manager adjusts the rating's current manning as well as updating the year group, or fiscal year a Sailor entered recruit training, as well as quotas for each rank.

The program's process still lies ultimately with the Sailor.

"I am very involved in my PTS process," said Yeoman 2nd Class Nicholas Jones. "Being involved in the process is important because it's your career. If you want to stay in, then you have to be involved."

After a PTS denial, Aviation Boatswain's Mate (Handling) 2nd Class Nicholas McCurry talked with the command career

counselors. They found, with the enlisted community manager's help, inaccurate information caused the denial.

"It's very important to use your ECM," said McCurry. "From my experience, I wonder how many Sailors had this happened to who do not second guess why they were denied."

The PTS submission deadline is the last day of each month. The program reviews the Sailor for approval, until six months before end of service, at which time, he or she will be slated for separation.

For more information on PTS and enlisted community manager, contact the departmental career counselor or visit the Navy Personnel Command website at www.public.navy.mil/bupers-npc.

One Man's Trash, Another Man's Burden



Aviation Ordnanceman Airman Chris Lewis sorts food trash in the pulping room aboard the amphibious assault ship USS Peleliu (LHA 5)

Photo and Story by MC3 Alex Van'tLeven
Peleliu Staff Writer

When the words to dump sinkable trash passes over the ship's mass communication system, the crew of the amphibious assault ship USS Peleliu (LHA 5) clean house. For the Sailors and Marines assigned to the ship's environmental division, it means it's time to get to work.

Piled high in a small crammed room, bags of trash stack up on station as these service members, who have the unsavory job of sorting, processing, and disposing of the ship's garbage, break down the mound.

"It's one of those jobs that people don't realize how important it is," said Intelligence Systems Technician Seaman Derek R. Walts,

from Hannibal, N.Y., a member of the ship's plastic compressed melting unit team. "The only way people see how important it is, is when it gets backed up."

Logistics ensures the ship and crew receives materiel for maritime security operations and regional stability. With its mission-centric supplies and morale boosting consumables, the crew can have items in the form of a variety of food, drinks, and toiletries reminiscent of home.

The items come in different types of packaging that become trash and must be sorted and disposed.

"Everyone needs to pay attention to what trash they put where. Everyone has designated trash for metals, plastics and

paper," said Aviation Ordnanceman Airman Chris Lewis, from San Diego, who works in the pulping room. "I find cans in plastic ... plastic in metal. It's just knowing where you're putting it."

The ship uses three methods for disposing trash: plastic processing, pulping, and over-the-side.

Workers grind hard plastics and compact the material into pucks for off-load and disposal ashore.

"We get all of the plastic from the pulping room; we get about 20 or 30 bags at a time that we have to sort into brown bags. Once the compressor is finished we take out the processed puck and pop in one of the brown bags," said Walts.

"Honestly, you just get use to the smell, sadly enough," added Walts.

Costly damage to equipment can be avoidable through trash separation.

"We have already had to replace blades and belts on the pulper machine, due to people not properly disposing of trash," said Chief Logistics Specialist William L. Taylor, from Springfield, Ohio, the materiel, hazardous material, postal and environmental divisional leading chief petty officer. "Before you throw anything away look at your tray, then look in the bag and put things in the right place. It's going to take you a few extra seconds and save the Navy thousands of dollars."

Wet trash processing requires items

Continue Trash on pg. 5.

CMC's Corner



QMCM (SW/AW) Robert Barber
Command Master Chief, USS Peleliu (LHA 5)
Yo!, What's Up?

Last week we began a conversation about

mentorship. I would like to continue that same conversation.

Protégés should be challenged beyond his or her current capability, allowed to make choices, commit errors, and reflect upon the consequences.

In accordance with Navy instruction, NAVPERSCOMINST 1500.1, mentor is a person with greater experience, knowledge, wisdom, and responsibility who shares experiences and expertise to develop a protégé, personally and professionally. It is a critical, on-going process that helps define how personnel will develop throughout their Navy career. A properly-mentored individual will know what his or her career path should look like, the importance of off-duty education, and to understand on-duty training requirements. In turn, a more prepared protégé can become a mentor to others that follow.

A mentor should never be used to bypass normal, established procedures or chains of command. Neither is it acceptable for a mentor to exert pressure nor use influence on an individual, such as a supervisor.

For example, if the protégé's superior denies

a particular request, he or she should not request or expect the mentor to intervene. In such a case, if dissatisfied, the matter should be discussed with his or her supervisor – perhaps offering alternatives that would meet both the individual's and the organization's needs. If still dissatisfied, the junior Sailor should address the issue through the normal chain of command. However, the Sailor should discuss options and the situation with his or her mentor for guidance.

Using this definition of a mentor, most supervisors are mentors or have the potential to be a mentor. Conversely, subordinates generally are protégés because they possess the capacity to learn from their mentors.

Concerned and involved leadership of subordinates has been an integral part of our Navy since its inception. Sailors gain personal interaction and advice from a senior Naval leadership who expand their leadership knowledge and expertise.

Thanks for your time and keep up the good work!

CMC

Ruling with an Iron Fist



Logistics Specialist 3rd Class Alex Safont sprints with a 45-pound weight during the Iron Fist Competition Jan. 12.

Photo and Story by MC2 Nick Brown
Peleliu Staff Writer

Sailors and Marines aboard the amphibious assault ship USS Peleliu (LHA 5) participated in the 'Iron Fist' physical fitness challenge, Jan. 12.

Three five-member teams challenged the Second Class Association (SCA) event. Service members faced a broad range of physical activities including a 150-meter sprint relay, pull-ups, a 150-meter 45-pound weight carry, sit-ups, a team stretcher carry, burpees, a medicine ball toss, and a sprint back to the starting line to stop the clock.

Naval Aircrewman (Helicopter) 2nd Class Benjamin Chavez, SCA President, came up with the idea for Iron Fist.

Trash continued from pg. 4.

that easily break down. The pulper grinds and churns food and paper products for discharge.

"Things that can get jammed in there are bones, metals, large pieces of wood, wiring from electronics that weren't disposed of properly," said Taylor. If the pulper becomes non-operational, such as from a jam, the ship would see "a lot of trash and waste quickly build up."

The pulper room stores trash to be dumped, ground, or separated in the compacting room. Trash personnel help ensure unauthorized trash is not being handled incorrectly or discharged illegally.

"People are supposed to sort it. I open it up and look inside each bag... [if mixed with plastic] ... I'll tell them to go sort it out," said Lewis.

The final method dumps trash over the side. "Sinkables" go over at the same time as food waste in accordance with

"I've seen the 'Tough Man' ... and the 'World's Strongest Man' competitions, and I thought it would be cool to do something similar to that," said Chavez.

Chavez also said he knew he would get a high level of participation from the more physically fit crew, like the search and rescue detachment and Marine reconnaissance team. He wanted to make the competition a challenge, but not so much to deter others from entering. The rules stated the teams must consist of five members and at least one female. The team members participated in each event. Teams advanced after all members completed that challenge. The overall fastest time won.

"It turned out to be really awesome," said Chavez. "The longest time it took the teams was eight-and-a-half minutes ... they were completely gassed. Their shirts were completely soaked."

In the end, the BB's Rejects team triumphed. The team of Ensign Brooke Besche, Logistics Specialist 3rd Class Zachary Kneseck, Logistics Specialist 3rd Class Alex Safont, Damage Controlman 3rd Class Arnold Villarreal, and Aviation Boatswain's Mate (Handling) Airman Nathaniel Hicks finished with a time of 3 minutes 50 seconds.

"We're definitely going to do this again, if not one more time, maybe two or three," said Chavez. "I've already started thinking about what we're going to do for Iron Fist 2, what I'm going to name it, and what other events we want to do."

environmental regulations, such as metal cans, wood, cardboard, paper, and glass.

The service members assigned to the environmental division also face other unsavory factors.

"If you have a bad habit of dipping – that's your bad habit. Someone else should not have to clean out your spit bottle because you use smokeless tobacco," added Taylor. Dippers should be "completely rinse out any container" used and clean it out before throwing away.

"It's common respect," said Taylor.

Improper disposal slows down the entire system. It can have adverse affects on the environment and the crew and adds to the daily struggles of the operators who handle the garbage. It's an all-hands effort to reduce the burden on the environmental division.

"Everyone on the ship needs to understand that when you don't sort your trash properly, you're actually hurting the next guy who has to go through and do it for you," said Taylor.

Man on the Street

By MC3(AW) Valerie Grayson

Artists create lyrics from feelings and memories for their listeners to relate to. So, the Peleliu asks:

What is your favorite song lyric and why?

Seaman Joe Toth from Columbus, Ohio



"Crying Out For Me" - Mario featuring Lil' Wayne
"I'll put your car in park and never let you cry alone. I'll listen to your heartbeat, because it plays my favorite song."

It reminds me of my girl back home. I engraved this lyrics into a wooden heart and gave it to her.

Yeoman 2nd Class Angela Symonett from Loma Linda, Calif.



"Two Step" - Dave Matthews Band
"Celebrate the world life is short but sweet, for certain."

We have to celebrate and to appreciate of what the world has to offer so we can send out a butterfly effect of positive energy.

Cpl. Oscar Urquilla from San Jose, Calif.



"Simple Man" - DefTones
"All that you need is in your soul // You can do this, oh baby, if you try // All that I want from you, my son, is to be satisfied."

My dad and I have a really close bond. This is a song that me and him always listened to together.

facebook

A great way to stay in touch and meet new people

The screenshot shows the Facebook homepage. At the top, there's a blue navigation bar with the Facebook logo, a search bar, and a notification badge with the number '2'. Below the navigation bar, there are three main sections: 'Update Status', 'Add Photo / Video', and 'Ask Question'. The main content area is divided into 'RECENT STORIES' and a list of posts. The first post is from 'Terrorists' with the text 'hey, USA- what up, bro?'. Below it are several replies from users like 'United Sts' and 'Terrorists'. The left sidebar contains navigation options like 'Welcome', 'News Feed', 'Messages', 'Events', 'Find Friends', 'Close Friends', 'Create Group...', 'Photos', and 'Music'.

#LOOSE LIPS

Story by Petty Officer 1st Class **Part 17**
(SG) T. Grout, *PeleNews* contributor

Rus reached out his hand. "I'm, Lieutenant Commander Rus Stevens. You must be Patricia."

Extending her hand, briefly sizing him up. He's cute, she determined. "Hi. Yes. Nice to meet you. Ready to eat?"

Rus accompanied her to obtain a pass

then drove with her to the building. "We'll park in my boss' spot. He's not here today." They gather the bags of food and make small talk as they walk to his office break room.

A few minutes later Rus' staff arrives and the two of them begin to distribute the food. Rus tells the free lunch story as they eat. Someone asks, "Are there any chips for the salsa and guac?" Patricia was hoping for this moment.

Acting surprised and looking through the bags, she looks up and replies, "Ay, Caramba! I'm so sorry. I must have left the bag at the store. I feel so stupid." Clearly frustrated Rus and the others comfort her with compassionate words.

After lunch and a round of applause and

thank you's, Rus spends a few minutes showing Patricia the headquarters building, explaining a little of what goes on, before walking her to her car.

"I'm really sorry about the chips."

"It's really OK," he quips.

"No, it's not. It's embarrassing. Makes the company look bad. You won the entire free office lunch. How about you let me make it up to you? I'm working tonight. Will you let me buy you dinner?"

The word left his mouth before he had time to process it all, "Yes!"