

# PELELIU NEWS

November 18, 2012

## Peleliu Conducts Replenishment-at-Sea



Photo by MC2 (SW) Daniel Viramontes

Gunner's Mate 3rd Class Levi Kauffman from Boardman, Ore., fires the shot line for the phone and distance line during an underway replenishment at sea with Military Sealift Command fleet replenishment oiler USNS Laramie (T-AO 203).

**Story by MC2 (SW) Daniel Viramontes**  
*Peleliu Staff Writer*

Amphibious assault ship USS Peleliu (LHA 5) received fuel and supplies during a replenishment-at-sea (RAS) with Military Sealift Command fleet replenishment oiler USNS Laramie (T-AO 203), Nov. 13.

Peleliu received 215 pallets of supplies during the evolution, allowing the flagship of the Peleliu Amphibious Ready Group and the embarked 15th Marine Expeditionary Unit to continue its mission of providing a flexible, adaptable and persistent force.

"The RAS allowed us to maintain optimal levels of readiness through the receipt of fuel, provisions, materials, and ordnance," said Lt. Robert Paul, stock control officer aboard Peleliu. "They also ensure the steady flow of letters and care packages from family and friends, which helps to keep everyone connected to home."

It is necessary for the ship to have food, supplies, and fuel to stay at sea for an extended period of time. Peleliu received 187,271 gallons of marine diesel fuel and 34,673 gallons of aviation diesel, or JP-5.

Sailors and Marines worked together

and received pallets of supplies from Laramie to Peleliu's flight deck via vertical replenishment with zero mishaps.

"Overall it was a very smooth and well-paced evolution with no safety mishaps. Anytime you do a RAS with no mishaps, that's a good day," said Gunnery Sgt. Price Volker, flight deck combat cargo assistant. "My Marines have now done a few replenishment missions and are finding they are comfortable in their placed assignments."

An additional lift used a CH-53E Super Stallion, assigned to the "Purple Foxes" Marine Medium Helicopter Squadron (HMM-364), to transport a refurbished AV-8B Harrier II engine to Peleliu.

At the same time, the team efforts put forth by the 100-man working party and leadership directions ensured that the connected replenishment, a delivery of pallets across cables, ran successfully and without incident.

"The Sailors and Marines did an outstanding job," said Master Chief Logistics Specialist Francisco Diego, Supply's departmental leading chief petty officer. "If it wasn't for the help that the Sailors and Marines provided, we would not be able to

provide the services to the crew."

More than 75 pallets transited from ship to ship bringing on repair parts and 36 pallets of mail, totally 11,243 pounds of mail and care packages, which many crew members are always anticipating.



Photo by MCSN Jasmine Sheard

Sailors receive supplies from Military Sealift Command fleet replenishment oiler USNS Laramie (T-AO 203) during a replenishment-at-sea.

## 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):

### PELELIU VICTIM ADVOCATES

Lt. Nicole Schwegman  
Lt. j.g. Andrea Goldstein  
HMC Jody Lacefield  
AO1 Jennifer Martin  
AO1 Benjamin Callen  
LS1 Vernita Foster  
AE1 Jeffrey Ritchie  
ABH2 Donell Viree  
HM2 Janice Sapaden  
OS2 Canon Deimerly  
PR2 Cassandra Cox

### FLEET WIDE SAPR TRAINING

As part of the Navy's continuing effort to prevent sexual assaults and promote essential culture changes within the force, a SAPR Task Force (SAPR TF) was established under the command of the Deputy Chief of Naval Operations for Manpower, Personnel, Training and Education to facilitate delivery of targeted sexual assault prevention training to all active and reserve personnel. This training aligns with the "Strategic Direction to the Joint Force on Sexual Assault Prevention and Response" from the Chairman of the Joint Chiefs of Staff, supports the Secretary of Defense's Initiatives to Combat Sexual Assault in the Military and is part of the Secretary of the Navy's 21st Century Sailor and Marine initiative.

SAPR Leadership (SAPR-L) (E-7 and above) and SAPR Fleet (SAPR-F) (E-6 and below) training will provide some of the critical tools to reduce sexual assault and promote a culture of respect and professionalism in our force, where each Sailor is motivated to intervene and stop this crime.

PELELIU has completed its SAPR-L training and will begin SAPR-F soon.

## Expeditionary Marines Celebrate Corps' Birthday at-Sea



Colonel Scott D. Campbell, commanding officer, 15th Marine Expeditionary Unit, cuts a slice of cake for the oldest and youngest Marines, a Marine Corps tradition, during the 237th Marine Corps birthday ceremony held in the hangar bay of the USS Peleliu, Nov. 10.

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

Marines around the world, from forward operating bases in Afghanistan to garrison units in the United States, took time to honor the history and legacy of their service in celebration of the 237th birthday of their illustrious corps.

Despite being deployed to the 5th Fleet area of responsibility, the 15th Marine Expeditionary Unit did not let the important date go by unnoticed. More than 1,200 Marines and Sailors took part in a traditional cake cutting ceremony in Peleliu's hangar bay Nov. 10.

The ceremony began with an invocation by Lt. Cmdr. David Dinkins, chaplain, 15th MEU, and a memorial to fallen comrades, which was followed by entry of the sword detail and guest speaker Col. Scott D. Campbell, commanding officer, 15th MEU.

"When I think about what it means to be a Marine, I realize that more often than not we reflect on our history," said Campbell. "The reputation we enjoy as Marines has us remember battles like Peleliu, Belleau Wood and the Chosin Reservoir. The truth is, our

history is often more current than that. Many of the Marines that are here in formation with us today have written some of that," added Campbell.

As is customary at Marine Corps birthday celebrations world-wide, the cake was cut and the first piece was given to the commanding officer. The second piece cut was given to the oldest Marine present, Lt. Col. William Wischmeyer, operations officer, 15th MEU, who took a bite and passed it to the youngest Marine present, Pvt. Duran Arley, Kilo Company, 3rd Battalion, 5th Marines, 15th MEU. The passing of the cake from the oldest Marine to the youngest Marine symbolizes the passing of history and traditions to the next generation.

To conclude the ceremony, all Marines and Sailors in attendance joined together and sang the Marines' Hymn.

"There's only one corps of Marines that can do what we do around the planet. Whether it's the mountains of Afghanistan or the deserts of Iraq, it doesn't matter. When we come from the sea, we [fight] and win. That's our history, that's what we do. Happy birthday Marines, Semper Fidelis," said Campbell.

PeleNews is 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. PeleNews reserves the right to edit submissions. Submission deadline is Thursday by noon to pao@lha5.navy.mil

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## Peleliu Supports 'Great American Smokeout'

Story by MCSN Alex Van'tLeven  
Peleliu Staff Writer

Sailors and Marines aboard amphibious assault ship USS Peleliu (LHA 5) participated in the American Cancer Society's 37th annual 'Great American Smokeout,' Nov. 15.

The Great American Smokeout is an event coordinated throughout the nation designed to bring awareness of the dangers involved with tobacco use and to encourage users to find alternatives or ultimately cease use.

Peleliu's medical department coordinated the event on board and exchanged candy bars donated by the ship's morale, welfare and recreation for tobacco products at main medical.

Along with the trade-in event, medical encouraged service members who participated to sign up for a smoking cessation course.

The four-week course covers behavioral habits associated with nicotine addictions to give service members a better understanding on the reasons to quit. Upon completion, participants can elect to use cessation aids such as patches and medication.

"It's an integrated course; it's not just the medication," said Hospital Corpsman 2nd Class Roseann Robles, the smoking cessation coordinator and instructor on board. "We don't want to focus primarily on the medication because what happens after [students] finish [the course] they think that they are just depending on the medication and they haven't really altered their behavior. The responsibility lies within them."

According to the American Cancer Society, smoking is the number one cause of preventable and premature death in America with 1 in 5 smoking cigarettes. Health issues are one of the important aspects considered with cessation, but there are other motivating factors for addicts.

"Some of the motivations to quit are just being tired of the habit, clothes smell bad, it's not that attractive to be a smoker or dipper, family motivations and money. The money is a big factor in quitting," added Robles.

The motivating factors involved in the quitting may be similar for some. Others have individual goals to achieve with cessation as a stepping stone toward their ultimate hopes.

"It dampers your workout and I'm trying

to go Special Forces. Although they allow it in the program, it's frowned upon. I'm going to quit regardless," said Boatswain's Mate 3rd Class Josh D. Lover, who is using the opportunity provided by the smoke out to set goals for cessation.

Some tobacco users developed their addictions early on in life, but despite having the addiction still remain optimistic about quitting.

"There are so many health issues associated with smoking. I wish I had never taken the habit up," said Command Mater Chief Robert E. Barber, who has been a smoker for over thirty years. "Hopefully, one day I will be smoke-free."

The chemical composition of nicotine makes it highly addictive, according to Princeton University Health Services. The event offers a break from the various behavioral characteristics associated with tobacco use.

"I don't really think it's going to be hard to overcome. There are two types of people in this world – there are those who overcome and there are those who are easily overcome," added Lover. "If there's a challenge in your life, you just have to face it and take it on."

Tobacco not only affects the individual users. It also has effects on mission readiness, according to Robles.

"We are supposed to be 'mission first,' and if we're taking away from our work time to feed our habit, that's a lot of man-hours lost," said Robles. "We need everybody's time, and it's not really fair for those of us who don't smoke."

Part of defeating the addiction is understanding the risks of how nicotine affects the brain and body. The Navy champions several tobacco cessation campaigns, but deglamorizing it can only do so much to encourage smokers to quit.

"I know the Navy wants us to be smoke-free, but I'm not going to jump on the bandwagon say that it's a nasty habit and that you need to quit, but I think for health reasons it's probably a smart idea," added Barber.

If interested in the smoking cessation class held on board please visit main Medical to sign up for future classes.

"The class is available for all Sailors and Marines who are contemplating cessation. It will definitely help them prepare. The class can give you the tools to quit but the responsibility relies on the person, just like any diet or change of routine," concluded Robles.

## CMC's Corner



QMCM (SW/AW) Robert Barber  
Command Master Chief, USS Peleliu (LHA 5)

Yo, What's Up?

Last week I made a comment in my article about this not being a job but in fact this is a lifestyle. This week I want to elaborate on that comment.

As I said, a job implies that we come to work, play by the rules and at the end of the day we go home and forget the job. That is not the case for us; our "job," a word that I strongly dislike by the way, never stops.

We live a lifestyle that requires every one of us to follow the rules every minute of every day. When we raised our hands and said: "I will support and defend the Constitution"... "I will obey the orders of the president and the officers appointed over me," we did so willingly. We also knew we would give up certain rights to live this lifestyle, but again we did this willingly. I tell you this as a reminder that this is not a business, nor is it some corporation. This is the military and in the military we have a clear chain of command. We have a rank structure; we also have clearly defined rules and regulations. Play by the rules and life is simple, don't play by the rules and life gets tough. To me this makes things simple!

So why am I saying this? I feel a need to put things into a certain perspective for all of us while we are out here. We volunteered to join the service and along with that comes the responsibility to do the right thing, but not just when it is easy, and not when it is convenient for us, but at all times. Again, rules are there to make life simple and keep people safe.

In closing I want to thank you for all the hard work you put in everyday! You Rock!

CMC

# Peleliu Crew Learns About Cellulitis



Hospital Corpsman 1st Class Peter Kamau, assigned to Fleet Surgical Team One, dresses a wound in the intensive care unit on board Peleliu.

**Photo and Story by MC3 Derek Stroop**  
*Peleliu Staff Writer*

The medical department aboard amphibious assault ship USS Peleliu's (LHA 5) is putting the word out that early detection and treatment is critical to controlling the bacterial infection known as cellulitis.

The department has seen an increase of reporting of the infection since deployment began Sept. 17. Cmdr. Gretchen Riss, Peleliu's senior medical officer, explained the cause, effect, and treatment of cellulitis.

Cellulitis is an infection of the skin and the tissue right below the skin. It can advance relatively fast and can become very painful according to Riss.

How does a service member become infected with cellulitis?

"Anywhere that the skin is broken can provide an entry point for bacteria," said Riss. "Rashes, cuts, the small pox vaccine site and fungus can all become infected, although it most commonly occurs on the legs, which can make it difficult [for service members] to function, climb ladder wells, and walk."

Cellulitis has multiple symptoms to look out for as well.

"Cellulitis presents itself with redness, tenderness, pain and sometimes swelling, mostly on the lower extremities, but other areas can be affected as well," continued Riss. "Sometimes there are other symptoms such as chills and fever. We try to get people to Medical before it reaches

that stage because the earlier we treat it, the more likely it is for us to be able to treat with oral antibiotics and not have to put [the patient] in the hospital."

If the infection progresses to an abscess, a "pocket of pus below the skin" and inflammation causing significant swelling, a patient would need further treatment from Medical.

"It will need to be drained with a minor procedure that is done on board. That will really help the healing process," said Riss.

Although cellulitis can be a serious infection, not every skin cut or opening will become infected. Service members have to be mindful of their work conditions and their personal habits.

"We have great immune systems for the most part, so many cuts won't get infected, but when Sailors are tired, working long hours, sweating, have poor hygiene, then they're a little more likely to get it," cautioned the medical officer.

Good hygiene is important on a ship carrying approximately 2,300 service members.

"With the amount of people living in close quarters, good hygiene will lower the chance of you passing germs on to others," said Hospital Corpsman 1st Class Peter Kamau, assigned to Fleet Surgical Team One. "There are bacteria all over the ship, and bacteria like moisture and heat, so showering at least once a day will help."

Hygiene not only directly affects your extremities and body, but it also affects

personal living spaces.

"It's all about hygiene," said Hospital Corpsman 2nd Class Matthew Denton, a Peleliu medical staff member. "Depending on how much you sweat, you have to change your socks once or even twice a day and take good care of your feet."

The crew seems to be "on board" with the practice of good hygiene.

"Good hygiene is about showering often, washing your clothes and sheets, brushing your teeth and just all around cleanliness," said Information Systems Technician 3rd Class Philip Swartzlander, assigned to Amphibious Squadron Three. "It's important."

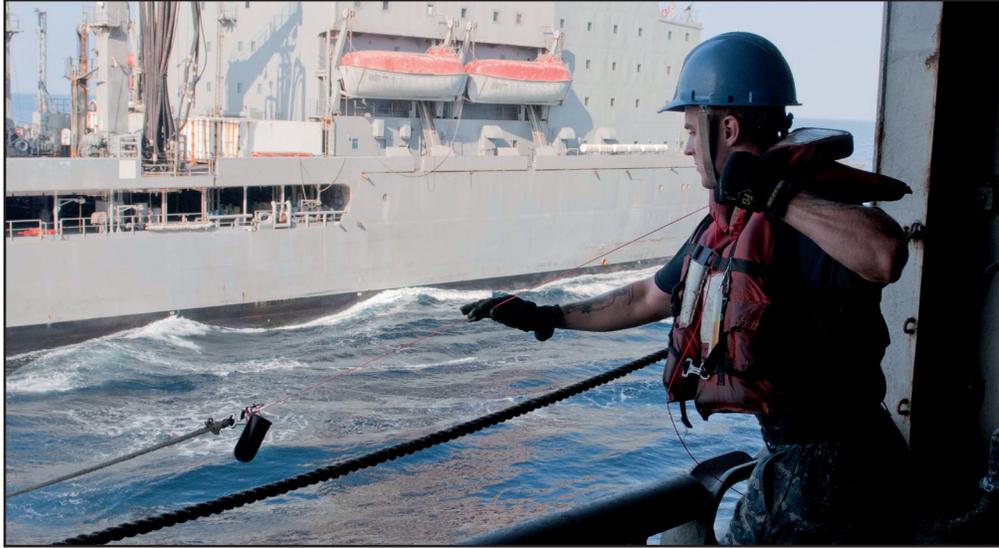
Prevention is an important factor in keeping infections at bay, though skin infections and cellulitis can still occur. If cellulitis is suspected, quick action is necessary and as soon as it is noticeable.

"If left untreated, it can become very serious and require hospitalization" said Riss. "It could cause a systemic infection, but that's very rare. We have not seen that here."

According to Kamau, the antibiotics Peleliu medical staff have provided for treatment of cellulitis have been very successful. The medical staff reiterates the importance of early detection and treatment.

"Just take care of yourselves, come in early and get it checked," concluded Riss. "We have the capabilities of taking care of it here."

# Peleliu's Blue Jacket of the Year 2012



Boatswain's Mate Seaman Michael Bloodworth from Lorena, Texas, heaves in a shot line during an underway replenishment at sea with Military Sealift Command fleet replenishment oiler USNS Laramie (T-AO 203).

**Photo and Story by MCSN Jasmine Sheard**  
*Peleliu Staff Writer*

"Peleliu's Blue Jacket of the Year is... BMSN Bloodworth."

Boatswain's Mate Seaman Michael Bloodworth was selected as the Blue Jacket of the Year 2012 aboard amphibious assault ship USS Peleliu (LHA 5) Oct. 22.

The BJOY is awarded to a Sailor of pay grades E-3 and below who demonstrate professional performance, military bearing, leadership skills and teamwork.

"When I heard my name over the IMC I was shocked, but it felt really good knowing that I was the BJOY," said Bloodworth.

Originally from Lorena, Texas, Bloodworth has been aboard Peleliu for 21 months and just passed his two-year-mark of Navy service. Since arriving on board, Bloodworth has been working towards his goals and achieving many of his qualifications.

"When I first came aboard my goals were to get my surface pin and my air pin," said Bloodworth. "Now, that I have those, I'm concentrating on making 3rd class petty officer and future assistant leading petty officer. I just want to be the best."

According to Bloodworth's peers, he is easy to get along with and very knowledgeable about his rating.

"I've known Bloodworth for almost a year-and-a-half," said Seaman Eric Bruce. "He is a good guy and a hard worker."

He competed against three other Sailors on the oral board. They were tested on military bearing, basic military knowledge and current events. His qualifications, performance and leadership skills helped him become selected by a board of 2nd

class petty officers.

"Bloodworth has a 'go get 'em' type of attitude," said Boatswain's Mate 1st Class Herbert Jackson, Bloodworth's leading petty officer. "He wants every qualification. He is a true boatswain's mate at heart."

Bloodworth tested on the 3rd class advancement exam in September and said that he is confident that he did well.

"Bloodworth is a 3rd class petty officer wearing a seaman rating patch," said Senior Chief Boatswain's Mate Rosa Velasquez, Bloodworth's leading chief petty officer. "He leads by example and motivates his Sailors to become better. He has already become an indispensable part of the team; he solidified himself as a cornerstone of our department."

His effectiveness stems from his winning personality and his undeniable competence and proficiency as both a boatswain's mate and overall Sailor, Velasquez said.

When asked about what's next in his future?

"I plan on re-enlisting. For my next duty station I want to be stationed overseas, maybe Italy," said Bloodworth. "I have never been there before and I want to see more of the world."

In 1972, the Chief of Naval Operations, Adm. Elmo Zumwalt and Master Chief Petty Officer of the Navy, John Whittet, established the Sailor of the Year Program to recognize the Sailors who best represents their individual commands and the Navy from the Atlantic and Pacific Fleet. Within 10 years later, the program was expanded to include the shore base commands and reserve Sailors.

## Man on the Street

By MC2 (SW) Daniel Viramontes

Thanksgiving is a major holiday and it's just around the corner. It is celebrated in the United States on the fourth Thursday of November. It has officially been an annual tradition since 1863, during the Civil War. President Abraham Lincoln proclaimed it as a national day of Thanksgiving. This week's question:

**"As a service member, what are you thankful for this year's Thanksgiving Day?"**

**Lt. j.g. Marisa Martin from Copperas Cove, Texas**



"As a service member, I am thankful that my family is constantly praying for me while I'm on this deployment and I am thankful for the close group of friends on board that I call family."

**Damage Controlman 3rd Class Esteban Quintero from Wellington, Fla.**



"I am thankful for the opportunity to see new places and to be able to help out other countries in need. I am also thankful for the fact that my family and friends are well back at home."

**Cpl. Andrew Holt from St. Louis**



"I am thankful for all the good friends I have on the ship and that I have a loving family at home that supports me at anything I do."

**Culinary Specialist 3rd Class Mathew Ndambuki from Detroit**



"I am thankful for all the experiences I've had, the places I've seen, and the people I've met along the way that have enriched my life while serving in the military."