



## Admiral ensures shipyard is ready for Abe

By MCSA ADAM RANDOLPH  
*Penny Press Staff*

As USS Abraham Lincoln (CVN 72) prepares to transition from a maintenance availability status in Everett to a planned incremental availability (PIA) status, Lincoln's crew is busy preparing for the scheduled six-month shipyard period at Naval Base Kitsap Bremerton (NBKB).

Commander of Carrier Strike Group (CCSG) 9 Rear Adm. Scott Swift, recently visited NBKB's shipyard for a second time to view the preparations taking place for Lincoln's arrival.

"Ideally, I'd like to go over there once a month. This time I went over there and walked through the shipyard to see all the other work going on that would affect the timeline for our arrival," said Swift.

In addition to observing the shipyard, Swift also met with the

Mayor of Bremerton to talk about Lincoln's planned arrival.

"He was very much looking forward to Lincoln coming over for the PIA. He understands the concerns that Sailors have about it. The mayor said if there's anything that he or the city can do to make our stay there better, he wants to do what he can," Swift said.

Currently Swift and Lincoln leadership are looking at ways to improve morale for Sailors during the upcoming PIA period.

"We're listening to what Sailors have to say and we're looking at where we can address the needs of our Sailors, so we're brainstorming ways to increase the quality of life," Swift said.

For Swift, addressing the concerns and expectations of Lincoln's crew is a top priority.

Turn to PIA, pg. 2

## Abe gets special gift from Indiana

By MC3 KAT CORONA  
*Penny Press Staff*

USS Abraham Lincoln's (CVN 72) Commanding Officer Capt. Patrick Hall accepted a special gift on behalf of the ship Feb. 12 at the Abraham Lincoln Bicentennial Birthday Bash in the statehouse in Indianapolis.

A group of nine women from the Scrapper's Bee, a group within the Indiana Quilter's Guild, presented Hall with a small hanging quilt dedicated to Abraham Lincoln to hang in the ship's museum, the Lincoln Room, during Indianapolis's celebration of Lincoln's 200th birthday.

Though born in Kentucky, Lincoln moved to Indiana at age seven and spent his formative years in the state until moving to Illinois at 21. He considered Indiana to be his "boyhood home," a title Indiana is proud to boast.

"Abraham Lincoln and his birthday remind us that occasionally giants do walk among us," Indianapolis Governor Mitch Daniels said. "Without Lincoln, there would be no United States of America. The



Photo by MC3 Kat Corona

USS Abraham Lincoln's (CVN 72) Commanding Officer Capt. Patrick Hall, far left, and Command Master Chief Eric Schmidt, far right, receive a special, handmade Abraham Lincoln-themed quilt during the Abraham Lincoln Bicentennial Birthday Bash in Indianapolis.

union would have broken asunder. The last best hope of freedom on Earth would have flickered out before it even caught fire."

The Scrapper's Bee was approached

by the president of the Indiana Quilter's Guild and was commissioned to create a one-of-a-kind, handmade Lincoln-themed

Turn to LINCOLN, pg. 2

# News

## Selective re-enlistment bonus award levels changed

By MC2 (AW) LA TUNYA HOWARD  
Navy Personnel Command Public Affairs

The Navy announced revised selective re-enlistment bonus (SRB) rates Feb. 18 in NAVADMIN 050/09.

“We added SRBs as a retention incentive to provide the critical skills needed in the fleet,” said Vice Adm. Mark Ferguson, chief of naval personnel. “We’re experiencing great retention in nearly all zones and NECs (Navy Enlisted Classifications) and we’ve adjusted SRB levels in response to this change in behavior.

“While not every Sailor qualifies for a SRB, all Sailors are important to the successful execution of Navy missions,” added Ferguson.

The new message approves 35 increases in SRBs, many in the nuclear field and 412 decreases.

The increased award levels are effect immediately and decreased levels are effective March 11. These award levels are continually reviewed and evaluated. This NAVADMIN supersedes NAVADMIN 240/08.

The SRB Program enhances the Navy’s ability to size, shape and stabilize the force by using a monetary incentive to encourage Sailors with critical skills the Navy needs most to reenlist. SRB

is a market-based incentive allowing the Navy to strategically adjust award levels as retention needs dictate.

The Navy announced changes to the SRB policy earlier this year, which allows Sailors to reenlist early for SRB as long as they are within 90 days prior to their expiration of active obligated service (EAOS) and within the current fiscal year of their EAOS. A Sailor whose SRB award level decreases or is removed is eligible to re-enlist in the first 30 days following release of a new SRB award plan only if their hard EAOS is within 90 days of the effective date of the message. In the case of NAVADMIN 050-09 this date is calculated to be May 09, 2009.

“By reducing the time frame for SRB reenlistment, the Navy can better project and manage end strength while continuing to provide incentive to Sailors with critical skills and valuable experience to stay Navy,” said Jeri Busch, head military pay and compensation policy branch for the chief of naval personnel.

The policy change is part of an overall effort to stabilize the force at about 329,000 active duty Sailors by the end of this fiscal year.

“All rates and NECs were extensively analyzed for bonus levels, and the corresponding increases and reductions were not taken lightly,” concluded Ferguson.

### PIA *Cont. from pg. 1*

“There are challenges, but I think that we have a good plan and we are going to be able to work through these challenges in a way that optimizes Sailors’ quality of life,” he said.

Though much work lies ahead, Swift

looks forward to the PIA.

“I’m positive we have done everything that can be done to make it as efficient and effective as possible while minimizing the impact on Sailors,” Swift said.

For many Lincoln Sailors, the move to Naval Station Bremerton’s shipyard

will be a new experience.

Seaman Reginald Dalton, from Nashville, Tenn., views the upcoming yard period as a way to improve himself.

“I’m excited about it because I’ll have more time to get things done; like take some classes if I want,” he said.

### LINCOLN *Cont. from pg. 1*

quilt, which they’d present to Hall during the bicentennial celebration.

According to Mary Kay Horn, a member of the Scrapper’s Bee, the quilt features a “log cabin” pattern for the background which represents Lincoln’s childhood home in Spencer County, Ind. Replications of Lincoln’s handwriting on the Gettysburg Address and the Emancipation Proclamation are attached to the quilt, alongside photos of U.S. Navy ships who served under Lincoln’s command during the Civil War. Also on the quilt is a portrait of Lincoln.

“We chose a younger, beardless Lincoln who has his whole life ahead of him and is looking into the future,” said Horn.

The Scrapper’s Bee met every Friday to work on the quilt, which took from early spring 2008 until January 2009 to complete.

“We’ve been very excited about making this quilt,” said Horn. “We’re very proud to have been a part of this.”

During the ceremony, all nine members of the Scrapper’s Bee were welcomed onto the stage where they, along side Daniels

and Lincoln’s Bicentennial Birthday Bash commissioner Connie Nass, presented Hall with the quilt.

“I want to personally thank you, from the 3,000 officers and crew of Lincoln,” Hall said as he accepted the quilt.

The members of the Scrapper’s Bee all said they were proud to have a little piece of Indiana on board Lincoln.

Hall was also given a book about Lincoln’s life in Indiana, as well as a calendar of Lincoln-themed commemorative stamps drawn by Indiana elementary school children, and a special Lincoln Lilac bush.

Celebrating the illustrious life of Abe’s namesake is an important part of life aboard the ship. Not only do Lincoln Sailors feel a sense of pride for being serving their country, they are also proud to serve aboard a ship named after an important man in American history.

Abe will host the Lincoln Leadership Legacy – A Bicentennial Celebration Feb. 27 at 2 p.m., which will feature a town hall meeting and a specially prepared musical performance. The event is open to all crewmembers and their spouses.

# News

## Congressman receives distinctive tour

By MC3 R. MICHAEL ZAMORA  
Penny Press Staff

USS Abraham Lincoln (CVN 72) welcomed Pennsylvania Congressman Todd Russell Platts Feb. 14 for an inport tour of the ship.

As a member of the 19th district, he serves the residents of Adams, Cumberland, and York counties of his home state. Platts, with family and friends, visited Naval Station Everett, Wash., while on vacation from his congressional duties to see the ship.

"I've had the privilege of serving in the House of Representatives for nine years now, and I love what I do, but it pales in comparison to all our men and women in uniform," Platts said.

Platts said raising awareness of the work servicemembers do for their nation is important to him, which is why he enjoys having the opportunity to visit Sailors.

Platts and his family and friends toured Abe's hangar bays, flight deck, navigation bridge and a berthing area to get an idea

of how Sailors live. They also had the opportunity to speak with many Lincoln Sailors.

"My family and I work hard at making sure our children and other families understand the sacrifices our military personnel make," he said. "We want them to grow up and appreciate our military and know why we're so blessed because of the men and women serving us."

Congressman Platts stands as the class representative on the Republican Policy Committee elected during his freshman and sophomore terms. Although he has never served in the military, his upbringing acknowledges the sacrifices of the men and women that do.

"My dad was in the Army during the Korean War and my parents instilled a sense of pride in being Americans to us kids," Platts said.

Platts was sworn into the House of Representatives in January 2001, where he serves on the Committee on Transportation and Infrastructure, the Committee on Education and Labor, and the Committee on Oversight and Government Reform.



Photo by MC3 R. Michael Zamora

**Pennsylvania Congressman Russell Platts, center, and his family and friends enjoy a private tour of USS Abraham Lincoln's (CVN 72) flight deck during his visit to the ship.**

## Chief of Naval Personnel wants Sailors to prevent suicide

By NAVAL PERSONNEL COMMAND PUBLIC AFFAIRS  
Special to the Penny Press

The Chief of Naval Personnel spoke to Sailors on the importance of suicide prevention, Feb. 11 during a visit to Navy Personnel Command.

"It is an all-hands responsibility for shipmates to recognize when someone may be in distress. It is the responsibility of leadership to ensure the programs are in place and that Sailors have access to them. It is the responsibility of chief petty officers and leaders on the deck plate to recognize when Sailors are under stress and to ensure they have access to treatment programs," said Vice Adm. Mark Ferguson, chief of naval personnel.

"Suicide is generally a response to stress -- to a person feeling hopeless or

distressed with their personal situation. It is a tragedy and one that can be prevented" said Ferguson adding that Sailors may be able to help prevent suicide if they ACT.

"If people remember to ACT, ask, care, treat, they will be on the right path," said Lt. Cmdr. Bonnie Chavez, behavioral health program manager for the Navy. Chavez recently introduced a series of suicide prevention posters designed by Sailors to help teach Sailors to ACT.

"Don't be afraid to ask someone if they are thinking of taking their own life. Care enough to let the person know that suicidal feelings are temporary and that depression can be treated and then get help. Treat -- take them to an emergency room or walk in clinic, don't leave them alone, take action, remove means, such as guns, stockpiled pills, ropes, and sharp

objects," said Chavez.

Suicide prevention education is among the 12 general military training topics required for all hands in 2009. The new course titled Introduction to the Stress Response Continuum and Suicide Awareness is available at Navy Knowledge Online.

Commands can find more information about suicide prevention in OPNAVINST 1720.4, Suicide Prevention Program, which provides guidance for commanding officers and senior enlisted leadership on suicide prevention training.

Early intervention is vital to suicide prevention efforts at all levels of the Navy. Chavez pointed out that most people give some warning of their suicidal intentions to a friend or family member and that all suicide threats seriously should be taken seriously.

# News

## Religious Programs Specialist rating turns 30

By MC3 (AW) ERIC J. CUTRIGHT

*Navy Public Affairs Support Element West, Det. Hawaii*

In 1979, the Navy established the Religious Program Specialist (RP) rating to provide Navy chaplains with professional support personnel adept in religious programming and administration.

“This year we are celebrating our 30th anniversary as RP’s,” said Chief Religious Program Specialist (SW) Tshombe Harris, assigned to Naval Station Pearl Harbor’s Chapel. “Before us, there were specialist (W)’s and before that there were yeomen with NEC’s [Navy enlisted classification codes].”

Stemming from a concept that a committee of chaplains recommended to the Navy back in 1878, chaplains proposed that the Navy attach a chaplain’s assistant anywhere a chaplain was assigned. The Navy’s first officially designated chaplain’s assistant wasn’t until 1942 when the Navy created the specialist (W) rating, with the (W) representing welfare.

Specialist (W)’s had to be able to play the piano and organ for religious services, and they were expected to be competent choir directors, whereas their modern day incarnations do not have this requirement.

“Today our major role is to provide support to chaplains for both Navy and Marine Corps side, with our major claimant being the Marines,” said Harris. “We provide physical security

to chaplains in the combat field, as they are noncombatants per the Geneva Convention and cannot carry weapons.”

In a noncombat environment, RP’s aid the chaplain with religious programs, and perform clerical and administrative tasks.

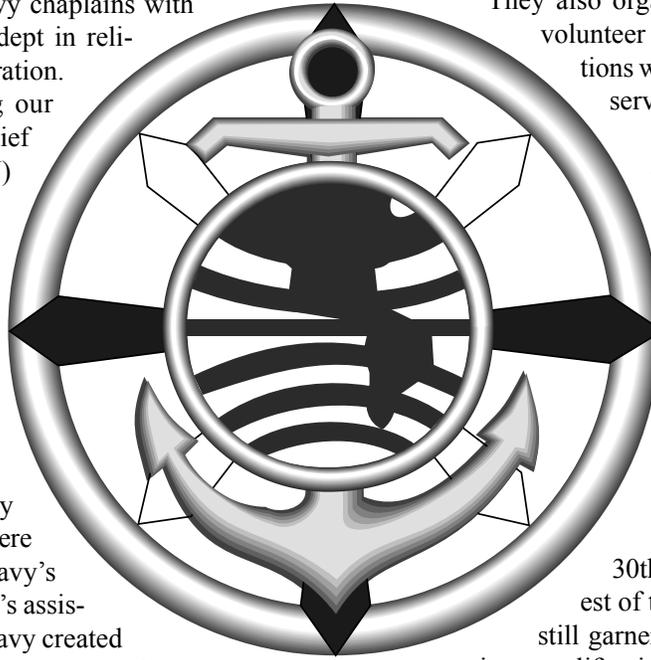
They also organize charitable and public service volunteer programs as well as maintain relations with religious communities and public service organizations.

“More than anything, we as RP’s are like a gateway to the chaplain,” said Religious Program Specialist 2nd Class Justin Robison, also assigned to Naval Station Pearl Harbor’s chapel. “The RP is a more approachable person for many enlisted that might not automatically want to go to a commissioned officer, so the RP’s are a very much more visible aspect of the chaplain’s office.”

Although the RP rating is just at its 30th anniversary, it is “One of the youngest of the old rates,” according to Harris; it still garners respect and appreciation for what it exemplifies in today’s Navy.

Religious Program Specialist 2nd Class Mohamed Baayd assigned to Naval Station Pearl Harbor’s chapel expressed great pride at being an RP, “I never would have imagined that I would be serving in the Navy as an RP. It is truly a miracle. I get to enrich and recharge the spiritual batteries of Sailors and their families, and at the end of the day, I truly feel I’ve accomplished something.”

For more news from around the fleet, visit [www.navy.mil](http://www.navy.mil).



# CONCERT TICKETS

**BRITTANY  
SPEARS**

\$85.00 On Sale

**BRAD PAISLEY**  
\$85.00 ON SALE

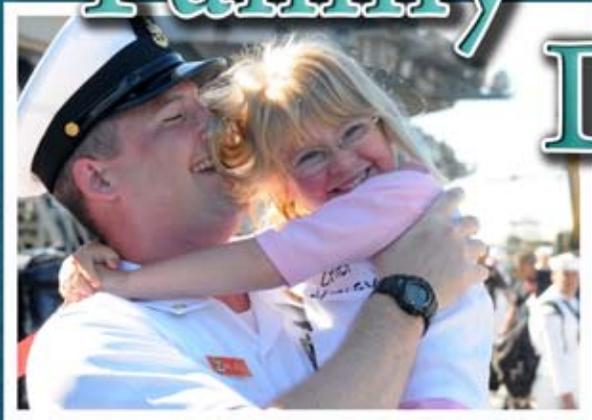
### IMPORTANT

Tickets numbers are limited for both shows. MWR will put your name on a list and give you your tickets when they arrive.

# News

**April 16th, 2009**





# Family Day Cruise

**\$20 PER GUEST**

- Bring your family and 2 guests on a 9 hour cruise!
- Buffet style breakfast and lunch in the hangar bay
- Air Show
- Games for kids
- Register now with your Departmental Coordinator!

Family day coordinator is LT Mellgren: PCS # 2710 email: mellgren.scott@cvn72.navy.mil

## *Your family day questions are answered!*

**Q. Who can I invite on the family day cruise?**

A. Immediate family and up to two additional guests.

**Q. Who are considered immediate family members?**

A. Spouses, children, parents, siblings

**Q. Who are considered guests?**

A. Anyone who is not immediate family.

**Q. Is there anyway I can bring more than two guests?**

A. Requests for groups will be considered on a case by case basis. Please forward there requests to the Family Day Coordinator, Lt. Mellgren.

**Q. What is the minimum age for kids?**

A. The minimum age is eight years old. Waivers can be obtained for six and seven year olds if supervised by a ratio of one crewmember per each child waived. The crewmember supervisor should be the child's parent or close friend of the family. If requesting a waiver for six and seven year olds, clearly write the following information on top of the registration form: name and rate of supervisor and relationship to child.

**Q. How do I register?**

A. Download the medical screening form and registration form from the MWR Web site. Complete the forms and submit them to your departmental coordinator.

**Q. When and where do I pay?**

A. Payment for all family and guests is due once the family and guests are medically screened. Payment will be accepted in the MWR office. The sponsor must pay for all family and guests using their Navy Cash card.

**Q. How will I know when my family and guests are medically screened?**

A. Departmental coordinators will track the medical screening process and pass information to the family and guests' sponsor.

**Q. Are there any considerations I should take before registering a family member or guest?**

A. Ensure your family member or guest meets the medical criteria on the MWR Web site and ensure they are physically able to climb ladder wells.

# MWR Calendar



**Naval Station Everett  
Fleet & Family Readiness  
Program**

See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> <small>Ombudsman Basic Training President's Day Lunchtime Racquetball Tourney Free Family Swim Night Resume Writing Beat the Winter Blues Swim Party</small>	<b>21</b> <small>Mission Ridge Ski Trip Valentine's Play Date at Baby Power Forever Kids Gym</small>
<b>22</b> <small>Mission Ridge Ski Trip</small>	<b>23</b> <small>Separation TAP Mission Ridge Ski Trip</small>	<b>24</b> <small>Separation TAP Fat Tuesday Celebration Celebrate Mardi Gras Military Saves: Financial Wellness Checks; Strategies for Saving Money Seminar; Paying for College/Youth Financial Readiness Welcome Aboard Tourney: Pool &amp; Guitar Hero</small>	<b>25</b> <small>Separation TAP Military Saves: Reality Check - Teen Money Management Movie Night @ Pier-side</small>	<b>26</b> <small>Separation TAP Advanced Ombudsman Training: Benefits Money &amp; the Move Military Saves</small>	<b>27</b>	<b>28</b> <small>Snowshoeing at Stevens Pass Ski Shuttle to Stevens Pass Saturday Swim Lesson Session Begins (Feb. 28- April 18) Habitat for Humanity Volunteer Trip</small>



**All photos by Media Dept.**

# Final Thoughts



## Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photo by MCSN Robert A. Robbins

Rear Adm. Scott Swift, Commander, Carrier Strike Group (CCSG) 9, congratulates Quatermaster 1st Class (SW/AW) Jenny Reed during her Enlisted Air Warfare Specialist (AEWAS) pinning ceremony in the Flag Mess on board USS Abraham Lincoln (CVN 72).

## Editor's Top 10

### Top 10 ways to enjoy the recent nice weather in Everett...

10. Go for a walk without your thermals, sweater and parka on and see what it feels like to walk without 25 added pounds of clothes on.
9. Reacquaint yourself with the sun.
8. (For only the truly brave) Toss on your bathing suit and try to catch a bit of a tan.
7. Start unpacking your summer clothes!
6. Pray the rain doesn't come back any time soon.
5. Put on your sandals and give your toes some wiggle room.
4. Let all your soggy outer garments get a chance to dry.
3. Try out a couple cartwheels in the grass just to feel like a kid again.
2. Wash your car because you probably haven't done it all winter long!
1. Get off the ship and get out in the real world!

USS Abraham Lincoln CVN 72

USS Abraham Lincoln CVN 72

Cruise Books were sent out on February 14th.

They will be distributed by MWR on February 23.

Books shipped to home addresses were shipped out on February 14 as well.



Operation Enduring Freedom & Iraqi Freedom 2008

Penny Press is an authorized publication for members of the military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby. All articles are subject to editing. Due to a need for timely news stories, there is no guarantee when a particular story will run.



Commanding Officer..... Capt. Patrick D. Hall  
 Executive Officer..... Capt. Jeffrey S. Ruth  
 Command Master Chief..... CMDCM (SW/AW) Eric Schmidt  
 Public Affairs Officer..... Lt. Cmdr. William Marks  
 Media Dept. LCPO..... MCC(SW/AW) Joel Huval  
 Editor..... MC3Kat Corona  
 Webmaster..... MC3 Dennis Irwin  
 Staff..... Media Department