



Lincoln receives Ney Memorial Award

By MCSN COLBY K. NEAL

Penny Press Staff

USS Abraham Lincoln (CVN 72) received the 2009 Edward F. Ney Memorial Award for outstanding food service for the category of aircraft carriers Feb. 20.

“It gives us a great deal of pride to say that we were the best and it gives us bragging rights,” said Culinary Specialist 1st Class Clinton B. Berke, of Alberta, Canada.

Lincoln underwent an inspection by Ney officials last November to become a finalist for the Carrier class award category. Officials visited various locations on board Lincoln owned by the food services division in order to evaluate the efficiency, management and budgeting skills, safety and accuracy of Lincoln’s food services.

“We think we were noticed because of our teamwork and customer service,” said Chief Warrant Officer Michael A. Hill of Johnson City, Tenn., the food service officer. “Our crew has great morale.”

Hill showcased the command atmosphere to the Ney inspectors and how well



Photo by MC3 Kirk T. Putnam

Chief Warrant Officer Cedric Davis, Officer in Charge Navy Food Management Team, Pearl Harbor, Hawaii, talks with Culinary Specialist Third Class Rickie Hollis, in the aft galley of USS Abraham Lincoln (CVN 72) during the Capt. Edward F. Ney inspection.

the command supports the food service goals.

The inspection team commented Abe’s immaculate spaces they inspected. They also said Abe had the highest inventory validity in the fleet.

This year marks the 51st anniversary of the prestigious award. The program is named after Capt. Edward Francis Ney, a World War I enlisted member of the Navy who was later appointed as a supply officer.

Turn to NEY, pg. 2

Abe’s AIMD nominated for Phoenix Award

By MC3 SEAN PATRICK GALLAGHER

Penny Press Staff

USS Abraham Lincoln (CVN 72) was nominated for the Secretary of Defense Maintenance (Phoenix) Award Feb. 20 by Vice Adm. Tom Kilcline Jr., Commander, Naval Air Forces for its tenacious maintenance accomplishments.

Competing against aircraft carrier finalists USS Carl Vinson (CVN 70) and USS Harry S. Truman (CVN 75) in the category of large command, Lincoln will be judged in several criteria including effective use of maintenance resources, innovative management accomplishment, personal quality of life programs and mission accomplishment.

According to Lt. Cmdr. Dan Olvera, Lincoln’s aviation maintenance officer, the award is nicknamed the Phoenix Award due to the legend of a broken phoenix rising from the

ashes to become whole and stronger. This represents the ship’s equipment becoming fixed and stronger through maintenance excellence.

“The award proves to the Navy and the rest of the Department of Defense that Lincoln consistently completes outstanding maintenance,” said Olvera, a New Plymouth, Idaho, native. “It’s a team effort across the board to win this award.”

Lincoln has a history of prior maintenance excellence, having won this award in 2004.

“The men and women of Abraham Lincoln maintained and operated one of the most complex integrated weapon systems ever designed with tremendous skill and success,” said Kilcline. “Their demonstrated ability to excel in the most demanding operational circumstances makes them clearly deserving of this prestigious award.”

Turn to PHOENIX, pg. 2

News

CSG-9 Corpsman named Pacific Fleet SOY



Photo by MCSN Crishanda Underland

Hospital Corpsman 1st Class (SW/AW/FMF) Jaimer Cadang, of USS Abraham Lincoln's (CVN 72) Health Services Department was named the U.S. Pacific Fleet's 2008 Sailor of the Year.

By **MCSN CRISHANDA UNDERLAND**
Penny Press Staff

A Carrier Strike Group (CSG) 9 Sailor won the title of U.S. Pacific Fleet 2008 Sailor of the Year, beating out finalists

from five different sea commands, for his work while serving as embarked flag staff aboard USS Abraham Lincoln (CVN 72).

Hospital Corpsman 1st Class (SW/AW/FMF) Jaimer Cadang, of Oxnard, Calif. established himself as a key member of the Health Services Department onboard Lincoln during the carrier's 2008 deployment by assessing numerous life threatening medical conditions, ensuring quality health care to more than 5,000 ship and embarked air wing and staff Sailors as well as achieving multiple personal milestones during his time on Lincoln.

"It means a lot to me," said Cadang. "I didn't think I had a chance at winning this. It's very humbling."

As the Carrier Strike Group (CSG) 9 Liaison for the Senior Medical Department Representatives of the eight warships in the Lincoln Strike Group, Cadang ensured the medical readiness and wellness of more than 7,500 Sailors.

A member of the Medical Training Team, Cadang ensured stretcher bearer teams from 10 repair lockers aboard Lincoln were fully capable of responding to medical emergencies during combat

operations in the Arabian Gulf. He also provided first aid training to 800 Sailors during general quarters, mass casualties and injured Sailor drills.

He also provided evaluation and training revisions for the ship's Health Services Department, leading the department to a score of 90 percent or higher on all evaluated training scenarios for battle efficiency award requirements.

CSG-9 Commander Rear Adm. Scott H. Swift said, "He brilliantly fills the Strike Group's Independent Duty Corpsman (IDC) billet positively impacting the medical readiness of the personnel of both Carrier Strike Group 9 and Destroyer Squadron 9."

"His personal involvement and genuine desire to improve our Navy through its Sailors has reinvigorated the IDC desk making him an invaluable resource to the Health Services Department aboard Lincoln, the Senior Medical Department Representatives aboard all eight of the Strike Group's ships, and Carrier Air Wing (CVW) 2," he said.

Through hard work and dedication Cadang has proven himself to Lincoln, and the rest of the U.S. Pacific Fleet.

NEY

His work in resolving difficulties within the military's food service industry during World War II contributed to a higher standard of rationing in the Navy. That higher standard and increased morale is what the Ney Award program tries to signify on a yearly basis.

"It gives the junior Sailors some accreditation and something to put on a resume for culinary schools if they choose to go that route," said Berke.

Lincoln's culinary staff will be recognized during the Joint Military and International Food Service Executives Association

Cont. from pg. 1

(IFSEA) conference April 4, in Atlanta. Rear Adm. Mike Lyden, Commander, Naval Supply Systems Command, will present the award during the IFSEA Ceremony that evening.

The last time Lincoln was awarded the Ney was April 13, 2003 when the ship won for two consecutive years. Knowing the difficulty of winning the award, Lincoln's crew understands the privilege of being recognized.

"Most definitely it was our teamwork," said Berke. "Not one person outshined anyone, it was all about our planning and preparation that was key to helping us get the recognition."

PHOENIX

Cont. from pg. 1

The award is presented once a year on a military-wide scale. Categories include small, medium and large commands with two commands in each category able to win the award.

"I think we stand a very good chance of winning because of how well we have done from dry-dock planned incremental

activity (DPIA) to the end of cruise," said Olvera.

Kilcline was highly impressed with Lincoln's maintenance efforts as well, giving his full recommendation as the commander in charge of fleet air forces.

"Effective use of financial, maintenance and personal resources, combined

with a total integrated team approach shaped Abraham Lincoln into a lethal and highly efficient weapon system," said Kilcline. "The overwhelming operational success achieved by this ship is testimony to the professionalism and skill of its crew."

According to Olvera, the award winner is expected to be announced in July.

News

CIA Paint teams brighten Abe Lincoln's walls

By MCSN COLBY K. NEAL
Penny Press Staff

USS Abraham Lincoln (CVN 72) formed two paint crews that are teamed together to manage necessary paint maintenance and upkeep during Lincoln's current maintenance period in Everett, Wash., through her upcoming Planned Carrier Incremental Availability (PIA) in Puget Sound Naval Station Bremerton, Wash.

One of the crews, labeled the prep team, is a group of 25 Sailors divided into four teams. The prep team handles all the preparation work such as masking or taping off certain areas to prevent overspray to areas not requiring paint. They perform the necessary procedures that allow the spray team to quickly move to the spaces and finish up the job. It's a team effort that makes everything come together.

"The prep teams work in the morning and the spray teams come through in the afternoon to finish the job," said Aviation Machinist Mate 2nd Class William J. Cooper, paint team coordinator from Chelan, Wash.



Photo by MCSN Colby K. Neal

Aviation Boatswain's Mate (Handling) Airmen Adriam Nevarez of El Paso, Texas, puts on a fresh coat of paint to the aft divisional doors of USS Abraham Lincoln (CVN 72).

The spray team is divided into three teams consisting of roughly 15 Sailors. They follow up the prep team's masking job and so far have already successfully completed five jobs during the Everett maintenance period.

The two teams have a goal of completing 250 paint jobs during both maintenance periods. The work can be extensive at times but the crew understands the importance.

"We are trying to make the living conditions better for Lincoln Sailors," said Cooper. "Our team notices the final product and they get a sense of pride when we help the ship look better."

Navy message updates physical readiness policy

By NAVY PERSONNEL COMMAND
Special to the Penny Press

The Navy announced additional changes to the Physical Readiness Program (PRP) March 11, which remains focused on performance and enhances the culture of fitness for Sailors.

"These changes underscore the importance of all our Sailors remaining fit and able to meet the demands of Navy service. I see this as an opportunity for us to build upon the finest Navy in the world by creating a Navy that is better, stronger and more

capable," said Vice Adm. Mark Ferguson, chief of naval personnel.

According to NAVADMIN 073/09, effective immediately, active-duty Sailors with three or more physical fitness assessment (PFA) failures in the last four years may not transfer, reenlist or extend without a waiver from Navy Personnel Command.

Effective Oct. 1, Physical Readiness Information Management System (PRIMS) data will be reviewed as part of the advancement and promotion process. According to the current policy, Sailors who failed

their most recent PFA cannot be advanced or promoted until they are within PFA standards. This has been enforced at the command level, but the new change will allow equal enforcement across the fleet.

"Overall fitness levels Navywide have improved with nearly 96 percent of Sailors passing the Fall 2008 PFA, according to the NAVADMIN, said Ferguson.

Command justification is required in PRIMS for Sailors who do not complete a PFA. All Sailors must meet body fat standards in order to pass semi-annual

Turn to PRP, pg. 5

News

Abe Sailor named Rad Health Tech of the year

BY MCSA AARON HUBNER
Penny Press Staff

A Sailor from USS Abraham Lincoln (CVN 72) was recognized with the Navy's 2008 Radiation Health Technician of the Year Award.

Hospital Corpsman 2nd Class (SW) Sherriel Johnson, of Aiken, S.C., received the award last week for her outstanding performance as a radiation health technician.

"I was really surprised," Johnson said. "I was called to the front of quarters by the Radiation Health Officer and he announced I was the winner."

Johnson competed against all other nominated radiation health technicians in the Navy.

"I was excited," Johnson said. "I didn't think I would get it because there were so many people with so many more years of experience."

Radiation health technicians deal primarily with the nuclear trained personnel. They handle anything from screenings and physical exams to processing Thermo-Luminescent Dosimeter (TLD) paperwork.

Lt. Barry Cooper, Lincoln's radiation health officer, said Johnson deserves the award.

"She really cares about doing her best all the time. People don't have any idea of how hard it is to be a radiation health technician. We have really strict guidelines to go by, and we are always being audited by organizations outside of the command.



Photo by MCSN Crishanda Underland

Hospital Corpsman 2nd Class (SW) Sherriel Johnson, of USS Abraham Lincoln's (CVN 72) Health Services Department was recognized as the Navy's 2008 Radiation Health Technician of the Year for her outstanding performance in 2008.

According to Johnson, most radiation health techs spend most of their time at hospitals, but she is one of the few radiation techs with sea time under her belt.

Of all the finalists, she was one of two with an Enlisted Surface Warfare Specialist (ESWS) pin.

"I feel really good. I didn't know that our job was even rewarded like that," said Johnson. "Radiation health techs are overlooked a lot because our job is mostly administrative, but I feel really good about it."

Johnson says the course to becoming a radiation

health tech is challenging.

"Radiation Health School is pretty tough. You have to do a lot of physics and a lot of trigonometry. You really have to want it," Johnson said.

DoD: Navy to continue sailing in international waters

BY JIM GARAMONE
American Forces Press Services

States will continue to sail ships on missions in international waters a Department of Defense official said March 10.

Pentagon spokesman Bryan Whitman said the March 8 incident in the South China Sea in which five Chinese ships surrounded USNS Impeccable (T-AGOS 23) - an unarmed Military Sealift Command vessel - won't hinder the United States from using international sea lanes.

The United States protested the Chinese

activity to China's foreign ministry in Beijing and to the defense attache at the Chinese Embassy here. China rejected the U.S. protests March 10 and maintains Impeccable violated international law by sailing in the area.

The ship is an ocean surveillance vessel and was mapping the sea bottom when the Chinese ships approached. The Chinese ships included a Chinese navy intelligence collection ship, a Bureau of Maritime Fisheries patrol vessel, a State Oceanographic Administration patrol vessel and two small Chinese-flagged trawlers.

The Chinese allege the American ship was operating illegally in China's Economic Exclusion Zone. China claims a 125-mile zone.

"Our activities were in international waters, and we will continue to operate in international waters as appropriate," said White House Press Secretary Robert Gibbs, yesterday. "Our ships obviously operate fairly regularly in international waters where these incidents took place. We're going to continue to operate in those international waters, and we expect the Chinese to observe international law around them."

News

Your family day questions are answered!



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. Last day to register is March 31.

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 Navy Cash.

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-Besides the Medical Screen, are there any considerations I should take before inviting family or guests?

A-Ensure that your family and guests are physically able to climb a ladder well.

Q- Where do my guests sign in?

A- Guests will sign in on the pier prior to embarking the ship. There will be a tent for each department with a departmental representative who will check names off of a pre-registration list. They will also have the pre-made ID cards for all guests. All guests must arrive between 5a.m. and 6a.m.

Q- When will the ship return to Everett?

A- The plan is to return to Everett before sunset.

Q- What entertainment will be available?

A- There will be a buffet style breakfast and lunch in the hangar bay as well as games for kids and adults such as a rock climbing wall, bounce house and golf. All departments will have a display in the hangar bay for visitors to view and ask questions.

Q-Who can I invite on the Family Day Cruise?

A-Immediate family and up to 2 guests.

Q-Who are considered immediate family members?

A-Spouses, Kids, Parents, Siblings

Q-Who are considered guests?

A-Anyone who is not immediate family.

Q-Is there anyway I can bring more than 2 guests?

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

Q-What is the minimum age for kids?

A-8 years of age is the minimum. 6 & 7 Year olds can be waived from this requirement if supervised 1:1 by a crew member. The crewmember supervisor should be the child's parent or close friend of the family.

PRP

Cont. from pg. 1

requirements. Sailors who cannot complete physical portions of the PFA due to medical waivers must still pass a body composition assessment unless (BCA) is medically waived. Additionally, no progress waivers may be granted after June 30, 2009.

The message now designates dates,

defined as "cycles," in which commands must conduct the semi-annual PFA. Cycle 1 is Jan. 1 through June 30. Cycle 2 is July 1 through Dec. 31.

"Command leadership has a responsibility to ensure records are properly updated and reflect Sailors' PFA performance. The PRP is another performance-based

measure to ensure we're retaining our top Sailors," said Rear Adm. Dan Holloway, director, Military Personnel, Plans and Policy Division.

For more information read NAVADMIN 073/009 and visit the Physical Readiness section on the NPC Web site www.npc.navy.mil.

The true cost of a DUI

Minimum Fine: \$390
Penalty Assessment: \$666
State Restitution Fund: \$100
Alcohol-Abuse Education Fund: \$50
Blood or Breath-Testing Fee: \$37
Jail Cite-and-Release Fee: \$10
Driving/Alcohol-Awareness School: \$375
License Reissue Fee: \$100
Attorney Fees (average): \$2,500
Auto Insurance Increase: \$3,600 - \$6,600
Half month's pay for two months (E-3): \$1859.70
Loss of pay for one year once reduced to E-2: \$3492
Total: \$13,142.70 = \$16,146

Is it worth it?

Lincoln Runners



NAVY
Fitness

Join your shipmates on a run!
Every Tuesday and Thursday at 11:15
Groupings by distance, pace and motivation

Start in the grassy area behind the bus stop
on the wharf.

Remember to dress appropriately for the
weather conditions

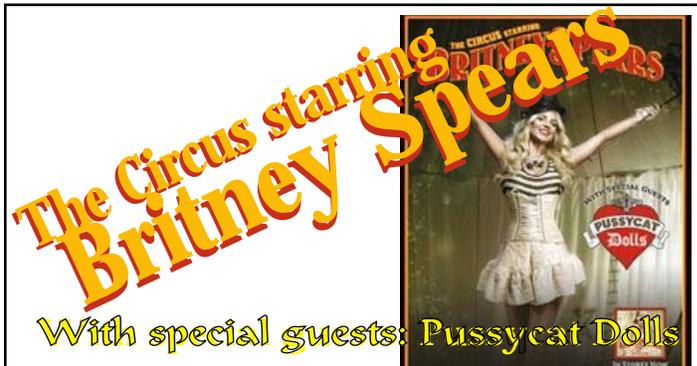
AMA SUPERCROSS SERIES RACES



April 18

Quest Field

Tickets + Free Passes to
the Pit Party at MWR \$10



With special guests: Pussycat Dolls

Thurs. April 9 8 p.m.
Tacoma Dome Arena

\$85

Tickets on sale at MWR

Classes for Couples and Singles:

- Lunch Time Healthy Relationship Series: Wednesdays at noon in the ship's chapel
 - March 11- Making your relationship stronger: Empathy as the key to intimacy
 - March 18- Commitment: "Till death do us part"
 - March 25- Singles Only: How to know who to marry
- Personal Growth Retreat: Help yourself break out of a rut, learn to think outside the box, be more positive and perceptive. Brought to you by CREDO, the same people who do the marriage retreats. Contact the Navy's CREDO office (360) 476-3793 to register for the March 20-22 retreat.
- Thursday Bible Study: Thursdays at noon in the ship's chapel

Upcoming Events

- Seattle Sounders v. New York Red Bulls March 19.

Tickets are at the MWR for \$ 20.

- Beyonce's I am... Tour @ Key Arena April 1. Tickets in the suite for \$ 120 at the MWR.

- Fall Out Boy @ the MAWU Theater @ Quest Field April 10. MWR has tickets for \$ 30. Also playing: Cobra Starship, All Time Low, Hey Monday and Metro Station.

- Taylor Swift's Fearless World Tour @ Key Arena May 15. MWR has tickets for the suite for \$ 86. Also starring: Kellie Pickler.

Lincoln Ombudsman Group

The Lincoln Ombudsman have created a yahoo group for all friends and family of Lincoln Sailors to check out the latest and greatest available. This includes current offerings at both Naval Base Kitsap and Naval Station Everett as well as important ship information. There are also telephone numbers and links that might be helpful .

www.groups.yahoo.com/group/ussabrahamlincolncvn72



RC Toy Car Races!

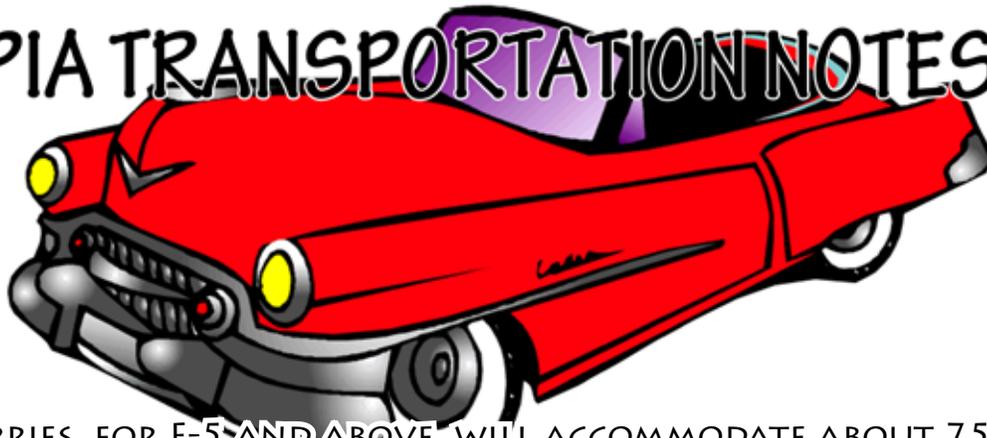
March 17 4:30 pm

at The Commons



\$2.00 to sign up for races

PIA TRANSPORTATION NOTES



- THREE FERRIES, FOR E-5 AND ABOVE, WILL ACCOMMODATE ABOUT 750 RIDERS.
- FERRIES WILL BE MOORED AT PIER D, AND DEPART EVERETT AT 5:30 A.M.
- NINE BUSES, FOR E-4 AND BELOW, WILL ACCOMMODATE ABOUT 400 RIDERS.
- BUSES WILL BE PARKED IN ALPHA PARKING LOT AND WILL DEPART AT 5:15 A.M.
- BUSES AND FERRIES WILL ARRIVE IN BREMERTON ABOUT 7:30 A.M.
- FROM THE SHIPYARD, FERRIES WILL LOAD AT 3:45 P.M. AND WILL ARRIVE IN EVERETT 2 HOURS LATER.
- FROM THE SHIPYARD, BUSES WILL LOAD AT 3:50 AT BLDG. 850.
- TWO LATE BUSES WILL BE AVAILABLE AND LOAD AT 4:50 P.M. AND 5:30 P.M.
- PEDESTRIAN PASSES FOR THE SEATTLE FERRY WILL BE AVAILABLE, HOWEVER IT IS THE RIDER'S RESPONSIBILITY TO GET TO THE TERMINAL. (TIP MAY BE AVAILABLE.)
- A SINGLE FERRY WILL RUN ON SATURDAYS FOR DUTY SECTION TURN OVER.

Final Thoughts



Shipmates

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



Photo by MC3 Kat Corona

USS Abraham Lincoln's (CVN 72) Information Systems Technician 2nd Class (SW) Randolph Fenby receives his certificate of reenlistment from Lt. j.g. Adrian Young during his reenlistment ceremony in Everett, Wash., March 6.

Editor's Top 10

Top 10 things guys learn while watching an action movie...

10. If the mission is important enough, I will never have to bathe or do anything else.
9. If I get shot, a beautiful woman will fall in love with me.
8. If I have a prolonged fistfight with another guy and neither of us die, we will become best friends.
7. When I shoot people, they will die quickly and cleanly and I'll never be arrested.
6. When people shoot at me, I will only get a "flesh wound," which will be tended to by a beautiful woman.
5. When in doubt, cut the green wire.
4. I can save a 100-story building from a terrorist invasion barefoot.
3. After a long career of action movies I may still be a pregnant man someday or even governor.
2. If I am not a cop, mercenary soldier or investigator, I am a sissy.
1. No matter what, Chuck Norris will always win.

CAPT Hall Answers Questions! Abraham Lincoln Family Association March 19

Social time: 6:30 p.m.

Meeting: 7 - 8 p.m.

NAVSTA Everett's Naval Operations Support Center (bldg 2104/2106)

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