



Lincoln awards safety and excellence

By MC3 Kirk Putnam
Penny Press Staff

Sailors from USS Abraham Lincoln (CVN72) and civilian workers from Puget Sound Naval Shipyard (PSNS) gathered together in the hangar bay of Lincoln, May 8, to recognize workers for exemplary qualities demonstrated during the Planned Incremental Availability (PIA).

“The Lincoln project team wanted to have a manner of recognizing employees for their efforts,” said Deputy Project Superintendent Terry Brown.

The awards will be given out bi-weekly to both ship and shipyard workers.

“We want to find who is making a difference in making Lincoln successful. We have a Workers Excel-



Photo by MC3 Kirk Putnam

Capt. Patrick Hall, Commanding Officer of USS Abraham Lincoln (CVN 72), presents a Worker's Excellence Award to Aviation Boatswain's Mate Third Class Jason Carvell for his hard work and dedication to safety during Lincoln's Planned Incremental Availability.

lence Award and a Workers Safety Excellence Award for those making a difference in the safety aspect,” said

Turn to Awards, pg. 2

Safety warns, don't become complacent

By MCSN Colby K. Neal
Penny Press Staff

With the USS Abraham Lincoln (CVN 72) Planned Incremental Availability (PIA) underway and daily operations beginning to smooth out, Lincoln Sailors still must keep safety a top priority while in the Controlled Industrial Area (CIA) of Puget Sound Naval Shipyard (PSNS) in Bremerton, Wash.

As with any mission undertaken by Lincoln's crew, safety is one of the command's top priorities. Lincoln

Sailors were issued hardhats and safety glasses when they arrived to the shipyard. However, one of the most important safety measures Sailors can take, but may not realize, is the significance of wearing hearing protection.

“Sailors need to understand the importance of ear plugs in this environment. Especially in areas such as Hangar Bay 1 where it is loud. The hearing protection prevents against gradual hearing loss later in life and many Sailors may not take this into consideration,” said Cmdr. Dominic

C. Gaudin, Lincoln's safety officer.

So far for zoom safety mishaps are lower than the 2006 shipyard period. However, Lincoln Sailors can't get complacent.

The command's safety first message can be found everywhere, such as posters on the enlisted brow, but the best way Gaudin said for the message to get to everyone is through divisional and departmental Quarters.

“Quarters is very important to get the message of safety out there

Turn to Safety, pg. 2

News

Awards

Cont. from pg. 1

Brown.

The awards are presented every other week by Lincoln's Commanding Officer, Capt. Patrick D. Hall and the PIA Project Supervisor Tim Ferguson. Each recipient is given a certificate of appreciation, a certificate permitting 48-hour special liberty, and a \$5 gift certificate called "Thank You Bucks," which the recipients can use on base.

Another gift to the awardees, a Captain's coin, is considered a universal sign of appreciation in the Navy.

"The Captain provides the coins for each person and the 'Thank You Bucks' are sponsored by the Operations Department on my side of the house," said Brown.

Nominations may be submitted by any Sailor or shipyard worker. The final recipients are decided upon by

a review committee. After the review committee selects the names of the recipients, Lincoln's Command Master Chief Eric Schmidt makes the arrangements for the presentation package.

The first awards for Sailors during this availability were presented to Machinist's Mate Fireman Jeremy R. Hurlbutt, Aviation Boatswain's Mate Third Class Jason Carvell, and Electrician's Mate Second Class Craig H. Paterson. The first Workers Excellence Awards for civilian workers were presented to Chris Chichester and Marco Araiza. The Worker Safety Excellence Award went to Information Systems Technician Second Class (SW) Goeffrey Dingle. The civilian Worker Safety Excellence Award went to Olivia Love.

"The main goal is really to find the person or people who provide a con-

tinuous positive example because it is those people that will make Lincoln's '09 PIA a success," said Brown. "We feel our employees, such as civil service and ship's force contingent is the most vital asset we have and we want them recognized for that."

Anyone who wishes to submit Sailor's names they feel have been a shining example of workmanship during the availability can contact the Lincoln's Maintenance Manager Lt. Cmdr. Randy Lee, or to Schmidt directly. Names of civilian contractors can be submitted to Brown.

"I personally appreciate the commanding officer backing these awards. I think it is also his feeling these Sailors and civilians are key assets that deserve appreciation for being the example to follow. I am grateful for his time on this," said Brown.

Safety

Cont. from pg. 1

because when you hear the importance of it from someone you know and work with, it is easier to comprehend," said Gaudin.

Gaudin said most Sailor mishaps are occurring off-duty on their own time when they are tired and letting their guard down. Having the right attitude and being in the right frame of mind will alleviate those accidents.

As far as making sure Sailors stay on point with safety in the shipyard, there are common-sense steps to take.

"Don't cut corners," said Gaudin. "The longer we are in the shipyard the more Sailors tend to get comfortable with cutting corners, which leads to more people getting hurt."

The shipyard is a trying time for everyone, but wearing proper personal protective equipment (PPE) helps to reduce the chances of getting hurt.

"PPE is a Sailor's last line of defense," said Gaudin. "Making sure you look around and keep your head on a swivel can save you from an accident."

Gaudin said anything can change at anytime in the yards, even the route you may take to work every morning.



Photo by MCSN Neal

Wearing the proper PPE is vital to Lincoln's dedication to safety.

"Due to roadwork or an accident the way you are used to going to work one day might require a different route tomorrow and Sailors need to be mindful of that. Wearing proper PPE, and safety gear, paying attention and just using common-sense will allow for a safer PIA period," said Gaudin.

News

Star Trek awes fans, new and old

By MC3 JOESPH SCARBERRY

Penny Press Staff

Captain Kirk and his crew of USS Enterprise (NCC 1701) embrace their fates and fall into their roles in an alternate universe that wows old fans and creates new ones in the 2009 science fiction movie, *Star Trek*.

Fighting against the heavily armed ship controlled by Captain Nero of the Romulans, our heroes attempt to save the universe against all enemies, foreign and domestic.

I can honestly say that before I saw the film, I was a devout Star Wars fan, and like any good Star Wars fan, I laughed at Trekkies for their poor taste in science fiction. Today, I can honestly say that maybe, just maybe, I was proven wrong. I was told I should see the movie without prejudice, and that's just what I did and I'll admit, I was shocked.

Star Trek had everything I could have ever hoped for in a sci-fi flick. The plot was pretty solid. It keenly balanced action and drama, had plenty of appropriate comedic relief scenes. You just don't get that from movies these days.

From the cast, Chris Pine starred as James Kirk. Pine showed me exactly who I expected Kirk to be; chauvinistic, confident and maybe a little crazy. His high-energy role put a heavy burden on Pine's shoulders, but he carried the weight and added life to Kirk.

Spock, played by Zachary Quinto (Sylar, from TV's *Heroes*), took over the role with a bang. It can't be easy to portray the Vulcan's emotionless logic, but he pulls it off. The bouts of rage are shown; you see them coming just a moment before it happens with the fire in Quinto's eyes. Overall, I spent the film's duration impressed by him.

Other characters deserve honorable mentions because while they were not the stars of the film, they still took roles that had standards already set and outdid themselves. Simon Pegg (Scotty), John Cho (Sulu) and Anton Yelchin (Chekov) all had excellent performances, adding to the action, comedy, and drama of the film.

I don't think I could have been more impressed with *Star Trek*. The movie is an instant classic and it redefined science fiction for me. If you weren't a *Star Trek* fan before, and you like sci-fi, get your tickets at MWR and see this. You won't regret it.

USS Chinook makes first overnight U.S. ship visit to Iraq

By LT. NATHAN CHRISTENSEN

Special to the Penny Press

USS Chinook (PC 9) departed Umm Qasr, Iraq, March 25, marking the first overnight port visit to Iraq by a U.S. ship.

"The U.S. Navy has operated in the region for more than 60 years, and Chinook's visit marks the first time a U.S. ship has remained overnight in Iraq; that's extremely significant," said Rear Adm. T.C. Cropper, deputy commander, U.S. Naval Forces Central Command (NAVCENT).

"Chinook's visit exemplifies the great confidence we have in our Iraqi partners and reflects the excellent improvements in security that they have achieved. It also demonstrates our commitment and partnership with the Government of Iraq, its people and the Iraqi Navy."

While in port, the ship's crewmembers were able to participate in friendship-building activities with several senior Iraqi officers as well as conduct a logistics' replenishment, where the ship took on fuel and other various supplies.

"This is an important day for us and for Iraq," said Lt. Allen Maxwell, Chinook's commanding officer.

"Our visit gave us a chance to interact with senior Iraqi Navy leadership and further enhance cooperation with the Iraqi Navy and Marines. Today was an extraordinary opportunity, and I am proud to have made a positive difference in Iraq's future."

USCGC Aquidneck (WPB 1309)'s daylight-only port visit to Umm Qasr Dec. 15, 2008, marked the last visit by a U.S. ship to the Iraqi port. Cropper was pierside for Chinook's arrival to Umm Qasr and said he hopes more coalition ships will visit the Iraqi port in the months and years to come.

"Visits like this are important because they help reinforce the strong ties that already exist between our two navies," said Cmdr. Thomas Cawley, NAVCENT's country engagement officer to Iraq.

Coalition maritime forces in the North Arabian Gulf maintain a naval and air presence to safeguard the region's vital links to the global economy. These key maritime infrastructure nodes are the foundation for the region's economic growth, stability and prosperity as well as significantly impact the global economy.



Photo
MC3 Sean
&
MC3 Kirk



Jobs by:
Gallagher
&
Putnam



Tickets to WNBA
Complete the form at:
www.wnba.com/storm/firststone.html
for up to 4 complimentary
tickets

FREE

Thursday, July 9th
Seattle Storm
vs
Sacramento Monarchs



Bangor
Memorial Day
Specials!!



Olympic
Lanes
\$8
per hour
per lane

Cinema Plus Theater
FREE matinee at 1300
Movie Line: (360) 535-5923



Free Bowling Night

Where? NBK Bremerton
Fleet Recreation Center

When? Thursday, 21 May
1800-2100



Camp McKean is finally opening!

23 May

Call PEO for more information:

(360) 535-5919



MWR has Mariners tickets with suites

May 24 - vs San Francisco Giants

June 24 - vs San Diego Padres

July 11 - vs Texas Rangers

September 20 - New York Yankees

See MWR on the barge for more Details



For spouses embarking on their first
journey as a Navy spouse, COMPASS is
here to help them gain knowledge and
establish a peer network.

Upcoming classes: May 20-22 and June 2-4

Pre-registration is required at

www.gocompass.org

For more information email

COMPASSilverett@nsfamilyline.org

Outdoor Activities

Beach State Park has it all for Lincoln Sailors

BY MCSA AARON HUBNER
Penny Press Staff

Cooking over an open fire, oyster harvesting, and scenic views. It's all at Scenic Beach State Park in Seabeck, Wash. Grab your sleeping bag and get outside!

That's what three of my friends and I did last weekend. We loaded the pickup and drove north on Highway 3 out of Bremerton, Wash., on Friday, and took the Newbury Hill Road exit. A discreet brown sign pointed us left for what would be a short but scenic route. After a few miles and a few turns (keep an eye out for the small signs) we passed through the picturesque town of Seabeck, it looks just like the town in Dawson's Creek. A small general store and a café are perfect for any last minute needs. We kept on course and soon the trees broke and we enjoyed a breathtaking view of the Hood Canal and the Olympic Mountains, approximately 30 minutes from Bremerton.

The state park itself is quite small and quiet. The ranger station at the entrance was closed and campers are required to self-register, so we picked our campsite and then filled out the form and put money in the drop box by the station.

Scenic Beach has 52 tent spaces, two restrooms, and four showers. It's \$19 per night.

We made camp. The tent was pitched just in case. The weather report showed no rain for the entire weekend. We set up our army-style cots around the fire pit and laid out our dusty sleeping bags. It was starting to get dark by then and we made a fire. The rest of the night was spent telling stories and roasting marshmallows, until turning in for the night.

The big plan for the new day was to find something to explore! Luckily for us the camp's caretaker, Art, stopped by for a chat the night before and said he'd bring us some maps of nearby places to check out. Art came through for

us with a map of Green Mountain State Forrest.

We all hopped in the truck and made the 20-minute drive to Green Mountain. It offers several trails for hiking, but we cheated and drove up a skinny, dusty, logging road. The windows were down and a cool breeze came in through the windows as we passed cowboys on horseback.

It took us about 30 minutes to get to a landing at the end of the precarious road. We parked and had to hoof it to the top the old-fashioned way. After a short hike, we were at the summit. The sun beamed blissfully down as I looked out and saw a truly amazing scene; a clear view of Seattle

in the far-off distance with the Puget Sound in the foreground. The view alone made the whole weekend worthwhile.

On the way back home we stopped at the General Store in Seabeck for a snack and sat outside at a picnic table and looked out over the Hood Canal. Several small boats rocked gently in the calm waters. After our treat and talking with the locals for a bit, we



Photo by MCSN Aaron Hubner

The view from atop Green Mountain.

headed back to our campsite.

Most of us took naps or read a book. After a while I started preparing the tin-foil dinners, a camping tradition of mine. Wrap beef patties, potatoes, and carrots with aluminum foil and throw it in the coals of the fire for about an hour and you have a hillbilly pot-roast. Delicious.

After dinner we played a lively game of cards and then we all took our places around the campfire once again, trying to discover the true meaning of life until we all fell asleep.

Sunday morning we packed up and made our way back to Bremerton for a stop at Denny's before heading back to base.

If you don't have the gear for camping, you can rent it from Morale Welfare and Recreation at the Liberty Center in Bremerton or at Naval Base Kitsap-Bangor.

For more information about this and other Washington State Parks log onto parks.wa.gov. Call (888) CAMPOUT for reservations.

Final Thoughts



Shipmates

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



Photo by MCSA Aaron Hubner

USS Abraham Lincoln's (CVN 72) Commanding Officer Capt. Patrick Hall, right, pins the rank Lt. j.g. on former Bull Ensign Nick Bleeker during a promotion ceremony, on May 13, onboard Lincoln.

Editor's Top 10

Top 10 theme songs for Lincoln's PIA:

10. "It's All Been Done" - Bare Naked Ladies
9. "Baby Come Home" - Led Zeppelin
8. "Working Man" - Rush
7. "Crazy Train" - Ozzy Osbourne
6. "Sad But True" - Metallica
5. "Under Pressure" - Queen
4. "Much Too Young (to Feel This Damn Old)" - Garth Brooks
3. "Minimum Wage" - We Might Be Giants
2. "(I Can't Get No) Satisfaction" - Rolling Stones
1. "Take This Job and Shove It" - David Allen Coe

FREE SUMMER CAMP FOR MILITARY KIDS

NMFA's Operation Purple® camps offer a free week of fun for military kids with parents who have been, are currently, or will be deployed.

SIGN UP TO ATTEND THE CAMP IN YOUR AREA.

WHERE: Island Lake, Twisp, WA
 WHEN: August 9-15

For kids ages 12-18
 Registration begins March 16
 For more information call 360-936-7007

Visit www.operationpurple.org for registration information or additional locations and dates.

Operation Purple
 A program of the National Military Family Center

Free counseling, expert advice 24/7

24/7

1-800-342-9647

WWW.MILITARYONESOURCE.COM

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..... CMDM (SW/AW) Eric Schmidt
 Public Affairs Officer..... Lt. Cmdr. William Marks
 Media Dept. LCPO..... MCC(SW/AW) Joel Huval
 Editor..... MC3 Joseph Scarberry
 Webmaster..... MC3(SW) Dennis Irwin
 Staff..... Media Department