



CCSG9 focuses on Sailors' PIA concerns

By **MCSA ROBERT ROBBINS**
Penny Press Staff

Rear Adm. Scott H. Swift, Commander, Carrier Strike Group (CCSG) 9 visited USS Abraham Lincoln (CVN 72) Tuesday to meet with Sailors and hear their concerns during the ship's Planned Incremental Availability (PIA) in Puget Sound Naval Shipyard, Bremerton, away from its homeport of Naval Station Everett.

During the visit, Swift answered questions from 50 Sailors taking part in Abe's yard period and observed the ship's PIA progress.

Swift talked to Sailors about many topics ranging from the importance of communication to the challenges of the daily commutes from Everett to Bremerton.

"One of the challenges we face is having an understanding of what the [crew's] concerns are," said Swift. "It is important to communicate."

Swift stressed that the Sailors are an integral part of the ship's PIA success and

they need to take care of themselves to be successful.

"I really believe that Sailors are our most important resource," said Swift.

With a daily commute taking buses, ferries, and cars from Everett and other regional cities to Bremerton, Abe's commuting crew spends approximately half of a normal working day (four hours) just getting to work, not allowing for much liberty throughout the work week.

"Time is the most precious resource we have as individuals," Swift said. "I encourage you [all] to carve some time out in the week [for yourselves]."

Storekeeper 2nd Class (SW) Ferdinand Bautista, of Lincoln's Safety Dept., said



Photo by MCSA Robert Robbins

Rear Adm. Scott H. Swift, Commander, Carrier Strike Group (CCSG) 9 visits with USS Abraham Lincoln (CVN 72) Sailors for a question and answer session on the ship's Planned Incremental Availability (PIA).

Swift meeting with the Sailors shows he has a vested interest in them.

"When he answered the questions we had, it put our minds at ease. I think his visit was good for the morale of the Sailors. It shows he cares about us," said

Turn to SWIFT, pg. 3

Lincoln, PSNS team up for PIA success

By **MC3 (SW/AW) PATRICK BONAFEDE**
Penny Press Staff

USS Abraham Lincoln (CVN 72) and Puget Sound Naval Shipyard (PSNS) have been working side by side since the ship began its Planned Incremental Availability (PIA) April 16, to ensure that Lincoln is ready to accomplish its mission at sea.

To achieve this goal, shipyard workers and the ship's crew must coordinate in many areas.

The rehabilitation team, works side by side with PSNS contractors in a coordinated effort to completely strip crew berthings and refurbish them back to new.

"The PSNS shipyard workers give us direction on how to properly take apart and put back together everything inside the berthings," said Information Technician 2nd Class Sean Moore, rehabilitation team member. "The Sailors on the rehabilitation team are the ones who carry out the work and help carry up all

the old racks and scrap."

The PSNS contractors are there to provide technical assistance. In the case of the rehabilitation process, there are contractors to help out with electrical issues.

"The leading electrician is a civilian contractor who has Sailors work with him and deal with all the electrical isolation issues," Moore said. "Before we can start cutting out anything with lighting, we

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Local Stories

SPOTLIGHT SAILOR



Photo and information gathered by MC3 Brandon Wilson

IT2
Sean Moore
CS / CS-8

Hometown:
 Woodbridge, Va.

Quote:
"Hope for the best, expect the worst."

Hobbies:
Video games, TV, movies, frisbee golfing

Weekend MWR Bremerton Van Route

- Noon - CVN 72
- 1210 - Bremerton Ferry
- 1220 - K-Mart
- 1245 - Fred Meyer
- 1300 - Wal-Mart
- 1330 - Kitsap Mall
- 1400 - AMC 8 Cinema
- 1430 - All Star Lanes
- 1500 - NEX/Bowling Alley / Subway Bangor
- 1610 - Bremerton Ferry
- 1620 - K-Mart
- 1645 - Fred Meyer
- 1700 - Wal-Mart
- 1800 - AMC 8 Cinema
- 1900 - NEX/Bowling Alley / Subway Bangor
- 1930 - CVN 72
- 1940 - Bremerton Ferry
- 2015 - Fred Meyer
- 2030 - Wal-Mart
- 2100 - Kitsap Mall
- 2115 - AMC 8 Cinema
- 2130 - All Star Lanes
- 2200 - NEX/Bowling Alley / Subway Bangor
- 2230 - CVN 72
- 2330 - AMC 8 Cinema
- 2345 - All Star Lanes
- 0000 - NEX/Bowling Alley / Subway Bangor
- 0030 - Return to CVN 72

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- 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.....MCSR Adam Randolph
- Staff..... Lt. j.g. Russell Wolfkiel
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- MC3 Brandon Wilson
- MC3 Kat Corona
- MC3 Kirk Putnam
- MC3 Sean Gallagher
- MC3 Colby Neal
- MCSA Aaron Hubner
- MCSA Robert Robbins
- MCSR Adam Randolph

Softball Standings

TEAM	Wins	Losses
Intel	4	0
Supply	4	0
AIMD	2	2
Combat Systems	2	2
Admin, Legal, Media, Safety, Training	1	3
Engineering	1	3
Air	1	3
Deck	1	3

Local News

SWIFT

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Bautista.

"The part that made the greatest impression on me was we talked about his concerns for us with the long commutes. I make the commute from Whidbey Island,

so it meant a lot to me."

Lincoln Command Master Chief (SW/AW) Eric Schmidt said his visit speaks volumes about how much he cares about the ship and its crew.

"Considering the admiral is no longer

embarked on USS Abraham Lincoln, it is remarkable that he has time to visit Lincoln during its PIA," said Schmidt. "That fact that he would take the time to visit us is an indicator of his commitment to the Lincoln and its Sailors."

Former President Bush Visits Namesake Aircraft Carrier

By GEORGE BUSH PUBLIC AFFAIRS

Special to Penny Press

The USS George H.W. Bush (CVN 77) namesake -- former President George H.W. Bush -- and the ship's sponsor visited the Navy's newest aircraft carrier May 26-27 to observe flight operations during the ship's underway period in the Atlantic Ocean.

"It is the greatest honor of my life to be the [ship's] sponsor, so thank you for letting me have that opportunity," said Doro Bush Koch, the former president's daughter and ship's sponsor.

"This is the greatest ship in our Navy and I am proud to be associated with it."

This was the first time President Bush has embarked the ship

that bears his name while underway. The carrier is completing flight deck certification off the coast of Virginia which included the first aircraft to be catapulted from the ship's flight deck and the first arrested landing aboard.

"It is a great thrill for Doro and me to be out here on this beautiful day at sea. I'm so impressed, not just with the machinery or with the pilots, but with the men and women of this crew," said President Bush or "41" as the crew affectionately refers to the 41st president of the United States.

"It's just wonderful seeing the spirit on this ship. We are grateful for your service to our great country."

In addition to observing catapult launches and arrested landings on the flight deck, the former president - a decorated World War II naval aviator - and his daughter met with the Sailors on board.

Navy Authorizes Extra Award Points for Sailors Supporting Global Ops

By MCC(SW) MARIA YAGER

Special to Penny Press

The Navy announced plans June 3 to increase the maximum number of award points authorized when computing the final multiple on Navy-wide advancement exams for Sailors with in-theater service as outlined in NAVADMIN 167/09.

"Since the earliest stages of Operation Iraqi Freedom, the performance and advancement results of Sailors have been monitored to ensure that in-theater service does not disadvantage Sailors.

Where warranted by the data, policy adjustments have been implemented to counter in-theater advancement challenges," said Vice Adm. Mark Ferguson, chief of naval personnel, in the message.

"This action is intended to prevent the exclusion of in-theater award points for those Sailors who currently have the maximum award points for their pay grade," said Ferguson.

The new policy takes effect in August for Reserve advancement cycle 085 and September for the active-duty advancement cycle 204. Sailors who have served more than 90 consecutive days in Iraq, Afghanistan, the Horn of Africa, Kuwait, Guantanamo Bay, Joint Task Force 515, or Joint Force Special Task Force-Philippines after Oct. 24, 2001 are authorized a two-point increase to the maximum award points authorized.

This increases the maximum number of award points to 12 for E-4 and E-5 candidates and 14 points for E-6 candidates.

"There are a lot of [hospital] corpsmen who miss it by half a point. So, any help is appreciated," said Hospital Corpsman 2nd Class (FMF) Adrian Evans, assigned to Navy Branch Health Clinic aboard Naval Support Activity Mid-South.

Evans completed two deployments to Iraq as a platoon corpsman for the 2nd Marine Division Fleet Marine Force. With his prior awards and a recent Navy Achievement Medal, Evans is maxed out on award points, but, the new

policy will allow him to get credit for his overseas contingency service on his next advancement exam.

In addition to extra award points for exams, the Navy has offered Sailors other advancement incentives for serving in-theater.

According to NAVADMIN 276/08 all chief petty officer and limited duty officer candidates who are eligible, meet the requirements and have the commanding officer's approval are waived from the advancement examinations while serving in-theater.

NAVADMIN 077/05 explains how Sailors can earn accelerated advancement through the Combat Meritorious Advancement Program. In order to qualify for the program, Sailors must currently be in pay grades E1 through E5. The program is not authorized to promote Sailors to E7 or above.

"When you compare the time and environment a non-operational corpsman gets to study versus an operational corpsman, anything extra helps," said Evans.

Local News

TEAMWORK

Cont. from pg. 1

need to wait for the electricians to make sure the space is good to go.”

The refurbishing of berthing spaces isn't the only situation in which you find PSNS shipyard workers and Sailors working together. There is also a coordinated effort involved in the issuing and disposal of hazardous material.

“We take care of all of the hazardous waste on board,” said Susan Vogelsang, a PSNS contractor working in Lincoln's hazardous waste disposal center, HAZ-world. “We also assist in helping out Sailors from Supply Department fill out any paperwork pertaining to hazardous material if they have any questions about it.”

For Sailors and contractors working in HAZ-world, attitude goes a long way in accomplishing daily tasks and handling issues.

“We are one big team separating waste and getting it ready to ship” Vogelsang said. “They are not just Sailors, they are our team members working together closely.”

Of course with all the coordination involved between Sailors and shipyard workers, there is one key element that is on everybody's mind, safety. Safety ensures that the job is not only done, but done properly so everyone will be able to be back the next day.

Brooks Walpole, the Environmental Safety and Health Manager said that “being in constant contact with the



Photo by MC3(AW/SW) Patrick Bonafede

Sailors and Shipyard workers work together to refurbish many of the berthings on Abraham Lincoln.

ship's Safety Department; we are able to work together to contact the right person and figure out a solution to the many safety and health issues occurring on the ship.”

Walpole is in charge of Code 106, which is the civilian equivalent of the ship's Safety Department. Code 106 and the Safety Department do a daily walkthrough of the ship to ensure that all the jobs are being done safely and in accordance with rules and regulations.

“If someone from Code 106 sees a Sailor doing something unsafe, or not wearing the proper PPE they will let us know about it,” said Aviation Boatswain's Mate (Fuels) Chief Glenn Apacible, Leading Chief Petty Officer of the ship's Safety Department. “Sharing information, we are both able to know what is happening out there and if there are any lessons learned.

“We are out there to find and fix hazards,” said Walpole. “If there is a question about a rule or regulation and we don't know it, we can always find the answer.”

All the coordination and hard work doesn't go unnoticed though. Every other week Lincoln recognizes both Sailors and shipyard workers for their day-to-day hard work in making the overall coordinated effort a success.

“The main goal is really to find the person or people who provide a continuous positive example because it is those people that will make Lincoln's '09 PIA a success,” said Deputy Project Superintendent Terry Brown. “We feel our employees, such as civil service and ship's force contingent, are the most vital asset we have and we want them recognized for that.”

When Lincoln is back out at sea accomplishing her mission around the world, it will be only due to the coordinated efforts going on daily between Sailors and shipyard workers to get the many goals accomplished during PIA.

MWR offers great deals on movie tickets for AMC and Regal Theaters.

Visit their office on the barge for more info!

Around the Navy

Navy Expands PTS to Sailors E-6 and Below with 14 Years or Less

BY NAVY PERSONNEL COMMAND PUBLIC AFFAIRS
Special to the Penny Press

The chief of naval personnel announced plans to expand the Navy's Perform to Serve (PTS) program to include all Sailors, E-6 and below, with 14 years or less of service, beginning June 1 as described in NAVADMIN 161/09.

PTS is a centralized reservation system that helps the Navy manage reenlistments of Sailors with less than 10 years of service, or Zones A and B. The expansion of the PTS program allows the Navy greater flexibility to control the number of Sailors in specific ratings and provides better advancement opportunities for Sailors, while helping the Navy manage manpower requirements.

"The Perform to Serve program is an essential tool that allows us to provide stable and predictable manning to the fleet. It will allow us to keep a balanced force based on experience, skill sets and seniority matched to requirements," said Vice Adm. Mark Ferguson, chief of naval personnel.

The NAVADMIN expands PTS to include Zone C Sailors with 10 to 14 years of service. Therefore, all E-6 and below Zone C Sailors with an End of Active Obligated Service (EAOS) date on or after Feb. 1, 2010 must submit a PTS application regardless of their reenlistment intentions. However, Zone C Sailors selected

for or already advanced to chief petty officer are exempt.

In addition to members of the chief petty officer community, exemptions include Sailors currently under permanent change of station (PCS) orders, Sailors with an approved conversion package and Sailors with an approved selected reenlistment bonus (SRB) precertification.

According to statistics from the Center for Career Development, in 2008 almost 90 percent of Sailors who applied for PTS remained in their current rating. Quality Sailors who hold ratings in overmanned fields may be offered reenlistment in an undermanned rating. However, Sailors with a poor performance history may not be granted permission to reenlist.

"Our future is in our E-4, E-5, and E-6 petty officers who should see advancement opportunities in their future in an organization that rewards the best performance," said Ferguson.

Sailors should consult their career counselors about 15 months prior to their EAOS to complete the required paperwork and request their command submit a PTS application, regardless of their intentions to re-enlist.

For more information regarding the submission process, application format or other PTS issues, visit the www.npc.navy.mil or contact NPC's Customer Service Center 1-866-U-ASK-NPC (1-866-827-5672).

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

Navy's Top Officer Testifies Before Congress

BY MC2(SW) REBEKAH BLOWERS
Special to the Penny Press

The chief of naval operations (CNO) testified before the Subcommittee on Defense, Senate Committee of Appropriations; the House Subcommittee on Defense, Committee on Appropriations; and the Senate Armed Services Committee June 2-4 about his priorities for fiscal year 2010.

Adm. Gary Roughead, CNO, informed Congress that his top priorities continue to be building tomorrow's Navy, remaining ready to fight today and developing and supporting Sailors and Navy civilians. He said the Navy has made significant progress in all three of those areas

in the last year.

Roughead stated that the Navy needs a stable shipbuilding program that provides the right balance for the fleet while preserving the nation's industrial base. He said that 10 new ships have joined the fleet during the last year and that he remains committed to a carrier force of 11 for the next three decades.

"As I testified last year, effective procurement requires affordable and realistic programs to deliver a balanced future fleet."

He then expressed to Congress how essential the Sailors, Navy civilians and their families are to the Navy maintaining its maritime dominance.

"Our talented and dedicated Sailors and

Navy civilians are the critical component to the Navy's maritime strategy. I am committed to providing the necessary resources and shaping our personnel policies to ensure our people are personally and professionally supported in their service to our nation," said Roughead.

He concluded his testimony by confirming his dedication to the Navy, its people and its capabilities.

"The men and women, active and reserve, Sailor and civilian, of our Navy are extraordinarily capable, motivated, and dedicated to preserving our national security and prosperity," CNO said. "We are fully committed to the current fight and to ensuring continued U.S. global leadership in a cooperative world."



Week In Review

PHOTO COURTESY OF THE U.S. NAVY. THE U.S. NAVY IS THE LEADING PROVIDER OF MILITARY AND CIVILIAN AIRCRAFT. THE U.S. NAVY IS THE LEADING PROVIDER OF MILITARY AND CIVILIAN AIRCRAFT. THE U.S. NAVY IS THE LEADING PROVIDER OF MILITARY AND CIVILIAN AIRCRAFT.



News

More Captain's Cup events on the horizon

By MC3 BRANDON WILSON
Penny Press Staff

After the first successful month of 16 softball games, USS Abraham Lincoln (CVN 72) Sailors prepare to begin new sport competitions for the command's next month of Captain's Cup games.

A golf tournament is scheduled to begin July 19. Soon following will be a swim meet, a homerun derby that is yet to be announced, and other sports are expected to commence each month this year.

Softball games will continue throughout Lincoln's stay in Naval Base Kitsap

Bremerton. According to Aviation Support Equipment Technician 1st Class (AW) Roberto Manuyag of San Diego, Calif., playing ball with fellow shipmates not only benefits Sailors physically, but therapeutically as well.

"They're like some sort of anger management class," Manuyag said. "Even if you don't get along with the people you work with, it promotes good team work whether you like them or not."

"The Captain's Cup sports are open for everyone, blue shirts and khakis alike," said Aviation Ordnanceman 1st Class (AW) Charles Rhodes of Empire, Ala., coordinator and participant of the Cap-

tain's Cup events.

Sailors can also check out other activities by going on Abenet and checking out MWR's "events" page.

"These events will hopefully get Sailors off work to build some camaraderie," Rhodes said. "Also, by blowing off steam right before liberty, we may be able to prevent Sailors from drinking their stress away after work and potentially cause a DUI."

If you would like to take part in these events, or if you have any suggestions, talk to your departmental Captain's Cup representative or email Rhodes.charles@cvn72.navy.mil.

Plan Ahead to Ensure a Smooth Move

FROM FLEET AND INDUSTRIAL SUPPLY CENTERS PUBLIC AFFAIRS
Special to the Penny Press

The peak season for arranging household goods moves is now in effect at Commander, Fleet and Industrial Supply Centers (COMFISCS) Personal Property Shipping Offices (PPSOs).

PPSOs handle approximately 25,400 inbound and outbound shipments during this time of year.

Personal property staff members emphasize the importance of planning early and thoroughly to ensure the stress-free movement of personal property. It is highly recommended that customers set up a move date as soon as possible upon receipt of permanent change of station (PCS) orders.

Moves will not be scheduled for pick-up on holidays and weekends. Follow the tips below to avoid incurring debts for government-directed moves and staying within authorized weight allowances.

*Dispose of unwanted articles. Shipping unneeded articles is needlessly expensive; shipping costs vary based on destination, region or country.

*Claim professional books, papers and equipment (PBP&E), also referred to as pro gear. Declare all PBP&E weight, even if estimate is within the weight allowance. Check to ensure the weight is reflected on the DD Form 1299 prior to pick-up. Separate the PBP&E before the transportation service provider (carrier) arrives, as they must mark and weigh the pro gear. Check the inventory form periodically to ensure the carrier annotates PBP&E accurately.

*Pay attention to weight estimates. Remember, weight estimates made by carriers or personal property counselors are not

binding; they are for planning purposes only. Excess costs are based on the actual weight of unpacked and uncrated household goods and cannot be accurately determined until the shipment is packed, picked up and weighed at a certified scale.

*Request a reweigh if the pre-move survey estimate is more than the maximum allowance. If a shipment is picked up and exceeds the weight allowance, ask the destination PPO to reweigh the shipment. Reweighing the shipment will not cause any increase in excess cost.

*Overseas weight restricted areas: If moving to, from or between an administratively weight restricted area, ensure any additional weight allowances are approved before shipping. Contact the local PPO for more information.

For information concerning a move, customers may call toll free 1-800-444-7789, commercial (757) 443-1719, or DSN 646-1719 to speak to a personal property customer service representative.

COMFISCS provides an array of integrated global logistics and contracting services to Navy and Joint operational units across all warfare enterprises.

COMFISCS is responsible for facilitating best business practices and efficiencies across the seven FISCs located in San Diego; Norfolk, Va.; Jacksonville, Fla.; Yokosuka, Japan; Pearl Harbor, Bremerton (Puget Sound), Wash.; and Sigonella, Italy; and for optimizing the performance of base supply functions and standardizing levels of service across 11 regions and 77 Navy installations.

COMFISCS comprises more than 7,500 military and civilian logistics professionals, operating as a single cohesive team providing global logistics services from nearly 135 locations worldwide.

Safety Note

How to avoid summertime fatigue

By MC3 KAT CORONA
Penny Press Staff

Summer's extended sunlight hours and warm temperatures have finally reached the Puget Sound and that means USS Abraham Lincoln (CVN 72) Sailors and their families are spending more time outdoors and traveling longer distances.

With all these activities, it is important that Abe Sailors are aware of fatigue and have the essential tools to avoid it.

Fatigue is a physiological state of diminished mental capacity caused by inadequate or insufficient sleep. It's commonly seen in those experiencing chronic sleep deprivation, shift-work, time-zone travel and impaired sleep efficiency.

Fatigue produces broad declines in multiple measures of performance including mood and motivation; high-level cognition, decision making, multi-tasking and situational awareness; basic reaction times and vigilance.

Not only does fatigue impair driving, but it is also associated with multiple health problems including high blood pressure, stress, weight gain, metabolic impairment, depressed immune system function, diabetes and heart problems.

The average person needs seven or eight hours of sleep per night. It is impossible to "stockpile" sleep on the weekends. It is not money; it cannot save it up ahead of time.

In driving, fatigue exceeds speeding, alcohol and lack of protective equipment in causing injury and death. The National Highway Traffic Safety Administration reports that drowsy driving causes more than 100,000 crashes a year, 40,000 injuries and 1,550 deaths.

"If you're driving for a long period of time, you need to get out and walk around every two to three hours," said Aviation Ordnanceman 1st Class Charles Rhodes, of Lincoln's Safety Department. "It clears your head and gets the blood pumping in your legs again. Also, don't depend on energy drinks to keep you going and try not to eat big meals before you drive because they make you feel tired."

Before a long road trip, Sailors can utilize risk management tools and build a pre-trip check list. The Navy offers many different resources for Sailors to use to plan their road trips including the Travel Risk Planning System (TRiPS) available on Navy Knowledge Online.

The Naval Safety Center also has other resources Sailors can use to help minimize the risk of fatigue while driving, said Rhodes.

TRiPS is an online, comprehensive self assessment program that helps Sailors make smart decisions about driving long distances. It reminds drivers to wear their seatbelts, get plenty of sleep the night before, and make frequent stops while driving.

"If you start to feel tired while driving, your best bet is just to pull over at a hotel or rest stop and get a few hours of sleep," said Rhodes.

If a Sailor feels tired while driving, the best remedy is to pull over and take a nap. Rolling down the window or turning the radio on loudly is not an effective way to stay awake.

No matter what activities Lincoln Sailors have planned this summer, a few minutes of preparation and a good night's rest the night before will prepare them for anything they want to do.

For more information about avoiding fatigue, visit the Naval Safety Center Web site at www.safetycenter.com.



**Abraham
Lincoln
Swim Meet**

Meeting is June 17th in Barge Library

Event is June 19th at the Base Pool
1100-1300

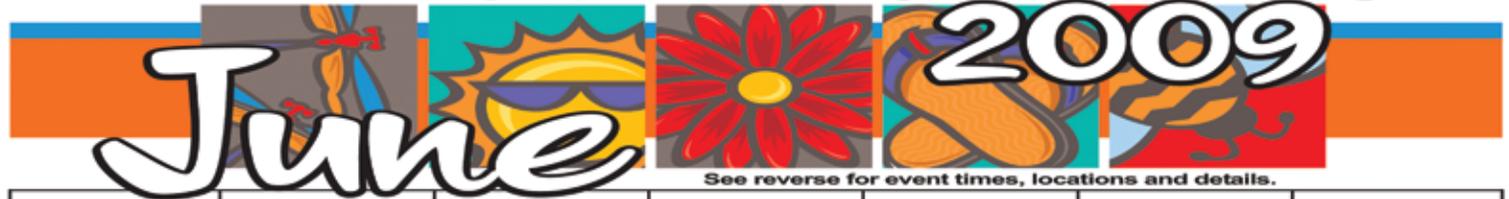
Naval Station Everett Fleet & Family Readiness Program



See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15 <i>Separatee TAP Dodge Ball Tournament Last day for Sounders vs. Chelsea tickets (ITT, July 18 game)</i>	16 <i>Separatee TAP Ombudsman Basic Training Dodge Ball Tournament Overseas Workshop 4-H Fun! Pool Tourney</i>	17 <i>Separatee TAP Ombudsman Basic Training Dodge Ball Tournament Stress & Anger Management American Gladiator Event Movie at Pierside</i>	18 <i>Separatee TAP Ombudsman Basic Training Dodge Ball Tournament Saving & Investing/ Retirement Planning</i>	19 <i>Ombudsman Basic Training Job Search Strategies Class Free Family Swim</i>	20 <i>Mt. River Lodge Overnighter White-water Rafting - Wenatchee River Saturday Swim Lesson Session Begins (June 20-August 8) Father's Day Dinner Sports Day for Dad and Me</i>
21 <i>Mt. River Lodge Overnighter</i>	22 <i>Summer Swim Lesson Session Begins (June 22- July 2) Meet Me at the Park Mondays Italian Night</i>	23 <i>4-H Fun! Tremors Will Home Run Derby Federal Job Application Process Call of Duty Tourney</i>	24 <i>Movie at Pierside Navy 101 Sponsor Training</i>	25 <i>Marriage, Divorce & Money Baby Loves to Boogie</i>	26	27 <i>White-water Rafting - Wenatchee River Mt. Pilchuck Day Hike Ocean Charter Bottom Fishing Trip (Pacific Beach)</i>

Naval Base Kitsap Fleet & Family Readiness Program



See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15 <i>How to Find the Job of Your Dreams: Job Search Strategies Moving with EFMa</i>	16 <i>Ombudsman Training Time Management</i>	17 <i>Ombudsman Training From Couch to 5K & Beyond Miller Bay Evening Paddle Damage Control for Relationships/Match Mate - Intimacy 101</i>	18 <i>Ombudsman Training Mongolian BBQ Bahama Breeze Patio Party</i>	19 <i>Sid Sterling 24-HR Marathon Summer Solstice Party Banking & Checking Account Management Parent's Night Out</i>	20 <i>Sid Sterling 24-HR Marathon White-water Rafting - Wenatchee River End of School Year Fireball Fiesta Party Bring on Summer Vacation BBQ & Membership Drive Mt. River Lodge Trip</i>
21 <i>Father's Day Bowling Father's Day Movie Special Father's Day Brunch Tacoma Rainiers Game</i>	22 <i>Initial SAVI Volunteer Advocate Training How to Find the Job of Your Dreams: Job Search Writing Youth Summer Camp, "Trippin' Around", Begins</i>	23 <i>Initial SAVI Volunteer Advocate Training Conflict Resolution Skills</i>	24 <i>Initial SAVI Volunteer Advocate Training From Couch to 5K & Beyond Kayak Roll Class Damage Control for Relationships/Money Personalities</i>	25 <i>Initial SAVI Volunteer Advocate Training Welcome Summer Patio Party</i>	26 <i>Initial SAVI Volunteer Advocate Training Stepping Up: Budgeting Now to Save for Later Teen Late Night</i>	27 <i>White-water Rafting - Wenatchee River Meadow Loop Horseback Riding - Leavenworth Ocean Charter Bottom Fishing Trip (Pacific Beach)</i>

Naval Base Kitsap, Bremerton



Please see reverse for more detailed information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14 <i>Bowling and a Movie 4 pm</i>	15 <i>Wii Fit Day</i>	16 <i>Texas Tuesday: Texas Hold 'em Tournament 5 pm</i>	17 <i>Father's Day Cards Guitar Lessons 4-6 pm</i>	18 <i>Banana Split Day 3 pm</i>	19 <i>Doubles Pool Tournament 6 pm</i>	20 <i>Self-defense Class: Module 1 10 am-1 pm</i>
21 <i>Happy Father's Day Families Bowl Half Off</i>	22 <i>Ping Pong Tournament 6 pm</i>	23 <i>Texas Tuesday: Texas Hold 'em Tournament 5 pm Sports Trivia</i>	24 <i>Action Movie Night: Taken 5 pm Guitar Lessons 4-6 pm</i>	25 <i>June Jam Bowling Tournament 6 pm</i>	26 <i>Pool Tournament 8-Ball 6 pm</i>	27 <i>Guitar Hero Tournament 5 pm</i>

MWR has Baseball tickets

- Mariners vs Padres

June 23-25

\$65 suites (inc. food) June 24

\$25 & \$40 for reg. tixx



- Sounders vs Colorado Rapids

June 28

Military Appreciation Night

\$16 tickets

Movie Tickets

Save yourself some money.

AMC and Regal
tickets from MWR.

Get them for \$6.

Seattle Mariners

Navy Night

FRIDAY, JULY 24 7:10PM
FESTIVITIES BEGIN AT 6:30PM

Free Drinkers Meet Meet Meet with every ticket purchase!

M's vs Indians

Field Level.....	\$34 (reg. \$45)
Terrace Club.....	\$41 (reg. \$52)
Upper Level, View Reserved.....	\$14 (reg. \$25)

Minor league seats only. See book page 8, July 22 for details.

PURCHASE TICKETS AT ITT:
M's Manager (360) 535-5918
M's Boxoffice (206) 476-3178
M's Wholesale (206) 257-3432
M's Box Office (206) 204-2167

navy@seamless.com

Seattle Pre-Game Celebration: 5-7pm on the 2nd deck of Safeco Field.
Free food, seats & entertainment - open to all ITT ticket holders!

LUMPIA SALE

Tuesday, June 16

All Proceeds go
to help the Navy
Day Ball
Committee for
Naval Base
Kitsap

Nickleback

with

Hinder, Papa Roach

and **Saving Abel**

Saturday August 29

Tickets are \$60

On sale July 1.



Final Thoughts



Shipmates

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



Photo by MC3(AW/SW) Patrick Bonafede

Sailors from Abraham Lincoln's Air Department practice hose drills during fire fighting training onboard the decommissioned aircraft carrier Ranger (CV 61).

Editor's Top 10

Top 10 reasons to attend a Sounders game:

10. The rest of the world seems to think Soccer is important.
9. 32,000 screaming fans and you somewhere in the mix.
8. You have an excuse to wear what might be the ugliest green color ever.
7. You can wear a scarf in the summertime and not be questioned.
6. You could probably start a riot and not face criminal charges.
5. If all you do is play video games you can feel safe knowing they are sponsored by XBOX 360.
4. It will inspire you to learn new languages so you can swear at everyone on the team when things go awry.
3. They do not do the wave at soccer games. They light fires in the stands.
2. Goal!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! is worth all 90 minutes.
1. Unlike the Mariners the Sounders have a chance to make it somewhere.



Come and join us for our 2009 DEFY Summer Camp! July 19th-24th Jim Creek

Children of servicemembers and DOD, ages 9-12, are eligible to attend our absolutely FREE, week-long DEFY camp.

DEFY is a program that seeks to build strong families by empowering kids with the knowledge and confidence needed to avoid drugs, alcohol, and gangs, while setting positive goals for their lives.

Not only will the camp be filled with interactive lessons, it will be full of activities, fieldtrips and FUN!

For more info contact: Petty Officer Eddie Williams 360-279-0429/eddie.williams1@navy.mil Petty Officer Jose Romero 425-304-3856/jose.m.romero2@navy.mil



But that's only the beginning! The DEFY summer camp is the kick-off to the year-long DEFY program. Kids attending the camp can meet up for monthly meetings for more learning, more growing and more fun!

Free counseling, expert advice

24/7



24/7

1-800-342-9647

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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

