



Fremont Maritime Services trains Lincoln Sailors

By MC3 BRANDON WILSON
Penny Press Staff

Every Sailor knows the best training is hands on, immersive and life-like as possible. Realistic training is especially critical in a shipboard environment.

For 20 years, Fremont Maritime Services has taught sailors, military and civilian alike, how to react to shipboard emergencies such as fires and flooding. 23 USS Abraham Lincoln (CVN 72) Sailors had the opportunity to experience this training June 11.

After a few hours of classroom instruction, the class broke into groups to train on various damage control techniques. Soon after, they begin training scenarios in a mock-up ship where they respond to a range of dangerous conditions. Preventing progressive flooding

from a hatch, attaching patches to bursting water pipes, and dewatering flooded spaces are just some of the things students encounter.

“We’re as rough as it gets,” said Cory Caulk of Kirkland, Wash., instructor with Fremont Maritime Services. “We spare nothing to make things as real as they need to be for our participants.”

According to Jim Whitsett, of Port Orchard, Wash., instructor and firefighter with Poulsbo’s Fire Department, Fremont’s Maritime’s staff of enthusias-



Photo by MC3 Brandon Wilson
USS Abraham Lincoln (CVN 72) Sailors patch a bursting water pipe during a wet trainer simulation held by Fremont Maritime Services.

tic career firefighters and prior military members sets it apart from other training facilities.

Turn to TRAINING, pg. 3

Lincoln uses innovative ideas for realistic training

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

Sailors from USS Abraham Lincoln’s (CVN 72) Air Department found another location to train while the flight deck is refurbished during the Planned Incremental Availability (PIA). That platform is the decommissioned aircraft carrier Ranger (CV 61).

The search for somewhere to train started way before the Lincoln made its move from Everett to Bremerton.

“I was trying to think of something outside of the box,” Lieutenant Kent Davis, USS Abraham Lincoln’s Air Boatswain said. “I made some calls to the shipyard a few months before we got here to see what we could do.”

The sustained effort enabled Lincoln to use Ranger for fire drills, keeping Sailors refreshed in firefighting techniques.

“It is important to freshen up on what we do at sea and keep everyone up to speed,” Aviation Boatswains Mate

(Handling) (AW/SW) 2nd Class Joel Izaguirre said. “There are also a lot of new Sailors that have checked on since the last deployment, and it is good for them to experience this kind of training.”

Davis added, “We don’t want to lose our sharpness while we are here in Bremerton. We are going to be training on everything from SCBA’s to stretcher barriers and hose handling.”

With such a wide variety of training, Sailors will be up to speed when Lincoln makes it back out to sea.

“The advantage of having the Ranger as a training platform is the availability of water,” Davis said. “We got approval for the use of live hoses and we are also going to use smoke machines and speakers to make these drills seem as real as possible.”

The first day on the Ranger was a learning experience itself. “I found it to be good productive training and I am looking

Turn to RANGER, pg. 3

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Local Stories

SPOTLIGHT SAILOR



Photo and information gathered by MCSA Robert Robbins

**MMFA
Christopher King
Reactor / M-Div**

Hometown:
Daingerfield, Texas.

Quote:
"Life's a dance, you learn as you go. Sometimes you lead, sometimes you follow."

Hobbies:
Bull riding

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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-MCSR Adam Randolph

Softball Standings

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

Local News

Lincoln Sailors, spouses strengthen marriages

BY MCSA ROBERT ROBBINS

Penny Press Staff

USS Abraham Lincoln (CVN 72) held a relationship enrichment workshop June 2 located at the Jackson Park Community Center to emphasize the importance of good communication and strong family bonds.

The daylong workshop, sponsored by Lincoln's Command Chaplain, Cmdr. John A. Swanson, of Stanwood, Wash., featured discussions and exercises based on Gary Chapman's *The Five Love Languages*, which emphasizes different "love languages," or how couples communicate their affection.

Six couples engaged in exercises profiling each other's love language, as determined by Chapman's text. A love language is the way an individual perceives love by another.

"The material on *The Five Love Languages* is valuable information for couples because it helps them understand that we do communicate love differently," said Swanson. "By learning to speak each other's love language, couples can fill each other's emotional love tank, revitalizing their relationship," Swanson said.

"It makes you realize that you are not always the same as your other half," said Store Keeper 3rd Class Shawn C.

Ryan, of Mobile, Ala. "You have a better understanding of your significant other," Ryan said.

"It shows how different everybody's thoughts are on love," said Aviation Boatswain's Mate (Handling) Airman Dana A. Stokes-Smith, of Athens, Ga.

"Unfortunately, most wait until the love tank is on fumes before they recognize the relationship is nearly out of gas," said Swanson. "If you want to improve your relationship with your mate, discover what their love language is and, if it is different from your own, learn to become more fluent in each other's language."

Many couples express love in the way that is natural to them but because their mate speaks a different love language, couples fail to connect, said Swanson.

"When we fail to speak our mate's love language the relationship suffers," Swanson said. "Feelings of resentment, anger, bitterness and a lack of emotional and physical intimacy are often rooted in one or both partners not speaking each other's love language."

Swanson says

in his experience, the love languages of physical touch and quality time are the most common among Navy couples.

"You can see where that would be a problem when we are at sea," said Swanson. "Obviously, it's hard to spend quality time and maintain physical touch with our loved ones when the ship is deployed."

Because of the hardships Sailors face during extended periods away from their loved ones, Swanson encourages couples to become more fluent in one of the love languages that are not dependant on distance.

"It is a learned skill, and we all have the capacity to learn how to meet each other's emotional needs, even if it means communicating love in a way that may not be our first choice," said Swanson.



TRAINING

Cont. from pg. 1

"They look like whipped pups when they first walk in," said Steven Bay, of Salem, Ore., instructor and retired Damage Controlman 1st Class recently detached from Lincoln. "But when they're all done we ask who wants to go back in, and everyone raises their hands."

To instructors like Caulk and Whitsett, introducing students to intense emergency simulations benefits them tremendously

since actual emergencies may not be so easy to face. Other training services will only crank the heat up to a certain extent to preserve their facilities, but Fremont holds nothing back from showing their students what a real emergency would appear to be like.

"It's the most interactive class I've ever been in," said Aviation Boatswain's Mate (Handling) 3rd Class Ervin Ramirez.

RANGER

Cont. from pg. 1

forward to being back on the Ranger," Izaguirre said. "I think it's a really good plan that the Air Boatswain has for all of us."

"I've never seen another ship do this," Davis said. "It is kind of cool to see what a conventional ship looks like."

The ability to use the Ranger came from the creativity and outside-the-box

thinking of Lt. Kent Davis.

"This is an opportunity to do a lot of things in which we couldn't do back on the Lincoln," Davis said.

Around the Navy

'CARD Act of 2009' will benefit Sailors

By CAPT SUSAN STEWART
Special to Penny Press

On May 22, the President signed H.R. 627, the "Credit Card Accountability, Responsibility, and Disclosure Act of 2009," otherwise known by the clever acronym the "CARD Act." This Act has now been codified as Public Law 111-24.

This Act was designed to curb some of the more controversial business practices used by many of the major credit card companies in the United States. Some of the most significant changes are detailed below. While the Act will not be fully implemented until early 2010, many credit card companies are already adjusting their policies to comply with the CARD Act.

The new law will enact the following:

- Prohibit arbitrary interest-rate increases (Section 101).
- Require 45 days notice before any interest rates are increased.
- Mandate a minimum of 60 days delinquency on a minimum payment for a credit card company to raise interest rates.
- Prohibit interest rate increases for the first year of a new account.
- Restrict additional fees charged by credit card companies (Section 102).
- Prohibit "convenience" fees to pay credit-card bills online or over the phone.

- Prohibit over-limit fees unless the consumer expressly allows the over-limit transactions to be completed.

- Create additional rules on the payment of credit-card debts (Sections 104, 106).

- Require that all payments by a consumer be credited first to the debts bearing the highest rate of interest.

- State the due date for a credit card account must be the same date for every month.

- Require that a credit card company mail/deliver a consumer's periodic statement at least 21 days before the due date.

- Restrict the opening of credit accounts to consumers under 21 by requiring a parent or guardian as a co-signer or requiring the minor applicant to show an independent source of income, to repay his/her credit obligations.

This should not adversely impact military personnel other than that our youngest Sailors may have to provide an LES in order to get a credit card. (Section 301) and mandate that merchant gift cards be valid for a period of at least 5 years from the date of purchase, and sharply restricts the use of inactivity fees by requiring notice and a minimum dormancy period of one year. (Section 401)

Additional information can be found in the White House's press release, located at: http://www.whitehouse.gov/the_press_office/Fact-Sheet-Reforms-to-Protect-American-Credit-Card-Holders.

Leaders challenged to look beyond horizon to deal with threats

By SARAH SMITH
Special to Penny Press

The Secretary of the Navy (SECNAV) delivered remarks before nearly 1,100 participants at the U.S. Naval War College's 60th annual Current Strategy Forum (CSF) June 16.

In his opening remarks SECNAV Ray Mabus praised the benefits of a yearly strategy conference like CSF. The two-day conference presents the perspective of the nation's leading experts on how the Navy can both meet future challenges and identify opportunities to promote a more stable world with this year's theme, "Seizing Strategic Opportunities: Challenging the Paradigm."

"Your deliberations take place at a crucial time," said Mabus. "While we focus on operations in Iraq and Afghanistan, we also must answer the call...to look beyond the horizons."

Mabus referred to the piracy attacks off the Horn of Africa when explaining the need to look "beyond the horizon" for unexpected security threats.

"When ninety percent of global commerce is transported by sea, and ninety-five percent of global communications go under the sea, we can see the immense importance of ensuring the freedom of those seas."

Mabus also stated that the military, "must not only meet the traditional security challenges posed by the military forces of other states, but also get ready for the important role we will play in the struggle against violent extremism. We are in the midst of a rapidly changing security landscape and increasingly complex world."

Mabus explained that most security threats are difficult to detect in advance and praised the Naval War College for hosting the CSF and providing a venue for "fresh ideas." He spoke of the unpredictable nature of security threats.

"If you had been in this room twenty years ago, before the fall of the Berlin Wall and made a thoughtful analysis of the challenges we would face in 2009, most likely everyone would have been wrong. If you were to come back ten years later, in 1999, and do the same good, deep analysis, it would have still been more wrong than right...Odds are, over the next two decades, we will face threats and challenges we cannot see today."

Mabus lauded the opportunities awaiting guests at the forum.

"As you listen to a most impressive array of figures over the next two days, from top military commanders to some of the brightest minds in academic and policy circles, I think you will find the Current Strategy Forum to be enormously useful in understanding and confronting these challenges."

For more news from Naval War College, visit www.navy.mil/local/nwc/.

Around the Navy

CNP: PCS order writing may resume in weeks

By MC1 LATUNYA HOWARD
Special to Penny Press

The chief of naval personnel (CNP) said June 15 that he is optimistic that permanent change of station (PCS) order writing would resume within a few weeks.

Via video stream, Vice Adm. Mark Ferguson spoke to more than 600 Navy counselors, career counselors and command master chiefs attending the 21st annual Navy Counselor Association (NCA) symposium here.

The Navy's \$350 million budget shortfall was partially responsible for the hold on PCS transfers throughout the summer.

Changes with the order-writing accounting system were another factor affecting the PCS transfers hold. The Navy now requires

funding for orders when they are written versus when the orders are executed. This paired with record retention and fewer separations due to attrition has slowed the number of Sailors leaving active duty and required the Navy to divert money for payroll rather than previously budgeted programs.

"Manpower costs are one of the fastest growing components of the budget. It's growing at about four to six percent a year and is much higher than inflation," said Ferguson.

CNP explained Navy's force stabilization objectives to the audience indicating where the Navy is with end strength, how it got there and where the Navy is headed.

"The anticipated retention rate was

52 to 54 percent; we are at 60 percent retention for Zone A. This behavior is tracking with the rate of unemployment," said Ferguson.

Zone A Sailors have less than six years of service, and six percent more of these Sailors than projected are choosing to stay Navy, contributing to the Navy's budget shortfall.

The NCA symposium runs from June 15-19. This year's theme is "Building a Top 50 Organization." Emphasis areas include benefits, force stabilization and Sailor performance. Other topics covered at the symposium include career development boards, sponsorship and command indoctrination, Perform to Serve expansion to Zones B and C and electronic service records.

First Navy SEAL to launch into space since 1992

By MC2 DOMINIQUE M. LASCO
Special to Penny Press

A Navy SEAL in NASA's astronaut program will soon launch into space.

Cmdr. Chris Cassidy of York, Maine, will be the second SEAL to launch into space since Capt. William Shepherd in 1992. Cassidy is a mission specialist and a part of the STS-127 crew that will work on upgrading the International Space Station (ISS).

STS-127's mission is to complete an ISS crew member swap, change out the cache of batteries which stores energy from ISS's solar arrays and install a platform to one end of the Japanese Kibo laboratory on the station. The platform will conduct experiments designed to work outside the protective confines of the space station.

After graduating from the U.S. Naval Academy with a Bachelor of Science in mathematics in 1993, Cassidy continued on to Basic Underwater Demolition/SEAL training in Coronado, Calif., and was the honor graduate for BUD/S Class 192. Cassidy has spent more than 10 years with SEAL teams, holding such positions as executive officer and operations officer of Special Boat Team 20 in Norfolk, Va., and platoon commander at SEAL Team 3 in Coronado. Along with serving in the Mediterranean, Cassidy deployed several times to Afghanistan where he was awarded two Bronze Stars with Combat 'V' and a Presidential Unit Citation for missions with the Army's 10th Mountain Division on the Afghanistan-Pakistan border.

He applied for the astronaut program after receiving his master's degree from the Massachusetts's Institute of Technology in 2000 and was accepted into the space program in 2004.

Congressional testimony sets 2010 groundwork

From CNP PUBLIC AFFAIRS
Special to Penny Press

Recently, the chief of naval personnel (CNP) reported to Congress that the Navy will continue on its current path to ensure recruitment and retention of top performers.

For the second consecutive year, the Navy will end the fiscal year above the statutory end-strength limit to meet global demands. The Navy will also sustain cur-

rent deployment dwell times to minimize stress on the force, departing from the reduction of force strategy adhered to in previous years.

"Our stabilization efforts have been directed at sustaining a high-quality force able to respond to new mission areas within our fiscal authorities," said Vice Adm. Mark Ferguson, CNP.

Looking ahead, the 2010 naval personnel budget request sustains reenlistment

bonus programs at the 2009 level. It also increases funding for family support programs; Safe Harbor's wounded, ill and injured programs; and supports building resilience and fostering a culture that encourages Sailors to seek help in response to stress, Ferguson testified.

The Navy also plans to continue to offer its current compensation benefits and flexible career opportunities, highlighting training and education initiatives.



FREMONT MARITIME SERVICES WET TRAINER



photos
by

MC3

Brandon

Wilson



Entertainment

Review: Ben Stiller sequel huge flop

By MC3 JOSEPH SCARBERRY
Penny Press Staff

In *Night at the Museum: Battle of the Smithsonian*, CEO Larry Daley (Ben Stiller), of Daley Devices, gets bored one night and decides to visit his “living mannequin” friends in the Museum of Natural History in New York City. But lo, they’re being put in storage and replaced with newer, technologically advanced interactive displays. Moments later, chaos ensues.

The story is contrived. Daley, on a whim, decides to visit the museum where he used to work, to find out they’re moving all his “friends” to storage underneath the Smithsonian.

Then, they just so happen to come to life in the Smithsonian with the help of a stolen Egyptian artifact. Then, they’re in trouble! A two-inch cowboy (Owen Wilson) makes a phone call, and Daley is back in a security guard uniform, invading the Smithsonian.

I’m trying to picture a producer somewhere, asking, “Hey, remember that movie about the museum where all of the stuff came alive? Yeah, remember how we somehow made money doing that? Wouldn’t it be awesome if we could make more money doing the exact same thing, but this time, have a toddler write the script?”

Now, don’t get me wrong, I laughed at a few parts of the movie. It was successful in that it was funny, but it was a failure in its delivery.

The writers crammed too many characters into short of a movie. They slapped a facsimile of a plot over it, and tossed in some patriotic themes about how awesome America is and how we pretty much walk all over every other country.

I guess you can call it an all-star cast. Stiller, Owen Wilson, Amy Adams and Robin Williams are all pretty big names, with a few other popular actors sprinkled in. But throughout the film, there was just too much going on. Stiller’s zany antics just aren’t carrying him through films anymore.

The comedy is all pretty base and slapstick. The same jokes are repeated from the first movie, only drug out more. There are parts that are funny, but I groaned more than I laughed.

Overall, the sequel is a complete waste of money. It might entertain children if you have them, but there are a number of currently-showing animated shows that are better (*Up*) and there are more adult oriented movies (*The Hangover*) that are funnier. Coming this weekend is “*Year One*” with Jack Black, which I look forward to viewing.

Get your tickets at MWR if you want to catch a flick, but do yourself a favor and avoid spending another “*Night at the Museum*.”



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

Visit their office on the barge for more info!

Events and Other News

Local Museum showcases Naval History

The Puget Sound Navy Museum is loaded with treasures from Puget Sound Naval Shipyard and the Navy's past. Its large collection of memorabilia specifically focuses on the history of the Puget Sound Naval Shipyard and the capital ships that frequently visited the Navy Yard.

The Museum first opened its doors to the public in 1954 as the Shipyard Naval Museum located in the Craven Center on Burwell Avenue. It later relocated to the Washington State Ferry Building on Bremerton's waterfront. In 1986, it became Bremerton's Naval Museum. Starting with just over 600 items, the Museum has now grown

to full capacity, brimming with items from the Navy's historic past, including photos, uniforms, books, cannons, and flags from 1377 to the present, providing a valuable and unique historical source for historians, researchers and

students.

The museum is located at 251 1st St. in Bremerton, south of the Bremerton Transportation Center (ferry terminal) in the white building next to the Puget Sound Naval Shipyard. Parking is available in free two-hour spots or in paid parking lots downtown.

The museum is open from 10:00 AM-4:00 PM Monday through Saturday, and 1:00 PM-4:00 PM on Sundays. From October through May, we are closed on Tuesdays. We are open on all holidays except Thanksgiving, Christmas, New Years Day and Easter. Admission is free. Call 360-479-7477.



Jet City Roller Girls

July 11 @ 5pm

\$10. See MWR for more details



Navy honors efforts of civil rights legend

By MCI LATUNYA HOWARD
Special to the Penny Press

Navy personnel joined philanthropist and talk show host Oprah Winfrey and the National Council of Negro Women, Inc., in honoring civil rights activist at the annual Uncommon Height Gala held at the Washington Hilton on June 4.

The gala is an annual tribute to civil rights activist Dorothy Height for her work in support of African Americans. Height is the only surviving member of the "Big 6" civil rights activists that included Dr. Martin Luther King Jr., Roy Wilkins, Ralph Abernathy, Whitney Young, A. Phillip Randolph and James Farmer.

Navy personnel attended the gala to honor and present Height with a flag flown over the Pentagon for work she did to help integrate the Pentagon workforce. Her impact in the African American community was felt as early as 1933 when Height

was only 21.

"We were honored to participate in this event to recognize a legendary woman who worked to help diversify the Pentagon workforce as well as give recognition to African Americans throughout history," said Capt. Yolanda Y. Reagans, commander of Navy Recruiting Region West. Reagans was part of the four-woman military quartet that presented the flag to Height.

More than 2,000 people watched as the Navy drill team opened the gala, which was also Height's 97th birthday, with a routine complete with close tossed swords. In addition to Winfrey, distinguished guests at the gala included actress Cicely Tyson; Dick Gregory; Gail King; motivational speaker Dr. Iyanla Vanzant, noted author Michael Eric Dyson; Access Hollywood host Shaun Robinson; head of Women in the National Association for the Advancement of Colored People, Dr. Thelma Daley and former Labor Secretary Alexis Herman.

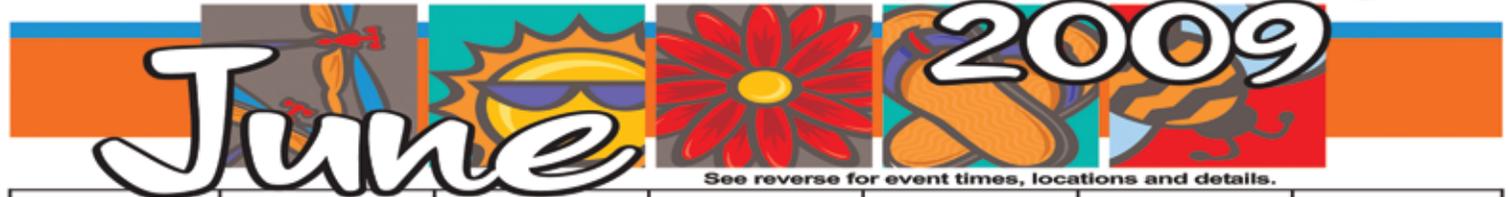
Naval Station Everett Fleet & Family Readiness Program



See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21 <i>Mt. River Lodge Overnighter</i>	22 <i>Summer Swim Lesson Session Begins (June 22-July 2)</i> <i>Meet Me at the Park Mondays</i> <i>Italian Night</i>	23 <i>4-H Fun!</i> <i>Tremors Wil Home Run Derby</i> <i>Federal Job Application Process</i> <i>Call of Duty Tourney</i>	24 <i>Movie at Pierside</i> <i>Navy 101</i> <i>Sponsor Training</i>	25 <i>Marriage, Divorce & Money</i> <i>Baby Loves to Boogie</i>	26	27 <i>White-water Rafting - Wenatchee River</i> <i>Mt. Pilchuck Day Hike</i> <i>Ocean Charter Bottom Fishing Trip (Pacific Beach)</i>
28 <i>Intro to Sea Kayaking</i>	29 <i>How to Find the Job of Your Dreams: Interviewing Techniques</i>	30				

Naval Base Kitsap Fleet & Family Readiness Program



See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21 <i>Father's Day Bowling</i> <i>Father's Day Movie Special</i> <i>Father's Day Brunch</i> <i>Tacoma Rainiers Game</i>	22 <i>Initial SAVI Volunteer Advocate Training</i> <i>How to Find the Job of Your Dreams: Resume Writing</i> <i>Youth Summer Camp, "Trippin' Around", Begins</i>	23 <i>Initial SAVI Volunteer Advocate Training</i> <i>Conflict Resolution Skills</i>	24 <i>Initial SAVI Volunteer Advocate Training</i> <i>From Couch to 5K & Beyond</i> <i>Kayak Roll Class</i> <i>Damage Control for Relationships/Money Personalities</i>	25 <i>Initial SAVI Volunteer Advocate Training</i> <i>Welcome Summer Patio Party</i>	26 <i>Initial SAVI Volunteer Advocate Training</i> <i>Stepping Up: Budgeting Now to Save for Later</i> <i>Teen Late Night</i>	27 <i>White-water Rafting - Wenatchee River</i> <i>Meadow Loop Horseback Riding - Leavenworth</i> <i>Ocean Charter Bottom Fishing Trip (Pacific Beach)</i>
28 <i>Kids' Fishing Derby</i>	29 <i>Meet Me at the Park Mondays</i>	30 <i>Resume Writing Class</i> <i>Poker Tourney</i>				

Naval Base Kitsap, Bremerton

Recreation Center

June 2009

Please see reverse for more detailed information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21 <i>Happy Father's Day</i> <i>Families Bowl Half Off</i>	22 <i>Ping Pong Tournament 6 pm</i>	23 <i>Texas Tuesday: Texas Hold 'em Tournament 5 pm</i> <i>Sports Trivia</i>	24 <i>Action Movie Night: Taken 5 pm</i> <i>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>
28 <i>Team Pictionary 5 pm</i>	29 <i>Guess the Starburst</i>	30 <i>Texas Tuesday: Texas Hold 'em Tournament 5 pm</i>				

CALLING ALL GUITAR GODS:

Saturday, June 27 at 5:00pm

Building 502 Fleet Rec Center

...Guitar Hero Tournament...

Be there!



Texas Hold'em Tourney



Building 502
Fleet Rec Center
5pm, June 23

Captain's Cup Softball Games:

June 23 - SMART vs AIMD 12:00pm

AIMD vs CS 1:15pm

June 24 - Air vs Deck 12:00pm

Eng vs Intel 1:15pm

Did you know...

For a Sailor that joined in the year 2000 and retires in 2020, by the age of 80, he/she will have received \$2.8 million in retirement pay.

MWR has Soccer tickets



- Sounders vs Colorado Rapids
June 28
Military Appreciation Night
\$16 tickets

*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

Aviation Electrician's Mate Senior Chief (AW/SW) Gregory Sterling from Leesville, La. shakes hands with players from the Kitsap Bluejackets. It was military appreciation night for the Bluejackets and Senior Chief Sterling threw out the ceremonial first pitch during the pre-game festivities.

Editor's Top 10

Top 10 places for Lincoln Sailors to train off-ship:

10. GameWorks for hand-eye coordination training.
9. A Six Flags theme park for motion sickness training.
8. Kroegers for training on meal variety.
7. Any comedy club or comic book shop to inspire Strike Ops in writing their Air Plan Comics.
6. Field trip to Buckingham Palace to learn proper watch-standing techniques.
5. Get in some firefighting training when your Fourth of July fireworks display goes wild.
4. Home Depot for maintenance training. Bring your NSNs.
3. Attend a movie and after the credits, "SWEEPERS, SWEEPERS, MAN YOUR BROOMS."
2. Wild Waves water park for a new look at a wet trainer.
1. Play laser tag in a dark and smokey arena for egress training.

DEFT
DRUG EDUCATION FOR YOUTH

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

Children of active-duty members and DPOs, ages 7-14, are eligible to attend our absolutely FREE, week-long DEFT camp.

DEFT 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 future.

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

For more info contact:
Troy Wilson 253-333-3333
480-378-8878 (toll-free toll-free)
Tully Wilson 253-333-3333
426-561-2000 (toll-free toll-free)

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

Free counseling,
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