



Lincoln PIA on track at half-way mark

By MC3 COLBY K. NEAL
Penny Press Staff

This week USS Abraham Lincoln (CVN 72) reached the halfway point of its Planned Incremental Availability (PIA) in Puget Sound Naval Shipyard (PSNS) Bremerton, Wash. Although the crew and shipyard is on track to finish on time, the upcoming months are critical for a successful PIA.

Over the last four months, maintenance teams have been put in place to ensure Lincoln reaches its 50-year longevity mark in good condition. Lincoln Sailors and PSNS shipyard workers have been working diligently on the preservation of corrosion, rehabilitation of crew living spaces, tiling, painting and cabling.

Topside, the ship's catwalks, safety net, and island are undergoing preservation, to include



Photo by MC3 (SW/AW) Patrick Bonafede
Interior Communication Specialist 3rd Class Shawn Davidson of Las Cruces, NM, rips up the deck during berthing restoration.

the replacement of numerous bridge windows. Deck Department also refurbished 720 feet of anchor chain. Completing the preservation three months ahead of schedule, helped ensure the ship's Rigid Hull Inflatable Boats (RHIB) were overhauled in time for Lincoln's next deployment.

At the half-way point, the tile team has replaced decking in 50 spaces covering almost 7,000 square feet. The paint team has completed 161 jobs with roughly 160 to go, and the cable team has pulled 1,500 feet of dead-end cable.

Make no mistake, this is hard work. "Sometimes the paint and tile teams are slowed down due to all the ventilation hoses running in and out spaces, so the challenge can actually be getting into the spaces, but once the contractors are done, the Sailors get right back to work," said Lincoln's Chief of Engineer Cmdr. Bradford P. Bittle of Des Moines, IA.

Not all the work onboard Lincoln has been repair work. Commander Naval Air Forces (CNAF) has chosen Lincoln to be the test carrier for three prototype ovens. The new ovens will replace the old models in Lincoln's Forward Galley, Aft Galley and Chief Petty Officer Mess.

The ovens are designed to cook food faster and make the process easier, said Lincoln's Principal Assistant for Services Officer Lt. Cmdr. Joseph M. Gilmore.

"We will gather performance data on these new ovens throughout our next deployment cycle and provide feedback to CNAF, said

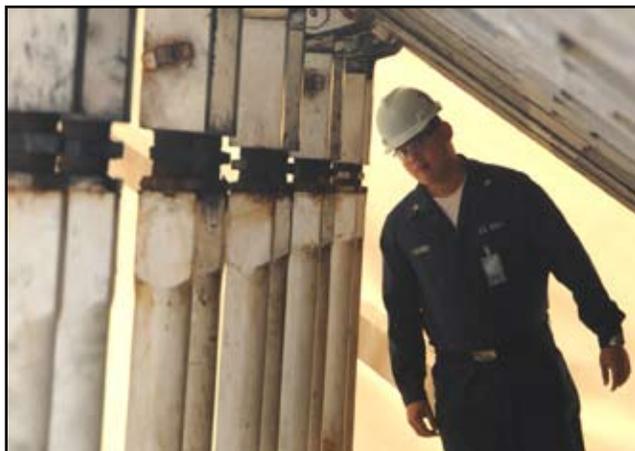


Photo by MCSR Adam Randolph
Aviation Boatswain's Mate (Equipment) 3rd Class Johan Aquino, of Burbank, Calif., inspects the underside of a jet blast deflector on the flight deck.

Gilmore.

"The ovens are programmable and will be set up specifically for the fleet 14-day cycle menu which should enhance product quality and decrease any cooking variability," said Gilmore. "They self-clean and are supposed to require less maintenance."

The information gathered from the prototypes over the upcoming months should indicate how much of an improvement the ovens will make in the fleet.

The oven install is just one example of the many upgrades and new features that will give Lincoln a new feel as the crew moves forward in the PIA.

Gilmore said the ship's laundry services are going through a complete grooming process, as well as having their decks repaired and resurfaced. The self-serve laundry areas are also being upgraded with some new equipment and decking.

There will also be an upgrade to the ship's computer system on a new Local Area Network (LAN).

Turn to PIA, pg. 5

Inside

We review "District 9."

...pg 4



Lincoln "blasts-off" a propeller.

...pg 3



- ▶ Spotlight Sailor2
- ▶ Around the Navy8
- ▶ Recreational Reader ..10

Local Stories

Know Your Shipmates



Photo and information gathered by MC3 Kat Corona

BMSN
Shannon Siegrist
2nd/Deck

Hometown:
Anchorage, Alaska

Quote:
"Courage in women is often mistaken for insanity."

Hobbies:
Any outdoor activity

Navy College Info



SAT, ACT, ECE, CLEP, and ASVAB retesting available!

Call for scheduling.

Bremerton office

Bldg. 853

Mon. - Thur. 0700 - 1700

Fri. 0700 - 1600

360 476-4282

nco.bremerton@navy.mil

Bangor office

Bldg. TTF Building 2000,

Room G-20

Mon. - Fri. 0700 - 1700

360 315-2538

ncobangor@navy.mil



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.

Commanding Officer..... Capt. Patrick D. Hall
Executive Officer..... Capt. Jeffrey S. Ruth
Command Master Chief.....CMDCM (SW/AW) Eric Schmidt
Public Affairs Officer.....Lt. Cmdr. William Marks
Media Dept. LCPO.....MCC(SCW/FMF) Eric Powell
Editor.....MC3 Joseph Scarberry
Webmaster.....MCSR Adam Randolph
Staff.....

Lt. j.g. Russell Wolfkiel	MC3 Sean Gallagher
MC1 (SW) Ahron Arendes	MC3 Colby Neal
MC2 Christopher Dollar	MCSN James Cellini
MC2 (SW) Dennis Irwin	MCSN Robert Robbins
MC2 Johnidion Magsipoc	MCSA Aaron Hubner
MC2 Bradley Wages	MCSA Jerine Lee
MC3(SW/AW) Patrick Bonafede	MCSA Jacquelyn Childs
MC3 Brandon Wilson	MCSR Adam Randolph
MC3 Kat Corona	

Local Stories

Lincoln gets “props” during availability

BY MCSA JERINE LEE &
MC2 BRAD WAGES
Penny Press Staff

During the course of USS Abraham Lincoln's (CVN 72) Planned Incremental Availability, the ship has been refitted and refurbished from bow to stern. Bulkheads have been repainted, decks retiled, and machinery replaced. Even parts of the ship Sailors don't normally see have received the rehab treatment, such as the ship's propellers sitting 30 ft. below the water.

A team of divers from Explosive Ordnance Disposal Mobile Unit (EODMU) 11 Detachment Bangor, Sailors, and Puget Sound Naval Shipyard (PSNS) civilian contractors used explosives to blast propeller #3 from its shaft underneath the carrier August 14. Prop #3 is one of four five-bladed propellers that power the ship through the water. Each prop weighs roughly 58,000 lbs and is 21 ft. in diameter.

“Prop #3 was degraded and had a large accumulation of rust,” said J. Jack McGowan, a PSNS explosives safety officer. “We had to remove the propeller with explosives to loosen it from the shaft.”

Preparing for blastoff, the planning team held several briefs to ensure the safety of all involved. Base security and PSNS fire department were on standby for emergencies.

Lincoln Sailors set material condition Zebra, a condition providing the ship the highest degree of watertight integrity, from the third deck down, and from frames 200 to 235 as a safety precaution should the explosion not go according to plan. Planners were prepared for a shock wave from the blast.

“We had to stand by all blast zone areas and secure all passageways near the shaft alley of any unnecessary personnel in case a blast accidentally and starts a leak,” said Aviation Ordnance 1st Class Charles Rhodes, of Lincoln's Safety Department. “We also put safety signs and tape around the aft side of the flight deck to prevent any Sailors from incurring injuries during this process.”

The process for removing the propeller involved a lot more than just applying the explosives and standing back. The divers used a manila line to wrap the shaft to a depth of about three inches. Next, they wrapped a detonating cord containing about 0.2 lbs. of explosives outside the manila line. Lastly, the divers installed wood crush blocks between the aft and forward faces of the propeller to contain the explosion.

After the explosion, divers waited 30 minutes before returning to the water to ensure that debris from the blast had settled.

According to McGowan, the blastoff was

a success. “This blastoff was a team effort among Code 106, the base, the project, and the ship,” he said. “Everyone was extremely careful and stuck to their jobs. If it wasn't for careful planning and safety, the blastoff wouldn't have been successful; there were no injuries and the ship has its propeller.”



U.S. Navy photo

Here's a look at what a prop looks like brand new. This propeller belongs to USS George Washington (CVN 73).

BUPERS to write some 2010 orders after Oct. 1

BY MC1 (AW) LATUNYA HOWARD

*Naval Personnel Command
Public Affairs*

MILLINGTON, Tenn. (NNS) -- The chief of naval personnel (CNP) released an update in NAVADMIN 236/09 on permanent change of station (PCS) orders indicating that some Sailors set to move in the first quarter of fiscal year 2010 (FY10) will receive their orders after Oct. 1.

The recent supplemental funding from Congress allowed Navy Personnel Command (NPC) to resume normal order writing for the fourth quarter this fiscal year. This followed a temporary hold

initiated in April.

“Using the prioritization strategy developed in Millington, we mitigated the impact of the initial PCS shortfall and were largely successful in minimizing the impacts on Sailors and their families,” said Rear Adm. Don Quinn, commander NPC and deputy CNP. “One of the mitigation actions was to shift a number of projected rotation dates (PRDs) to FY10.”

Although funds were restored for those receiving orders through September, the majority of PRDs that were shifted to FY10 will remain adjusted.

Current funding levels support all identified fourth quarter FY09 moves. How-

ever, a PCS obligation policy change that went into effect earlier this year means that PCS funds must be obligated when orders are released, instead of when the Sailor detaches. The result is that some of the FY10 orders cannot be released until the new fiscal year.

“Because of the additional FY09 funding, approximately 4,000 Sailors scheduled to detach in the first quarter of FY10 will receive orders soon,” said Quinn.

“However, up to 14,000 Sailors slated to detach during the first quarter of FY10 will not receive orders until after 1 Oct.”

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

Entertainment

Review: District 9 is best at showing the worst

By MC3 SEAN P. GALLAGHER
Penny Press Staff

I have never felt so ashamed of being human until I saw Neill Blomkamp's "District 9." What is really astonishing is that this movie seamlessly shows us a man who learns what it means to be a decent human at the cost of his humanity. Confusing? I can't reveal much due to spoilers but the poetic irony here is fierce.

Aliens have finally found us but, they are not the high tech gods films usually portray them as. As a matter of fact, they have come to a halt above our very own Johannesburg, South Africa. There they have remained, stuck.

Super-corporation Multi-National United (MNU) has established strict control over the aliens by confining their limited living space on earth to one slum known as District 9.

Sharlto Copley portrays young Wikus Van De Merwe, a high ranking official in the MNU's alien task force team, who has received a promotion from his boss (who just so happens to be his wife's father). Now he has the inglorious task of moving the aliens known in the film as "prawns" from their District 9 home to the new, prison camp-like District 10 due to the overwhelming voice of the populace demanding the removal of the creatures.

Normally, I am a member of a prestigious club of people who hold to the tenet that CGI ruins movies when done in excess. Special effects cease to be special when they are the entire backdrop of a film.

However, moviegoers will find a great deal of comfort in that the aliens are sewn in flawlessly with the realistic back setting. Here in District 9, they eke out a miserable existence through scavenging and violence.

Needless to say, chaos ensues on a grand intergalactic scale that takes Wikus into the heart of human darkness as he discovers that not all aliens are created equal. Rogue Nigerian warlords, unhappy immigrant aliens and hate-filled MNU officers all put him to the ultimate test: Can he overcome his own dislike of the prawns in time to save them from a ruthless prison camp?

I highly recommend you go to the theater to find out. Fantastic action sequences and extraordinary acting blend together to make a movie that would almost seem cheapened by not being viewed on a massive screen. Watch as Wikus discovers firsthand what otherworldly weaponry does to a squishy human frame! (Warning: this movie is not for the squeamish.)

If you desire very realistic drama, don't mind human liquifications and love con-



flicts that make you wonder constantly if you're rooting for the right side, then this movie is a must see. Honestly, I'd say it is a safe bet that it's a must see anyway. Don't miss what could be the best movie of the summer!



This movie received 4 pennies out of 5.

MWR offers great deals on movie tickets for
AMC and Regal Theaters for \$6.
Purchase up to 4 per day. Good for any movie,
any day, any time!



AMC Theater - 1005 Kitsap Mall Blvd. NW, Silverdale
Regal Theater - 9923 Poplars Ave, NW, Silverdale

Local News

PIA

Cont. from pg. 1

“The system upgrade is designed for repairs to be made easier, and for more dependability,” said Bittle. “The capacity will stay the same.”

Sailors can expect slightly faster internet speeds, but shouldn’t expect them to be broadband-like, said Bittle.

Several key events are approaching as the crew moves into the second half of the PIA.

Propulsion testing, watchbill validation, LAN upgrades, and the completion of the flight deck are all scheduled for next two months.

Thirty renovated living spaces by the habitat team in preparation for Sailors to move back onboard will be on-going in Oct. as well.

October will be a critical time for top-side production. This includes new deck-plate covers for catapults one and four that will

make maintenance and preservation easier for the future, and with the assistance of civilian contractors, 210,000 square feet of new non-skid coating will have been laid down.

Bittle said once Lincoln is refurbished and all equipment is operational, sea trials will begin in early 2010. Focus will shift from production to qualifications and readiness for sea.

In addition to training and completion of shipyard work, Sailors are getting educated in Navy schools. Over the past year, Lincoln Sailors have completed over 2,000 schools with about 300 more scheduled between now

and the end of Sept.

“So far, the crew is doing very well maintaining these efforts while in the yards,” said Bittle.



Photo by MC3 Colby K. Neal

Aviation Boatswain's Mate (Handling) Airman Adriam Nevarez of El Paso, Texas, puts on a fresh coat of paint to Lincoln's aft divisional doors.

Rear Adm. Swift: motorcycle safety course works

BY MC2 (SW) BENJAMIN N. TAYLOR &
MC3 CHRISANDA UNDERLAND
Special to Penny Press

With safety in mind, leadership in Everett attended the Basic Rider's Course (BRC) Aug. 11 and 12 to learn more about motorcycle safety.

Rear Adm. Scott H. Swift, Commander, Carrier Strike Group 9, and Lt. Cmdr. Edwin Carroll, Naval Station Everett Command Chaplain attended to assess the program.

Swift believes the training has had a positive effect on motorcycle safety. Statistics show that there were significantly fewer Sailors being killed and injured on motorcycles since taking the course, which includes interactive class instruction; practicing safe riding techniques; and testing the students' skills as safe riders.

Students discuss safe riding techniques in class and learn about the differences in motorcycles and safety equipment. The riding portion is focused on riding attitude, personal risk assessment, braking proficiency, cornering techniques, traction management, and other issues unique to motorcycles.

“The instructors are like life savers,” said Carroll, “they are saving lives by teaching

our Sailors so many skills that are essential to saving a life. I thought they were just there to teach people to ride bikes, but they are saving lives.”

All military personnel who ride or intend to ride a motorcycle are required to take the course whether they plan to register their vehicle on their military installation or

have completed a Department of Defense approved motorcycle safety course and have a valid motorcycle endorsement on their drivers license.

Swift said the course is still useful for those who have taken other classes in the past.

“What I got out of the course was a revalidation of all the other courses I had been through. The whole risk assessment applies whether you are driving a car, motorcycle, or if you're in your work-space,” said Swift. “It helps kind of refresh in your mind the importance of doing self-assessment from a risk perspective; so it applies beyond just the motorcycle riding.”

The BRC must cater to students ranging from experienced riders to those who have never ridden a motorcycle.

“I think the course does an excellent job of bounding that spectrum . . . from the very experienced to the completely inexperienced rider,” said Swift.

The BRC uses courseware from the Motorcycle Safety Foundation courseware to instruct their students. According to their website, the Motorcycle Safety Foundation is the internationally recognized developer of the Rider Education and Training System.

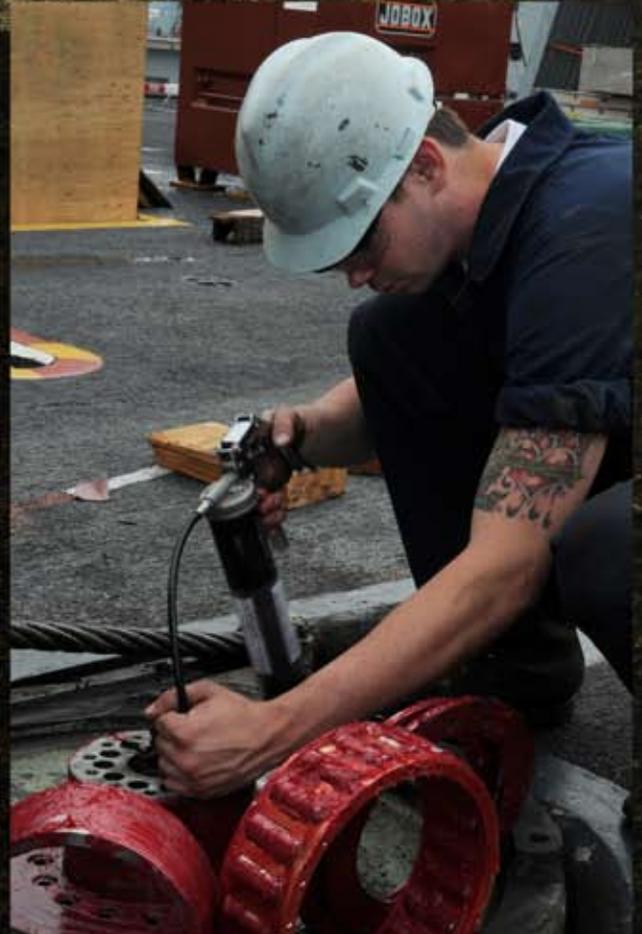


Photo by MC2 (SW) Benjamin N. Taylor

Lt. Cmdr. Edwin Carroll, NAVSTA Everett command chaplain, practices basic motor cycle skills prior to taking his final practical test in the Basic Riders Course (BRC).



AROUND THE SHIP
LAYOUT BY
MCSN JIMMY CELLINI



Around the Navy

DoD/VA collaboration will make virtual lifetime electronic records a reality

By Lt. Jennifer Cragg
Special to the Penny Press

For servicemembers who still remember hand carrying their medical records back and forth to their appointments the new virtual lifetime electronic records will help prevent valuable paperwork misplaced, but will also help providers maintain and offer quality healthcare to their patients, said the acting director for the Department of Defense and Department of Veterans Affairs Interagency Program Office. On April 9, President Barack Obama, along with Secretaries Robert Gates and Eric Shinseki, announced that VA and DoD have taken steps towards creating a joint virtual lifetime electronic record, or VLER.

“The president’s vision as he expressed that day will permit information vital to health care, benefits, and services, to be available seamlessly to both departments from the moment a servicemember enters the military until the servicemember’s or veteran’s death,” U.S. Navy Rear Adm. Gregory A. Timberlake, acting director of the DoD/VA IPO told “DotMilDocs” listeners Aug. 13.

The steps to create this electronic record

exchange began a little more than a year earlier, when the DoD/VA Interagency Program Office was officially established as the single point of accountability for the Departments in the development and implementation of capabilities that allow for interoperability, in response to Section 1635 of the National Defense Authorization Act for fiscal year 2008. “VLER will serve as a model for a nation especially at this tumultuous time of health care reform and is intended to be a lifetime, personal record for use by the service members, their families, and service providers to ensure a seamless continuum of care and benefits” the admiral said. “The president challenged the departments to work together to define and build a seamless system of integration with one simple goal: when a servicemember separates from the military, he or she will no longer have to walk paper records from a DoD duty station to a local VA health center; their electronic records will transition along with them and remain with them forever,” said Timberlake. While the new electronic record will help to reduce the loss of hard-copy health records, it is also intended to provide a framework to ensure that health-care providers have all

the information they need to deliver high-quality health care, while reducing medical errors. The virtual lifetime electronic record is a critical piece of the “health care” puzzle because while DoD and VA can share information electronically, it may not be easily accessible by private clinicians, said Timberlake. “A significant amount of health care provided to DoD and VA beneficiaries occurs by private sector providers. So, we need the ability to make health records available to the providers who need it, regardless if they are a military, VA, or doctor within the public community,” the admiral added.

“Everyday millions of pieces of health information are shared between DoD and VA, however as Congress mandated and as the departments have acknowledged there is more work to do to make it flow smoother,” said Timberlake. “There are numerous ongoing interagency data sharing activities underway, these activities are focused on delivering IT solutions that will significantly improve the secure sharing of appropriate electronic health information to enhance health care delivery and improve continuity care of our nation, service men and women of the present, past, and future.”



A Gathering of Grads

U.S. Naval Academy graduates from left to right:
Lt. j.g. Rebecca Jabouri, Lt. Candace Childers, Lt. Cmdr. Nicholas Russo, Lt. j.g. Christian Accord, Lt. David Marino, Lt. Cmdr. William Marks, Capt. James Duke, Lt. Jeffrey Ree, Capt. Jeffrey Ruth

Around the Navy

MCPON urges Sailors to look out for shipmates

By **MCCS BILL HOULIHAN**
Special to the Penny Press

During a conversation with Sailors Aug. 5, the master chief petty officer of the Navy (MCPON) said that stress on the Navy family and operational stress control will be two significant points of emphasis for him for the rest of the summer.

“We have to look out for each other. I need everyone to be on the lookout for the signs of stress because too often our Sailors aren’t going to seek help on their own,” said MCPON (SS/SW) Rick D. West, when he spoke with Sailors assigned to the White House Communications Agency on board Anacostia Naval Station.

“No one should feel they’re in this by themselves.”

West has been addressing stress control most of the summer. He says it’s the Sailors who have concerns but don’t

share them with leaders and shipmates who worry him as much as those crew members who are referred for counseling or treatment.

“As much as we know about it and

“That’s the biggest problem as I see it. Too many of us feel that depression or suicidal ideation is a stigma, a character flaw that we’re ashamed to admit.”

-Master Chief Petty Officer of the Navy (SS/SW) Rick West

as many tragedies we’ve had to endure, I’m betting there are still thousands of people across our Navy who need help but aren’t asking for it.”

West said it is his intent to discuss the problem with every group of Sailors he speaks with and focus on breaking down the myth that admitting to a problem is a sign of weakness or can hurt a Sailor’s career.

“That’s the biggest problem as I see it. Too many of us feel that depression or suicidal ideation is a stigma, a character flaw that we’re ashamed to admit. Well... none of us have good days every day.”

West will be filming a video on operational stress control which should hit the fleet by the end of the summer. He said he would like to use that opportunity to discuss with Sailors of all ranks different approaches to recognizing and dealing with stress.

“From seaman to admiral, we have a shared responsibility to stay ahead of the curve. What does

that mean? We train hard, stay fit and healthy, look out for each other. When you notice signs of stress in yourself or others – cutting corners, irritability, trouble sleeping – talk to a shipmate, friend, family member or someone else you trust. If you see the signs of more serious stress, get help immediately from your chain of command, chaplain or medical provider.”

Navy Region Northwest fire, emergency services team with local counterparts

By **MC1 MICHAEL E. WAGONER**
Special to the Penny Press

Navy Region Northwest Fire and Emergency Services (NRNW F&ES) and Central Kitsap Fire and Rescue (CKFR) work together to keep communities safe.

According to the National Fire Protection Association (NFPA) in 2007, there were 1,557,500 fires reported in the United States. These fires caused 3,430 civilian deaths, 17,675 civilian injuries and \$14.6 billion in property damage. In the same year, a fire department responded to a fire every 20 seconds. To help reduce these numbers the NRNW F&ES and CKFR have designed ways to assist one another in dealing with such events.

“We have developed mutual aid agreements with the surrounding communities, where they provide us with services in the event we have a large structure fire or hazard-

ous materials incident or a rescue that we need their abilities to come in and aid our assets to mitigate a rescue or fire” said Assistant Chief of Operations Kurt Waeschle, NRNW F&ES. “In turn, we provide services to the community to support them in the event that they have a large-scale fire.”

NRNW F&ES has several mutual aid agreements set in place with local fire and rescue. In Kitsap County they have agreements with the City of Poulsbo, South and Central Kitsap and the City of Bremerton. Waeschle said they are constantly updating these agreements to ensure they apply to the mission.

“Twenty-five years ago all we did was respond to fire,” said Waeschle. “Now we respond to aid calls. We respond to hazardous materials calls. We respond to calls for biological and chemical weapons. We have high-angle rescue.”

Commander, Navy Region Northwest approves all mutual aid agreements.

“Emergencies don’t respect fence lines” said Rear Adm. James Symonds, commander, Navy Region Northwest. “We’re all one community, and it’s important to know that we can depend on each other in times of need.”

NRNW F&ES and their outside agency counterparts also regularly train together to keep relationships fresh and to be prepared for any and all calls that may occur.

“I think it’s a great relationship” said Fire Chief Ken Burdette, CKFR. “The crews work well together.”

Burdette said his crews and the on-base crews constantly work together, sometimes multiple times a day.

“Either they’re responding to the base or the crews from the various naval facilities are responding to help us with calls,” said Burdette. “The crews know each other, and I think that relationship is a good one, and it works well. I think it’s good for the Navy and certainly good for central Kitsap.”

Recreational Reader

Hot Summer PATIO PARTY

Still looking for some fun this summer?

Visit Sinclair's Liberty Center, Naval Base Kitsap, Aug. 27 and enjoy free food, entertainment and door prizes!



SUNDAY SEPTEMBER 13, 2009 1:00 P.M.

SEATTLE **SEAHAWKS** VS ST. LOUIS **Rams**

Tickets on Sale September 1
\$35 and \$100 each

SOUNDERS FC vs. TORONTO FC
SATURDAY AUGUST 29, 2009 1:00 P.M.

TICKETS AVAILABLE AT MWR FOR \$16 AND \$32

NESBA Military Track Day

Pacific Raceways in Kent
August 24th

Military Price- \$75
(Standard Price- \$160)

Take your sport bike to the track and experience high speeds in a controlled environment

What You Will Need:

Full face helmet, no flip ups, DOT or SNELL approved
Leather or textile suit that zips full circumference (rentals available)
Sport bike that will pass tech inspection
Permission from your chain of command

Leather gauntlet type gloves
Back protector is **STRONGLY** recommended
Sturdy over the ankle leather boots
NO JEANS

www.nesba.com
www.pacificraceways.com

Naval Station Everett
Fleet & Family Readiness Program

AUGUST 2009

See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24 <i>Triple Play: Command Sports Tournaments</i> <i>Meet Me at the Park Monday</i>	25 <i>Y on Wheels</i> <i>4-H Fun: Photography</i> <i>Tournament Tuesday: Call of Duty</i>	26 <i>Triple Play: Command Sports Tournaments</i> <i>Movie at Pierside</i>	27 <i>Y on Wheels</i> <i>Market Yourself for a Second Career</i> <i>Smooth Move</i> <i>Money and the Move</i> <i>Outdoor Movie</i>	28 <i>Last day for Ringling Bros. Barnum and Bailey Circus tickets (ITT, September 12 show)</i>	29 <i>Mt. Bike Ride</i> <i>Habitat for Humanity Volunteer</i> <i>Horseback Ride & BBQ (Pacific Beach)</i>
30	31 <i>Separation TAP</i> <i>Swim Lesson Session Begins (August 31-September 24)</i> <i>End of Summer Barbecue</i>	<p>Special Events:</p> <ul style="list-style-type: none"> ■ Back to School Fair, Smokey Point NEX/Commissary, August 19 ■ Party in the Plaza, August 20 ■ End of Summer Barbecue, The All American, August 31 				
						Visit us online at: www.navylifepnw.com

Naval Base Kitsap
Fleet & Family Readiness Program

AUGUST 2009

See reverse for event times, locations and details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24 <i>Rolling Stones Camp</i>	25 <i>Rolling Stones Camp</i> <i>Texas Hold 'em Tournament</i> <i>Conflict Management</i>	26 <i>Rolling Stones Camp</i> <i>Evening Paddle, Hood Head Dragon</i> <i>Damage Control for Relationships: Money Personalities</i>	27 <i>Rolling Stones Camp</i> <i>IA Family Event: End of Summer Pool Party</i> <i>Hot Summer Patio Party</i>	28 <i>Rolling Stones Camp</i> <i>Camp McKean Family Campout</i> <i>Pool Tournament</i> <i>Family Friendly Fireball Bowling</i> <i>WA State Employment</i>	29 <i>Camp McKean Family Campout</i> <i>Murder Mystery Dinner Train</i> <i>Teen Back to School Bash</i> <i>Horseback Ride & BBQ (Pacific Beach)</i>
30	31	<p>Special Events:</p> <ul style="list-style-type: none"> ■ America's Kids Day Run, August 15 ■ Missoula Children's Theater: Auditions for <i>Pied Piper</i>, August 18 ■ Texas BBQ, August 20 				
						<p>Kitsap Credit Union</p> <p><small>Neither the Navy nor any part of the Federal Government officially endorses any company, sponsor, advertiser, or their products or services.</small></p>
						Visit us online at: www.navylifepnw.com

AUGUST
31



AC/DC

COMCAST
ARENA



SEE MWR FOR MORE DETAILS

Final Thoughts

Editor's Top 10

Top 10 ancient firewatch proverbs:

10. The light at the end of the tunnel is just another hot-worker.
9. The future is so boring, you have to wear shades.
8. You burn once, shame on me. You burn twice, shame on you.
7. Hell hath no fury like a welder's torch.
6. Never put all of your fire extinguishers in one basket.
5. I can resist everything except a head call.
4. Watchbill will never catch up with the demand for it.
3. To watch is easy, to focus difficult.
2. Nothing moves slower than watch.
1. He who puts up with safety violations invites injury.



Shipmates

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



Photo by MCSN Jimmy Cellini

Aviation Boatswain's Mate (Handling) Third Class Justin Dodge from Albany, Oregon, along with members of the Air Department, coil a non-collapsible hose on the flight deck of USS Abraham Lincoln (CVN 72) to perform hydrostatic testing on it.



COMPASS

A COURSE IN NAVY LIFE

OPEN TO ALL ACTIVE DUTY NAVY SPOUSES

FREE FOOD!
FREE CHILD CARE!

SIGN UP NOW FOR THE NEXT SESSION
SEPTEMBER 22-24 9:30AM-1:30PM
AT THE SMOKEY POINT CHAPEL

Pre-Registration is required. Register online at www.gocompass.org
(select Everett under "locations")
or email compasseverett@nsfamilyline.org
if you have questions or need more information.

COMPASS is a 12 hour program taught in 3 4-hour sessions by trained volunteer Navy spouses who have experienced Navy life and possess the passion to mentor others.

TOPICS PRESENTED...

US Navy- History & Traditions
Navigating the Maze-- Benefits & Services
Anchors Aweigh- Dealing with Deployment
Local Insights- Exploring your Community
It's Not All That There Is- Personal Finance and LES
Changing Ports- Moving
Getting Along- Healthy Communication