



Lincoln Sailors visit Seattle Children's Hospital

By Penny Press Staff

USS Abraham Lincoln's (CVN 72) Sailors of the Year and Sailors of the Quarter visited the Children's Hospital of Seattle, Aug. 11, to deliver smiles and give gifts to more than 100 children and families. Sailors presented command ballcaps to sick children and give them certificates designating them "honorary crewmembers" of the ship.

"The Sailors brought smiles and excitement to the kids. It brightened their spirits and took their minds off their illnesses, if just for a few hours. They felt very special to receive real Navy hats and certificates making them honorary Sailors. We also gave them photographs of the ship, patches, and coins," said Lincoln Chaplain Cmdr. Michael Barber, of San Francisco.

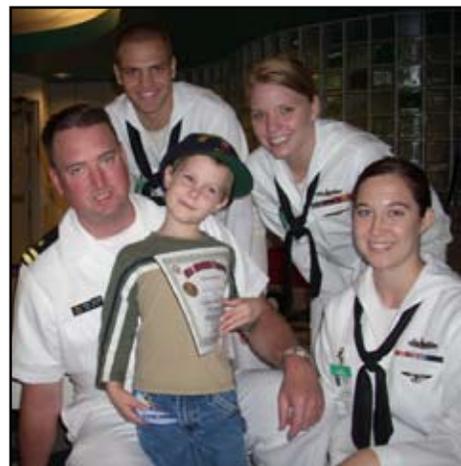
The kids were certainly excited to see Lincoln Sailors, but it may have been the Sailors who felt the greatest impact. "We felt honored to be invited into the children's playroom, where we

met a number of sick children. It made us feel good to bring some joy to these kids' lives. One young boy said Lincoln looked even better than the ship on Transformers," said Barber.

Overall, crewmembers gave away 42 hats during visits to 32 rooms of children too ill to walk. They also gave photos and patches to the brothers and sisters of the sick children. Whether the child was in minor or critical condition, staying for a day or an extended period, parents and children both seemed to enjoy the attention. "A number of parents thanked the Sailors for serving as we left," said Barber.

Caps for Kids is a Navy Office of Community Outreach program that provides ball caps to sick children in hospitals throughout the nation. For more information from Navy Office of Community Outreach, visit <http://www.news.navy.mil/local/navco/>.

For more information about USS Abraham Lincoln, visit www.lincoln.navy.mil.



U.S. Navy photo

Lt. Trent Hinton and the Sailors of the Year and Sailors of the Quarter pose with one of the children at the Children's Hospital of Seattle, Aug. 11.



U.S. Navy photo

Above: Lt. Trent Hinton holds a child at the Children's Hospital.

Left: Chaplain Cmdr. Mike Barber and another Sailor teach a couple of children to salute at the hospital.



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We discuss the 270 foot Snoqualmie Falls.

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Local Stories

Know Your Shipmates



Photo and information gathered by MCSN James Cellini

**PCSN
Joshua Nelson
S-12**

Hometown:
Atlanta, Georgia

Quote:
"If you don't stand for something, you'll fall for anything."

Hobbies:
*Working out,
playing Madden*

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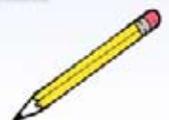
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FACEBOOK
Visit USS Abraham Lincoln's fan page to get up-to-date information on the ship's status, and check out new photos.

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Outdoor Activities

Snoqualmie Falls electric to visitors, community

STORY AND PHOTOS BY
MCSA JACQUELYN D. CHILDS
Penny Press Staff

About 25 miles east of Seattle, and halfway between Snoqualmie and Fall City, Wash., the Snoqualmie River cascades down through a rock gorge. This is the Snoqualmie Falls. Falling 270 feet, it is 100 feet higher than Niagara Falls and attracts one-and-a-half million visitors every year.

The two-acre park has an observation deck where visitors can stand across the gorge from the falls and admire the entire scene from a cliff 300 feet above the river. The deck is a covered pavilion where visitors can sit, relax and enjoy their surroundings.

After checking out the view from the observation deck, visitors can take a half-mile hike down the river trail that ends at the base of the waterfall. Winding through beautiful old trees and scenery, the trail itself is a sight to see. At the bottom, visitors can stand by the river close to the bottom of the waterfall. The mist from the waterfall will actually reach you.

Those who choose to walk down the path should be prepared for the half-mile hike back up the hill, which can be a small workout. But with several shaded spots along the path to stop and relax in the overhanging trees, people of all ages can make the trip.

Snoqualmie Falls also has the perfect



place for accommodations and fine dining. The Salish Lodge is located just above and overlooking the waterfall. Near the lodge is a specialty gift shop for souvenirs, snacks and beverages. Benches, picnic tables, water fountains and restrooms are all located near the shop and observation deck.

The waterfall is an ideal spot to picnic, sightsee, hike or just relax. However, it's not just a scenic attraction. Snoqualmie Falls has been producing electricity for over 100 years. Two power plants are located out of sight from the visitors at the observation deck. One is actually underground behind the waterfall while the other is located farther down river.

Together, the two plants provide 41,990 kilowatts of electricity, enough to give power to 16,000 homes.

A spectacular sight and energetic asset to the community, the Snoqualmie Falls is a must see for anyone in the Seattle area.

To get to the waterfall, take Highway 90 east of Seattle. Get off at the Snoqualmie Falls exit, Exit 27, and just follow the signs to the waterfall. You can drive through the small city of Snoqualmie at the same time. With home-like places to eat and an old railroad track, the town provides a certain nostalgic feel everyone can appreciate.



Around the Navy

Best tips to make moving smoother for Sailors

BY NAVAL SUPPLY SYSTEMS
COMMAND OFFICE OF
CORPORATE COMMUNICATIONS
Special to the Penny Press

Part one of a two part series

Naval Supply Systems Command's Navy Family Support Household Goods team members put their more than 100 years of experience together to develop several simple tips to ensure smooth moves that don't cost Sailors money out of their pockets.

1. Stay within the maximum weight limit.

Service members are limited to a set amount of weight based upon their military rank and dependent status. This limit is set in law by Congress. If a member exceeds his allowed weight, the Navy will pay the mover on behalf of the member but will then initiate collection action from the member.

"Navy auditors located in Norfolk, Va., review every move, so if someone should exceed the authorized weight allowance, a bill will eventually come his way. Dispose of worn out and unnecessary items before the move to avoid wasteful packing, moving or storage expenses which increase the cost of the move. If you feel you are close to your authorized weight limit, request a re-weigh of the shipment prior to delivery at destination. The government will pay on the lower of the two certified weights and subsequently the member will be charged based on the lower weight," said Kermit Horn, Navy household goods traffic management specialist.

2. Be honest.

It may sound harsh, but it is a fact of life that some people will always be tempted to try to beat the system. Navy Household Goods Audit Division audits 100 percent of all personally procured moves, according to Navy Household Goods Director Frank Piacine.

"Cases of fraud detected by the audit team are reported to the Naval Criminal Investigation Service for action. People making honest claims have nothing to fear."

3. Claim professional books, paper and equipment (pro gear).

Every Sailor can claim pro gear each time he moves. This includes professional books and other gear required in the performance of official duties. The weight of pro gear can be deducted from the total weight of the move, but many Sailors never claim it. If pro gear is not claimed during counseling, it cannot be claimed after the fact to reduce the weight of the shipment when a Sailor exceeds his or her maximum entitlement.

"Sailors and their families are experts at 'adapt and overcome' to cope with life's ups and downs. These tips should help them have fewer downs during their move."

-Frank Piacine, Director Navy Household Goods

"Before the movers arrive make sure you separate pro gear from the rest of your property so these items may be packed, marked and weighed separately (if small scale is available). If a scale is not available, the mover should ensure the carton size (cubic dimension) is noted on the inventory," advises Navy Household Goods Traffic Management Specialist Warren Bennett.

A recent change to the Joint Federal Travel Regulations added a small weight allowance for a member's spouse's professional equipment. Effective Jan. 12, 2009, military members can claim up to 500 pounds of "spousal pro gear" for such professions as doctors, lawyers, teachers, etc., but under no circumstance are items for re-sale allowed.

"Before signing your inventory prepared by the mover, be sure all of these items are listed as 'PBP&E or pro gear' and/or 'spouse pro gear' and not simply as 'books'

or 'miscellaneous,'" Bennett added.

For more on pro gear, members can go to <https://www.smartwebmove.navy.mil/swm/swmGlossary.jsp?prevPage> and look under Professional Books Paper and Equipment.

4. Conduct personally procured moves (PPM) only after orders are received.

Sailors, particularly those thinking about retiring or separating, often decide to move their household too early.

"The problem occurs when they do this before they actually receive orders that authorize a move," said Navy Household Goods Traffic Management Specialist Paul Campbell. "A letter of intent to issue

orders is not a legitimate document to conduct a PPM either, unless certain conditions are met and it contains a current valid permanent change of station (PCS) Line of accounting. If in doubt or you would like more detailed information, check it out with the local personal property office before making any transportation commitments."

5. Update non-temporary storage accounts.

"Active-duty service members and retirees who place property into non-temporary storage (long term storage in-lieu of shipping) often fail to keep the custodial personal property office informed with respect to their contact information or current entitlement changes," said Navy Household Goods Traffic Management Specialist Dan Wolfert.

"As a general rule, the entitlement period for a separatee is 180 days from the active-duty termination date. For retirees, it is one year from the active-duty termination date. For members serving overseas, it is for the duration of the tour overseas plus 90 days.

"It is extremely important that the office that initiates and manages your storage is notified 90 days prior to the expiration of your storage entitlement of your desires for delivery. If you are serving a

Around the Navy

consecutive overseas tour, a copy of the new order must be faxed in with a cover letter to continue your storage entitlement under the authority of the new orders. If the personal property shipping office does not hear from you 45 days prior to expiration, officials will attempt to contact you via certified mail.

“If they do not hear back by the expiration date of your entitlement, the account will be converted to member’s expense. Once it is converted to member’s expense it is between the member and the commercial storage facility to ensure payments are made on time. If a member fails to keep current on his bill a ‘warehousemen’s lien’ can be placed upon your property. The next step is public auction of your property. Bottom Line: Know when your entitlement expires and stay in touch with the personal property office,” Wolfert said.

The Navy Household Goods Entitlement Help Line is a call center dedicated to answering questions Sailors and their families might have during the move process. The Navy Entitlement Help Line can be reached at 1-800-444-7789, COMM 757-443-1719, DSN 312-646-1719 or by email: nvtrnshghelp@navy.mil.

“All offices are staffed by moving professionals who will get the answer if they can’t provide it on the spot,” Piacine said.

“Sailors and their families are experts at ‘adapt and overcome’ to cope with life’s ups and downs. These tips should help them have fewer downs during their move.”

For more from Naval Supply Systems Command, visit www.navy.mil/local/navsup/.

Check back next week for more moving tips in the Penny Press.

Q&A with the MCPON



Q: With my husband on deployment, I was wondering if you have kids and how have you helped them handle deployments, how have they adjusted to military life, and any suggestions what I can do to make it easier for them. My four-year-old seems to be taking it badly, it breaks my heart. Any advice or suggestions would be great.

A: Thank you for asking. First off my wife Bobbi is the expert in this area in my mind. She has done a great job bridging the gap of my absence while raising our two boys. However there are four resources that every spouse should be able to turn to for assistance. First off your Command **Ombudsman** (unsung heroes), the **Fleet and Family Support Center**, Navy **MWR** (many programs available to keep you busy) and finally, I personally like **Navyformoms.com**.

One additional piece of advice. It’s important for you and your children to get out of the house and have fun. I appreciate the sacrifice you and your family are making that allows your husband to focus on his mission.

HOOYAH, MCPON

Current Summer Safety Trends

- As of August 18, 18 Sailors have died in off-duty recreation and personal motor vehicle mishaps since Memorial Day. While this is still way too many preventable losses, it’s a significant decrease over this time frame last year when we lost 26 Sailors.

- At the current rate, this year the Navy is on track to have the fewest personal motor vehicle and off-duty recreation mishap fatalities since we began keeping these records in 1980.

Labor Day Safety Statistics

- Last Labor Day weekend, there were 38 reportable mishaps in the Navy and Marine Corps. One proved fatal when a Navy officer was killed in a motorcycle crash.

- Since 2004, we have lost six Sailors over the Labor Day weekend holidays. Many more have been injured – some critically.

Labor Day Weekend Safety Tips

- If you will be on or near the water this weekend, make sure you know how to swim. Keep a close eye on children because it only takes a few minutes and as little as an inch of water for a child to drown.

- Never mix alcohol and water sports. Alcohol diminishes your vision, depth perception and coordination, all of which are crucial around the water.

- If you ride a motorcycle, make sure to wear all the gear, all the time – even if it’s hot outside. Proper personal protective equipment is a year-round requirement, on or off base.



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Free things to do in Seattle

If you're looking for free things to do in Seattle, you have a long list of attractions and activities to choose from. Those museums that aren't free all the time usually have a day or evening with free admission each month. Free concerts can be found all around Seattle, particularly in the summer. Local parks and outdoor spaces offer all kinds of free recreation opportunities.

Free Attractions in Seattle

It turns out that most of Seattle's major attractions are free. Some highlights:

Pike Place Market- Wandering through Seattle's public market is a feast for all your senses.

Seattle Center- While the museums, entertainment venues, and the Space Needle charge an admission fee, wandering the Seattle Center's lovely grounds is free.

Many of the annual festivals held at Seattle Center are free, including **Festa** and the **Northwest Folklife Festival**.

Seattle Waterfront- It doesn't cost a cent to stroll along Seattle's downtown waterfront, checking out the people and scenery.

Other free Seattle fun includes wandering through the **International District**, touring the **University of Washington** campus, and checking out the cool architecture at **Seattle's Central Library**.

Free concerts in Seattle

- **Wajen Concert Organ Recital demonstrations-** As part of a free tour of **Benaroya Hall**, you can enjoy the music from the **Seattle Symphony's 4,490-pipe Wajen Concert Organ**.

- **Seattle City Hall Lunchtime Concerts-** Free noontime concerts are held throughout the year.



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Free Museums in Seattle

Seattle is rich in fascinating museums, where you can learn about everything from aviation, to history, to science fiction. These Seattle museums offer free admission on some days or evenings of each month:

- Seattle Art Museum (first Thursday)
- Seattle Asian Art Museum (first Thursday and Saturday)
- EMP/Sci Fi (first Thursday evenings)
- Bellevue Art Museum (first Friday)
- Museum of Flight (first Thursday evenings)
- Museum of History and Industry (first Thursday)
- Burke Museum (first Thursday)
- Wing Luke Museum (first Thursday and third Wednesday)

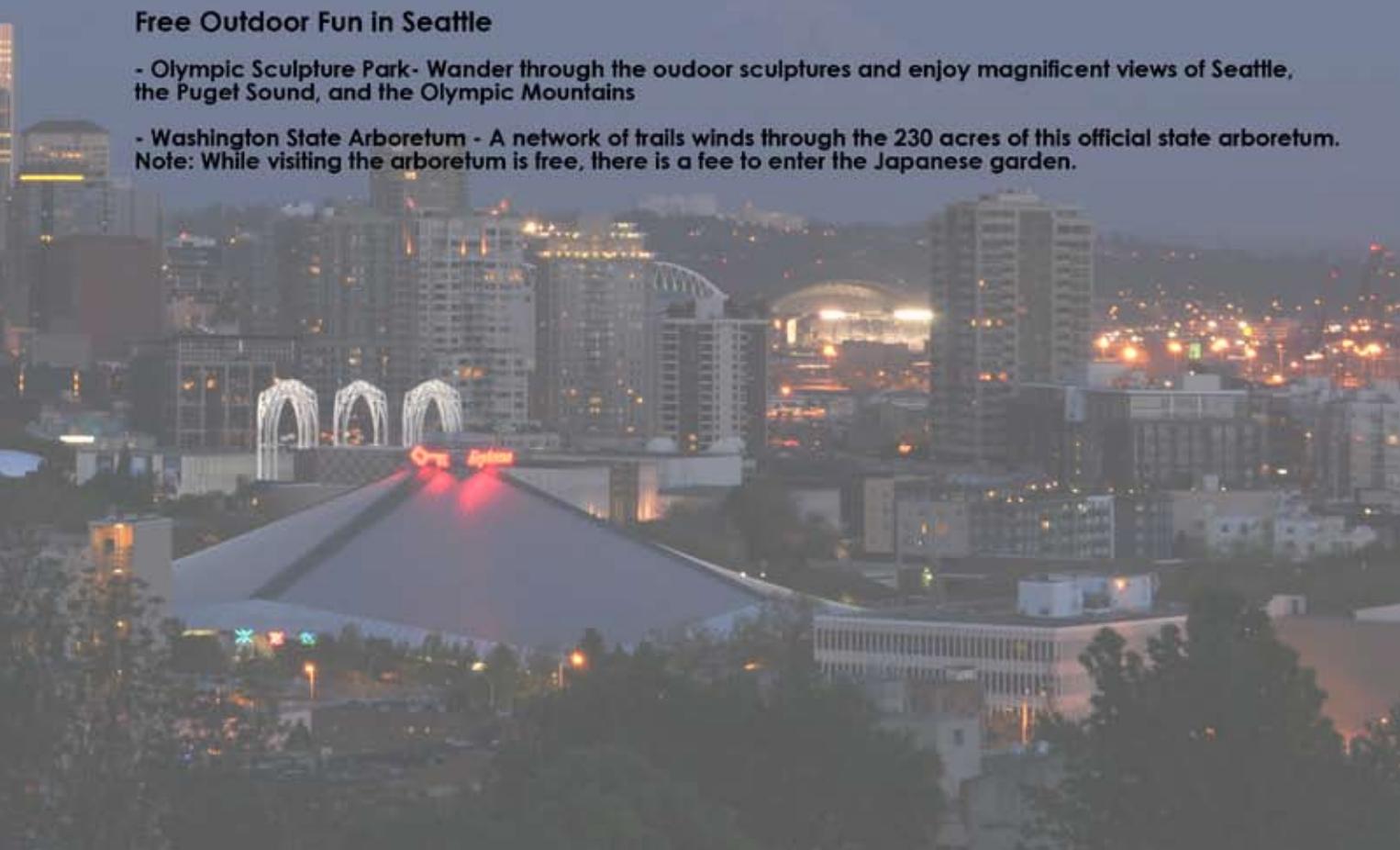
These Seattle Museums are always free to the public:

- Frye Art Museum
- Coast Guard Museum
- Klondike Gold Rush National Historic Park - Seattle Unit Visitor Center

Be sure to check with each museum for the most current admission and ticketing information.

Free Outdoor Fun in Seattle

- Olympic Sculpture Park- Wander through the outdoor sculptures and enjoy magnificent views of Seattle, the Puget Sound, and the Olympic Mountains
- Washington State Arboretum - A network of trails winds through the 230 acres of this official state arboretum. Note: While visiting the arboretum is free, there is a fee to enter the Japanese garden.



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	6 <i>Kelpers Day Weekend & Parade (Pacific Beach)</i>	7	8	9 <i>What Everyone Should Know About Deployment</i> <i>Getting Ready for Homecoming</i> <i>Warrior's Workshop</i>	10 <i>Moving with EFMs</i>	11 <i>Credit Report Review</i> <i>SAC Parent's Night Out</i> <i>Teen Late Nights</i>	12 <i>Kite Festival (Pacific Beach)</i> <i>NCAA Game Day</i> <i>Marrowstone/Indian Island Kayak Trip</i> <i>POW/MIA Run</i>
	13 <i>Kite Festival (Pacific Beach)</i> <i>NFL Sunday Football</i>	14 <i>Career Exploration</i>	15	16 <i>Kayak Roll Class</i>	17 <i>Positive Parenting (September 17 - November 19)</i>	18 <i>Lake Chelan Tour</i> <i>Women's Volleyball Registration Deadline</i> <i>Toga Party</i> <i>Retired Activities Seminar</i>	19 <i>Lake Chelan Tour</i> <i>NCAA Game Day</i> <i>Free Women's Volleyball Clinic</i> <i>Goodbye Summer Party</i> <i>Foulweather Bluff Kayak Day Trip</i> <i>Oktoberfest (Pacific Beach)</i>

AUGUST
31



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SEE MWR FOR MORE DETAILS

Final Thoughts

Editor's Top 10

Top 10 ways to convince your chief you're working (when you're really not):

Editor's note: We do not recommend the use of any of these tactics. DO NOT TRY THIS AT WORK!

10. Carry a clipboard and stare intensely at things.
9. Lean against a push broom and claim you're just taking a five minute break everytime he sees you.
8. Tell him you're doing an online NKO course at home.
7. Walk "with purpose."
6. Keep positive control of your alt-tab keys when "waiting for that important email."
5. Master the art of the 30 minute head break.
4. Ask him how the Navy "used to be" and just sit back.
3. Find any reason to visit Personnel. You never know, they could be lonely.
2. Volunteer for urinalysis. Then take head breaks in line.
1. Always claim you're just about to start something.



Shipmates

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

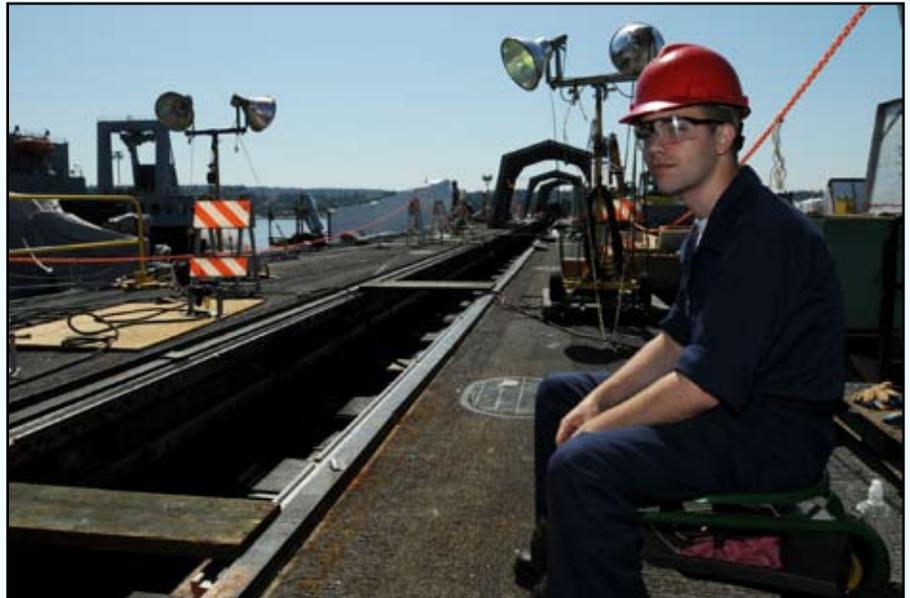


Photo by MC3 Colby Neal

Aviation Maintenance Administrationman Airman Sean K. Gaddis of Louisville, Texas, stands a fire-watch over catapult two on board USS Abraham Lincoln (CVN 72) as Lincoln catapults are undergoing refurbishing and preservation work.



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