



Chief selectees endure 6-week induction



Photo by MC3 Brandon Wilson

MMC (SEL) David White is in the ready position with other Chief Selectees from USS Abraham Lincoln (CVN 72) and USS John C. Stennis (CVN 74) during a PT session as part of the induction to become Chief.

BY MCSR ADAM RANDOLPH
Penny Press Staff

Thirty-two chief petty officer (CPO) selectees from USS Abraham Lincoln (CVN 72) are making the transition from petty officer 1st class to chief petty officer.

For many of these selectees, the biggest challenge lies in completing the rite-of-passage known as Chief's Induction.

From group PT to fund raising and classroom study, the road to becoming a Chief is a process only achieved through time, effort and dedication.

Chief Hospital Corpsman (Select) (SW/AW) Amanda Boiter of Anderson, S.C., can attest to this.

"Induction is definitely challenging but very rewarding when you look at the big picture and see the part that you play in it," said Boiter.

The six-week long induction is

Turn to SELECTEES, pg. 5

USS Ingraham gets new chain gun installation

BY MC3 KAT CORONA
Penny Press Staff

USS Ingraham (FFG 61), of Destroyer Squadron 9 welcomed a new addition in July with the installation of the MK38 MOD II 25mm chain gun.

Ingraham is the first frigate in the fleet to receive the new system, but it has been utilized on other classes of Navy ships.

The new system, which was updated from the legacy MK38 MOD I 25mm, is completely automated and does not need to be fired manually like the old system.

By taking legacy equipment still in

the fleet and updating it to meet the ever growing threats at sea, the Navy can perform duties more efficiently and effectively.

It uses a state-of-the-art electro-optical sight, basically a camera that can be used independently of the gun. It enables the operators to see tracks over 10,000 yards away and uses a laser range finder to measure the distance to a target, explained Ingraham's Electronics Material Officer and Assistant Combat Systems Officer Ensign Brandon Gilstrap, of Jacksonville, Ark.

The gun's mount is controlled in Ingraham's Combat Information Center

(CIC) by the Remote Operator Console (ROC). The gunner sits at the ROC and tracks incoming vessels using the video from the mount. "The system is able to auto-track the oncoming vessel until the tactical action officer gives the gunner orders on the deployment of warning shots or direct fire," said Gilstrap.

This system enables Ingraham to defend the ship more effectively even with reduced manpower.

"It is an honor for Ingraham to be chosen as the test platform for the FFG class," said Gilstrap. "Our reputation for being 'the last and finest' has helped iron out the bugs for future FFG installations."

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We give a list of the free events and attractions in Seattle.

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Local Stories

Know Your Shipmates



**AOAN
Megan Ramos
Weapons G-1**

Hometown:
Forest Lake, Minn.

Quote:
"You live and learn."

Hobbies:
Snowboarding, shopping

Photo and information gathered by MCSR Adam Randolph

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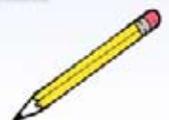
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ncobangor@navy.mil



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Editor..... MCSA Jacquelyn Childs
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Staff.....

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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.

Outdoor Activities

Labor Day

Statistics, tips to stay safe

BY MCSN ROBERT ROBBINS
Penny Press Staff

As the summer comes to a close, the Navy and USS Abraham Lincoln (CVN 72) are getting the message out about off-duty risk management in light of past safety trends and statistics associated with the Labor Day holiday extended weekend.

Since 2004, the Navy has lost six Sailors over Labor Day weekends, with 38 reportable mishaps on last year's Labor Day, and one fatal motorcycle crash involving a Navy officer, according to a data sheet released by the Navy Office of Information.

"As we prepare for the upcoming Labor Day weekend, it's time to take a hard look at the job we've done managing risk so far this summer," said Commander, Navy Safety Center, Rear Adm. Arthur J. Johnson. According to the data sheet, the Navy this year is on track to have the fewest off-duty recreation fatalities since 1980.

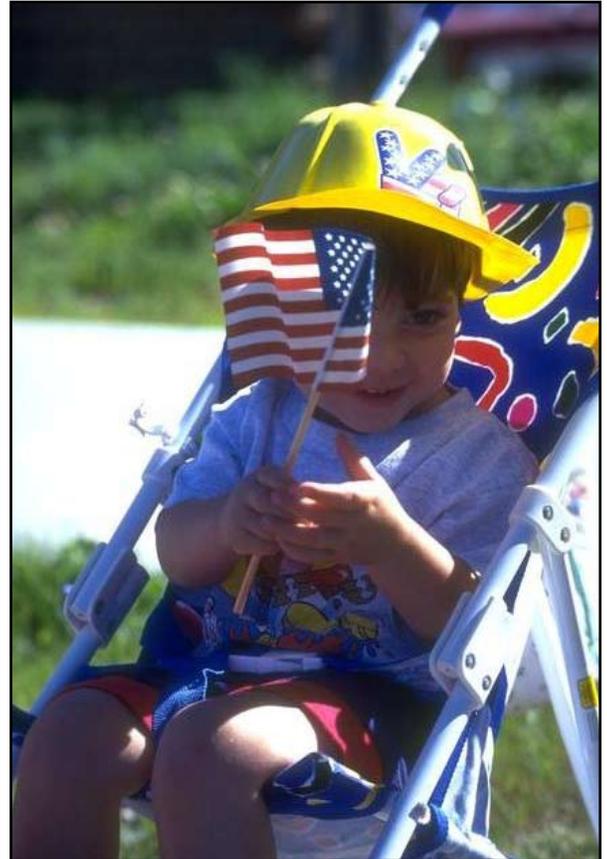
"While Labor Day marks the unofficial end of summer, there are still plenty of warm days ahead which means

plenty of time for off-duty recreational activities," said Johnson.

Lincoln encourages her Sailors to engage in off-duty, outdoor activities, not involving alcohol, such as sports, hiking and swimming, but stresses the potential for injury.

"If Sailors use proper ORM [Operational Risk Management] in their ashore activities, like they do aboard, they're less likely to be injured while being more aware of their surroundings," said Abe's Safety Department Leading Petty Officer, Machinist's Mate 1st Class Christopher D. Fix.

According to Fix, sporting activities make up about 75 percent of all reported injuries. During Lincoln's latest Enlisted Safety Committee Meeting, divisional safety petty officers were briefed on off-duty safety issues dealing with camping, outdoor cooking, and water activities, said Fix.



Official Navy Photo

Holidays like Labor Day are good opportunities for Sailors to enjoy time with family. Being safe will insure Sailors can continue to make the most of their time.

If Sailors want to take road trips this upcoming holiday weekend, an online risk assessment, Travel Risk Planning System (TRIPS), is available at www.nko.navy.mil.

"Most of us do a great job managing risk both on and off the job and I ask you to keep up the good work as you enjoy some extra time off during the holiday weekend," said Johnson.

Labor Day Weekend Safety Tips

- Don't overdo it. Attempting to cram too many activities or too many risk factors into one weekend is a recipe for disaster.
- 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.
- If using a barbeque grill over Labor Day weekend, make sure your grill is in good working order, that it's well-ventilated and away from the house and other structures.

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 two 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.

6. Take the appropriate monetary advance during a personally procured move (aka "Do it Yourself" or DITY).

For those who choose to move themselves, the Joint Federal Travel Regulation authorizes a 60 percent advance payment based on the total "estimated" weight to be shipped (not to exceed the JFTR authorized weight limit).

"It is tempting to provide the household goods counselor an inflated weight figure so you will get a big check. Beware. The 'estimated' payment on the Form DD2278 (Application for Do-It-Yourself Move and Counseling Checklist) is based upon that 'estimated' weight. So, if you give a higher weight estimate than you actually move, you may very well end up owing money back," Piacine said.

7. Understand full replacement value insurance.

Customers can settle disputes over lost or destroyed household goods with the moving company for full replacement value (FRV).

"As a general rule, the transportation service provider (TSP) will repair or pay you for the repair of damaged items, or replace or pay you for the replacement of items lost or destroyed beyond economical repair. FRV also covers your items placed in storage-in-transit (SIT) as well as non-temporary storage (NTS). There are limits to the TSPs liability for loss or

damage to personal property: In order to obtain FRV, claims must be filed directly with the TSP, not the military claims offices (MCO)," said Navy Household Goods Traffic Management Specialist Richard McIntire.

"FRV claims must be filed within nine months. If your claim is filed directly with the TSP within nine months of delivery, the TSP's liability on each household goods shipment is a minimum of \$5,000 per shipment or a maximum of \$4 times either the net weight of the household goods shipment or the gross weight of the international unaccompanied baggage (IUB) shipment, in pounds, not to exceed \$50,000.

"If you feel the value of your household goods will exceed this amount you should seriously consider obtaining additional insurance protection."

Obtaining and paying for additional insurance protection is the member's responsibility. If a claim is filed directly with the TSP more than nine months after delivery, the TSP will only be liable for the depreciated value of the items up to a maximum of \$1.25 times the net weight of the shipment, not to exceed \$40,000.

8. Manage split shipments properly.

Household goods can be shipped by government bill of lading (GBL) - which

means the Navy pays a mover to move it end-to-end - by personally procured move (PPM) or by local contract. Service members can choose to move part of their belongings themselves and have the government arrange to have the rest moved. This is known as a split shipment.

"A split shipment permanent change of station move often results in the member incurring excess cost charges and owing the government money," Campbell noted. "This can happen even when the weight moved is below the member's authorized weight allowance.

"Here's why: The cost to ship a partial shipment of household goods is higher because the mover is moving less. This cost is added to the cost of the PPM move to get a total. Under current regulations, the total cost of the two moves is compared to the cost to move the total weight in one lot at the lowest cost available to the government between authorized locations. If lowest TSP cost is lower than the combined cost of the two moves, the government must collect the difference from the member.

"Changes to the way the government's cost are calculated are being reviewed and may be changed in the near future. Until that change is made, members are advised to consider moving entirely by GBL or PPM in one lot to reduce the risk

Top Ten Moving Tips for Sailors and families

1. Stay within the maximum weight limit.
2. Be honest.
3. Claim professional books, papers and equipment (pro gear).
4. Conduct personally procured moves (PPM) only after orders are received.
5. Update non-temporary storage accounts.
6. Take the appropriate monetary advance during a (PPM).
7. Understand full replacement value insurance.
8. Manage split shipments properly.
9. Know and follow the rules for shipping a privately-owned vehicle (POV).
10. Ship what is really needed to the next duty station.

Around the Navy

of indebtedness.”

9. Know and follow the rules for shipping a privately-owned vehicle (POV).

Campbell advised, “The shipment of a POV is not an ‘entitlement’ (as most people seem to think). The Joint Federal Travel Regulations (JFTR) indicates this is a ‘discretionary allowance’ at the service member’s discretion.

“Another important fact is the shipment of POVs to OCONUS (Outside Continental United States) locations is predominantly controlled by the ‘host nation’ through status of forces agreements (SOFA). These agreements can vary widely in requirements and restrictions. Host nations have been known to change requirements and restrictions occasionally, which lead to confusion, delays and the potential for undue hardships to the service member. Such seemingly minor things as length of wheel base, color, scratches, dents year, make, model and fuel source (gasoline or

diesel) are all reasons that could prevent a POV from being approved for entry into certain foreign OCONUS location.”

As a general rule, shipment of POVs within CONUS (Continental United States) is not authorized. Few exceptions are available.

“I strongly encourage early communication with someone at the ‘gaining command’ (via the sponsor program if possible) and the responsible outbound transportation office to minimize possible difficulties regarding shipping POVs,” Campbell said.

More information on shipping POVs is available at: <http://www.sddc.army.mil/sddc/Content/Pub/8808//dbcn8808.pdf>

10. Ship what is really needed to the next duty station.

Service members frequently fail to do their homework on the size and type of quarters that will be available at a duty station. Many overseas duty locations provide

adequate but small quarters. A fair number of stateside locations also provide smaller than average quarters. The end result is that the member finds himself with too little space for all his personal property.

“Do your research before visiting the personal property shipping office,” Wolfert said. “Speak to your sponsor and individuals of similar grade and family status at your future duty station. Visit the base Web site, talk to the housing office about the size of on- and off-base housing. If you live off-base and can’t find or afford quarters large enough to accommodate all your property, you will be responsible for paying storage costs which can be very expensive.”

“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 news from Naval Supply Systems Command, visit www.navy.mil/local/navsup/.

SELECTEES

Cont. from pg. 1

designed to teach Chief selectees the roles and responsibilities they will take on as Chiefs.

During the past four weeks, Lincoln’s selectees have participated in a number of activities all designed to build teamwork, uphold tradition, foster pride, and develop leadership.

Chief Aviation Boatswain’s Mate (Handling) (AW) Christopher Klopfer, of Sarasota, Fla., said induction plays an important role in the development of every new Chief.

“Induction is a transition where leading petty officers learn to become Chiefs. They learn everything from Navy leadership to uniform regulations and the importance of supporting the command mission,” he said.

Klopfer also said the selectees will face many challenges as future chief petty officers.

“The responsibilities of a divisional leading petty officer are completely different than those of a divisional Chief. The selectees are put in situations where they learn how to make tough decisions and



Photo by MCC (SCW/FMF) Eric Powell

HMC Scott Hawkins counsels ABEC (SEL) Michael Druhl as part of Druhl’s induction to become a Chief.

lead,” Klopfer said.

With less than two weeks left until the pinning ceremony, many of Lincoln’s selectees are giving it everything they’ve got.

For Boiter and Lincoln’s 31 other Chief

selectees the road to chief petty officer is finally within reach.

“We have a lot to do and not much time, but I’m still honored and excited to be a part of this process,” Boiter said.

WORK HARD, PLAY

PHOTOS BY LINCOLN MEDIA DEPARTMENT



Y HARD



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 recreational 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 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

- **Watjen 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 Watjen 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:

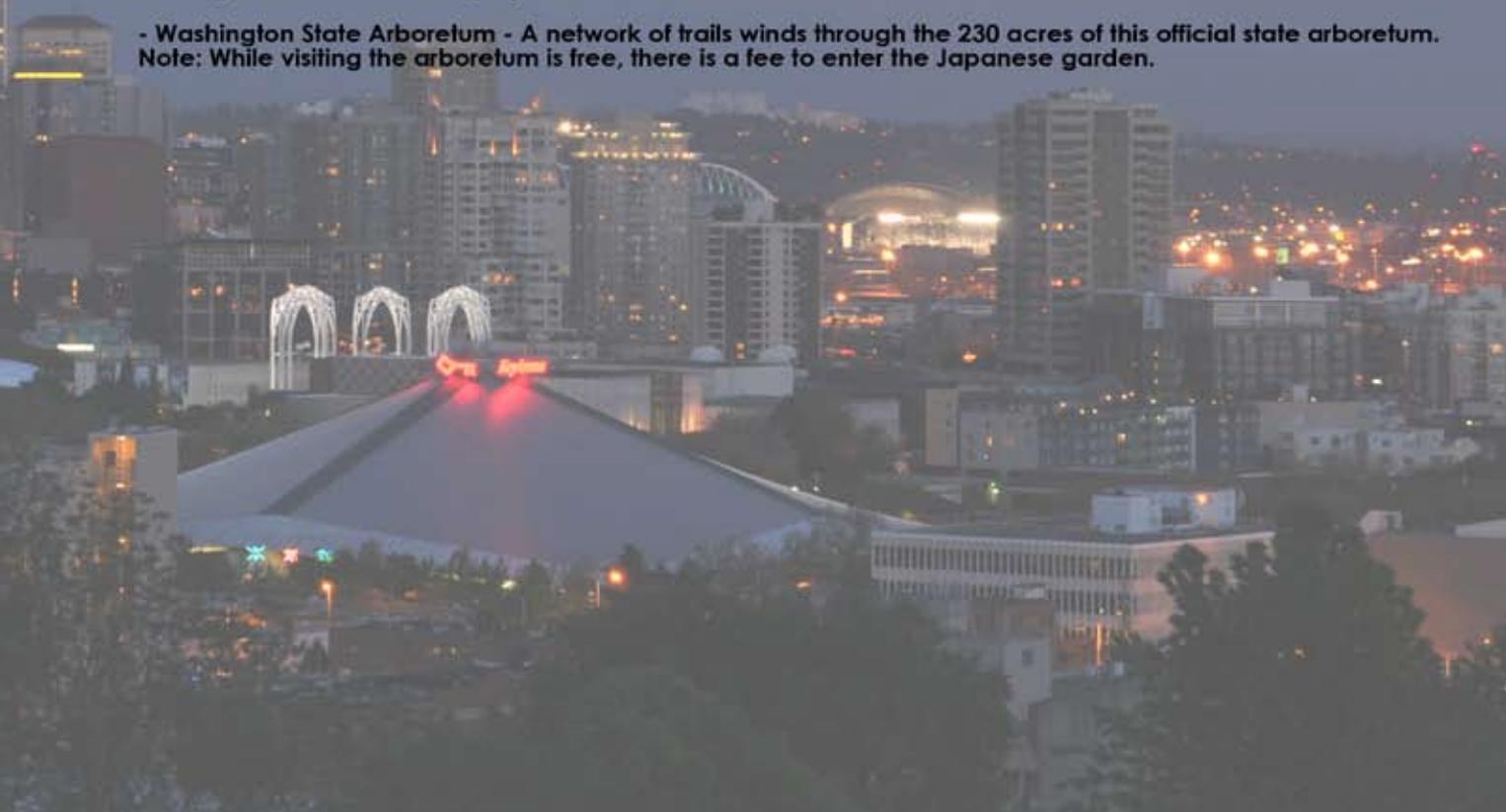
- Frye Art Museum
- Coast Guard Museum
- Klondike Gold Rush National Historic Park - Seattle Unit Visitor Center

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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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>

SEPTEMBER 2009

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13 <i>NORPAC Co-Ed Softball</i> <i>Kite Festival (Pacific Beach)</i>	14 <i>Separation TAP</i> <i>Fall Kick-off Party featuring: Natalie Stovall Concert</i>	15 <i>Separation TAP</i> <i>It's Fun to Learn! Science is Cool</i> <i>Tournament Tuesday: Pool</i>	16 <i>Separation TAP</i> <i>Movie at Pierside</i>	17 <i>Separation TAP</i> <i>Outdoor Movie</i> <i>Saving & Investing/ Retirement Planning</i> <i>Start Smart Football</i>	18 <i>Advanced CFS Training</i>	19 <i>Mt. Pilchuck Hike</i> <i>Oktoberfest (Pacific Beach)</i>

Final Thoughts

Editor's Top 10

Top 10 reasons to grow a mustache:

10. Confidence booster.
9. Relate to people you were never on the same level with before.
8. Practice proper grooming standards.
7. Protect your upper lip from harmful UV rays.
6. Fit in with those cool Harley Davidson cyclists.
5. For the ladies.
4. Something to play with when you're bored.
3. Leftovers clinging on for when you are hungry.
2. Separates the men from the boys.
1. When you feel like having no self-respect.



Shipmates

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



Photo by MC3 Colby K. Neal

USS Abraham Lincoln's (CVN 72) wardroom honors Lt. Melissa Trotsky as she departs the ship for the last time during a farewell gauntlet in the ship's hangar bay Aug. 25.



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- Changing Ports- Moving
- Getting Along- Healthy Communication