



New Ombudsman supports Sailors, families

By MC3 COLBY NEAL
Penny Press Staff

The Navy is known as a great place to serve your country, get an education, and develop yourself professionally, but it can bring unique challenges to Lincoln Sailors and their families.

New Lincoln Ombudsman Regina Forbes, along the command ombudsmen team of Becca Rhine, Shephanie Pulver, and Eileen Marcus, have taken on the role of meeting Sailors needs and assisting them with any challenges when in need.

An ombudsman is a volunteer position for the spouse of a Sailor assigned to the command. After they volunteer, they receive an appointment letter from the commanding officer. The ombudsman then attends extensive training to learn how to assist Sailors and family members.

The position can be time consuming. Duties of the ombudsman range from providing resources and referrals for employment opportunities to assisting with childcare, housing, education, com-



Photo by MCSA Jacquelyn Childs

Regina Forbes, a new Lincoln ombudsman, helps Sailors and their families with many issues including childcare, housing, education and deployments.

Turn to FAMILY, pg. 5

Lincoln Sailors win Northwest clam chowder cook-off

By MCSN ROBERT ROBBINS
AND MCSA JERINE LEE
Penny Press Staff

Two USS Abraham Lincoln (CVN 72) Sailors took gold in the All-Military Northwest Clam Chowder Cook-Off contest, Aug. 7, at McChord Air Force base, Wash., competing against Air Force, Army, Coast Guard and Navy contestants.

Judging on presentation, quality of taste, and overall skill, a panel comprised of two Chiefs and two Officers awarded Seaman Apprentice Adrian Flannery and Seaman Apprentice Jay Nguyen the gold medal for the best chowder among 11 other teams.

In addition to Lincoln grabbing gold at the contest, Culinary Specialist 2nd Class Kenny Tello and Culinary Specialist 3rd Class Adam Walko, placed

third taking home bronze.

Unilever Food Solutions, the primary food vender for Lincoln, hosted the cook-off to promote their products and to instill a pride in food preparation and presentation among the participating services.

Lincoln's Food Services is the proven top department among Pacific Fleet air-

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September 11th -

Honoring the Fallen and the Heroes

"Having the opportunity to incorporate the steel that was recovered from the World Trade Center into the bow of the ship itself is just an incredible message and an incredible feeling. Where it's been built into the ship is the bow stem - that's the point that actually leads the ship through the water. To know that we've got steel that's from the World Trade Center leading the ship is an extremely powerful message for all of us."

-Cmdr. Curt Jones, commanding officer of PCU New York

Eight years after the Sept. 11, 2001 attacks, the Navy continues to honor the fallen and heroes of the tragic events of that day. Three ships of the San Antonio-class, Pre-Commissioning Units New York, Arlington and Somerset, are named in honor of the victims of the attacks on the World Trade Center, Pentagon and United Flight 93. Not only are these ships named in honor of those communities attacked that day, but these amphibious transport dock ships incorporate materials salvaged from the crash sites. These ships will support amphibious assault, special operations and expeditionary warfare missions through the first half of the 21st century.

New York (LPD 21)

-New York honors the 2,752 victims who lost their lives when United Airlines Flight 175 and American Airlines Flight 11 crashed into the World Trade Center in New York City.
-The bow stem of the ship was forged from steel from the World Trade Center. New York's motto, "Strength Forged through Sacrifice. Never Forget." highlights the significance of this steel to the Navy and the nation.

Arlington (LPD 24)

-LPD 24 was named to honor the 184 victims, including 47 Navy Sailors, civilians and retirees, who lost their lives when American Airlines Flight 77 crashed into the Pentagon.
-The ship will house a memorial to the Pentagon attacks which will include materials salvaged from the site. Those materials were presented by the Secretary of the Navy to Arlington County officials on Sept. 11, 2008.

Somerset (LPD 25)

-Somerset honors the 40 passengers and crew of United Airlines Flight 93 who prevented terrorist hijackers from reaching their destination, and instead forced the airplane to crash in Somerset County, Pa.
-Twenty-two tons of steel from a dragline crane used for coal mining at the Pennsylvania site where United Flight 93 crashed was melted down and incorporated into the bow stem of Somerset.

Outdoor Activities

Beach, dog park make relaxing walk in Howarth Park

STORY AND PHOTOS BY
MC3 JOSEPH SCARBERRY
Penny Press Staff

Howarth Park, in Everett has nature trails and a small beach for the local community to enjoy.

The park is small, but fits a lot of hiking trails in for its size. At the end of the trails, lies a beach that includes an off-leash area for your dogs.

The trails include a lot of old-growth trees, small streams with mossy rocks, and lots of spiders. I am a big fan of the mossy rock scenery and I love looking at spiders, so I had a great time coming through there. You can also find a large variety of plant life to observe, and possibly do some bird-watching.

At the end of the trails, a wooden bridge lets you cross railroad tracks to the beach area. If you are lucky, a train will come by and the whole bridge shakes. It's very exciting.

Before you go down to the beach, I would recommend bringing water shoes. There are a lot of broken seashells and sharp rocks mixed with the sand, and the amount of dogs running around might also be a concern to some if their owners aren't cleaning up after their pets.

It's been a long time since I've owned a dog myself, so watching all of the dogs and owners run around induced some nostalgia.

I think the biggest downfall to the park is that you can see parts of the city and Naval Station Everett from the beach. Personally, while at the beach, I like to see ocean or other elements of nature scenery rather than the city.

Overall, the park is clean and fun, but small. Don't expect hours-long excursions through the woods. If you aren't stopping to take photos of the things you see or just relaxing, it might take you all of 20 minutes to walk to the beach. For those of you who don't want to walk through the trails, there's also a parking lot closer to the beach.

The park is located at 1127 Olympic Blvd. in Everett, Wash.



EXPERIENCE LOVELY SEATTLE - FOR FREE!

Free Attractions in Seattle:

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.

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

Be sure to check with each museum for the most current admission and ticket prices.

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.

Local Stories

FAMILY

Cont. from pg. 1

community, and deployments.

“The ombudsman program is constantly evolving within the Navy, and the needs of each command, Sailors, and families also are changing,” said Forbes. “Maintaining teamwork and communication with all is the best route to an effective ombudsman program and supporting the command’s mission.”

Ombudsmen are proactive in communicating with families via email, newsletters, care lines and web-groups. These communication outlets aid spouses and parents of Sailors in understanding opportunities and services available to them, as well as providing another connection to the Sailor.

“Being a Navy spouse has always made me feel very proud. I am honored to be in a position that allows me the opportunity

to pass my experiences and knowledge on to other navy spouses,” said Forbes. “By empowering our family members we are strengthening our command.”

Forbes is available 24 hours a day, seven days a week for emergency situations but takes routine calls and questions from 9 a.m. to 9 p.m. PST time to help assist Sailors. She can be reached at (425) 501-6557.

COOK-OFF *Cont. from pg. 1*

craft carrier galleys at preparing consistently good meals to the crew. This contest offered the opportunity to showcase their efforts and talent.

Earlier this year, Lincoln received the Capt. Edward T. Ney Memorial Award, a prestigious food services award for the best aircraft carrier galley in the Pacific.

“It reinforces that we’re the best food service operation in the fleet,” said Senior Chief Culinary Specialist Roel D. Vidal, Lincoln’s leading culinary specialist.

With the experience and knowledge acquired from the cook-off contest, Nguyen said he now has a better understanding of culinary art.

“They took away from it a lot of pride and knowledge that if they concentrate at following the recipes, combined with their experience in the galley, then they’re actually able to produce consistently good, quality products,” said Vidal.

“I’m very proud of our showing, extremely proud,” said Supply Department Leading Chief Petty Officer, Master Chief Culinary Specialist Jason Haka. “It was our year, this year, to shine.”



Photo by MCSN Jimmy Cellini

Seaman Apprentice Adrian Flannery and Seaman Apprentice Jay Nguyen (not pictured) won first place at the All-Military Northwest Clam Chowder Cook-Off contest Aug.7.



Photo by MCSA Jacquelyn Childs

Culinary Specialist 2nd Class Kenny Tello and Culinary Specialist 3rd Class Adam Walko took home the bronze medal at the All-Military Northwest Clam Chowder Cook-Off contest Aug. 7.





CHIEF SELECTS



Around the Navy

Military personnel to be vaccinated against flu

By **JIM GARAMORE**
Special to the Penny Press

All military personnel will be vaccinated against the H1N1 flu virus, and the vaccine will be available to all military family members who want it, a Defense Department health affairs official said Sept. 1.

The H1N1 vaccination program will begin in early October, said Army Lt. Col. (Dr.) Wayne Hachey, director of preventive medicine for Defense Department health affairs.

The vaccine, which has been licensed by the Food and Drug Administration, will be mandatory for uniformed personnel, the colonel said. "What we want to do is target those people who are at highest risk for transmission," he said.

Health-care workers, deploying troops, those serving on ships and submarines, and new accessions are at the top of the list. "Any place where we take a lot of people, squash them all together and get

them nice and close and put them under stressful conditions will get the vaccine first," he said.

The department will use the usual seasonal flu vaccine distribution chain for the H1N1, Hachey said, noting that while the mass H1N1 vaccinations are new to the general population, the process for vaccinating against seasonal flu is old hat for the Defense Department.

"We've been doing this for decades," he said. "The system is tried and true."

The department initially will receive 1 million doses of the H1N1 vaccine, and another 1.7 million doses later in October.

The Centers for Disease Control has established target groups for those at greatest risk for transmitting or being affected by the H1N1. They include pregnant women, health-care workers, those younger than 25 or older than 65, and those with pre-existing health conditions.

The symptoms of the H1N1 flu are

almost the same as the seasonal flu: fever, sore throat, runny nose, nausea, muscle aches and feeling rundown.

The 2009 H1N1 virus - formerly known as swine flu - is a pandemic virus, according to the World Health Organization. U.S. officials call the virus "troubling" and urge communities across the United States to take actions to mitigate the effects of it.

President Obama said, "We need families and businesses to ensure that they have plans in place if a family member, a child or a co-worker contracts the flu and needs to stay home."

The H1N1 is a never-before-seen combination of human, swine and avian flu viruses, officials said. First detected in Mexico in February, it quickly spread around the world.

According to July WHO statistics, there have been 94,512 H1N1 cases worldwide, and 429 people have died from it. In the United States, 33,902 contracted H1N1, and 170 have died.

Ombudsman Appreciation Day to thank volunteers

By **COMMANDER, NAVY INSTALLATIONS
PUBLIC AFFAIRS**
Special to the Penny Press

Ombudsman Appreciation Day is Sept. 14, and events will be held by many commands on or near that day as operational schedules allow.

"This will be an opportunity for people around the fleet to stand together and give thanks to those who work tirelessly to improve the readiness of commands and the lives of Sailors and Navy families," said Bobbi West, ombudsman at large. "Without them, we could not do what we do as a Navy."

The morale, health, welfare, and efficiency of command personnel are the responsibility of the commanding officer. The command ombudsman assists the commanding officer in carrying out this responsibility.

Ombudsmen are professionally trained information and referral volunteers who serve as a vital two-way communication

link between the command and family members.

Navy Family Ombudsman Program provides a labor cost avoidance in excess of \$48 million per annum through volunteerism. Ombudsmen provided information and referral resources to satisfy more than one million inquiries received last year.

In recent years, the Ombudsman Program has established communication networks for family members of individual augmentees. The program has also created "Ombudsman Basic Training Orientation" for ombudsmen who are unable to attend Ombudsman Basic Training (OBT) within six weeks of appointment. This Webinar-based training ensures that all command ombudsmen have the most critical basic knowledge to perform their volunteer duties while waiting to attend the standard OBT course.

The Navy's Ombudsman Program is run by the Fleet and Family Support Program, which reflects the program's commitment

to promote the resilience and self-reliance of Sailors and Navy families and to help them navigate the uniqueness of military life.

The Ombudsman Program was introduced to the U.S. Navy on Sept. 14, 1970 by then-Chief of Naval Operations Adm. Elmo Zumwalt. In Z-gram 24, Zumwalt adapted his program from a 19th century Scandinavian custom originally established by the king to give ordinary private citizens an avenue to express their concerns to government officials. Zumwalt recognized issues and concerns that are unique to Navy families.

"With the increasing demands of the Navy, of deployments, especially those serving as individual augmentees, we need ombudsmen more than ever," West said. "The performance of our Sailors and the mission readiness of our commands is a testament to the great success of the command ombudsman," West said. "I encourage everyone to take Ombudsman Appreciation Day as an opportunity to express their gratitude."

Around the Navy

Navy announces amount for reenlistment bonuses

**BY CHIEF OF NAVAL PERSONNEL
PUBLIC AFFAIRS**
Special to the Penny Press

Selective Reenlistment Bonus (SRB) award levels were announced in NAVADMIN 250/09 for active duty and Reserve full time support Sailors which are scheduled to take effect Oct. 1.

Approximately 18,000 Sailors holding 179 critical skills will be eligible to reenlist with SRB awards up to \$90,000 next year.

“We value Sailors with certain skill sets — critical skill sets — and recognize that they are in high demand throughout the workforce,” said Rear Adm. Dan Holloway, director of personnel plans and policy. “The SRB program allows Navy to provide top performing Sailors with an additional incentive to stay Navy and advance mission success and their careers.”

In addition to announcing SRB award levels, the NAVADMIN introduces enhancements designed to not only retain personnel

with critical skills, but to reward top performers within those critical skill sets.

For the first time, Sailors who receive an “early promote” rating on their most recent regular evaluation may reenlist early for SRB anytime during the fiscal year (FY) of their end of active obligated service (EAOS).

“When a Sailor says, ‘I’ve been recognized as a top performer, I want to reenlist for a bonus, but I’m not eligible until the third or fourth quarter; isn’t there an option for me?’ Now our answer is, ‘yes,’” said Holloway.

In addition, three tiers, have been established to formally prioritize and rank enlisted ratings/skills according to replacement costs, difficulty to replace, and existing manning shortfalls.

Enlisted community managers evaluated each skill and zone on individual manning requirements; how well reenlistment goals were achieved in FY09; prevailing market conditions; private sector competition and the costs of training; and replacing skilled

Sailors. A comprehensive comparison using these criteria was balanced against the risk of not retaining enough Sailors in each skill in order to form the baseline of the three tier system.

Each tier contains a range of SRB award multiples and awards early reenlistment opportunities using different criteria. The SRB program also maintains several previous initiatives such as authorizing Sailors serving in combat zones to reenlist early at anytime during the FY of their EAOS.

Officials remind Sailors that SRB is a market-based incentive and will be monitored and strategically adjusted as retention needs dictate.

“We are going to continue to monitor the program closely next year to enhance our ability to size, shape and stabilize the force and ensure taxpayer dollars go where critical skills are needed to get the most bang for our buck,” said Holloway.

To read the complete NAVADMIN, visit: www.npc.navy.mil.

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Know Your Shipmates



AO3
William
Beauchamp
Weapons G-1

Hometown:
Avondale, PA

Quote:
“Time is money”

Hobbies:
*Reading, music, jogging,
 watching Spike/FX*

Photo and information gathered by MCSR Adam Randolph

Recreational

Reader



★ ★ Rememberance Run ★ ★

5K RUN/WALK
SATURDAY, SEPTEMBER 12

9:30AM START TIME

There will also be
a 1M kids' run

Run is free

Location: JP Community
Center

For more info, call (360) 476-2231
or (360) 315-2134

SUNDAY SEPTEMBER 27, 2009
Game starts at 1 p.m.

SEATTLE
SEAHAWKS VS **BEARS**

Tickets on sale September 14

Oktoberfest

Pacific Beach

Sept. 19 starts at 6:00 pm

The Windjammer Restaurant & Bar
will feature German specials

Volksmarch (people's walk)

Live performance by an Ompapa band

MWR offers great deals on movie tickets for
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any day, any time!



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

SEPTEMBER 2009

Naval Base Kitsap Fleet & Family Readiness Program

For more information:
www.navylifepnw.com
(360) 476-2673

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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>
20 <i>Lake Chelan Tour</i> <i>NFL Sunday Football</i>	21 <i>Job Search Strategies</i>	22 <i>Effective Communication</i> <i>Anger Management</i>	23 <i>Damage Control for Relationships: Fighting Fair</i>	24 <i>7th Annual Oktoberfest</i> <i>IA Family Event: Operation Prepare</i> <i>Patio Party</i>	25 <i>Intro to Sea Kayaking</i> <i>SAC Parent's Night Out</i> <i>Teen Late Nights</i> <i>Ombudsman Appreciation Dinner</i>	26 <i>Intro to Sea Kayaking</i> <i>Swing Dance Lesson</i> <i>NCAA Game Day</i> <i>Autumn Leaf Festival</i> <i>Stepping Up: Budgeting Now to Save for Later</i>

SEPTEMBER 2009

Naval Station Everett Fleet & Family Readiness Program

For more information:
www.navylifepnw.com
(425) 304-3571

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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>
20	21 <i>Paintball Monday</i>	22 <i>Sponsor Training</i> <i>Relocating in an Emergency</i> <i>It's Fun to Learn! Science is Cool</i> <i>Tournament Tuesday: Call of Duty</i>	23 <i>Movie at Pierside</i> <i>National Hispanic Heritage Celebration</i>	24 <i>Myers-Briggs Type Indicator (MBTI) and Careers</i> <i>Post 9/11 GI Bill</i> <i>Start Smart Football</i> <i>Whirleyball</i>	25 <i>Advanced Ombudsman Training: Operation Prepare</i>	26

Final Thoughts

Editor's Top 10

Top 10 reasons to expand your vocabulary:

10. You will feel smarter.
9. It will teach you self-discipline.
8. Be able to mingle with high society.
7. Looks good on evaluations.
6. You could be hired by the Penny Press.
5. Be able to talk trash to someone without hurting their feelings.
4. You will feel better than your friends.
3. You can articulate yourself after being pensive.
2. No longer have to be lost in thought.
1. You will no longer have to be taciturn or laconic.



Shipmates

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



Photo by MCSN Jimmy Cellini

Sailors from USS Abraham Lincoln (CVN 72) perform a firefighting drill on board the decommissioned carrier Ranger (CV 61) Aug. 27.