



Realistic training prepares Lincoln for underway

STORY BY MC3 JIMMY CELLINI

Penny Press Staff

USS Abraham Lincoln is running daily flying squad, general quarters (GQ) and integrated training team (ITT) drills to prepare for its first underway after the shipyard maintenance period that began in April.

The ship's flying squad is a small and flexible unit designed to fight small to moderate fires and flooding quickly. General quarters and integrated training drills are designed to test the entire crew in fighting large scale casualties.

These drills are vital for preparing the crew for all types of damage control (DC) casualties and emergencies that could arise during combat and underway operations, said the ship's Damage Control Assistant Lt. Cmdr. Gilbert Lara.

"Everyone onboard is responsible for basic DC knowledge," said Lara. "We must ensure all hands are DC-focused, have knowledge in indentifying, reporting and combating all casualties as they arise."

In conjunction with running these drills, all hands have recently completed a basic DC level of knowledge exam. According to Lara, the exams went very well.

"Our exam scores are averag-

ing about 90.5 percent," said Lara. "That's a great start."

One of the most important things the ship gains in routinely performing these drills is an assessment of where more training is needed. According to Lara, there are still many drills in which Sail-

ors can improve their performance.

"Some of the areas that still need improvement are proper reporting of casualties, setting of material conditions yoke and zebra, and not breaking fire, flooding and smoke boundaries once they are set," said Lara.

In addition to continuous drilling, it is important for all damage control equipment to be ready for use at all times, said the ship's Fire Marshal Chief Warrant Officer Wagner Walker.

"Maintenance of firefighting equipment is very important, the ship needs to be sensitive to the readiness of all DC equipment," said Walker. "Our equipment needs to be in the best possible condition to get underway."

Once the ship gets underway, the crew can expect to run two ITT and GQ drills a week, as well as four flying squad drills, said Lara. The crew should also be prepared to begin running drills that are more advanced, such as casualty power, mass conflagration, and bio-chemical attack drills. All of these different drills will be key to the ship accomplishing its mission while deployed.

"These drills are extremely vital to mission accomplishment," said Lara. "The ship has to be able to successfully fight fires, flooding and combat casualties to prevent the loss of



Photo by MCSN Robert Robbins

Aviation Boatswain's Mate (Handling) Airman Brian C. Pierce (front), of Beverly, Mass., and Aviation Boatswain's Mate (Handling) Airman Jarvis B. Thomas (rear), of Saigon, Vietnam, inspect a "forklift" as an aircraft mock-up during a training simulation conducted in the hangar bay of USS Abraham Lincoln (CVN 72).

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Local Stories

Know Your Shipmates



ABE3 Adam Wagner

Hometown:
Johnstown, N.Y.

Quote:
"Life is like a rocking chair, it gives you something to do but doesn't get you anywhere."

Hobbies:
Fencing, collecting comic books, karaoke

What I like about my job:
It makes me feel like I'm doing something great with my life.

Photo and information gathered by MCSA Jacquelyn D. Childs

Bravo Zulu on improving on ARIs, DUIs, and Safety Mishaps since the last PIA!!!



Keep Up The Good Work Lincoln! Let's wrap up PIA and get out of here!

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Movie Review

Film definitely a 'Road' worth traveling

STORY BY MC2 BRADLEY WAGES

Penny Press Staff

It takes a lot of promotional dollars to get me to the movies. I generally go two to three times a year, and it's always to the big blockbuster-type flicks; the ones that open with "Batman" or "Lord of the Rings"-level fanfare. Now and again, though, I'll make an exception for a smaller film that intrigues me.

And whenever a movie based on a novel by author Cormac McCarthy comes out, I'll most certainly be there. I consider McCarthy one of the greatest Americans to ever have laid ink to paper. For anyone who has read "Blood Meridian" you'll know what I mean. His novels are stark and elemental, filled with images that stay with the reader long after the book has been finished.

Directed by John Hillcoat, "The Road" is a generally faithful adaptation of McCarthy's Pulitzer-prize winning novel of the same name. "The Road" is the story of the unnamed Man (Viggo Mortensen) and his 10-year-old son's (Kodi Smit-McPhee) desperate attempt to survive in the hell of a post-apocalyptic America. We're never told what kind of disaster ravaged the country, we only see the horrific aftermath. Nearly all wildlife is extinct, the landscape blasted and poisonous. Decent human civilization has been virtually wiped out.

Despite the crushing odds, the Man is determined to "keep the fire" of decent humanity burning and seek out other survivors. Pushing a shopping cart full of dirty supplies, the Man and the Boy trudge mile after mile over desolate highways strewn with wrecked cars and skeletons. As they move south, the two must scavenge for whatever meager scraps (dead crickets, the odd can of Coca Cola) they can find, all while avoiding roving gangs of fearsome, well-armed cannibals.

Overall, "The Road", does a satisfac-

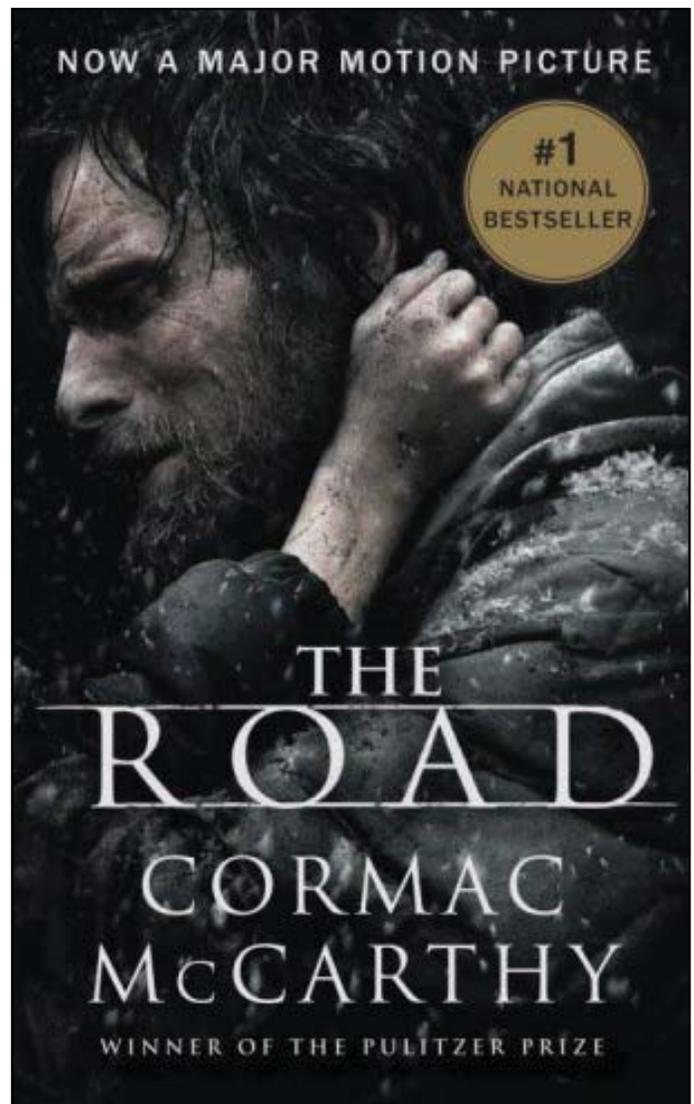
tory job of preserving McCarthy's vision. The film's greatest success is the realization of the scenery. "The Road's" post-apocalyptic America is a bleak, unrelenting gray. Dead gray trees, noxious gray skies, and a thick, all-blanketing gray dust give the landscape an otherworldly feel. Decaying cars and crumbling houses line the highways and fires rage in the distance. It is a frightening vision, and closely captures the overwhelming bleakness of the novel.

Mortensen seems perfectly cast as the main character. He is entirely believable as the Man, a sensitive father whose love for his child and desire to make a better life for him compels him to fight. And Charlize Theron gives an affecting performance in several flashbacks as the Man's wife. Her final scene when she decides not to continue on in such a broken world is especially moving.

"The Road," is not without its faults, however. The tone is lighter than McCarthy's book, and this is not a good thing. The novel is memorable precisely for its profoundly gloomy take on what humans are capable of when order falls apart. I never got the same sense of dread from the movie, the feeling that the Man and the Boy may not make it to their destination. There was something lacking in the portrayal of the relationship of the Man and his son. Mortensen and young

Smit-McPhee's scenes together were believable enough, but there was really no special chemistry between them. Narrative pacing was problematic, as well. Many times scenes weren't properly grounded, making the movie seem like a succession of scenes and flashbacks with little linking them together.

These issues aside, I still consider "The Road" an overall success. The story suffers a bit in the translation from book to big screen, but don't they always? The cinematography is excellent, and Mortensen gives a moving performance. If you're already fan of McCarthy's work, I consider it required viewing.



Christmas Meal

**Naval Base Kitsap is hosting
a Christmas meal at Evergreen Inn
(Bremerton) Galley, Dec. 25 from 3-5 p.m.
All military, retirees, and civilians are
invited to come and enjoy.
Cost of the meal is \$7.**

**Call Chief Penaranda at
360-820-5406 for more information.**

**Broccoli & Cheese Soup
Chicken & Wild Rice Soup**

**Salad Bar
Crab Salad
Waldorf Salad
Potato Salad
Cocktail Shrimp**

**Oven Roasted Turkey
Baked Ham
Steamship Round**

**Giblet & Turkey Gravy
Raisin Sauce
Cranberry Sauce
Au Jus**

**Peas & Carrots
Green Bean Casserole**

**Corn Bread Stuffing & Bread Stuffing
Mashed Potatoes
Scalloped Sweet Potatoes & Apples**

Hot Rolls

**Assorted Baked Pies
Apple Cobbler
Assorted Cakes
Cheese Cake
Ice Cream Bar
Assorted Toppings
Assorted Fruit**

**Egg Nog
Beverage Bar
Nuts & Hard Candy**

Around the Navy

Navy an employer of choice among Google, AT&T

FROM CHIEF OF NAVAL PERSONNEL

Special to the Penny Press

Navy is the first in the Department of Defense and the second government agency in 19 years to earn recognition as Workforce Management Magazine's Optimas Award winner in "General Excellence."

The award recognizes achievement in at least six of nine areas including competitive advantage, financial impact, global outlook, innovation, managing change, partnership, ethical practice, service and vision. Navy joins past winners such as Google, Intel, Hewlett Packard and AT&T as employers who are leaders in developing management initiatives that directly affect business results.

"Earning the award is truly a tremendous achievement," said Vice Adm. Mark Ferguson, the chief of naval personnel. "However, it isn't the recognition that is most important – it is the opportunities and benefits these programs offer our Sailors in areas that are important to their personal and

professional success."

In announcing the 2009 Optimas Awards, the editors of Workforce Management Magazine highlighted Navy's Assignment Incentive Pay Program (AIP), an online assignment process through which Sailors are encouraged to volunteer for hard-to-fill assignments by leveraging a more direct role in their career path management through an incentive pay bidding system.

Editors also praised Navy's efforts to recruit and develop a skilled and diverse workforce noting "[Navy's] portfolio of workforce initiatives showed the range of its efforts to attract, train and retain a skilled, diverse workforce of 300,000 that increasingly encompasses women and



at&t

minorities."

To be considered for the award, Navy submitted descriptions of AIP and seven other programs:

- **Crisis Action Organization** (CAO) informs personnel readiness by assisting commands

in effectively accounting for Navy personnel and their families following catastrophic events such as severe hurricanes, tornadoes or wildfires using a Web-based system, Navy Family Accountability and Assessment System. CAO also provides a venue to address post-incident needs to assist families during their period of re-stabilization.

- **Global War on Terror Support Assignment Process Initiative** allows Sailors to plan and volunteer for combat-

zone assignments, improving morale and assignment predictability;

- **Center for Language, Regional Expertise and Culture Program** prepares Sailors for mission success overseas by strengthening communication and cultural awareness;

- **Credentialing Opportunities Online, (COOL)** allows Sailors in each of Navy's 64 enlisted career fields to receive independent occupational certification for skills learned in the military;

- **Advancement Exam Development Conference Initiative** enables subject-matter experts from the fleet to convene and author annual advancement examinations, allowing 85 of 100 full-time exam writers to be released for high-priority assignments and saving \$7 million per year;

- **Navy College Program Distance Learning Partnership** partners with 32 institutions, offering 240 online degree programs to Sailors, with no out-of-pocket expense;

- **Task Force Life Work** aims to improve life work integration across Navy's Total Force through innovative life work programs and policies.

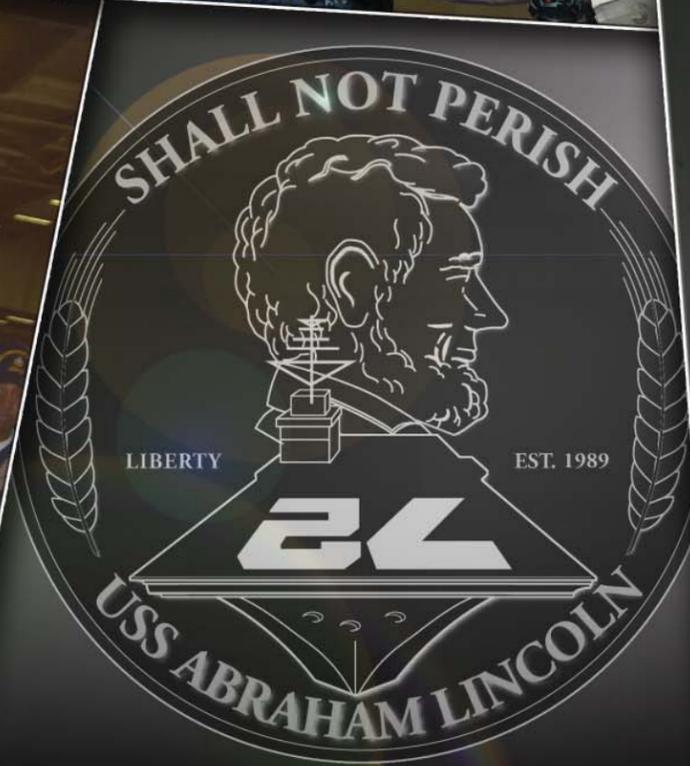
In evaluating candidates for the Optimas Awards, Workforce Magazine editors considered information from published reports, conferences, interviews with leadership and program managers and demonstrated performance.

"For nearly two decades, Workforce Management has been honoring organizations with exceptional workforce initiatives that clearly show a measurable, bottom-line success in response to the organization's business needs, issues or challenges," said John Hollon, a Workforce Management Magazine editor. "The 2009 winners uphold this standard yet again."

Google



Abraham Lincoln Bravo Zulus



Layout by MC2 Barry Riley

Around the Navy

MCPON pushing social media to Sailors, families

By MCSC BILL HOULIHAN,
OFFICE OF THE MCPON
Special to the Penny Press

One week after his Facebook page, www.facebook.com/mcpon, surpassed ten thousand "fans", Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West used the Web site to announce his intent to further leverage social media as a significant communications device.

West, in a note he posted to Facebook Dec. 7, said he anticipates another thousand fans by Christmas, and that the response he's received from Sailors and Navy families has been surprising and encouraging. He also said that the real value of social media is the opportunity to share ideas.

"We started out tentatively and that's fine. But, now that we have momentum, I believe we should push it even further. I want to start putting your best ideas on our page," West wrote. "Is your command doing something like that? If so, let us know. We want to introduce that idea to the fleet and leverage it for the good of all Sailors."

West unveiled his public Facebook page June 25 and has been aggressive in tackling subjects Sailors around the Navy tell him they are most concerned with.

"We've discussed the wear policy for the NWU and your feedback made its way to our CNO. We've discussed women aboard submarines and the debates on that subject have been enlightening and well-spoken. Almost every decision or new policy released or considered in the last half-year has been brought up here and discussed. I find that is immensely gratifying, and I hope it continues."

MCPON wrote that he hopes for even more interaction in the coming months, but pointed that it has never been his intent to use Facebook, or any

form of social media, to subvert a Sailor's standard chain of command. West said that many times the responses he provides to Sailors' questions are short and to the point.

"Many times the answer I give you will boil down to, 'Ask your CMC' because we have to ensure your command is aware and engaged at their level for the issue. Other times, we'll do the research and provide a response because we know your question is something that falls outside the normal lane of your local leadership."

In the six months since the MCPON Facebook page was created, the site has averaged approximately two

thousand page views per day with an average of 500 new "fans" per week. Since then, West has branched out to other areas of social media, as well. Accounts with Twitter, Flickr and Slideshare all host archives of various communications products West has pushed to the Navy's Chief Petty Officer's Mess.

"I believe we are on the cutting edge of military communication," said West. "We are all breaking new ground, and I appreciate your role in that."

For more news from Master Chief Petty Officer of the Navy, visit www.navy.mil/local/mcpon/.

**Keep up with MCPON on www.facebook.com/mcpon,
<http://twitter.com/MCPONPAO>,
and www.slideshare.net/mcponpao.
Also check out USS Abraham Lincoln on Facebook**



U.S. Navy photo by MC1 Jennifer A. Villalovos/Released

Master Chief Petty Officer of the Navy (MCPON) Rick West conducts a Defense Connect Online meeting with senior leadership during a working lunch while on travel visiting Sailors at Naval Air Station Lemoore, Calif.

Winter Activities

Snowshoe:

- Lower Gold Creek Basin: Two miles East of Snoqualmie Summit
- Mountain Loop Highway: Eastern Snohomish County. The mile-long trail leads to the Big Four Ice Caves.

Whistler:

- Adult lift ticket: 2-day pass: \$125 - \$178 Canadian dollars (CAD)
- ZipTrek: Adults and kids can glide along the five steel cables high above the ground in the old growth forest on Whistler and Blackcomb Mountains.
- TreeTrek: Adults and kids can climb up the platforms nearly 200 feet from the ground and walk across boardwalks and suspension bridges along the same tracks as the ziplines.
- Dog Sledding: Learn the commands and how to handle the sled during your lesson.

Snowboarding and Skiing:

- The Summit at Snoqualmie: Adult Military rates: 9 a.m.-close: \$43, 4-10 p.m.: \$29
- Steven's Pass: Adult Military rates: Weekday: 9 a.m.: \$48, 12 p.m.: \$40, 3 p.m.: \$25 Weekends: 9 a.m.: \$53, 12 p.m.: \$45, 3 p.m. \$30

Ice Skating:

- Highland Ice Arena in Shoreline: Regulation-size rink. Rates: Adults: \$6.50, Kids: \$5.50
- Group Health Ice Arena in Bellevue: Covered, outdoor rink. Located in the Bellevue Downtown Park.

Winterfest in Seattle Center: now - Dec. 31

Recreational Reader



USS Abraham Lincoln Children's Christmas Party

When: Saturday Dec. 12

Where: Everett Commons

Time: 1000 to 1400

Price: \$3 per child age limit 16 yrs.

Games, food and gifts for all kids

Pictures with Mr. and Mrs. Claus

Tickets on Sale now in the MWR
Office.

Reindeer Festival

Dec. 19

Register by Dec. 16

Trips and tours at
Cougar
Mountain Zoo

Adults - \$31
Kids - \$28
(12&under)



Holiday Safety Message

"Many of us are excited about spending time with family during the holidays, but it's important to take a few minutes to plan your activities. I encourage everyone to use all available resources to ensure a safe and happy holiday season."

Rear Adm. Arthur J. Johnson
Commander, Naval Safety Center



For Holiday standdown presentations, safety tips and more visit the Navy Safety Center online at safetycenter.navy.mil



Naval Base Kitsap Fleet & Family Readiness Program

December 2009

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13 <i>Sleigh Ride and Festival Tree Lighting</i> <i>Bowling with Santa</i> <i>Twelve Days of Christmas Bowling Special (December 13-25)</i>	14 <i>Video Game Tourney</i>	15 <i>AMC Movie Night</i> <i>Anger Management</i>	16 <i>Damage Control for Relationships: Fighting Fair</i>	17 <i>Dancing with Santa</i> <i>IA Family Event: Holiday Party</i> <i>Moving with EFM's</i>	18 <i>Parent's Night Out with School-Age Programs</i> <i>Teen Late Night</i>	19 <i>Bowling with Santa</i> <i>Festival Tree Lighting</i> <i>Reindeer Festival</i>
20	21 <i>Winter Wonderland SAC Camp</i> <i>Winter Solstice Snowshoe & Sightseeing</i>	22 <i>Winter Wonderland SAC Camp</i> <i>Free Liberty Bowling</i> <i>Conflict Management</i> <i>Guitar Hero Tourney</i>	23 <i>Winter Wonderland SAC Camp</i>	24 <i>Winter Wonderland SAC Camp</i> <i>Christmas Movie Marathon</i>	25 <i>Holiday Bowling Special</i>	26

Naval Station Everett Fleet & Family Readiness Program

December 2009

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13 <i>U-Cut Christmas Trees at Jim Creek</i>	14 <i>Lunchtime Dodge Ball Tournament</i> <i>Vibes Monday Night Football</i> <i>Ombudsman Assembly</i>	15 <i>Lunchtime Dodge Ball Tournament</i> <i>Positive Parenting</i> <i>Poker Tournament</i>	16 <i>Lunchtime Dodge Ball Tournament</i> <i>Movie Night at Pierside</i> <i>Stress Management</i> <i>Pictures with Santa</i>	17 <i>Lunchtime Dodge Ball Tournament</i> <i>Start Smart Basketball</i> <i>Post 9/11 GI Bill</i> <i>Christmas Cookie Decorating</i>	18 <i>Family Swim Night</i> <i>Make Your Own Holiday Stocking</i> <i>Gift Wrapping Station</i>	19 <i>U-Cut Christmas Trees at Jim Creek</i> <i>Ski and Snowboard Shuttle: Stevens Pass</i>
20 <i>U-Cut Christmas Trees at Jim Creek</i>	21 <i>Vibes Monday Night Football</i> <i>Paintball Monday</i>	22 <i>Anger Management</i> <i>Madden Tournament</i>	23 <i>Movie Night at Pierside</i>	24 <i>Christmas Eve Dinner at The All American</i> <i>Liberty Christmas Eve Party</i>	25 <i>Christmas Dinner at The All American</i> <i>Christmas Day Volunteer Trip: Union Gospel Mission</i> <i>Movie Night</i>	26 <i>Ski and Snowboard Shuttle: Summit Ski Area</i>

Final Thoughts

Editor's Top 10

Top 10 Christmas gifts this holiday season

- 10. Coal.
- 9. Tickle-Me-Elmo.
- 8. A Dreidel.
- 7. Feety pajamas.
- 6. Toe socks.
- 5. Fiiiiive golden riiiiings.
- 4. Snuggie
- 3. You.
- 2. Two front teeth.
- 1. An Official Red Ryder Carbine-Action Two-Hundred- Shot Range Model Air Rifle with a compass built into the stock and one of those things that tells time.



Shipmates

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



Photo by MCSN Robert Robbins

Capt. Patrick Hall hands a Worker's Excellence Award to Yeoman 3rd Class Brian Williams during an awards ceremony on board USS Abraham Lincoln (CVN 72).

Want more Lincoln news?

Visit

www.navy.mil/local/cvn72