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AIRSPEED

Lincoln adopts continuous improvement tactics

**Vol. 22, issue 25
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Get to know your shipmates...



MM3 Matthew Hudson

Hometown: Redding, Calif.

Age: 25

Favorite movie:

“Ninja Assassins”

Favorite musician:

Bob Marley

If you could be any movie character, who would it be? Why?

“Bugs Bunny because he never gets caught.”

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MCSA Jordon Murzyn

MCSA Adam Randolph

ALSO INSIDE...

Oakland Navy League awards Lincoln's top Sailors: pg. 8

Naval Station Everett celebrates Easter: pg. 9

Front page photo:

Aviation Support Equipment Technician Airman Andrew Prebeg, of Mountain Iron, Minn., reviews a layout to a process of a problem to decide which step is unnecessary in a new tactic called AIRSpeed in one of USS Abraham Lincoln's (CVN 72) ready room March 30. (Photo by MCSN Jerine Lee)

Review by MCSN Jeremiah Mills

GOD OF WAR III

The third and final installment of the popular “God of War” (GoW) series is here; GoW 3 offers closure on a riveting epic of betrayal, deicide, and revenge. This savage opera between Mount Olympus, (Hades, Poseidon, Hermes, Helios and Zeus) the God of War, Kratos and the Titans comes to a cataclysmic conclusion that will change the face of Olympus forever. This saga’s backdrop is a decaying world on the brink of destruction. In the final battle between Kratos and the Gods, no one can win, but no one can afford to lose. The only conclusion is chaos.

At 60 frames per second, GoW 3’s graphics provide a visual feast that sets off the game’s epic backgrounds, gruesome enemies and euphoric boss-battles. GoW 3 has a wealth of details providing vividly illustrated backgrounds that show the war between the Titans and the Gods and the gradual destruction of the world itself. The splendor of GoW’s graphics ranges from the pores of Kratos’ skin, to the flesh hanging from zombie fiends, to every environmental detail that brings the game to life. This type of ambition hasn’t been seen in adventure games in years.

The soundtrack to GoW3 bellows with a symphony orchestra that accompanies you throughout every bloody battle. The in-game music sets the mood for the dramatic saga of the deities and has overwhelming auditory detail that brings out the game-play to its rightful place of excellence. From every neck-

breaking, flesh-tearing occasion, GoW has a very gruesome array of sound effects that enhance the experience.

The story is put together well and has cleverly placed itself into Greek mythology. In my opinion, this approach makes the plot more tangible and enjoyable.

GoW 3 delivers a creative and unique style of story-telling that the epic includes compelling twists and stellar character development.

The overall plot concludes the epic very well, and those who have followed the series should be pleased at the game’s conclusion. For those who have not played the previous GoW games, the introduction of GoW3 features a synopsis to inform those who’ve been newly introduced to the series.

Kratos is armed with a new arsenal and weapon juggling capability. Kratos’ weapon inventory now includes an array of destructive devices including the blades of exile, the claws of Hades and the gauntlets of Hercules. The game-play is smoother and slower paced capturing the grizzly, visceral action. It is the most enjoyable installment out of the entire series that I’ve played.

Overall GoW 3 is a complete gaming experience and is the “end all, to be all” of third generation video games. It is a title I’m sure you won’t want to miss.

ALFA

Members of the Abraham Lincoln Family Association (ALFA) and Lincoln spouses listen as Commanding Officer, John D. Alexander speaks during an ALFA meeting, March 30.



AIMD uses AIRSpeed system in effort to save time, money

*Story by MC2 Barry Riley
Penny Press Staff*

USS Abraham Lincoln's (CVN 72) Aircraft Intermediate Maintenance Detachment (AIMD) recently began implementing a system to help reduce the cost of shipboard maintenance while simultaneously decreasing the time it takes for parts to get from the shop back to the squadrons.

Fourteen AIMD Sailors attended a week-long class at Naval Station Everett to learn about Naval Air Systems Command (NAVAIR) AIRSpeed and brought back that knowledge to be implemented in their work centers.

Implemented in waves, or groups of work centers, Enterprise AIRSpeed was developed in 2004 from a variety of time and money-saving tactics used by Naval and Marine Corps installations. It helps supply and operations departments streamline their workloads and constantly improve maintenance processes while saving time and money, explained Jim Brown of NAVAIR.

"AIRSpeed is a new way to complete goals," explained Brown. "It's a way to create a culture of continuous improvement in an effort to streamline all of a business' processes."

AIRSpeed brings the tools of continuous process improvement to Naval Aviation's non-production, transactional service environment. Using AIRSpeed tools including the Theory of Constraints, Lean and Six Sigma, employees at all levels are able to improve ways to change how NAVAIR does business at every level of the organization: headquarters, business unit, department, program office and integrated product team, according to the program's Web site.

Of the 14 Sailors, Aviation Machinist's Mate 3rd Class Jonathan Robles said after taking the course, he could already see where AIRSpeed will be very beneficial to the mission of the ship.

"Depending on what's being worked on, AIRSpeed makes that process quicker, in turn affording Sailors more time to keep

improving our other evolutions," he said. "AIRSpeed is unique because it can be applied to almost anything from aircraft maintenance, to something as simple as routing a leave chit."

The Theory of Constraints, Lean and Six Sigma are the three key points that govern the AIRSpeed program. Each is a written instruction that helps work centers analyze and cut away unnecessary steps to streamline their processes, saving them time, personnel, resources and money, explained Robles, of the ship's Aviation Intermediate Maintenance Department.

The Theory of Constraints, as with any organization's processes, is the philosophy that there is always at least one limitation. Lean focuses on the removal of wasted resources, time, or anything else that doesn't add value to a process. Six Sigma is a strategy that improves quality of the products put out by focusing more on customer needs.

"The whole program is basically a system to help corporations refine a way of identifying the weakest link in a process and working around it or cutting it out in order to feed the stronger links," said Robles.

According to Brown, many other organizations Navy-wide have already begun their AIRSpeed journey, including Intermediate Maintenance Activity (IMA), Naval Aviation Depot North Island and IMA Norfolk, which were among the first to receive their training when the program started several years ago.

"Other carriers used this process to become more efficient in the chow hall lines and with ship's laundry," he said. "Corporations like Motorola and Toyota are using this process to become more successful. We began using these tools on AIMD first, but it will soon become ship-wide."

"It feels good to learn about AIRSpeed and apply it here onboard the Lincoln," said Robles. "The department's leadership trusts me and relies on me to help better the ship."

For more information about Enterprise AIRSpeed visit www.CNAF.navy.mil/airspeed.



Photo by MCSN Jerine Lee

Aviation Electronics Technician 1st Class Stephen Ellis, of Louisville, Ky., and Aviation Machinist's Mate 3rd Class Jonathan Robles, of Daytona Beach, Fla., work together while deciding what is unnecessary waste by labeling it with a red sticker in a ready room on board USS Abraham Lincoln (CVN 72) March 30. Ellis and Robles are using a new system called AIRSpeed which involves laying out a problem and then getting rid of what slows down completion of the process.



Photo by MCSN Robert Robbins

USS Abraham Lincoln's (CVN 72) Executive Officer, Cmdr. Timothy Kuehhas, far right, CMDCM Susan Whitman, far left the Oakland California Council of the Navy League of the United States, Sailors of the Quarter; Interior Communications Electrician 3rd Class Stephanie Hurt, Aviation Boatswain's Mate (Handling) 3rd Class Michael Larson, Aviation Electronics Technician 2nd Class Jeremy Pennington, Electronic's Technician 1st Class Jason Buonomo, Bluejacket of the Year; Personnel Specialist Seaman David Bigbey, Junior Sailor of the Year; Quartermaster 3rd Class Sarah Degraw, Sailor of the Year; Aviation Boatswain's Mate (Launching, Recovery and Equipment) 2nd Class Steven Castro and Senior Sailor of the Year; Yeoman 1st Class Garrett Rucker pose for a photo, March 26 in the CO's inport cabin. the council was on board to congratulate the Sailors and present certificates

Tools for Sailors to maintain their records Online

*Story by Navy Personnel Command
Public Affairs*

The Navy is planning to phase out enlisted field service records, and Sailors, who are ultimately responsible for maintaining their service records, need to access their records online.

Tools currently available, such as the self-service Electronic Service Record (ESR) and Web-Enabled Record Review (WERR), help Sailors review their records to determine if anything is missing or out-of-date.

ESR and WERR are two separate tools with differing functions. Some of the differences are illustrated below in order to clarify confusion between the two.

ESR is an online version of the service record and replaces the paper service record

used in the past. Sailors review and update their personal emergency contact information and other service record items through their ESR self-service account. Service members with a Common Access Card access their accounts through the Navy Standard Integrated Personnel System (NSIPS) Web site at <https://nsips.nmci.navy.mil>.

It's helpful to remember that ESR is used to track a service member's status while serving. But once retired or separated from service that Sailor's ESR is turned off. ESR is simply an electronic version of the service record, not a permanent account like the Official Military Personnel File (OMPF), which Sailors view when using WERR.

Sailors use WERR online to review documents in their OMPF, commonly known as the "microfiche." WERR, available through the BUPERS Online Web site, <https://www.bol.navy.mil>,

displays individual scanned service record pages. Service members use WERR to view, download and print Page 13s, performance evaluations and other service record items.

Sailors should review their WERR to determine if any items are missing from their records. When the paper records close out, scanned copies will be submitted for documentation in the OMPF and the original paper record will be given to the Sailor for historical retention. The Sailor should then ensure the self-service ESR account established, with the ESR data verified

If service members find any discrepancies in either system, Diaz advises members to seek assistance with their servicing personnel office for correction.

For more news from NPC, visit <http://www.news.navy.mil/local/npc/>.

Easter 'Eggstravaganza' comes to NAVSTA Everett

*Story by Kate Larson
Fleet and Family Readiness Marketing Specialist*

Naval Station Everett Fleet and Family Readiness (F&FR) will host their annual Easter Eggstravaganza on Saturday, April 3, beginning at 10 a.m.

This year's event will include traditional Easter egg hunts, a flashlight egg hunt, underwater egg hunts, a scavenger egg hunt, and an Easter bunny brunch.

The traditional egg hunts will take place on the four ballfields adjacent to the Commons Building. Age groups and times are as follows: 10 a.m. – special needs children; 10:15 a.m., 1 and under; 10:30 a.m., 2-4 year olds; 10:45 a.m., 5-7 year olds; 11 a.m., 8-11 year olds. Youth Programs will also host a flashlight egg hunt for teen, 12-17 years of age. The egg hunt starts promptly at 8:45 p.m. and teens must provide their own flashlight. The event is free and registration is not required.

When your egg hunt is over, head over to the All American for the Easter bunny brunch. Enjoy a delicious buffet brunch from 10 a.m. to 1 p.m., including scrambled eggs, pancakes, orange-glazed ham, Pollack fillet almandine, breakfast potatoes, sausage links, brown rice and cranberry pilaf, zesty glazed carrots, mandarin spinach salad, dinner rolls, fruit kabobs, and a variety of desserts. Cost is \$12.95 for adults; \$7.95 for children; free for kids 3 and under. Reservations are required, as tables fill quickly.

The underwater Easter egg hunts will begin promptly at 1 p.m. Age groups and times are as follows: 1 p.m., 5-7 years olds; 1:20, 4 and under (shallow water)/11 and older (deep end); 1:40 p.m., 8-10 year olds. Free family swim will immediately follow the event from 2 to 2:30 p.m. Registration is not necessary. The event is free to all

authorized users; guest rates apply.

Liberty NW will host a scavenger egg hunt at 6 p.m. for active duty, single sailors and geographical bachelors. Individuals and teams will have to decipher clues to find eggs hidden throughout the installation. The event is free and open to liberty eligible sailors (active duty, E1-E6, not married or geographically separated from their families).

For more information about the traditional Easter egg hunts, including the flashlight egg hunt, call the Youth Programs office at (425) 304-3694. To learn more about the underwater Easter egg hunt, call the Tsunami Pool at (425) 304-3388.

To learn more about the scavenger egg hunt, call the Liberty NW office at 304-3577 ext. 4. To make a reservation for the Easter bunny brunch, call 304-3906/3175/3918.



Damage Controlman 3rd Class Josh Richardson demonstrates how to use a K-90 Talisman to a child during a tour onboard USS Abraham Lincoln (CVN 72) April 1. The child was part of a Kid's Camp Deployment meant to show sailor's children what life is like for their parents.

Photo by MC3 James Cellini

Motorcycle training may save money

*Story by April Phillips
Naval Safety Center, Public Affairs*



Photo by MC2 Joshua J. Wahl

Senior Motorcycle Safety Foundation instructor Wendel Dunn gives instruction to riders during the hands-on range session of the Military Sport Bike Course at Fleet Activities Sasebo, Japan.

Naval Safety Center reminds service members about the importance of motorcycle safety as more riders take advantage of the warmer weather.

Most riders have learned that training saves lives and have benefitted from the free courses offered by the military.

However, not everyone knows that training also saves money. In an effort to help the Navy and Marine Corps reduce fatalities resulting from motorcycle crashes, many insurance companies offer discounts to riders who complete a motorcycle training course.

"Most insurance companies provide a 10 percent discount to people who have taken the Basic Rider Course," said Don Borkoski, the motorcycle manager at the Naval Safety Center.

The issue of training garnered a lot of attention in fiscal year 2008, when 33 Sailors and 25 Marines were killed on motorcycles. Most of those service members died on sportbikes. That is why the Naval Safety Center worked with the Motorcycle Safety Foundation to create the Military Sportbike Rider Course, (MSRC) which began training students in June of 2008. The emphasis on training – and training targeted to sportbike riders in particular – paid off. In fiscal year 2009, 13 Sailors and 14 Marines died on motorcycles. This is still too many, but a big improvement nonetheless.

Some insurance companies now offer an additional five percent discount to

riders who have taken the MSRC. They offer the discount as an incentive to get Sailors and Marines to take the training that could save their lives and reduce the likelihood of an accident, Borkoski said. That makes it a win for riders, who are getting into fewer accidents, and a win for the insurance companies, who are paying out fewer claims.

However, Borkoski said these discounts may expire after two or three years.

"That's something a lot of people don't know," he said. "But if you retake the training, you get to keep the discount, and in most cases, it just takes a phone call to the agency."

This is in line with the Navy's requirement for follow-on training every three years, a policy that acknowledges the fact that riding skills are perishable.

When it comes to insurance, discounts aren't the only thing Sailors and Marines don't know about, Borkoski said. He said he's seen plenty of cases where someone buys a new motorcycle, only to find out after the fact that he or she can't afford the insurance.

"Decide what kind of bike you think you want and then call the insurance company before you do anything else," he said. "Make sure to ask about what discounts they offer and then get trained."

For more information about motorcycle safety, visit www.safetycenter.navy.mil.

For more news from Naval Safety Center, visit www.navy.mil/local/nsc/.

Top 10 facts about **EASTER**

10. Every year, Americans buy more than 700 million Marshmallow Peeps.

9. Ham came to be the traditional favorite for Easter dinner because in pre-refrigeration days, hogs were slaughtered in the fall and cured for six months. Just in time for Easter!

8. The largest Easter egg was 5,000 pounds and 25.7 ft. long.

7. In 1953, it took 27 hours to create a Marshmallow Peep. Today, it takes six minutes.

6. Easter's name derives from the Goddess of Rebirth, Eastre. She was the symbol of the rabbit and egg.

5. Easter egg dye was marketed in 1880 by Pharmacist William Townley of Newark, N.J.

4. 76% of all Americans eat their chocolate bunny ears first. 20% start at the feet and 4% start at the tail.

3. Hot cross buns were the earliest Easter treats. European monks would make them during Lent and give them to the poor.

2. Yellow Peeps are the most popular, followed by pink.

1. Decorating eggs were done before the Resurrection of Christ. Egyptians, Greeks and Romans saw the egg as a symbol of life and exchanged them when there was a new birth to a household.



April **EVENTS**

Brought to you by



WEEK 1



- 1 **LA vs. Denver NBA Basketball** Vibes, 4:30 p.m.
- 1 **Comedy Movie Marathon** Faultline Flicks, 1-11 p.m.
- 2 **Movie Premiere: Clash of the Titans** Time TBA, \$7
- 2 **Youth Program Easter Egg Stuffing** The Commons, noon-3 p.m.
- 3 **Youth Program Easter Egg Hunt Volunteer** 8 a.m.-noon.
- 3 **Liberty Scavenger Egg Hunt** The Commons, 6 p.m.
- 4 **Hike and Dine** Wallace Falls & Sailfish Grill, 9 a.m., \$5 Transportation
- 6 **FFSP Car-Buying Course** Vibes, 11 a.m.-noon.

PREPARE FOR DEPLOYMENT

TWO ATTORNEYS WILL COME ON BOARD USS ABRAHAM LINCOLN (CVN 72) TO CONDUCT ESTATE PLANNING INTERVIEWS AND PREPARE WILLS AND OTHER DOCUMENTS FOR SAILORS IN PREPARATION FOR DEPLOYMENT ON THE FOLLOWING DATES:

-APRIL 5 & 8

-JUNE 3,4,10,11,17 & 18



CONTACT LINCOLN'S LEGAL DEPARTMENT AT J-6880 OR (360) 627-2807 TO SIGN UP

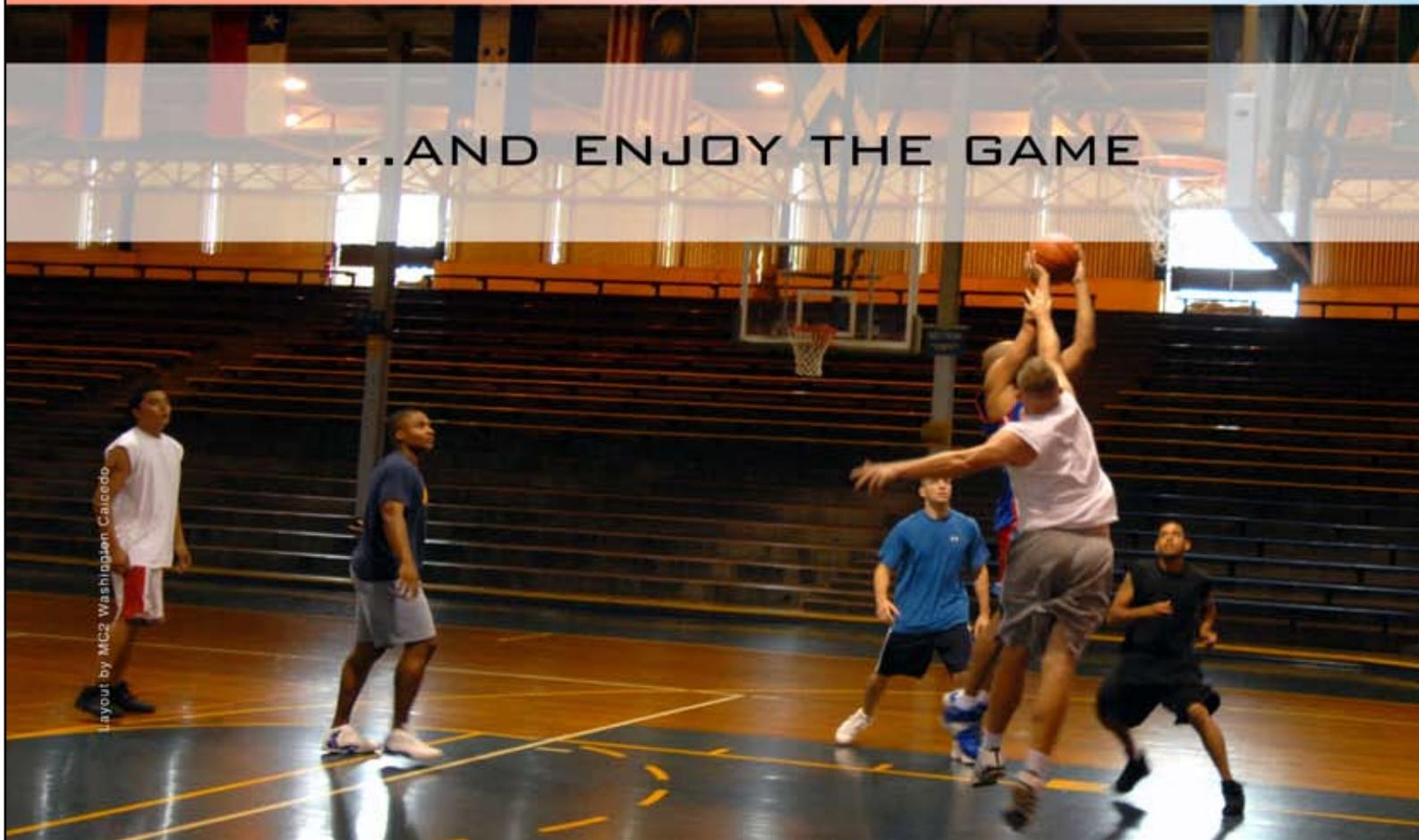
START

STRETCH



BEFORE YOU APPLY FORCE TO YOUR BODY

...AND ENJOY THE GAME



Layout by Mc2 Washington Caicedo

USS ABRAHAM LINCOLN CVN 72



USS Abraham Lincoln's (CVN 72) Aircraft Intermediate Maintenance Detachment (AIMD) recently began implementing a system to help reduce the cost of shipboard maintenance while simultaneously decreasing the time it takes for parts to get from the shop back to the squadrons. Fourteen AIMD Sailors attended a weeklong class at Naval Station Everett to learn about Naval Air Systems Command (NAVAIR) AIRSpeed and brought back that knowledge to be implemented in their work centers.