

Perry PERISS

SECNAV says thanks

Pg. 4

Vol. 22, issue 27
April 18, 2010



Get to know your shipmates...

MM3 Gregory S. Butzlaff

Dept/Div: Reactor/RM

Hometown:

Sun Prairie, Wis.

Favorite movie:

“The Hangover”

Favorite band:

“Drowning Pool”

What do you want to do after the Navy?

“Become a pilot.”

What song is stuck in your head right now?

“37 stitches,” by Drowning Pool



ALSO INSIDE...

Sailors on the job: pg. 6

Lincoln Leadership Awards: pg. 8

Front page photo:

The Secretary of the Navy The Honorable Ray Mabus meets and shakes hands with the crew of USS Abraham Lincoln (CVN 72) following an all hands call in the hangar bay, April 12. Mabus visited Naval Station Everett, Lincoln and Navy Region Northwest Sailors and civilians. Photo by MCSN Robert Robbins.

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Are you ready to deploy?



Essential Deployment Documents

The foundation of a successful deployment may seem to be built on paper! It's important to review, update, and organize a number of important documents before deployment. These documents include the following:

Wills

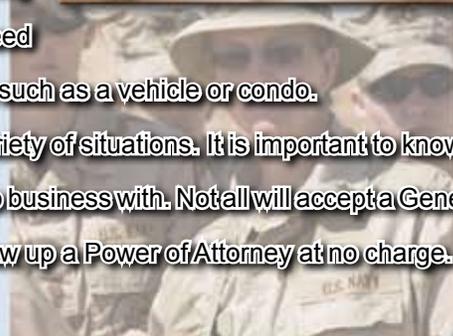
A will is a legal document that gives family members instructions in the event of one's death. For couples with children it's important to include who you'd want to care for your children should something happen to both you and your spouse. To ensure your estate is distributed the way you want, make sure you have a current will and your loved ones know its location. Your local Navy Legal Services Office will assist you in making a will at no cost.



Power of Attorney

Powers of Attorney can be very useful when conducting personal business. They can also be very dangerous documents as they allow someone to act on your behalf. You may need different types of Powers of Attorney for different tasks. For example, you may need a special Power of Attorney to file your taxes or for you to buy or sell a big ticket item such as a vehicle or condo.

There is a document called a "General Power of Attorney" that can be used in a variety of situations. It is important to know in advance what type of Power of Attorney will be accepted by an institution you want to do business with. Not all will accept a General Power of Attorney. Your local Navy Legal Services Office can discuss options and draw up a Power of Attorney at no charge.

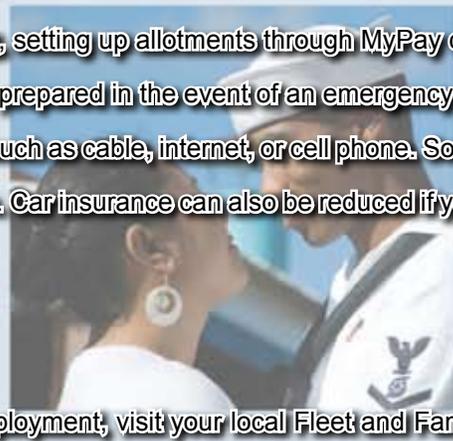


Financial management and planning

Automate your bills, especially if you are a single Sailor. Along with online banking, setting up allotments through MyPay can save time and stress. Build up an extra emergency fund. It is always important to be prepared in the event of an emergency for yourself or your family. Also, contact your service providers to cut or reduce services such as cable, internet, or cell phone. Some cellular companies will allow service members to suspend service for up to 18 months. Car insurance can also be reduced if your vehicle is in storage.

Need more information?

For information and resources to help ready yourself, spouse and/or family for deployment, visit your local Fleet and Family Support Center, www.militaryonesource.com or the Navy Life Pacific Northwest Web site at <http://www.navylifepnw.com/site/325/FFSP.aspx>.



DEPLOYMENT

DATE NIGHT

REVIEW BY MCSN JEREMIAH MILLS



Run time: 88 min.

Starring Steve Carell, Tina Fey,

With humorous riddles of love-hate relationships throughout the film, it is without a doubt this decade's "When Harry met Sally", is an instant classic. It features a premiere host of talent that help bring alive a witty and spirited film.

Claire (Tina Fey) and her husband Phil (Steve Carell) find their romance dwindling between each other and decide on a whim of spontaneity to steal another couple's reservation in an upscale restaurant in Manhattan on their routine "date night."

However, the couple whose reservation Claire and Phil had stolen were of two thieves, wanted by an array of gangsters and

corrupt cops who by mistaken identity, want the couple dead.

Phil and Claire find themselves trying to locate the actual couple who they're being mistaken for in these awkward turn of events, so that they can somehow clear their names and rid themselves of this ill-fated misfortune. Unfortunately, the evening has a life of its own and it's up to this dynamic duo to hold on for dear life before the mob kills them or they kill each other.

Now instead enjoying their night out on the town, the two are trying to survive Manhattan without a prayer or a clue in a rollercoaster of non-stop laughs. These two deliver one of the funniest performances I've seen lately in cinema.

With masterful comedic timing and wit, "Date Night" enthralls you into its delightful charm, from start to finish. It's a match made in comedy heaven with Carell and Fey on-screen, they bring the best work I've seen out of either of them from a while.

The chemistry between Carell and Fey is simply perfect. Each one of them picks up where the last had left off; in a line-for-line improvisation comedy exhibition, where everyone who gets to watch this movie, is the winner.

This is an all around great film it has elements of action and mature comedy, coupled with tastefully heartfelt moments in between. "Date Night" is a carousel of comedic genius, definitely a must see.

SECNAV thanks Everett Sailors, civilians

*Story by USS Abraham Lincoln Public Affairs
Photos by MCSN Robert Robbins*

The Secretary of the Navy (SECNAV) visited Naval Station Everett April 12 to meet with Abraham Lincoln Strike Group and base Sailors and civilians.

Before arriving on board Lincoln, Secretary Ray Mabus visited with Navy Region Northwest and NAVSTA Everett leadership. Once aboard, he held an all hands call in the ship's hangar bay with an estimated 2,000 Sailors and civilians in attendance.

In his remarks SECNAV highlighted the flexibility of the Navy and recognized the deckplate leaders who make it all happen.

"The Navy is the one force America has that can get there fast and stay there," said Mabus. "We can project power, we provide humanitarian assistance, we reassure our allies, we can meet any mission that we're given as a Navy. We're the most flexible force that America's got."

Mabus recognized the sacrifices Sailors and their families make on any given day, thanking them for their service and passing on assurance that the nation appreciated their efforts.

"We've got the best trained, best equipped, best educated force we've ever had, and America knows we can do anything. That's because of the people on this hangar deck today," said Mabus. "I call the Navy 'America's Away Team'. When we're doing our jobs we're a long way from home. Not many people know or understand the sacrifices you make and what your families go through. I thank you and the nation thanks you."

SECNAV concluded his remarks by taking questions from the audience and reserved time to take photos and shake hands with Sailors.

This is the SECNAV's first visit to the Northwest Region. After his visit to NAVSTA Everett he continued on to meet with key community and government leaders in the Seattle area.

For more news from the Secretary of the Navy, visit www.navy.mil/secnav.



At top-left: The Secretary of the Navy The Honorable Ray Mabus is greeted by USS Abraham Lincoln's (CVN 72) Commanding Officer Capt. John D. Alexander.

The Secretary of the Navy The Honorable Ray Mabus speaks with the crew of USS Abraham Lincoln (CVN 72). Mabus visited Naval Station Everett, April 12.

Whats happening



Photo by MC2 Barry Riley



Clockwise from top left:

Lt. j.g. Benton Garret, right, performs a baptism ceremony for Boatswain's Mate 2nd Class Eric Shouldice's six week-old son Elvis in USNS Lincoln's chapel, April 6.

Aviation Boatswain's Mate 3rd Class Eric Shouldice, left, and Boatswain's Mate 3rd Class Puerto Rico, right, operate a fork lift on USNS Lincoln's (CVN 72) flight deck, to move equipment for maintenance evolution. The Lincoln is currently moored at her homeport of Naval Station Norfolk, preparing for an upcoming underway in support of maritime security operations.

Aviation Boatswain's Mate Airman Apprentice Hinton, Oak., torques down a bolt on USNS Lincoln's (CVN 72) catapult.

A Sailor assigned to the "Bounty Hunter" Fighter Squadron (VFA) 2 drives a truck transporting equipment on the pier of USNS Lincoln (CVN 72).

Sailors assigned to the "Bounty Hunter" Fighter Squadron (VFA) 2 push equipment on a pallet out of a truck on the pier of USNS Lincoln (CVN 72).



Photo by MCSN Jerine Lee

g on Abe Lincoln?



Photo by MCSN Robert Robbins



Photo by MCSN Robert Robbins

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Photo by MCSN Jerine Lee

Lincoln strike group un for deployment training

Story by MCSN Jerine Lee

USS Abraham Lincoln (CVN 72) Sailors are spending many hours training and preparing for the ship's next major evolutions: Tailored Ships Training Assessment (TSTA), Final Evaluation Problem (FEP), Supply Management Assessment (SMA) and Supply Management Inspection (SMI).

TSTA, a 25-day training exercise designed to prepare a ship for prompt and sustained combat operations at sea, begins April 17. Final Evaluation Problem is a 2-day graded

event following TSTA that measures the ship's ability to conduct combat missions, survive complex casualties and sustain support functions. Together, TSTA and FEP evaluate the ship's ability to accomplish multiple missions simultaneously, with casualty situations and under stressful conditions.

Afloat Training Group (ATG) Pacific will come aboard Lincoln during TSTA and will be looking for timeliness, knowledge



Airman Recruit Nicholas Moore shouts commands to the rest of Hose Team One during a General Quarters fire drill on board USS Abraham Lincoln (CVN 72), April 13.

of field, calamity in the situation and how effectively the situation was solved.

Lincoln has been preparing for TSTA and FEP since mid 2009.

"We have been very proactive in training Sailors for the readiness of the ship," said Lincoln's Training Officer, Lt. Cmdr. Richard Hsu. "We sent Sailors to schools for things such as firefighting while we were in the yards at Bremerton. Also, Lincoln is the first aircraft carrier in the fleet to use the web-based level-of-knowledge tests for damage control and medical topics."

Senior Lincoln Sailors from different training teams such as the damage control training team, combat systems training team, air department training team, seamanship/navigation training team, medical training team (MTT), force protection training team, propulsion plant drill team, weapons training team and integrated training team (ITT) have been working closely with the ITT leader, Executive Officer Cmdr. Timothy Kuehhas, ITT Coordinator Hsu, Assistant Supply Officer Lt. Cmdr. Keith Jeffries and Safety Officer Cmdr. Dominic Gaudin to ensure the best training for junior Sailors.

"The ITT meets multiple times, especially for every general quarters (GQ), to coordinate the teams," said Hsu, a Sugar Land, Texas native. "We spend a lot of time planning and writing drill packages, then reviewing every drill and then de-briefing afterwards."

Other than the continuous drills, Lincoln's medical department conducting mass casualty drills and providing "blue cards" to the crew. The blue first aid cards provide a step-by-step, ready reference on how to properly treat the eight most commonly seen wounds. Sailors are also taught to know where their closest first aid boxes are located.

"When one of your shipmates is lying at your feet injured, it is your actions or inactions that will make the difference until medical arrives," said Lt. Cmdr. Brian Barber, the ship's nurse and MTT representative. "That is the true value of the training. During TSTA we will demonstrate and execute it well."

Medical also executes unannounced drills in which an actual casualty is simulated in a workspace. The bystanders are expected

Photo by MC2 Luciano Marano

derway

to call for help and to provide first aid by following the blue cards until medical help arrives. ATG inspectors will test the knowledge of the 64 stretcher bearers on board Lincoln. They will evaluate how well they know the eight basic wounds and for their quickness, teamwork and efficiency in treating an injured patient.

“An aircraft carrier is a dangerous place to work. Sailors can easily get injured,” said Barber. “Training for these evolutions gives Sailors basic knowledge to provide first aid, stabilize injuries and equally important, they learn what not to do in certain instances. Rest assured that you are supported by a sharp group of corpsmen, many with actual ground combat experience.”

FEP’s grading criteria is based on a point system; a maximum of 40 points can be earned by Combat Systems and Intel, 60 points from the training teams, 200 points from operational proficiency and 140 points from ship’s survivability. The total maximum number of points that can be earned is 440.

Lincoln must score above a 290 to pass FEP. “ATG is here to confirm the ship’s level of operational proficiency so we can advance as an aircraft carrier,” said Hsu. “Be prepared for lots and lots of training.”

Along with TSTA and FEP preparations, Lincoln’s Supply department is preparing for a Supply Management Assessment (SMA) and Supply Management Inspection (SMI).

SMA, a pre-inspection before SMI begins May 11 and will last three days. Twenty-one inspectors from Commander, Naval Air Forces will come aboard Lincoln to check its status.

Due to supply’s many divisions, the inspections are divided into two parts; readiness and services, with each division completing its own checklist. The first inspection is scheduled for Sept.

Readiness divisions include stock control, financial, customer service, aviation support, material, hazardous material and quality assurance. Inspectors will be looking for proper storing, shipping, receiving, security, correct record filing, including receipts and pricing, management, parts, and material condition.

Services divisions include food services, wardroom, chief’s mess, sales, disbursing and postal. Inspectors will be checking for cleanliness of equipment and spaces,

customer service, disbursing of mess funds, food storage and protection, water and ice sanitation, sewage and plumbing, facility structure and housekeeping, organization and record keeping.

The supply department spent months preparing for SMA/SMI by regularly checking for discrepancies. “We have the checklist used by the inspectors and we review it regularly within all of the divisions,” said Lincoln’s Assistant Supply Officer Lt. Cmdr. Keith Jeffries.

Lincoln has a history of an excellent supply department, with multiple Logistics Management Excellence Awards, also known as the Supply “Blue E” departmental award. A Blue E award is given by the Commander, Naval Surface Forces, U.S. Pacific Fleet for a excellent quality and overall efficiency of a supply department. It is one of the requirements for an aircraft carrier to earn the Battle Effectiveness Award, or Battle E, which recognizes superior performance of a carrier in an operational environment.

“We have had six consecutive Blue Es on board Lincoln,” said Jeffries. “We are making every effort to ensure a seventh.”

In preparation for the upcoming underway, Lincoln’s leadership feels confident in the carrier’s ability to complete its tasking because of the hard work done in advance.



Photo by MCSN Jerine Lee

Stretcher bearers from repair locker 1B secure Yeoman Seaman Jacob Bodrick, of Boston, into a reeve-sleeve stretcher during a repair locker training on board USS Abraham Lincoln (CVN 72), April 13.



Photo by MCSN Jerine Lee

Damage control team member Aviation Structural Mechanic 1st Class Kenneth Wood, of Spring Hill, Fla., gives training to Sailors of repair locker 1B during a repair locker training on USS Abraham Lincoln’s (CVN 72) hangar bay, April 13.

CHENG receives award for engineering excellence

Cmdr. Bradford P. Bittle was recently awarded the 2009 Claud A. Jones Award for his service as the Commander, Naval Air Forces Force Modernization Officer from August 2006 to December 2007 and as Chief Engineer of the USS Abraham Lincoln (CVN 72) from December 2007 to the present.

While serving as the Force Modernization Officer, Bittle led the development of the Naval Aviation Enterprise (NAE) Aircraft Carrier Modernization Process. His dynamic leadership as the NAE modernization chairman ensured that the complex transition to the new Navy Modernization Process was implemented on all 11 Aircraft Carriers with minimal disruption to the \$1.5 billion CVN modernization plan across the Future Years Defense Plan.

Hand-selected to be the Chief Engineer of the CVN 72, he provided supplemental Intermediate Maintenance Activity support to the Fifth Fleet, successfully completing emergent motor rewind and hydraulic repairs to several forward deployed assets. He also supervised the planning and execution of two upkeeps and a 45-day Carrier Incremental Availability. His efforts are directly attributable to a successful completion of the Lincoln's recent planned incremental availability.

His distinctive accomplishments, unrelenting perseverance and steadfast devotion to duty enhance the readiness of the carrier fleet and improve efforts to maintain these ships for their entire 50 year lifespan. He truly exemplifies the highest standard of excellence in fleet engineering and has consistently upheld the highest ideals of the American Society of Naval Engineers.



Top 10 overused words/phrases

10. "For real though"

9. "Na'mean?"

8. "Really?"

7. "Aight..."

6. "Yo"

5. "Literally"

4. "Awww Maaan..."

3. "You know"

2. "Huh??"

1. "Like..."

Aviation Boatswain's Mate 3rd Class Tyler J. Diamond, of Portland, Ore., refuels a flight deck tractor on the flight deck of USS Abraham Lincoln (CVN 72). The Lincoln is currently moored at her homeport of Naval Station Everett, preparing for an upcoming underway in support of maritime security operations.



Photo by MCSN Robert Robbins

Shoup fires for effect

*Story by Lt. j.g. Jacquelyn R. Bengfort,
USS Shoup Public Affairs
Special to the Penny Press*

USS Shoup (DDG 86) completed a Naval Surface Fire Support (NSFS) exercise while conducting operations off the coast of Southern California March 30.

A key component of the nation's Maritime Strategy, fire support includes the ability for the Navy's destroyers and cruisers to provide supporting fire from the sea to protect Marines operating on the shore. NSFS is often the Navy's key advantage in counter-piracy and drug interdiction operations.

Shoup Sailors received weapons training from the Expeditionary Warfare Training Group Pacific in February, after which the ship was scheduled for a range shoot to put

their newly acquired skills to the test. The shoot was cancelled due to poor weather conditions.

Then, while underway conducting other operations, the ship received notice from the San Clemente Island range operators that there was an unexpected opening on the range that day. The ship was able to move quickly and take advantage of the opening and successfully completed several challenging scenarios.

"On two hours notice, we came to 25 knots and arrived to put ordnance on target, on time. It validated our ability to support troops ashore under real-world conditions," said Lt. Paul Willis, Shoup's weapons officer.

Effective NSFS requires a high degree of coordination. The pilothouse and Combat Information Center (CIC) must work together to position and prepare the ship to fire. CIC

receives inputs from spotters on the ground, using the information to fire with precision.

"It's all about timing, so you need a good team," said Ensign Philip Ibbitson, the ship's ordnance officer. "Sailors with a wide spectrum of jobs, from gunner's mates to fire controlmen and operations specialists, must work together to quickly and accurately put rounds downrange."

Gunner's Mate 1st Class Jonathan Eddy was glad to be able to put his skills to use, "It's exciting to finally get to shoot," he said. "We can move on to our next task knowing we've successfully completed this one."

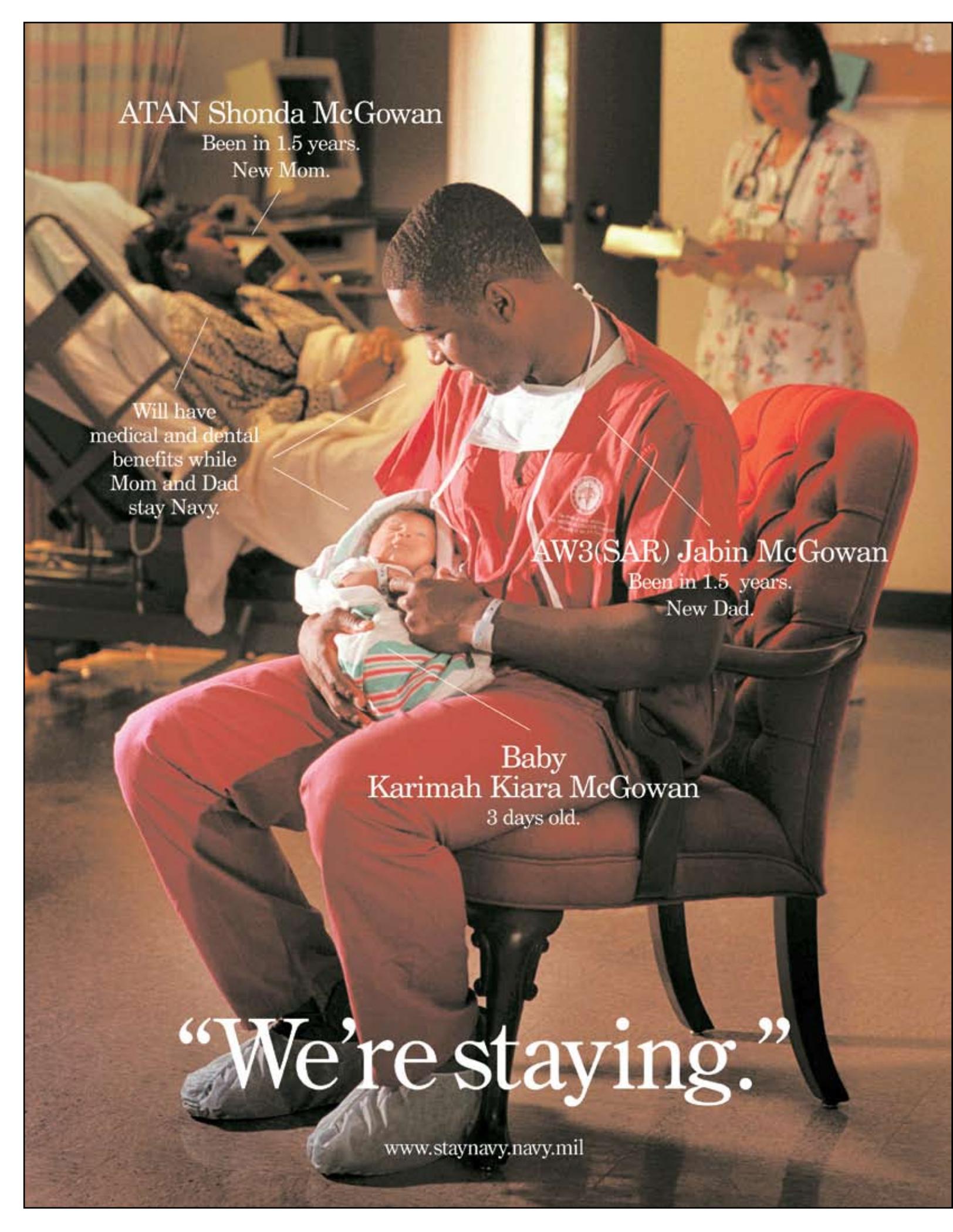
Shoup is homeported in Everett, Wash., as part of the Abraham Lincoln Carrier Strike Group.

For more news from USS Abraham Lincoln (CVN 72), visit www.navy.mil/local/cvn72/.



USS Abraham Lincoln (CVN 72)

Carrier Strike Group NINE

A man in a red hospital gown is sitting in a dark, tufted chair, holding a newborn baby wrapped in a white blanket. The baby is wearing a striped onesie. In the background, a woman in a floral hospital gown is standing near a hospital bed where another person is lying down. The scene is set in a hospital room with warm lighting.

ATAN Shonda McGowan

Been in 1.5 years.
New Mom.

Will have
medical and dental
benefits while
Mom and Dad
stay Navy.

AW3(SAR) Jabin McGowan

Been in 1.5 years.
New Dad.

Baby
Karimah Kiara McGowan
3 days old.

“We’re staying.”

www.staynavy.navy.mil