

# Penny PRESS



**Lincoln celebrates Asian Pacific Heritage**

**Pg. 4**

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# Get to know your shipmates...

## **SA Letauria Peacock**

**Dept:** Deck

**Hometown:**

Tifton, Ga.

**Age:** 20

**Favorite sports team:**

LSU track team

**Top three movies:**

“Love and basketball,”

“Walking tall,” “Why did I get married?”

**Favorite TV show:**

“7th Heaven”

**Favorite meal:**

“My mom’s mexican lasagna.”



Photo and information by MCSN Jeremiah Mills

## **ALSO INSIDE...**

**Sailors earn certification through USMAP pg. 6**

**Summer safety pg. 7**

**Front page photo:**

Sailors aboard USS Abraham Lincoln (CVN 72) perform a dance in the ship’s hangar bay in celebration of Asian Pacific American Heritage Month, May 15. (Photo by MCSN Jerine Lee).

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# Navy receives recognition for Life-Work Balance Programs

*Story by Lt. j.g. Laura Stegherr*  
*Diversity Directorate Public Affairs*

The Navy's Task Force Life/Work (TFLW) initiatives received national accolades May 18 by the Alliance for Work Life Progress (AWLP) with the organization's Work-Life Innovative Excellence Award.

As the highest honor offered by AWLP, the Work-Life Innovative Excellence Award was created in 1996 to showcase programs and policies that demonstrate excellence in enhancing and promoting work-life effectiveness while achieving organizational goals.

Competitors for the award are evaluated on their program's responsiveness to employees' needs, innovation in overcoming barriers to implementation, and measurable benefits to the well-being of employees. Past recipients include Pepsi Bottling Group, Ernst & Young, Verizon Wireless and IBM.

"We have found that addressing the professional and personal needs of our Sailors and their families is an important aspect of retaining our best and brightest," said Capt. Ken Barrett. "This award signifies that Task Force Life Work is steadily meeting that goal."

The Navy received a standing ovation during the ceremony, which also recognized the life-work balance programs of Hospital Corporation of America and Palm Beach County, Fla.

Anne Ruddy, president of WorldatWork, commended the award winners for the progress they had made in advancing professional and personal goals for their workforces.

"This morning is to recognize those professionals who offer best practices to learn from and to celebrate the way these people and organizations have advanced total rewards concepts by leaps and bounds," said Ruddy.

Steffanie Easter, assistant deputy Chief of Naval Operations for Manpower, Personnel,

Training and Education, also shared her thoughts on the significance of the AWLP award and the importance of the Navy's TFLW programs.

"Historically, the Navy has been a great place to work," said Easter. "To win this award, we needed to determine what it takes to recruit and retain the best talent our country has to offer. This award recognizes that we as an organization offer many opportunities and benefits that our Sailors and civilians find attractive."



Photo by Lt. Karen Eifert

**Capt. Ken Barrett, head of the Navy Diversity Directorate, speaks with Channel 8 News anchor Beverly Kirk about the Navy Career Intermission Pilot Program (CIPP) during an interview about Military Appreciation Month.**

# Students learn during Spokane Navy Week

*Story by MC1 Frank Neely*  
*USS Constitution Public Affairs*

USS Constitution Sailors taught more than 200 students about their ship's history at Reardan Middle School in Reardan, Wash., May 10 as part of Spokane Navy Week, May 10-15.

"I wanted my kids to gain a perspective on the value of history," said Douglass Asbjornsen, superintendent for Reardan School District. "It's great to be able to look at that heritage and what that means, because we have a great Navy today because of that heritage."

Asbjornsen, who is also a rear admiral in the Reserves, added that students enjoyed

the interactive presentation by Constitution's Sailors.

"We were given a packet with information about the USS Constitution before, but the presentation gave much more information," said Cheyenne Thain, 8th grade student. "And I liked learning that you guys are going to make another sail in 2012."

Sailors talked about Constitution's construction, one of her most famous battles during the War of 1812 and the possibility of sailing the ship under her own power for the War of 1812 bicentennial.

"It's events like these where we realize all the history training we do pays off," said Keith. "The kids seemed to already know a lot of what we were talking about, but I felt like at the same time, we added to what they knew about the War of 1812 by focusing on

the history of our Navy."

Sailors assigned to Constitution undergo 20 weeks of naval history training, along with additional weekly training. They are expected to share that knowledge at three other Spokane area schools during Navy Week: Hallet Elementary School, Northwood Middle School and Mountainside Middle School.

Spokane is one of 20 Navy Weeks planned across America for 2010. Navy Weeks show Americans the investment they have made in their Navy and increase awareness in cities that do not have a significant Navy presence.

Constitution is located in the Charlestown Navy Yard in Boston. The ship is the world's oldest commissioned warship afloat and welcomes more than 500,000 visitors a year.

For more news from USS Constitution, visit [www.navy.mil/local/constitution/](http://www.navy.mil/local/constitution/).

# LINCOLN CELEBRATES ASIAN PACIFIC HERITAGE

*Story by USS Abraham Lincoln  
Public Affairs*



Photo by MCSN Jerine Lee



Photo by MCSN Jerine Lee



Photo by MCSN Jeremiah Mills



Photo by MCSN Jerine Lee

*Counter-clockwise from above*

*Hospital Corpsman 3rd Class Ezekial Gonda performs a song aboard USS Abraham Lincoln (CVN 72).*

*Sailors perform a traditional dance during an Asian Pacific Heritage celebration aboard USS Abraham Lincoln (CVN 72).*

*Yeoman 3rd Class Jessica Rian and Cmdr. Thomas Webber perform a martial arts demonstration aboard USS Abraham Lincoln (CVN 72).*

*Sailors perform a traditional dance during an Asian Pacific Heritage celebration aboard USS Abraham Lincoln (CVN 72).*

More than 600 crew members aboard USS Abraham Lincoln (CVN 72) celebrated Asian Pacific heritage in a cultural extravaganza held in the ship's hangar bay May 15.

The ceremony, narrated by Senior Chief Navy Counselor Paul Tyquiengco of Guam, was attended by Rear Adm. Mark Guadagnini, commander of the Lincoln Strike Group, as well as hundreds of senior officers and enlisted crew members from the ship and Carrier Air Wing 2.

Lincoln's ceremony was marked by several authentic song and dance performances, including a traditional haka dance, which was originally performed to welcome distinguished guests, or to acknowledge great accomplishments or events.

A martial arts demonstration by Cmdr. Thomas Webber, a fourth-degree master instructor in taekwondo and former martial arts world record holder, was also part of the celebration.

Commanding Officer Capt. John Alexander opened the ceremony by emphasizing the importance of celebrating the diversity that exists in the Navy.

"We are a stronger nation and a stronger Navy because of our diversity. We become stronger by learning about our and others' cultures," said Alexander.

Asian-Pacific American Heritage Month recognizes nearly 19,000 uniformed

personnel and more than 29,000 civilians of Asian Pacific heritage that serve in the Navy, including six flag officers, 11 members of the senior executive service, three selected rear admirals and 137 master chiefs. The Asian Pacific region includes all of the Asian continent and the Pacific islands such as New Guinea, Fiji, the Solomon Islands, Guam, New Zealand, Hawaii and American Samoa among many others.

The month of May was chosen by Congress to commemorate the immigration of the first Japanese to the United States May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

Over the last two years, the Navy has emphasized diversity by launching the Naval Officer Mentorship Association, the Navy's Asian-Pacific American affinity group, and creation of a facebook page to increase awareness of the Navy's diversity initiatives. The facebook page now highlights more than 60 diversity outreach events each year.

For more information about the Naval Officer Mentorship Association, visit [www.navalofficermentorship.org](http://www.navalofficermentorship.org).

To view Navy's diversity facebook page, visit <http://www.facebook.com/navydiversity>.

# Sailors receive 40,000 civilian certifications through USMAP

*Story by Ensign Peter Lee  
NETC Public Affairs  
Pensacola, Fla.*

Sailors, Marines, and Coast Guardsmen interested in completing civilian apprenticeship requirements can do so through the United Service Military Apprenticeship Program (USMAP). As of Feb. 23, USMAP is helping more than 40,000 service members earn their professional certificates.

USMAP works with the U.S. Department of Labor (DoL) to provide nationally recognized apprenticeship programs that result in journeyman-level Certificates of Completion for members of the sea services.

During their apprenticeship, military members further their professional development through documented work experiences while performing their regular military duties. Earning this DoL Journeyman Certificate is free and normally does not require working additional off-duty hours.

"It's about quantifying what you've accomplished," said Tom Smith, Naval Education and Training Command (NETC) coordinator. "Service members are already doing the work; it's just a matter of documenting what they do. A completed apprenticeship looks good to promotion boards. Certifications can also open doors once one decides to hang up the uniform."

USMAP is a registered apprenticeship program which provides formalized and structured training. It combines on-the-job training (OJT) and related technical instruction in which the apprentice would receive practical and technical training.

All the individual is required to do is regularly document the hours worked in the various skill areas either in a hard-copy log or through the Web and have it verified by their supervisor. In addition, the service member submits a report every six months, and a final report once all OJT

is complete.

The 123 trades available range from aircraft mechanic to X-ray equipment tester and over 96 percent of Navy enlisted rates, 85 percent of Coast Guard enlisted rates, and 232 Marine Corps military occupational specialties are eligible for these programs."

USMAP's apprenticeship programs apply to virtually all members of the sea services, including those who have been serving for several years.

"Pre-registration credits can be awarded to those who have time-in-service and can even be applied towards college credits", added Smith. "The maximum credit a service member could possibly receive is 50 percent of the required OJT.

For example, an E-6 with ten years of service and is interested in an 8,000-hour program can receive a maximum of 4,000 credits towards their apprenticeship, cutting their requirements for hours of logged OTJ in half."

Since 1976, USMAP, a program managed by NETC, has awarded nearly 37,000 certificates.

"The program continues to grow within the military while maintaining its recognition in the civilian sector," added Whitney. "The certificates provide the civilian sector a way to translate what military members are doing within their jobs."

Any active duty Sailor, Marine, or Coast Guardsmen can become an apprentice as long as they have been designated in a rating, have sufficient time to complete the program while on active duty, possess a high school diploma or GED, and the selected trade must be their primary job at their command.

For more information about the United Service Military Apprenticeship Program, visit <https://usmap.cnet.navy.mil>.

For more information about the Naval Education and Training Command, visit <https://www.netc.navy.mil/>.

For more news from Naval Education and Training Command, visit [www.navy.mil/local/cnet/](http://www.navy.mil/local/cnet/).

## Editor's Top 10

### Top 10 foods that provide natural sun protection

10. Green tea.

9. Coconut oil

8. Broccoli

7. Watermelon.

6. Grapefruit.

5. Salmon.

4. Oatmeal.

3. Walnuts.

2. Cooked tomatoes.

1. Sunflower seeds.

[www.examiner.com/honolulu](http://www.examiner.com/honolulu)

# Lincoln keeps safety in mind

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*Story MCSN Adam Randolph  
Penny Press staff*

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Summer's extended sunlight hours and warm temperatures have finally reached Washington, meaning USS Abraham Lincoln's (CVN 72) Sailors are encouraged to keep summertime safety in mind by following some common safety guidelines which include planning for road trips, getting proper rest, home safety and sports safety.

We are seeing that the safety risk factor increases in the summer for outdoor activities including road trips, traveling and sports," said Aviation Ordnanceman 2nd Class Charles D. Rhodes, of Empire, Ala., Lincoln's safety representative.

According to [Safetycenter.navy.mil](http://Safetycenter.navy.mil), in 2008

The Navy had 25 fatalities from Memorial Day through Labor Day.

This period of time is also known as the "100 Critical Days of Summer," where the number of injuries and accidents typically tend to increase.

With traffic volume increasing as the weather warms up it becomes very important to keep safety in mind by properly planning for travel.

Another important summer safety tip for Sailors is getting the proper amount of rest when planning to drive long distances.

"Don't drive when you're extremely tired, it can be similar to driving under the influence and make sure to properly plan your trip," Rhodes said.

Rhodes recommends to keep safety in mind while participating in recreational activities and sports.

"The sport that causes the most injury is

basketball. More people get hurt playing basketball than any other sport. We see a lot of twisted and sprained ankles along with knee and wrist injuries. Please don't over extend yourself. Know your limits," said Rhodes.

During hot summer days many Sailors especially those with family can be found working on home improvement projects.

"Home improvement projects are where a lot of married folks get hurt so please use your Personal Protective Equipment and don't drink while working," said Rhodes.

Approximately 45 percent of unintentional injury deaths occurred in and around home according to [www.lpch.org](http://www.lpch.org).

Summer Safety is important and with a little planning, some awareness and responsibility Lincoln's Sailors can have a good time while minimizing the possibility of injury or accidents.



**Hospital Corpsman 2nd Class Asterik Knotts, of New London, N.C., receives an Enlisted Surface Warfare Specialist pin by Chief Aviation Ordnanceman Jason Geiler in USS Abraham Lincoln's (CVN 72) dental department, May 13.**

Photo by MCSN Robert Robbins

# Carrier Strike Group 9

Carrier Air Wing 2



Defending freedom and democracy

SHALL NOT PERISH

**Are you  
ready world?**