Penny PRESS

Lincoln gets a tuneup

Pg. 4

Vol. 22, issue 40
June 11, 2010

Get to know your shipmates...

LSSN Drake White
Hometown: Chicago, Ill.
Age: 23
Favorite sport: Basketball
Favorite movie: "Menace to Society"
Favorite TV show: "Dexter"
Favorite musical artist: Lupe Fiasco

Photo and information by MC2 Brian Morales

ALSO INSIDE...

Awards and Reenlistments pg. 6

Front page photo:

Susan Dillon, a welding technician with Pacific Ship Repair, works on a track for one of on board USS Abraham Lincoln's (CVN 72) hangar bay doors. The Lincoln is currently undergoing an upkeep period in its home port at Naval Station Everett in preparation for its deployment later this year. Photo by MC3 Robert Robbins.

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Navy emphasizes support for families

Story by By MC2 (SW) Nardel Gervacio

Navy Public Affairs Support Element West Oak Harbor

Educational and information resources, as well as support information for spouses are the subject of the latest "Family Gram," message released June 2.

The Navy provides an array of programs and resources to prepare spouses and family members to meet the unique challenges of military life.

Navy spouses, often called the Navy's unsung heroes, endure frequent moves to unknown towns, long deployments and wartime fears.

Spouses who are new to the Navy, far from home or starting a new chapter in their life, may be unsure about what support is available or how to take advantage of it.

"Just call your nearest Fleet and Family Support Center," Kathy Turner, a program analyst at Commander, Navy Installations Command (CNIC), said. "Even if you're too far from a base to come in, just call. The staff will be happy to answer your questions."

The Navy's goal is for spouses to be resilient, well-informed and adaptable to the Navy environment.

FFSCs assist military spouses in obtaining employment and maintaining a career.

They teach personal financial management, with topics ranging from car and home buying to the financial impact of deployments.

They provide guidance on making permanent change of station moves, helping a family learn about their new duty station, the cost of living, availability of housing, even the cultural changes they will encounter.

FFSCs also offer clinical counseling and classes on a variety of topics, including anger management, stress management and couples communication.

"A spouse may have effectively dealt with anger, sadness or stress when they lived in a familiar town with family and friends they have known their whole life," Turner said. "But, leaving this personal support system may be stressful and require adjustment. Fleet and Family Support Centers offer life skills classes and services that show how to adjust and even thrive in these situations."

Short-term clinical counseling helps Sailors and families obtain the tools necessary to cope with the challenges of daily living. The courses and the counseling are free. People are welcome to come in anytime, without an appointment or a referral from the command.

For children and youth ages four weeks to 18 years, the Navy's Child and Youth Programs provide high quality educational and recreational programs.

"Military children face the challenges of growing up, such as moving every few years and establishing new friendships, while worrying about family members who have been deployed," Chuck Clymer, of the Navy's Child and Youth Programs, said. "We provide children and families with trusted programs and services that assist in coping with these challenges, making the difference between stress and success."

Child development homes offer quality care in a loving, learning home environment for children ages 4 weeks to 12 years. The flexible hours, 24/7 care, low child-to-adult ratios and convenient locations make this a viable option for families whose "normal" workday is anything but normal.

School-age care programs provide quality before and after-school programs and camps for children ages six to 12 years in 86 centers worldwide.

Youth and teen programs offer developmental and recreational programs that provide a safe place to learn and grow.

The Navy's Family Ombudsmen are Navy spouses who volunteer to serve as a vital two-way communication link between the command and Navy families. They offer support and guidance to families in their role as the official liaison between the command and its families.

When families respond to the challenges of deployments, natural disasters or family emergencies, ombudsmen are there to provide guidance and to help them regain a sense of normalcy. Ombudsmen help families find the answers to their questions, promoting their resiliency and self reliance. Ombudsmen serve families of Active duty and Reservists, whether they deploy as a unit or as an individual augmentee; whether they live right on a base or hundreds of miles from any base.

FFSC Everett: 425-304-3367

FFSC Bangor: 360-396-4115

CVN72 Careline: 1-800-452-0072

Good to know:

Compass –

A spouse-to-spouse mentoring program, compass introduces participants to all aspects of the military lifestyle. This free 12-hour program offers spouses the opportunity to establish a peer network, acquire knowledge and develop the skills necessary to successfully meet the future challenges of military life. Much of the information is specific to their current location. For more information or a class in your region, go to www.gocompass.org or call 1-877-673-7773.

Spouse Tuition Aide Program (STAP) –

Stap is sponsored by nmcrs and open to spouses residing with their active duty service member stationed overseas. This program is a need-based, no-interest loan. These loans are available for part-time and full-time undergraduate and graduate studies. For more information, visit www.nmcrs.org/stap.

Abraham Lincoln Family Association –

ALFA is open to all spouses and families of single sailors aboard the Lincoln. ALFA is the ship's official support organization. ALFA wants everyone to have fun, make new friends and support each other. This organization does not charge dues for membership.

Upcoming events are publicized in the Ombudsmen newsletter and on the Abraham Lincoln Careline Nationwide at 1-800-452-0072 or in the Everett area at (425)304-5070, or email cvn72newsletter@gmail.com .

The Abraham Lincoln Family Association can be reached by e-mailing USSALFA@hotmail.com; or visiting the ALFA Facebook Page.

Abe gets $9million

Lincoln takes in port period to conduct repa

Story by MC2 Barry Riley
Penny Press Staff

USS Abraham Lincoln (CVN 72) is making use of its time at its home port of Naval Station Everett to conduct some much needed maintenance and repairs.

The upkeep period started in mid-May as soon as the Lincoln pulled into Everett from a month long underway, and is scheduled to continue the entire time the ship is in port until it leaves for training later this summer.

This is the third and longest upkeep period the Lincoln has undergone this year, which according to the ship's Maintenance Officer Lt. Cmdr. Patrick Pruitt, serves as a great time to complete any last minute major work needed on the ship before it deploys this year.

"The majority of this upkeep is preventative maintenance, like preservation work," said Pruitt. "Now is a prime time to get everything mission ready before we leave so we can minimize broken equipment on deployment. While deployed, we will have limited support to get repairs and major maintenance done."

Some of the more major evolutions include repairing release valves in the ship's oxygen and nitrogen plant, which is responsible for the ship's oxygen and nitrogen supply for dental equipment and aircraft operation.

Other evolutions include work on the ship's service turbine generators, flight deck non-skid and retraction gear, large fire main valves and corroded vent plenums, explained Pruitt.

In the ship's bridge, contractors are replacing three bullet proof glass windows, while repair division personnel are fixing minor leaks in the space.

Shipyard contractors are conducting the majority of the heavy duty repairs, but Pruitt said Sailors are still responsible for running work authorization forms and completing tag outs and quality assurance for the maintenance completed daily.

The work during this period has been so expansive that many work centers have even had to temporarily relocate due to work going on in other compartments.

"Medical has been in need of a new sterilizer machine, but the problem was that it is located right above the armory where no hot work can be conducted due to ammunition stored there," Pruitt explained. "In order to receive their new sterilizer machine, Weapons department had to temporarily remove all ammunition from the magazine."

Pruitt said the estimate of the work to be done on the Lincoln over the course of the summer is more than $9 million.

Though the ship is undergoing a lot of topside work, Reactor Maintenance Officer Lt. Cmdr. James Hair said Lincoln's reactor department has its own hefty to-do list to complete during the upkeep.

Among the list is the ship's emergency diesel generators (which are responsible for providing backup power to the ship), and preventative maintenance on the ship's propulsion plant, electrical load centers and steam system.

Hair said the longer in port period provides time enough to complete essential maintenance that needs an extended period of in port time.

"The reactor plant is the essential component for the ship to get underway, launch aircraft, or use any of its weapons," he said. "Most of the work down there takes longer because we are so meticulous about getting things right.

Aside from major work, the other items to be completed are deck work, maintenance on doors and hatches and air intake systems. Pruitt also said the ship is scheduled to receive new washing machines for the ship's self service laundry.

"Much of the work being done may not be obvious to the casual observer, like the flight deck non-skid being replaced for example," said Pruitt. "But when you see an aircraft visibly sliding across the flight deck, you'll definitely appreciate the need for non-skid. The main focus is to get the ship mission ready for deployment."

For more information or updates on what the Lincoln is currently up to, visit:

www.facebook.com/usslincoln.

Photo

tune up

airs, maintenance

o by MC2 Luciano Marano

Photo by MC3 Robert Robbins

Photo by MC3 Robert Robbins

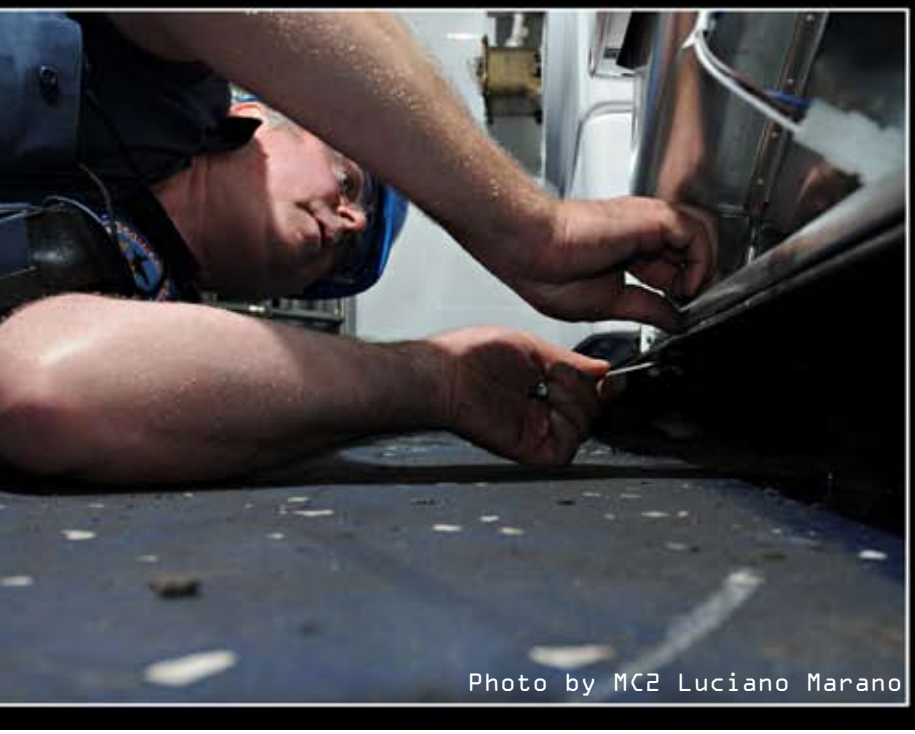


Photo by MC2 Luciano Marano

Clockwise from top left:

Calvin Jenkins, a Carrier Engineering Maintenance Assist Team (CEMAT) supervisor, drills holes in floor brackets to prepare for the installation of new washing machines and dryers on board USS Abraham Lincoln (CVN 72) during a brief maintenance stand down in preparation for deployment later this year.

Antonie Manning , a contracted worker for USS Abraham Lincoln (CVN 72), strips non skid from the ship's flight deck with a needle gun. The Lincoln is currently undergoing an upkeep period in its home port at Naval Station Everett in preparation for its deployment later this year.

The flight deck is covered by a long tent where contractors are refurbishing the entire area, including replacement of the non-skid and maintenance on the retracting gear.

Tim McGuire, a Carrier Engineering Maintenance Assist Team (CEMAT) contractor, puts the final touches on one of of new washing machines being installed.

Lincoln Bravo Zulus

Electrician's Mate 3rd Class Peter Malmgren recieves a captain's coin from USS Abraham Lincoln (CVN 72) CO John Alexander in honor of his professionalism and dedication to duty, June 3.

At left, Capt. Jim Lins, USS Abraham Lincoln (CVN 72) Navigator, is promoted by Commanding Officer John Alexander and Capt. Michael Buchanan in a promotion ceremony held in the CO's In Port Cabin, June 1.

At right, newly minted Capt. Brad Jensen is pinned by his son and wife during a promotion ceremony in the Commanding Officer's in port cabin on board USS Abraham Lincoln (CVN 72), June 1.

At left, Aviation Boatswain's Mate 2nd Class (AW) Chad Whittle accepts his certificate of reenlistment from Lt. Kent Davis during a reenlistment ceremony, June 1.

Photos by MC2 Luchiano Marano, layout by MC2 Barry Riley

Sailors Learn Smart Spending

Story by By MC2 (SW) Nardel Gervacio
Navy Public Affairs Support Element
West Oak Harbor

Fleet and Family Support Center (FFSC) hosted a Command Financial Specialist (CFS) class at Naval Air Station Whidbey Island.

The purpose of this class is to educate future specialists about finances and how to help other Sailors within their commands understand their finances and how to handle tough financial situations.

"This week the Sailors are gaining education on how to actually make that happen. They're getting basic knowledge. They're getting their responsibility and how to do financial counseling; they're getting the tools they need to perform their jobs as command financial specialist."

Over the course of the five-day class, future financial specialists learn about personal finance management, establishing a spending plan, managing credit, Thrift Savings Plan (TSP), car buying, saving and investing and retirement planning.

One of the main tools a CFS uses to help other Sailors is a financial planning worksheet, which displays income, debt, savings and living expenses.

"We see a lot of people not knowing where they're spending their money, not understanding that they need to live within their income," said Johnson. "A lot of folks are deep in debt because they adopted a lifestyle that they cannot maintain at their current income, so what we are seeing is not a money problem but a behavior problem,"

Some of the class participants are not only learning to help members of their command, but themselves as well.

"During the course it taught me to look at my finances better and how I was using my money, and as a supervisor, it would help me to pass on that knowledge to my junior Sailors," said Master-at-Arms 1st Class Raymond Manibusan. "I learned about financial planning; the work sheets and tools offered here helped me break down all my finances, showing me exactly where my money was going and being wise about my spending."

By using pay and allowances wisely, having a spending plan and adequately preparing for financial responsibilities during one's career, Sailors can improve their personal financial readiness.

"Our million dollar program is open to all hands including spouses, and it is an abbreviated version of what our command financial specialists are getting this week... it gives them everything they need to know, from creating a spending plan to credit management, debt management and car and home buying, to saving and investing and retirement planning, and any financial situation you may face."

"I definitely learned a lot about finances and my spending habits and would recommend everyone in the Navy to go through this course, I wish I knew what I'm learning now 13 years ago before I joined the Navy," said Barrigada.

Top 10 forgotten slang phrases/words from the past 30 years.

10. Phat

9. Stupid Fresh

8. Radical

7. Psyche!

6. Gag me with a spoon

5. Chillin' like a mack villian

4. Nunya (like none of your business)

3. So totally

2. Jive turkey

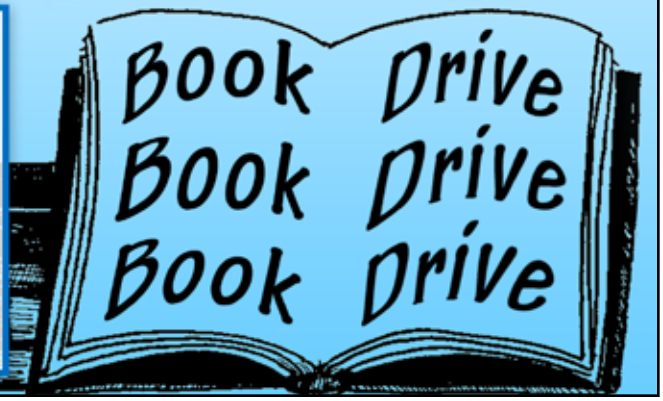
1. Cowabunga!

Coming Soon! Coming Soon! Coming Soon! Coming Soon!

United Through Reading

We need kids books!!! Bring donations to the box on the Enlisted Brow, starting Mon. June 14th.

United Through Reading allows you to read a book to your kids while deployed. A DVD will be mailed home with your reading.



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