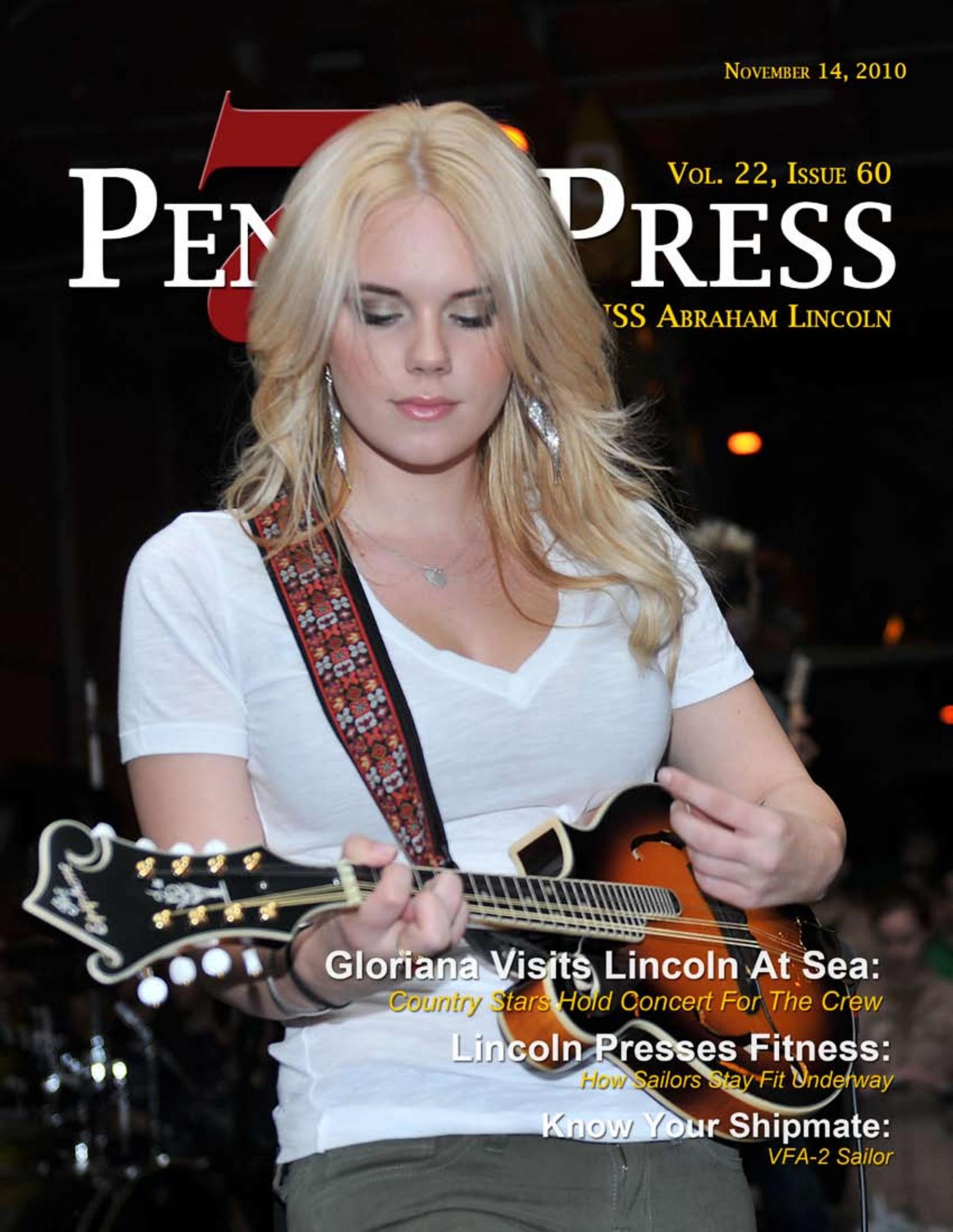


NOVEMBER 14, 2010

# PENNSYLVANIA PRESS

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USS ABRAHAM LINCOLN

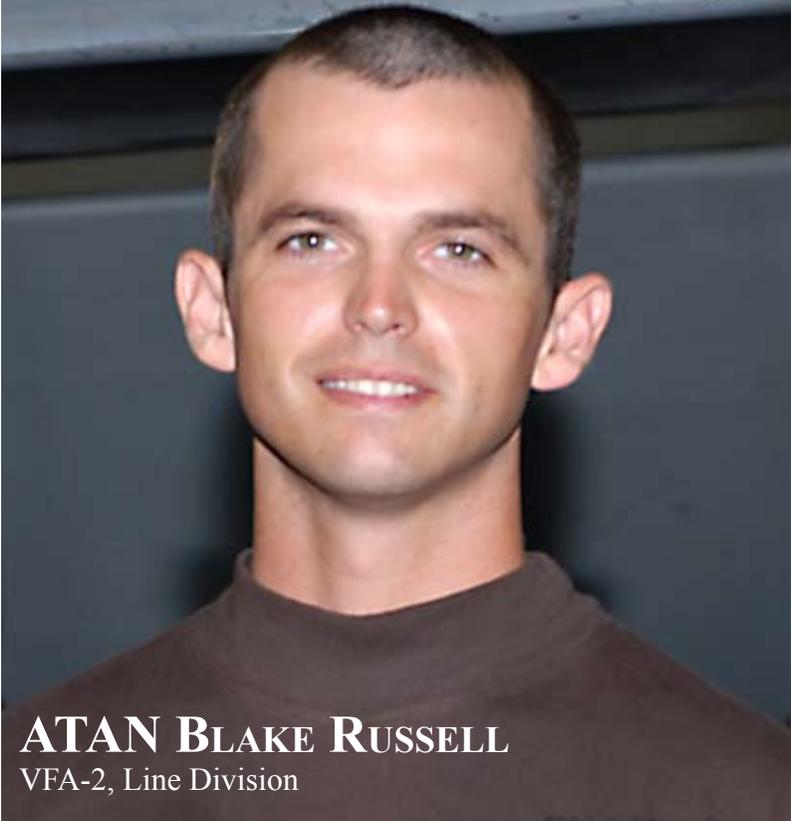


**Gloriana Visits Lincoln At Sea:**  
*Country Stars Hold Concert For The Crew*

**Lincoln Presses Fitness:**  
*How Sailors Stay Fit Underway*

**Know Your Shipmate:**  
*VFA-2 Sailor*

**KNOW YOUR SHIPMATE**



**ATAN BLAKE RUSSELL**  
VFA-2, Line Division

Aviation Electronics Technician Airman Matthew Blake Russell, of Strike Fighter Squadron (VFA) 2’s line division, is a native of Birmingham, Ala.

He was born on Oct. 23, 1982, and has three sisters. When asked why he joined the Navy, Russell stated, “I joined up so I could get the money I need to finish my Bachelors degree and to do something I can be proud of.”

Russell had previously attended Auburn University where he studied business management.

“I’m glad I joined the Navy because it has allowed me to travel and it will support me with the benefits that will help me if I decide to get out.”

Russell is currently a Plane Captain for his squadron. “My favorite part of the job is being out on the flight deck for operations, and doing launches and recoveries, it’s a rush,” said Russell.

Future plans for Russell are to finish his degree and possibly get into the construction business.

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**Executive Officer**  
Capt. Timothy Kuehhas

**Command Master Chief**  
CMDM(AW/SW)  
Susan Whitman

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**Front Cover Photo**  
MCSN Wade T. Oberlin

# LINCOLN SAILOR REUNITES WITH DAD AT SEA AFTER THREE YEARS APART

Story and photos by Mass Communication Specialist 2nd Class Christopher Dollar



**B**oatswain's Mate 2nd Class Corey Henry reunited with his father Nov. 5 in the Arabian Gulf, after three years of being apart.

Henry, a native of Ingleside, Texas, reunited with his father Michael during an underway fuel replenishment between Lincoln and the Military Sealift Command fleet replenishment oiler USNS Joshua Humphreys (T-AO 188), a ship on which Michael is currently underway, also as a boatswain's mate.

The two had not seen each other since November 2007 when they last met in Little Creek, Va., while the younger Henry was at the Standard Tension Replenishment Along Side Method school.

Their busy schedules have kept them apart, but despite the operational pace, Henry found a way to see his father.

"Today was the best day I've had in three years," said the younger Henry, who is an assistant leading petty officer in Lincoln's Deck Department. "It was great to see my dad again."

Henry and his father have tried several times to reunite over the past three years, sometimes missing out on the opportunity by only a few days.

"I spoke with my chief and eventually my request worked its way up through the chain-of-command," said the younger Henry. "My father's captain coordinated with my captain and the public affairs officer and we had the whole thing planned by November 3rd."

"It's very special," he said. "To be able to see my dad, even if we only got a couple hours; it means a lot to me."

The Henrys hope to reunite again in late spring or early summer upon returning from their deployments.

The Abraham Lincoln Carrier Strike Group is deployed to the U.S. 5th Fleet area of responsibility in support of maritime security operations and theater security cooperation efforts to establish conditions for regional stability.





## ABE'S GOT TALENT: LINCOLN SAILS IN TALENT POOL

Story and photos by Mass Communication Specialist 2nd Class Johndion Magsipoc



**B**race yourselves as USS Abraham Lincoln's (CVN 72) talent-reality show "Abe's Got Talent" kicks off Nov. 26, featuring such skills as a hip-hop reality dance show winner strutting to Usher's "OMG" or an electrician belting out a Spanish ballad.

Patterned after the international franchise America's Got Talent, which discovered and continues to discover world class acts, Abe's Got Talent will highlight Sailors in the Abraham Lincoln Carrier Strike Group's abilities to create outstanding production numbers like singing, dancing and even all the way to the funny and extraordinary acts.

The winners from this competition will receive prizes ranging from an overnight stay at Tulalip casino, gift cards, and movie tickets, among others. But before that, every hopeful must first be able to impress the judges.

Abe's Got Talent judge Aviation Boatswain's Mate (Aircraft Handling) 3rd Class Reshawn Orr was quite impressed with the array of talents he has witnessed so far, as he proudly commended the participants who survived the audition and said it will not be an easy task.

"Being selected as a judge means a lot to me because of the high caliber talent that we face," said Orr, a native of Orlando, Fla. "The judges and I are overwhelmed with the talent that we have on the ship. This is going to be one of

the best experiences of my naval career.

"I can't wait to get the show started," he added. Let me be the first to tell you that Abraham Lincoln has a lot of talent."

Aviation Ordnanceman 3rd Class Richard Batimana, one of 12 contestants and the top-prize winner in the 2004 hip-hop dance series "Dance 360," is excited to demonstrate his dance moves.

"It is exciting to showcase my talent here on the ship," said Batimana, a native of Inglewood, Calif. "My fellow shipmates have the opportunity to witness a part of me they have never seen before."

Auditions started last month and dozens of Abe's Got Talent hopefuls flocked to the audition venue for a shot of becoming the first Abe's Got Talent winner. Twelve Sailors survived the audition. There will be three eliminations on the Nov. 26 show, two for the December show, two for the January show and two for the February show. The remaining three contestants will advance to the grand finale in March.

"I'm hoping it's going to turn out just like American Idol and America's Got Talent," said Abe's Got Talent organizer and founder Electronics Technician 2nd Class Peter Gibbs, a native of Worth, Ill. "Come on out and show your support."

# PLANE CAPTAINS: THIS IS *MY* AIRCRAFT

Story and photos by Mass Communication Specialist  
2nd Class Brian Morales



In every rank of the Navy, there's an opportunity to lead. For junior Sailors assigned to squadrons, that opportunity is by becoming a plane captain.

"My job is to get that plane off the deck so we can fight a war," said Aviation Structural Mechanic Airman Recruit Andrew Lyons, an Atlanta native assigned to Strike Fighter Squadron (VFA) 34. "I love being a plane captain. I love my job."

Sailors wearing a brown flight deck jersey work in a squadron's line division and are either plane captains, or in training.

Newer Sailors in a line division are trainees, who familiarize themselves with the aircraft working on qualifications to perform maintenance services on the aircraft such as brake riders, fuel surveillances, oil consumption and electrical power applicators.

A plane captain performs daily inspections and turn-around inspections on their squadron's aircraft prior to every launch. Intakes are inspected for any foreign objects or debris; aircraft tires are checked for obstruction; and various fluid levels are monitored to insure the aircraft is safe for flight.

Many hours of studying and maintaining their aircraft go into becoming a plane captain. Once a Sailor earns the title, their name and hometown is added to the side of their aircraft.

"Just watching the plane go off the catapults, watching your name fly by, is a pretty good feeling," said Airman Gabriel Martinez, a Miami native assigned to VFA-34.

Aviation Machinist's Mate Airman Justin Bailey, a plane captain assigned to Airborne Early Warning Squadron (VAW) 116, said he feels having his name on the side of an aircraft brings a great amount of responsibility.

"You have to make sure everybody else is being safe," said Bailey, referring to anyone who works on, in or around a plane captain's aircraft. "Safety is the main concern," added the Lafayette, Ga. native.

Before pilots board a plane, the plane captains present the aircraft and conduct the final inspection with the pilots, assuring them the aircraft is both safe and well-maintained.

On the flight deck, a plane captain also leads the pilot



and maintenance crew through a series of preflight tests prior to its launch. Since the pilot's view is limited from the cockpit, the plane captain confirms proper operation of the aircraft and responds to any problems that may occur between the time the pilot is seated and take-off.

"We make sure the planes are safe for flight, getting them ready for the pilots," stated Airman Eric Cudal, assigned to VAW-116.

A multi-million dollar airplane is a small price compared to what is really at stake if the aircraft cannot operate correctly; the pilots of every squadron trust plane captains with their lives when accepting the aircraft after all inspections.

"We're basically the main communication in safety between the pilots and the crew; making sure everything is going smoothly and safely up there," said Aviation Structural Mechanic 3rd Class Jayson McElhaney, who has been a plane captain for VAW-116 for five months.

"We also do inspections after the planes come back to make sure they are good-to-go for the next flight," said McElhaney, a native of Washougal, Wash.

"The pilots definitely look at us differently as a plane captain," said McElhaney. "I think it is a great show of pride and responsibility to have your name on the side of the plane."

**See More Plane Captains in action on the next page**

U.S. Navy photo by MC2 Brian Morales



U.S. Navy photo by MC2 Brian Morales



# Plane Captains

U.S. Navy photo by MC2 Brian Morales



U.S. Navy photo by MC2 Brian Morales



U.S. Navy photo by MC2 Brian Morales

U.S. Navy photo by MC2 Brian Morales



U.S. Navy photo by MC2 Arif Patani



U.S. Navy photo by MC2 Brian Morales

# GLORIANA PERFORMS

Story by Mass Communication



Country music superstars Gloriana rocked an estimated crowd of 4,000 Sailors during an underway concert aboard USS Abraham Lincoln (CVN 72) Nov. 5.

The concert was the highlight of five hours of festivities for the crew, including country karaoke in the ship's hangar bay, a live rap performance by Mass Communication Specialist 2nd Class Barry Riley in his role as "Dog Zebra", and an opening set by country music band, Rushlow.

Gloriana hit the stage to a roaring crowd, and performed their hits "Wild at Heart," "Lead Me On," and "The Way it Goes," as well as numerous covers of popular songs. The band, who won Breakthrough Artist of the Year at the 2009 American Music Awards, is made up of Tom Gossin, Mike Gossin, Rachel Reinert and Cheyenne Kimball.

"This was such an unbelievable, eye-opening experience," said Kimball, a vocalist and mandolin player for the band. "I feel so blessed to come here and be surrounded by so many American heroes. It makes me even more thankful for the Navy's service."

While Lincoln is deployed to the U.S. 5th Fleet area of responsibility in support of Operations Enduring Freedom and New Dawn, Sailors were thankful to take a break and participate in the festivities of the day.



U.S. Navy photo by MC2 Seth Clarke



U.S. Navy photo by MC2 Alan Gragg



U.S. Navy photo by MC2 Seth Clarke



U.S. Navy photo by MCSN Wade T. Oberlin

# PERFORMS FOR LINCOLN

Specialist Seaman Jerine Lee

“It was really nice to get out of the daily schedule and see a band play,” said Information Systems Technician 2nd Class Todd Bigart. “It was really cool and thoughtful of Gloriana to take the time to come to an aircraft carrier and perform for us.”

When the band first arrived aboard Lincoln, they were given a whirlwind tour around the ship, observed flight operations from the flight deck and met with Sailors. The band also signed autographs and posed for photos with crew members.

According to the band’s official website, their music often receives comparison to the Eagles and Fleetwood Mac. The band is one of the hottest acts of the year, with their debut record premiering at number three on Billboard’s Top 200 and number two on the Billboard Country Album Chart. More than 375,000 copies of their first album have been sold, and their appearance on Lincoln adds to a list of achievements for the band.

Gloriana’s visit was part of a Navy Entertainment sponsored tour to help boost the morale of the crew while deployed. Navy Entertainment is part of Navy Installations Command.

The Abraham Lincoln Carrier Strike Group is deployed to the U.S. 5th Fleet area of responsibility in support of maritime security operations and theater security cooperation efforts to establish conditions for regional stability.



U.S. Navy photo by MC3 Colby K. Neal



U.S. Navy photo by MC2 Seth Clarke



# LINCOLN SAILORS KEEP FIT TO

By Mass Communication Specialist 2nd Class Seth Clarke



Sailors aboard USS Abraham Lincoln (CVN 72) are keeping themselves mission-ready while deployed, through a variety of physical fitness programs.

Lincoln's Morale, Welfare and Recreation (MWR) office offers an assortment of exercise classes, ranging from spinning to kickboxing to Latin dance-themed aerobics. Additionally, MWR offers a couple of fitness competitions, one of which focuses on total weight loss and another, Black Ops, that provides a high-intensity workout modeled after the popular CrossFit exercise series.

Black Ops is a broad, inclusive strength and conditioning program that focuses on a wide selection of exercises, including push-ups, crunches, gymnastics and other metabolic training.

Joey Metz, Lincoln's Fit Boss, said MWR offers a varied fitness schedule to address the many needs and likes of the roughly 5,000 people aboard Lincoln.

"Some people are into the more high-intensity workouts, some people are not," Metz said. "That's why we have these other workouts. My goal is to get people involved, to get people moving."

Offering many different scheduled workouts also provides Lincoln Sailors the fitness benefit of training their whole bodies by changing exercise routines. The harder a body works, Metz said, the greater the increased strength benefit.

Metz said the hardest part of settling on a fitness routine for Lincoln Sailors, given their busy deployment schedule, is simply finding enough time to exercise.

"You just have to get out there and do it," she said. "That's what I like about command and departmental [physical training]. You can get everybody out there."

Upcoming MWR-organized fitness events include a Thanksgiving 10K run and a Reindeer run, Dec. 17. Metz also plans to add a 1,000-lb. strength competition in December or January. MWR is considering adding requested martial arts, flexibility and yoga classes.

Metz and the MWR fitness class instructors also support a weight-loss competition aboard Lincoln, modeled after "The Biggest Loser" TV show, in which teams of two Sailors vie to lose the most combined weight percentage over a 72-day period.

Chief Hospital Corpsman Michael Zarella helps coordinate the weight loss program as co-chair of the Lincoln Health Promotions Committee. Zarella said the program was part of a larger effort to encourage greater health overall.

"We're just trying to instill a culture of fitness into the Abraham Lincoln crew, to encourage people to work out and lead a healthy lifestyle," Zarella said.

The weight-loss challenge started Oct. 1. The Health Promotions Committee is planning to begin another competition before the end of the year.

"Biggest Loser" participants stand to win a variety of weekly prizes from MWR, including gift cards and exercise gear. On Dec. 12, grand prize winners will walk away with MWR travel gifts and special liberty rewards.



U.S. Navy photo by MCSN Wade T. Oberlin



U.S. Navy photo by MC2 Brian Morales

# STAY IN THE FIGHT

Metz hopes to see even more Lincoln Sailors taking advantage of the ship's fitness programs. "I think the response has been really good," she said. "I look around, and I see a lot of people involved in these activities. I think that everyone is doing great. I've seen a lot of people in the gym, the class sizes are increasing, commands are getting more involved, and I'm hoping that it keeps growing and growing."

The Abraham Lincoln Carrier Strike Group is deployed in the U.S. 5th Fleet area of responsibility conducting maritime security operations and theater security cooperation efforts to establish conditions for regional stability.

U.S. Navy photo by MC2 Alan Gragg



U.S. Navy photo by MCSN Wade T. Oberlin

U.S. Navy photo by MC2 Alan Gragg



# FIRST LINCOLN OFFICER EARNS NEW INFORMATION WARFARE QUALIFICATION

Story and page layout by Mass Communication Specialist 2nd Class Seth Clarke



Lincoln's Navy Meteorology and Oceanography Center (METOC) officer earned the ship's first Information Dominance Warfare Officer (IDWO) qualification, Oct. 31.

Though Lt. Cmdr. Robin C. Cherrett satisfied the requirement for his IDWO pin when he passed a test on Navy Knowledge Online (NKO), the Navy's Information Dominance Corps (IDC) had already identified him as an information warfare expert.

The IDC is composed of more than 44,000 active and Reserve Navy officers, enlisted and civilian

intensive naval communities. These fields include information professional officers, information warfare officers, naval intelligence officers, meteorological and oceanography officers, space cadre officers, aerographer's mates, cryptologic technicians, intelligence specialists, information systems technicians and civilian personnel.

As in other Navy warfare qualification programs, officers must complete lengthy personnel qualifications standards (PQSs) to earn their IDWO pins. Cherrett, however, was among the officers the METOC community identified as eligible to be grandfathered in, bypassing the PQS requirement.

The Navy instruction articulating eligibility requirements for the IDWO program includes a waiver allowance for officers with eligible service prior to the inception of the warfare program. Officers meeting these expertise criteria can qualify by completing a training

module on NKO.

Cherrett identified what he sees as the reason the IDC is fast-tracking some of its leaders through the qualification process.

"Who can sign the PQS right now if it's brand new?" he asked. "So that's why the decision was made, I believe, to go ahead and grandfather a certain number of people, starting with some officers."

Deputy Chief of Naval Operations for Information Dominance Vice Adm. Jack Dorsett is scheduled to visit the ship to present IDWO pins to several fast-tracked Lincoln officers.

Cherrett has already started applying his expertise to helping more of his fellow IDC officers complete their IDWO PQSs.

"The PQS is extensive and in-depth," he said. "The benefit of this program is that it formalizes our role and recognizes that

it's significant. We now have a

sophisticated qualification

process to provide

us with a

standard

to which

we can

all be held.

"The

whole purpose of the

information dominance

warfare program is to recognize

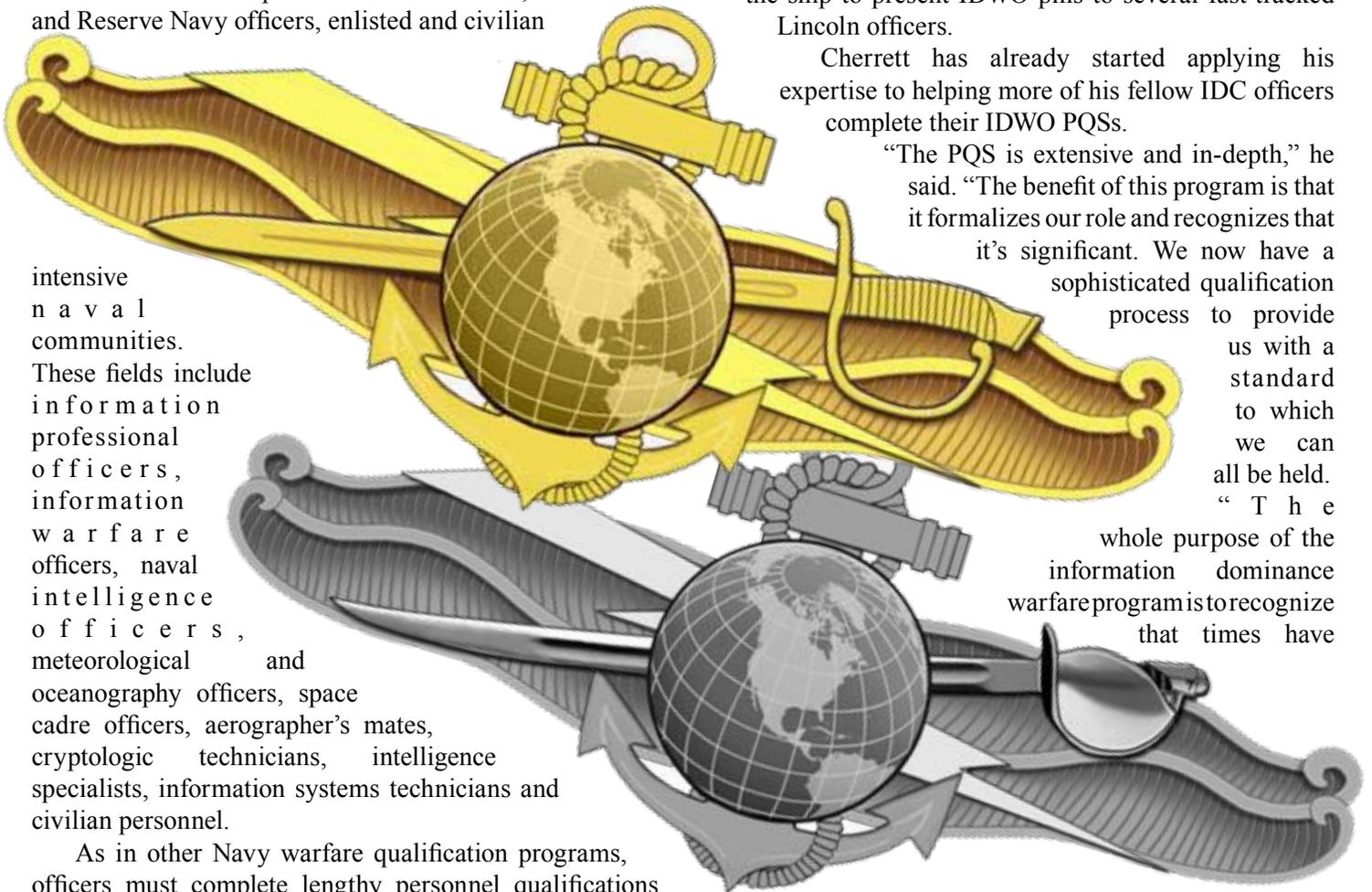
that times have

changed, that there

is another front out there that needs to be addressed,"

Cherrett explained. "It's [the IDC] communities that fight on that front."

Cherrett also said the warfighters eligible for the Enlisted Information Dominance Warfare Specialist (EIDWS) qualification should expect to see an enlisted PQS soon. "It should be available any time now," he said. "I know that [the IDC is] working on it aggressively."



# MAIL CALL, MAIL CALL: HOW LINCOLN GETS IT

By Mass Communication Specialist 3rd Class Spencer Mickler



**L**ogistics specialists throughout the Navy are responsible for keeping the flux of packages, cards and letters coming in and going out, to and from Sailors on land or at sea. The post office aboard USS Abraham Lincoln (CVN 72) is no different.

Taking into account the logistics of sending and receiving mail in the middle of the ocean thousands of miles from where it was sent; mail service can be a challenge

“Receiving mail depends on a lot of different things when underway,” said Logistics Specialist 3rd Class Richard Hucks, who works in Lincoln’s mail room. “We get some of our mail from CODs (C-2A Greyhounds), but there isn’t room sometimes, behind distinguished visitors and essential parts. Our biggest loads of mail come from replenishments-at-sea and vertical replenishments, which

we’re getting on about a weekly basis.”

Hucks also stated that Lincoln’s outgoing mail is, on average, between 300 and 400-lbs. daily.

With the holidays fast approaching, Hucks said Lincoln Sailors should be aware of a few things. “The mail coming in is backed up right now, and we are trying our best to get it out here as soon as possible. We want to make sure that everybody gets their mail home on time [for the holidays] so Thanksgiving is going to be the cutoff for getting it out by Christmas.” Hucks said. He also said that Sailors should tell friends and loved ones planning on sending mail for the holidays, to start now due to delays.

It’s no secret that hearing the ship’s intercom announce “mail call” often raises hopes for Sailors on board. “My favorite part about this job is putting smiles on the faces of Sailors, and knowing that what I do is a big morale booster,” said Hucks.

## MAILING TIPS FROM LINCOLN’S POSTAL WORKERS:

### **START SENDING HOLIDAY PACKAGES NOW, TO AVOID DELAYS**

### **SAILORS NEED TO HAVE ITEMS SENT OFF BY THANKSGIVING**

### **MAKE SURE THE ITEMS ARE PACKED PROPERLY**

Use paper, packaging peanuts, Styrofoam or other comparable materials to protect the contents of your package.

### **AVOID SENDING LIQUIDS**

If a package containing liquids bursts en-route it may not only ruin the package it came in, but also the packages that surround it. If you really need to send a liquid through the mail be sure to double or triple bag it before packaging and sending.

### **BUY INSURANCE FOR EXPENSIVE ITEMS**

If you plan on mailing electronics, jewelry or other expensive items, you can get your package insured at the post office before mailing. It will protect your package in case of damages or loss, and it also allows you to track your package through the website [www.usps.com](http://www.usps.com).

You can also suggest to friends and family that having packages insured will do the same for them.

### **MAKE SURE THE ADDRESS IS FILLED OUT PROPERLY**

Here’s the address to use sending from the ship, or to your Sailor:

#### Ship’s Company:

Rate/Rank Full Name  
USS Abraham Lincoln (CVN 72)  
Department / Division  
FPO AP 96612-2872

#### Air Wing Personnel:

Rate/Rank Full Name  
Squadron  
Unit #  
FPO AP \*\*\*\*\*

\*Each squadron has been assigned a specific zip code; do not use the ship’s name or zip code as this will cause a delay in mail delivery. Squadron personnel should ask their individual LPO for specific zip code information\*

Be sure to tell anyone who is planning on sending you a package to include the name of your department, and/or division in the address line, this will help to make sure that packages are delivered to you as soon as possible.

# YOU GOT JOKES... THE ETERNAL STRUGGLE

Compiled By Mass Communication Specialist 2nd Class Luciano Marano



**T**hanks for your submissions, Lincoln Nation! Here are our favorite jokes and anecdotes from around the ship in no particular order. And remember, they're best enjoyed when read out loud with some friends!

*-What is a ghost's favorite pie? Boo-berry pie! – Anon.*

*-How many Navy recruits does it take to rob a bank? Three, one to rob the bank and two to road guard and hold the door. – FN Gee*

*-A Petty Officer 1st class, 2nd Class and a Chief are walking off the ship to get some lunch together halfway through a day-long field day when they stumble upon a lamp and awaken a genie. "I can only give three wishes, so you'll each get one," the genie says. "I wish I was on a tropical island with a beautiful woman and an endless supply of margaritas," said the 1st Class. He disappeared. "I wish I was the richest woman in the world and lived in a huge mansion by the beach," said the 2nd Class. She disappeared. "And you?" the genie asked the Chief. "I wish that both of those idiots were back here swabbing the deck after lunch," said the Chief. – Anon.*

*-What kind of phones do convicts use? Cell phones. – ABFAN Daugherty*

*-How many hipsters does it take to screw in a light bulb? Some totally obscure number that you've probably never heard of. – Lt. "Cricket" Raelson*

*-What did the bodybuilder say when he gained ten pounds of muscle while drinking only water? No whey! – ET3 Stewart*

*-Two retirees are sitting at a bar, one an old Marine Gunnery Sgt. and the other a Navy Chief. The Gunny goes on to describe how difficult his time in service was, citing his numerous tours in combat zones and the hardships he experienced sleeping in tents in the desert and the extreme dangers he and his troops faced while escorting supply convoys through enemy territory. The chief just laughed and said, "You're a lucky guy, all shore duty!" – Navythriller.com*

*-What's the difference between a drummer and a savings bond? A savings bond eventually matures and makes some money. – MCSN Oberlin*

*-How do you make a tissue dance? Put a little boogie in it. – Anon.*

*-A man is visiting with his doctor on a follow up appointment. The doctor says "I've got bad news, and I've got very bad news, which would you prefer to hear first?" The patient replies "I guess I'll take the bad news"... The doctor says "Well, it looks like you only have 24 hours left to live." Distraught, the man exclaims "Oh my! What could be worse than that?" Then the doctor tells him "I forgot to tell you yesterday" –Lt. "Cricket" Raelson*

**Editor's Note: If you would like to submit your jokes, please email MC2 Marano at [marano.luciano@cvn72.navy.mil](mailto:marano.luciano@cvn72.navy.mil). Don't forget to include your name with the joke, so we can give you credit, and then MC2 Marano doesn't have to write "Anon." on all the bad jokes he makes up.**



USS ABRAHAM LINCOLN (CVN 72)

# NOVEMBER'S STORK REPORT

For submissions to the Stork Report, email MCC Eric Powell with photos and info [powell.eric@cvn72.navy.mil](mailto:powell.eric@cvn72.navy.mil)



Jayden Matthew Read  
Born: November 1, 2010  
Time: 5:27 p.m.  
Weight: 7 lbs, 14 oz.  
Length: 21 inches  
Father: MM1 (SW/AW)  
William Read



Lauren Elizabeth Moreau  
Born: September 27th, 2010  
Time: 1:27 p.m.  
Weight: 6 lbs, 13 oz.  
Length: 20 inches  
Father: MA3 Joshua D. Moreau



## AC3(EXW) JOSHUA GADBERRY

Hometown: Norman, Okla.

### Details of IA Assignment:

Volunteering for IA duty in the hopes of being sent to Iraq or Afghanistan, Gadberry was instead assigned at Camp Lemonier, Djibouti, Africa – Horn of Africa (HoA). Attending IA training in Fort Jackson, S.C. with the Army in July 2009 he was then shipped straight to HoA in mid-August 2009, to begin his IA duties. The next couple of months consisted of basic training in coordinating aircraft movement with the Djiboutian controllers and the ICIO regulations. Being guests in Djibouti, we were expected to always behave in a courteous and respectful manner. “The Djiboutian controllers were very respectful and kind to us. They brought us native foods to sample during our shifts” said Gadberry. “I made sure to bring up plenty of snacks and drinks to share with the controllers during every shift I worked. They were very grateful for everything we shared with them, because they have seen firsthand the effects of true poverty.” During downtime at the camp, there were two MWR facilities where they had movies, books, Wi-Fi, and an athletic field where service members could play soccer, flag football, ultimate Frisbee and baseball. There are also 2.5 mile running trails with various exercise stations. “The heat and exercise was possibly the best training aid I’ve ever had in my life,” said Gadberry. Gadberry’s tour resulted in him earning his Enlisted Expeditionary Warfare Specialist (EXW) designation. Gadberry’s EXW qualification makes him one of very few ACs in the community to wear this prestigious warfare device.

### USS Abraham Lincoln Assignment:

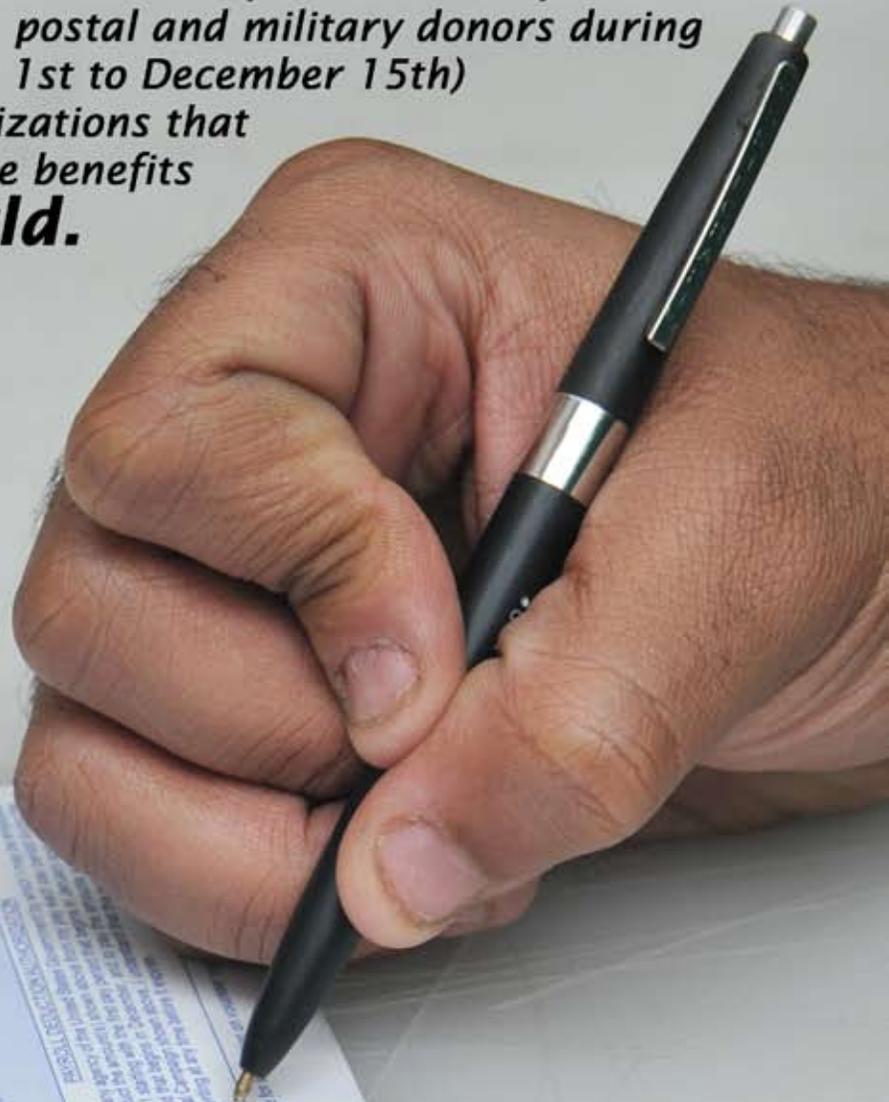
Assigned to Lincoln’s Operations Department, OC Division, Gadberry’s attentiveness to accuracy in updating critical data on the ISIS boards plays an instrumental role to the Wing, Operations Officer and Air Operations Officer to make real time last-minute decisions in mission planning and to safely recover aircraft.

## LINCOLN SALUTES OUR IA SAILORS



# COMBINED FEDERAL CHAMPAIGN

CFC is the world's largest and most successful annual workplace charity campaign, with more than 200 CFC campaigns throughout the country and internationally to help to raise millions of dollars each year. Pledges made by Federal civilian, postal and military donors during the campaign season (September 1st to December 15th) support eligible non-profit organizations that provide health and human service benefits throughout the world.



**ATTENTION EMPLOYER OFFICE**  
Only use this form to submit to your agency.

2011 CFC of Month Pledge Sound  
3100 MacChapin Avenue, #200  
West, San Antonio, TX 78211 (425) 374-5331

CFC Campaign Number: 0931 CFC State Code: 53 0880  
Check (if applicable) Federal Agency and Office: \_\_\_\_\_  
 Civilian  Military

EMPLOYEE ID: \_\_\_\_\_  
First Print Name: \_\_\_\_\_

AMOUNT	INTERVAL	TOTAL GFT	Charity Code	Annual Amount
\$	X 12 months	\$		\$
\$	X 6 pay periods	\$		\$
\$	X 15 pay periods	\$		\$

Cash Number: \_\_\_\_\_

**RECOGNITION OPTIONS**  
 Box must be checked  
 Box must be checked  
 Box must be checked

**DESIGNATED GFT:** To designate GFT, fill in the appropriate box in the designated column. If the designated GFT is not checked, the GFT will be distributed to the designated charities.

**RECOGNITION OPTIONS:** If you wish to have your name and address on the designated charities' records, check the appropriate box. If you do not wish to have your name and address on the designated charities' records, do not check any box.

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