PENNY PRESS

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This is a drill, this is a drill...

By MCSN Tim Roache
Penny Press staff

"This is a drill, this is a drill, general quarters, general quarters, all hands man your battle stations…"

Sailors on board USS Abraham Lincoln (CVN 72) rush to their respective repair lockers throughout the ship when this announcement is called over the public address system (1-MC).

General quarters (GQ) drills are training events that help the crew maintain the combat readiness of the ship in a worse case scenario.

"General quarters [drill] is a very important event, it's a training tool that helps teach the crew on how to fight the ship," said Chief Aviation Maintenance Administrationman (AW/SW) Brian Terry, a member of the Damage Control Training Team (DCTT) for repair locker seven bravo (R7B). Terry explained, "fighting the ship" means combating any casualties, such as fire or flooding that might occur aboard.

Sailors from E-1 to O-7 participate in GQ. Sailors are separated into 11 different repair locker teams divided strategically through out the ship.

Photo By MCSN Geoffrey Lewis

AW3 Bryan Aska plays the victim as volunteers are instructed how to properly move a trauma victim in case of emergency during a General Quarters (GQ) Drill.

"Repair two, three and four [and five] are concerned with the main deck in case of fire or flooding. One alpha, one bravo and one fox are mainly concerned with the hangar deck area. Then there's seven alpha, seven bravo and seven fox, who

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EODMU 11 Det 9 makes every job an adventure

By MCSN James Evans
Penny Press staff

A group of Sailors aboard USS Abraham Lincoln (CVN 72) is taking the adventure of serving in the Navy to a new level.

Does the thought of jumping out of a perfectly good airplane make you nervous? How about diving out of a helicopter into ocean swells? Or rappelling 50 feet out of a helicopter onto the deck of a ship at night? What about defusing a bomb?

Chances are the mere thought of doing any one of these things makes you shudder with fear. For the men of Explosive Ordnance Disposal Mobile Unit (EODMU) 11, Detachment 9, these activities and more are all in a day's work.

EODMU 11, Det. 9, stationed at Naval Air Station Whidbey Island Wash., consists of eight highly trained EOD technicians who provide the Abraham Lincoln Carrier Strike Group (ALCSG) with the capability to respond to explosive threats in nearly any environment.

"Our primary mission is to identify, render safe, and dispose of unexploded ordnance both above water and below," said Gunner's Mate 2nd Class (EOD) Ryan D. Swanson.

To perform this mission, EOD techs are subjected to one of the most intense training programs in the U.S. military.

"It starts out with a screening to see if your (Armed Services Vocational Aptitude Battery test), physical fitness, and (performance evaluation) scores meet the basic requirements," said Boatswain's Mate First Class (EOD/PJ) Jeffrey L.

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Inside

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Sailors belong on ships, ships belong at sea.... ... *pg. 3*

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Local Stories

Spotlight Sailors

AMAN Jonathan Rhoads
VFA-137

Hometown:
Copperas Cove, Texas

Reported to VFA-137:
Feb. 25, 2005

Hobbies:
"I like working on cars, being with my friends and traveling with my brother."

Reason he joined the Navy:
"For education benefits, to mature and to serve my country."

AMAN Rhoads contribution to the Navy:
"Perform scheduled and unscheduled maintenance on six aerial refueling stores assemblies."

AO3(AW) Christopher Sorrells
Weapons/G-1

Hometown:
Everett, Wash.

Joined the Navy:
March 11, 2002

Advice to new Sailors:
"Work hard, help others and in return it will help you in the long run."

Reason he joined the Navy:
"To support my country after the attacks of 9/11."

Something AO3(AW) Sorrells is looking forward to:
"Getting my Surface Warfare qualification."

Marijuana can stunt emotional and intellectual skill growth, instill a feeling of apathy and compromise health. Users are exposed to a drug culture that encourages experimentation with other drugs. For information contact DAPA.

May 19, 1882

Commodore Robert W. Shufeldt, in command of the crew sloop Swatara, lands in Korea and commences negotiations that result in a commercial treaty between Korea and the United States.

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MCSN Timothy Roache
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Local News

Forward deployed is still the place to be

From Fleet Master Chief (SS/SW)
Rick West

Warriors, we need to chat again about a subject near and dear to our Navy – especially in the Pacific – forward deployed naval forces (FDNF).

I've talked about this subject before, but I feel I need to address it again, because I just don't think the word is getting out as well as it should.

We have many professional and family opportunities overseas, and now is the perfect time to take advantage of them. Forward-deployed service, assignment to deployable units home ported overseas, presents our Sailors with monetary advantages, education, travel and the professional experience and growth to significantly enhance a developing career. Shore duty overseas also provides many of these options.

I mention this because our Navy is still wrestling with maintaining normal personnel rotations in and out of our forward-deployed ships and bases. My classic example is Japan. It's tough to get our Sailors out there; but once there, it's tough to get them to rotate out.

Also forward-deployed duty still has reputation issues, and as I have mentioned in the past – it's all because of bad gouge.

Warriors, we need to look at the facts. And some of them have changed since I last talked to you about this. But the points bear repeating because, like our individual augmentee program, the FDNF is critical to our readiness.

One recent change for the better is Sailors returning from a successful FDNF sea duty tour are now entitled to orders on the coast of their choice: East or West, it makes no difference.

But I know the number one concern is still money. For that extra pocket cash, you still have the assignment incentive pay (AIP) for critical, but hard to fill, overseas billets. It still can reach almost $1,500 a month extra.

Remember that AIP is scaled to meet rating and location requirements: in other words putting a qualified Sailor in a needed billet. So talk with your Career Counselor and detailer about AIP eligibility.

So once we figure in the other FDNF financial incentives – overseas COLA, housing allowances, sea pay for sea commands, and for those looking to extend there, overseas tour extension incentive pay – an E-6 is looking at banking around $17,000 per year **extra** on top of other pays which equates to approximately $51,000 **extra** over a three-year tour.

Some other significant points from our last FDNF talk are:

·Priority Seating on MAC flights for Environmental Morale Leave (EML)

·Paid Travel for Member & dependents on emergency leave.

·Spousal Tax-Free Employment Income (Up to $80K) (TAX FREE)

·No out-of-pocket expenses for orthodontic care (ex. children's braces)

·DoDEA schools

·A very robust MWR, offering

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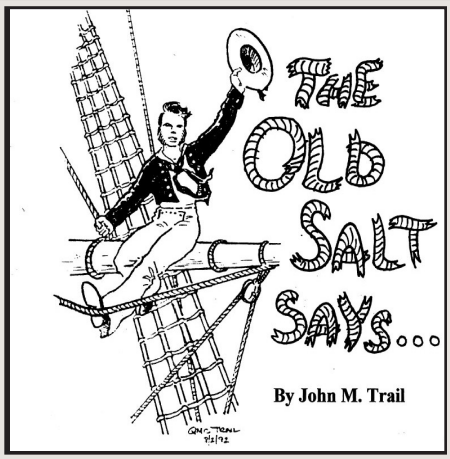
Son-of-a-gun

If some "Landlubber" or "Salty dog" calls you a "Son-of-a-gun," don't be insulted, as it's actually a complimentary term of old nautical origin. It originally meant a Seaman who was born at Sea or aboard ship. The term derived from a period when the wives of Seaman lived aboard ship while in port and occasionally at Sea with their husbands. When one of these wives had to give birth to a child, usually the only space available was between the guns, since the other spaces had to be kept clear for working the ship. Sometimes the Sailors would get permission to fire a gun during a difficult labor to "shock" the mother into giving up her child.



Features

EOD

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Chaney, Det. 9 leading petty officer.

"From there, if accepted, you receive orders to the U.S. Navy Diving and Salvage Training Center in Panama City Fla., and you learn the basics of Navy diving, diving medicine and do a heck of a lot of PT (physical training)," said Chaney.

According to Chaney, upon completion of dive school, prospective EOD technicians are sent to Explosive Ordnance Disposal School, a joint training school at Eglin Air Force Base, Fla. There students are taught the tools and methods used to identify, recover, render safe, and dispose of a wide variety of ordnance, munitions, and Improvised Explosive Devices (IEDs), as well as chemical and nuclear weapons.

Navy graduates must attend an additional course covering Navy-specific threats such as underwater mines and torpedoes.

"Once you do that, you are finished with EOD training, but really that's just the beginning," said Chaney.

An EOD technician's education is rounded off in Jump School at Fort Benning, Ga., and Team Tactical Training at Naval Base Point Loma, Calif. to provide the skills necessary to enter a hostile environment and function as a unit.

With all this training under their belts, the professionals of EOD find themselves very busy when they finally reach their duty station.

"I spent 270 days deployed last year, including four months in Pyramid Lake, Nevada." said Chaney. At Pyramid Lake, Det. 13, Chaney's former detachment, participated in a massive cleanup. The team removed unexploded rockets and munitions from the lake left over from when the area was used as a test range. For their efforts, the unit received the Secretary of Defense Environmental Award.

Currently, EODMU 11, Det. 9 is using their time underway aboard USS Abraham Lincoln (CVN 72) to conduct as much operational training as possible. That training has included a casting operation during which team members are dropped into the open water by a helicopter; and several fast roping and rappelling events.

The team has also been involved in a number of exchanges with foreign militaries.

"We've done operations with the EOD teams in most of the countries Lincoln has visited so far," said Chaney. "We worked with the Korean SEALS, we did an exercise with the Hong Kong Police Department, who have one of the biggest assortments of EOD equipment I've seen, we also trained with the Thai EOD and spent a week with the Singapore EOD."

MCSN Evans

MCSN Lewis

MCSN Evans

MCSN Wilson

MCSN Beesley

MCSN Evans

Features

GQ

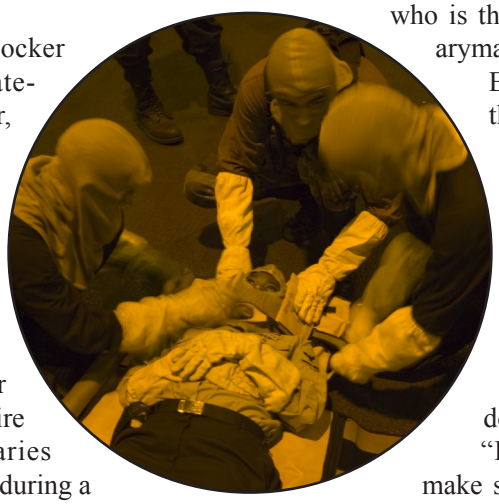
Continued from page 1

work on the 03 level. For the flight deck there's Crash and Salvage," explained Terry.

Repair locker personnel are chosen to serve in areas where they have experience onboard the ship.

"If it's an engineering area of responsibility, the repair locker is going to primarily consist of Sailors from the engineering department," said Senior Chief Damage Controlman (SW) Chad Lukehart, a member of DCCT. "That way, at least, they have a little bit of knowledge of what they may be working on, or a little bit of knowledge of the spaces that they may need to go fight fires or prevent flooding in."

Once the repair locker team has been strategically put together, each Sailor is assigned a certain role in the locker. One important role in the locker is the boundary man.



"Boundary men are responsible for ensuring that the fire and smoke boundaries are set around a fire during a causality," explained Intelligence Specialist 2nd Class (SW) Jacob Egbert, who is the R7B lead boundaryman.

Boundarymen ensure that smoke curtains are put in place to keep smoke from spreading and that personnel are stationed in spaces adjacent to a fire with hoses ready to ensure that the fire does not spread.

"I'm responsible to make sure that the rest of my boundary team are where they are supposed to be, are organized, and know exactly what's going on," said Egbert.

During GQ, Sailors are given real-world, worst-case scenarios to help them be ready in case of an enemy strike.

"We train for the worst that could happen, but hope for the best," said Lukehart.

DCTT sets up scenarios in advance for the GQ event, controls each situation, teaches each Sailor what to do in each event that possibly could happen, and tests each Sailor's knowledge on what they have been taught.

"This is a very enlightening experience," Terry explained about being DCTT. "One day though, I'm not going to be in the Navy, so someone needs to replace me. It's my job to train that replacement."

Once all simulated casualties have been cleared, each repair locker comes together for a team meeting to review what happened during the drill. DCTT members debrief the members of the locker at the end of each drill and then report how the drill progressed to the ship's damage control organization.

Gear is re-stowed and the ship returned to a more normal posture. Then the announcement is made over the 1-MC, "material condition mine zebra has been set through out the ship, secure from general quarters."

Career Councelor's Corner

By MC2(NAC) Aron Taylor
Penny Press staff

Sailors aboard USS Abraham Lincoln (CVN 72) could see a change in the amount of time they spend at sea and on shore. The Navy has revised enlisted Sailors' sea-shore rotations for the first time since 2001.

According to NAVADMIN 130/06, existing sea and shore tour lengths will be revised to accommodate changes in the Navy's billet structure and individual rating sea-shore billet ratios. New ships and squadrons coming online will require different manning constructs from those in the fleet today.

The NAVADMIN also stated that Commander Naval Personnel Command will adjust projected rotation dates based on the Sailor's current length of tour remaining.

"Sailors that could possibly be affected by the new sea-shore rotations make up nearly half of Abraham Lincoln's crew," said Senior Chief Navy Counselor (AW/SW) Brian Schroepfer. "The change could affect their current sea tour on the Lincoln or their follow-on shore tour lengths."

The new NAVADMIN does specify that all Sailors with rotation dates of February 2007 and earlier will not be adjusted, and Commander Naval Personnel Command is authorized to adjust a PRD to reflect a senior paygrade for sailors who are advanced in grade while in their current tour. This decision will be made based on overall manning in the command and projection of future rotations.

"It could take a few months to compare the ships Enlisted Distribution Verification Roster with the new NAVADMIN instruction to determine who those sailors are." stated Senior Chief Navy Counselor (SW/PJ) Stephen Rogers, "Sailors who believe they will be affected can contact their rating detailer for more guidance."

Lincoln's weekly news program Newslinc is now featuring a weekly segment called "Ask the Career Counselor," if you have questions and would like to see them answered on the show, email them to ccc@lincoln.navy.mil.

Features

14 Lincoln chiefs recieve their first star

By MC3 James McGury
Penny Press staff

Fourteen Chief Petty Officers on board USS Abraham Lincoln (CVN 72) were advanced to the rate of Senior Chief Petty Officer May 13 in the ship's forecastle.

The path that some traveled to get to the rate of senior chief has not been an easy or short one, according to Senior Chief Navy Counselor (SW/AW) Stephen Rogers.

"It was the sixth time that my record was reviewed by the board so I was in disbelief when I found out I made it," he said.

He said great mentorship and a tour in Iraq as SEAL Team 7's Command Career Counselor helped him advance.

Blueshirts who want to advance to Senior Chief Petty Officer should start looking for more difficult billets, said Senior Chief Damage Controlman (SW) Chad Lukehart. "Challenge yourself and take the hard billets," he said.

Lukehart said that billets such as recruiting duty and Recruit Division Commander duty at Naval Recruit Training Center, Great Lakes help further one's career.

Although the path may be difficult, there are a few traits Sailors need to learn in order to make it the E-8 level.

"Perseverance, patience, and make the most of your time," said Rogers.

Chief Petty Officers have to wait three years before being considered for advancement to Senior Chief. A panel of senior enlisted personnel reviews the records of those who are eligible and make recommendations for advancement.

In addition to Rogers and Lukehart, the following personnel were advanced aboard Lincoln: Senior Chief Operations Specialist (SW/AW) Nicholas F. Desoto; Senior Chief StoreKeeper (AW) Leogardo A. Hinahon; Senior Chief Aviation Boatswain's Mate (AW) Laurence K. Jones; Senior Chief Machinist Mate (SW/AW) Lyle E. Knudsen; Senior Chief Aerographer's Mate (AW/SW) David P. Martinez; Senior Chief Operations Specialist (SW) Brian K. McClenaghan; Senior Chief Culinary Specialist (SW/AW) Noel C. Sebastian; Senior Chief Storekeeper (SW/AW) Ricardo A. Solis; Senior Chief Machinist's Mate (SW) Chad M. Stockton; Senior Chief Hospital Corpsman (SW/AW/FMF) Steven T. Wheeler and Senior Chief Aviation Ordnanceman (AW) Patrick C. Zawchenuk.

FDNF

Continued from page 3

many travel opportunities.

·Short waiting list for housing.

I'd like to make a pitch now for Pacific forward-deployed opportunities. Let's start with Japan.

With 17 ships and 43 shore facilities governed by three fleet activities, Japan has almost 20,000 Sailors and 19,000 civilians. Those are all tough jobs and it's just as tough to fill them. But it also provides many professional, cultural, and educational chances for those looking for an edge.

In the Marianas, our Navy and Marine Corps forces serve as forward-deployed operational support in the Western Pacific.

Guam duty means being one of 3,903 Sailors serving in one of more than 40 different flag, surface, submarine, medical and information commands. As a strategic support hub, Guam is a major pipeline of supplies and services to the forward deployed fleet.

Also keep in mind that Guam provides top-notch education, exchanges and commissaries, and excellent housing for a successful overseas family tour.

In all these areas, don't forget about the Assignment Incentive Pay, Cost of Living Allowance, and Overseas Tour Extension Incentive Pay.

Another critical area is Korea. Commander, U.S. Naval Forces Korea provides leadership and expertise in naval matters to area military commanders, and functions as a liaison to the Republic of Korea navy, U.S. Combined Forces Command and Commander, U.S. Seventh Fleet.

While there are no ships homeported in Korea, there are still approximately 300 Navy billets. Sailors serving here find spacious housing and great MWR services and support for them and their families.

Finally there is Singapore. Ninety Sailors, along with 50 DoD personnel, serve in one of the world's safest countries.

Sailors stationed there have phenomenal quality of life for themselves and their families with Navy-funded private education for their children. Single Sailors live in spacious apartments and have all the support of traditional MWR services.

The experiences you gain will be eye-opening. Think about all the reasons you joined the Navy. I'm sure a good number of you joined to "see the world!" so why not take advantage of these incredible positions?

Taking one of these challenging and rewarding billets may offer you and your family extra money and quality of life.

Features

May celebrates Asian Pacific heritage

By MC2 Michael Cook
Penny Press staff

The month of May is Asian Pacific American Heritage Month throughout the Department of Defense. From the Pentagon to Iraq, servicemembers all over the world are celebrating the cultures, traditions and achievements of Asian Pacific Americans through many different celebrations and events.

Lt. Cmdr. Iakopo Poyer, 1st Lieutenant aboard USS Abraham Lincoln (CVN 72), is one of many Asian Pacific Americans proudly serving aboard the nuclear powered aircraft carrier. Poyer, a native of American Samoa, left the island at the age of 18, to further his education in the continental United States.

After completing a year-and-a-half of college, he realized he needed to save some money in order to complete his degree, which brought him into the Navy as an undesignated Seaman.

"There are no universities or big colleges there," Poyer said. "So, when you finish high school, you have to come here to the States to go to college, or join the military."

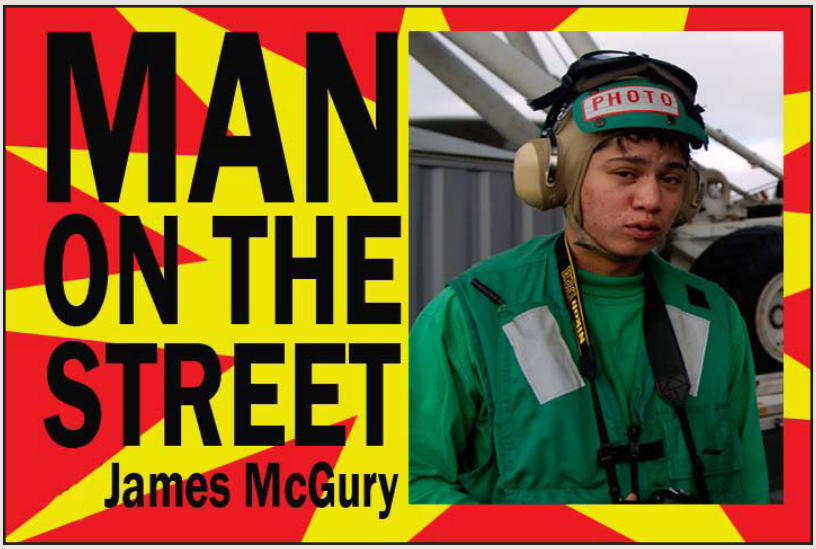
Poyer's family is no stranger to the U.S. military. His father served in the Marine Corps, and helped to raise Poyer and his 12 brothers and one sister on the island. Of his 12 brothers, there was a time when six were serving in the Army and another in the Air Force, while Poyer was sailing with the Navy.

Poyer, along with many Lincoln Sailors will be celebrating the contributions Asian Pacific Americans have made to the Navy on May 24 on Abe's forward mess decks.

The Lincoln Heritage Council, which helps to celebrate diversity on the ship, is organizing the event with the help of Chief Hull Technician (SW/AW) Carmen Viduya, Lincoln's Equal Opportunity Advisor, and the Defense Equal Opportunity Management Institute (DEOMI).

This year's theme for the celebration is "Dreams and Challenges for Asian Pacific Americans." The celebration plans to feature guest speakers (including Poyer), and native dance routines.

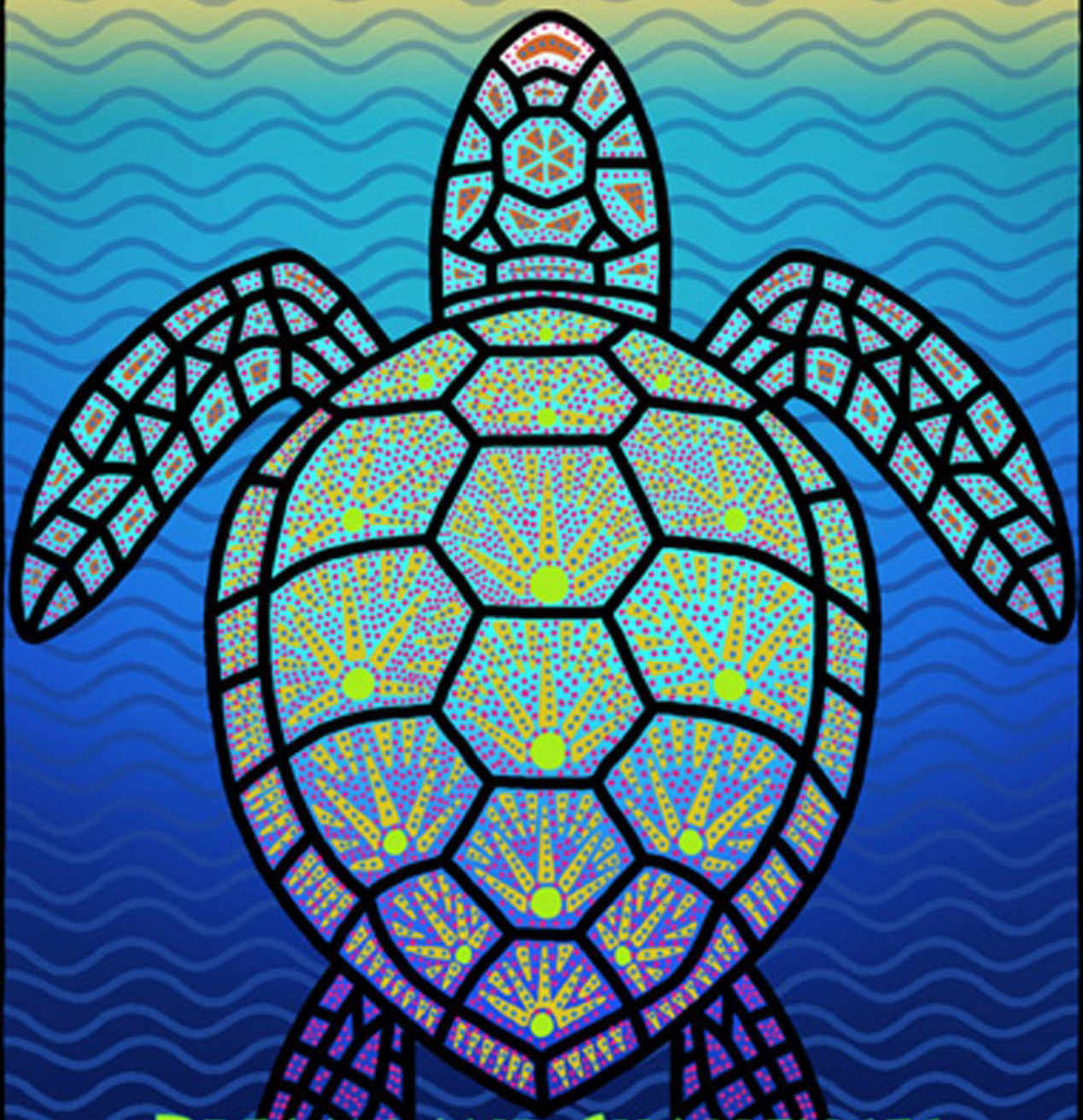
As Sailors, Airman, Marines and Soldiers throughout the armed forces work together to bring democracy throughout the world, they also make a point to remember the differences that bring them together.



Lookout, we gave MC3 James McGury a video camera and now he's comin' after you! Get a question right, get a prize. Get one wrong, then you're ridiculed like no one's business! Catch Man On the Street, and Lincoln driven news, every Friday at 7 p.m. on NewsLinc!

Abe's Morale, Welfare and Recreation proudly give you the chance to prove that your better than William Hung at the June 24th talent show. Sign up in MWR office.

ASIAN PACIFIC AMERICAN HERITAGE MONTH



DREAMS AND CHALLENGES FOR ASIAN PACIFIC AMERICANS

Local News

Shipmates

The strength of a warship lies in the hearts and hands of its crew

Photo by MCSN James Evans

An aircraft director guides an MH-60 Knighthawk of Helicopter Sea Combat Squadron (HSC) 25 "Island Knights" to the deck of USS Abraham Lincoln (CVN 72) during a vertical replenishment between Lincoln and the Naval Fleet Auxiliary Force Ammunition Ship USNS Kiska (T-AE 35).

Photo by SK1(SW/AW/SS) Richard Ward

USS Abraham Lincoln Safety Department's

Safety Sailor of the Week

MRFA Robert Paxton

While using a drill press, Machinery Repairman Fireman Aprentice Robert Paxton of Repair Division ensures his safety by using impact resistance glasses.

For observing ORM, Paxton is Abe's Safety Sailor of the Week.

Editor's Top 10

Things you didn't know about the old XO:

10. During XOI, he'd give Sailors a choice: go to Mast or watch his favorite movie, The Sound of Music.

9. When he was alone, he'd pretend to be Huggy Bear from Starsky and Hutch.

8. Loved to sing karaoke...to the people in the brig.

7. Had countless nightmares about Sailors wearing their baseball caps in the hangar bay.

6. Got in trouble at a USC game... Trust us, we have proof.

5. He wasn't really that tall, he just wore stilts all the time.

4. Favorite swear word was "patootie."

3. Hit his head so many times on the mess decks the Native Americans called him "Many Lumps."

2. Was the secret love child of Lurch, from the Addams Family, and a wookie.

1. Had plans for global domination "after happy hour."