

VOLUME 28, ISSUE 12

THE PENNY ⁷² PRESS

APRIL 11, 2017



COMMAND ASSESMENT TEAM
FOCUSED ON SUCCESS



LINCOLN BRINGS BACK

NIXIE



LINCOLN SAILOR SELECTED FOR
COMMISSIONING PROGRAM



WELCOME ABOARD

USS ABRAHAM LINCOLN (CVN 72)



Commanding Officer of USS Abraham Lincoln (CVN 72) Capt. Ronald Ravelo (right) presents a Sailor of the Day award to Sonar Technician (Surface) 3rd Class Tony Lopez on the bridge of Abraham Lincoln. Photo by MC3 Juan Cubano

PENNY ⁷² PRESS

USS ABRAHAM LINCOLN

www.facebook.com/usslincoln
 www.cvn72.navy.mil
 www.twitter.com/cvn_72
 www.youtube.com/ussabrahamlincoln72

Commanding Officer
 Capt. Ron Ravelo

Executive Officer
 Capt. Amy Bauernschmidt

Command Master Chief
 CMDCM Lee Salas

Public Affairs Officer
 Lt. Cmdr. Tiffani Walker

Assistant Public Affairs Officer
 Lt. j.g. Anthony Junco

Media Department LCPO
 MCCS Hendrick Dickson

Media Department CPO
 MCC Amy Kirk

Editor
 MC3 Ashley Raine Northen

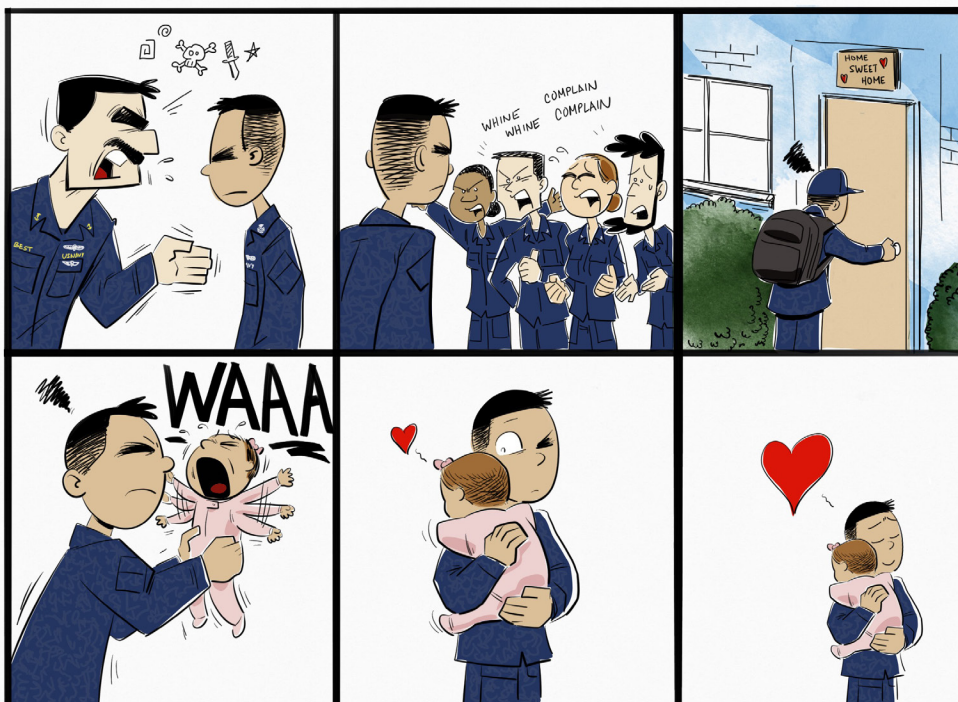
Media Department Staff

- MC1 Josue Escobosa
- MC1 Mark Logico
- MC3 Cody Anderson
- MC3 Juan Cubano
- MC3 Clint Davis
- MC3 Matt Herbst
- MC3 Jacques-Laurent Jean-Gilles
- MC3 Aaron Kiser
- MC3 Allen Lee
- MC3 Patrick Maher
- MC3 Ashley Raine Northen
- MC3 Jessica Paulauskas
- MCSN Louis Ortiz
- MCSN Josiah D. Pearce
- MCSN Alexis Romero
- MCSN Kyler Sam
- MCSN Jeffrey Sherman
- MCSN Jacob Smith
- MCSN Darion Triplet

Penny Press is an authorized publication for members of the military services and their families. Its contents does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby.

Front Cover Photo
 MC3 Aaron Kiser

Sonar Technician (Surface) 2nd Class Bob Burns drills holes in a fair lead stand on the fantail.



Lincoln & Berry
 Comic by MC1 Mark Logico



AROUND THE FLEET

NAVY IMPLEMENTS SGLI ON-LINE

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- The Navy announced in NAVADMIN 085/17 that Servicemember's Group Life Insurance (SGLI) will be available online for Sailors to verify, update and change their insurance coverage amount and beneficiaries starting April 6.

To view or change information, Sailors may access SOES through My Navy Portal at <https://my.navy.mil>, by choosing the milConnect tab and logging into milConnect system. Once logged into milConnect, Sailors select the "SOES" option under the "Benefits" tab and follow the prompts. Users may access milConnect with a Common Access Card (CAC), DFAS (myPay) account, or DS LOGON account.

"Moving from paper to electronic beneficiary forms will provide a faster,

easier method for Sailors to make changes to their coverage and beneficiary information," said Ann Stewart, Assistant Chief of Naval Personnel for Pay and Personnel.

Using SOES, service members may manage coverage amounts and name and update their beneficiaries. Members may also elect coverage for their dependent children and non-military spouses under the Family SGLI program.

The paper form will still be accepted if a change to beneficiaries must be made and the Sailor has no access to internet, but it is recommended that the change be made online at the first available opportunity.

If a married service member declines coverage, elects other than the maximum amount of coverage, or designates beneficiaries other than the spouse or a child of the member, the spouse is automatically notified by an SOES generated

notification.

"This change will help Sailors more effectively manage their insurance needs," said Alan Gorski, acting deputy director, Navy Casualty Office. "We encourage all Sailors to log-in and make sure that their SGLI information is up-to-date to prevent unexpected stress on their loved ones should something happen to them."

SGLI is a program of low cost group life insurance for service members on active duty, ready reservists, members of the National Guard, members of the Commissioned Corps of the National Oceanic and Atmospheric Administration and the Public Health Service, cadets and midshipmen of the four service academies and members of the Reserve Officer Training Corps. SGLI coverage is available in increments of \$50,000 to a maximum of \$400,000. SGLI premiums are currently \$.065 per \$1,000 of insurance, regardless of the member's age. ▲

NKO CONTENT SHIFTS TO MY NAVY PORTAL

From Chief of Naval Personnel Public

WASHINGTON (NNS) -- The Navy announced Thursday, following the successful launch of My Navy Portal, Navy Knowledge Online (NKO) will be disestablished April 14.

My Navy Portal provides Sailors a more user-friendly interface, is easier to navigate and contains the majority of the training content found on NKO.

Going forward, all NKO users will be redirected to use My Navy Portal at <https://my.navy.mil>. Sailors will be able to access tools such as Navy eLearning, Navy Advancement Center information, Personnel Qualification Standards and other career management tools from the portal's front page.

For more information on the disestablishment of NKO, read NAVADMIN 087/17. ▲

BETA 11:11:16 Zulu 7 Apr 2017 (087) MNP LOG IN

MY NAVY PORTAL
The one stop shop to manage your Navy career.
MNP LOG IN

My Navy Portal (MNP) is a system designed by Sailors for Sailors. MNP reduces the number of different websites and systems Sailors must visit, and is organized around 11 Career & Life Event categories that encompass the most common personnel, training, and education tasks Sailors perform throughout their careers.

EXTERNAL LINKS CAC Required

- + BOL BUPERS Online
- + CMS-ID Career Management System-Interactive Detailing
- + DON Issuances Department of Navy Issuances
- + ETJ Electronic Training Jacket
- + FLTMAPS Fleet Training Management & Planning System
- + JST Joint Service Transcript
- + milConnect
- + myPay
- + Navy COOL Navy Credentialing Opportunities Online
- + NeL Navy eLearning
- + NETC Naval Education and Training Command
- + NFAAS Navy Family Accountability and Assessment System
- + NPC Navy Personnel Command
- + NRC Navy Recruiting Command
- + Navy Reserve Homeport
- + NSIPS Navy Standard Integrated Personnel

PS1 VIOLETA SANDOVAL : SELECTED TO TRAIN FOR THE MEDICAL SERVICE CORPS

Story and photo by MC3 Aaron Kiser

Achieving the rank of petty officer first class is a difficult feat to attain in six years, becoming a first class and getting accepted into an officer commissioning program is almost unheard of in that amount of time.

Personnel Specialist 1st Class Violeta Sandoval succeeded in doing both.

Sandoval was selected for the Medical Service Corps In-Service Procurement Program (MSC IPP) to become an officer in the industrial hygiene field. Every Sailor has the potential to achieve their goals through perseverance, explained Sandoval.

“If you are truly passionate and want to pursue a path, then do it,” she said. “Things don’t always go as planned. You must be able to bounce back, rethink your strategy, and try a different approach to accomplish your goals.”

Being an enlisted Sailor transitioning to an officer role, Sandoval believes one of the greatest contributing factors for her success is understanding other people’s viewpoints in relation to the mission at hand.

“As a first class, I was

molded by my Chiefs. They challenged me to accept positions outside of my comfort zone and trained me to get the mission done,” said Sandoval. “Working with them has given me a different perspective and understanding that I will one day utilize as a department head.”

While getting selected for a competitive program like MSC IPP is an invaluable opportunity, Sandoval says the challenges she faced getting selected proves she made the right choice.

“Sacrifice is the one thing that stops most people from attaining their goals,” said Sandoval. “There have been several times where I sacrificed liberty, sleep, and other essentials but I always push through because the things that are most rewarding are the hardest to achieve.”

“Things don’t always go as planned. You must be able to bounce back, rethink your strategy, and try a different approach to accomplish your goals,” said Sandoval

Working hard, being competitive, and making sacrifices are qualities a Sailor needs to get selected, but Sandoval says she believes in the personal strength of a positive outlook to stay driven.

“I find ways to keep myself motivated,” she said. “I’ll play music or make jokes to help me through long and stressful days, always keeping my end goal in mind.” ▲



Personnel Specialist 1st Class Violeta Sandoval poses at her workspace. Photo by MC3 Aaron Kiser

LINCOLN SAILORS BRINGING NIXIE BACK TO LIFE

Story and Photo by MC3 Aaron Kiser



Sonar Technician (Surface) 1st Class William Greiger checks the electricity for a drill to make holes in a fair lead stand on the fantail. Photo by MC3 Aaron Kiser

Getting a warship out of refueling and complex overhaul and prepared to fight requires the hard work and dedication of an entire crew to achieve.

A group of sonar technicians assigned to Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) are preparing to fight by readying Lincoln's defensive capabilities.

"Currently my Sailors are getting the towing cables put on for the Lincoln's Nixie system," said Sonar Technician (Surface) 1st Class Alex Scales. "The system is designed to be a torpedo countermeasure defense system that enables the ship to avoid weapons fired at us during wartime."

AN/SLQ-25A, commonly referred to as Nixie, is towed along behind the ship giving off a magnetic signature that mimics the ship and confuses enemy torpedoes into thinking they hit their

target. According to Scales, getting a piece of equipment this sophisticated running is a challenge, but his Sailors are more than up to the task.

"Everyone in my department, from top to bottom, is a go-getter and rises to the challenge every day," said Scales. "They are the most solid group on the ship and consistently learn, train, and perform to get the job done."

These technicians use one of the most vital skills necessary to complete a mission flawlessly – communication.

"When we operate the Nixie we use a mixture of hand signals and verbal communication to ensure safe and efficient operation of the equipment," said Sonar Technician (Surface) 1st Class William Greiger. "Using the same daily routine ensures everything gets accomplished in putting Nixie back together."

Not everything happens as planned, but according to Greiger that's also part

of their plan.

"I'm regularly going over the plans to bring Nixie back to life and reviewing possible scenarios that can happen," said Greiger. "Predicting problems before they happen is invaluable and getting this head start lays the foundations for the success of business that follows after."

While having the ability to defend the ship from underwater threats is essential to the mission, quality Sailors are necessary to man their battle stations.

"No one wants to be defenseless in the ocean with so many potential threats around," said Scales. "But bringing the system back online and the training we conduct is critical. I know for a fact that when I leave here having imparted my knowledge, others will continue that tradition of success and carry on with the mission." ▲

COMMAND ASSESSMENT TEST GIVES VOICE TO SAILORS' CONCERNS

Story and photo by MC3 Aaron Kiser

Sailors assigned to Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) have the opportunity to effect change within their workcenters as well as commandwide by participating in monthly Command Assessment Team focus groups.

As Abraham Lincoln nears the completion of its refueling and complex overhaul, Sailors are tirelessly working to ready the ship for its return to the fleet. In such a fast-paced environment, it can be easy to lose focus of everything but the work needing to be completed. That's where the Command Assessment Team (CAT) steps in— helping create a clear picture about issues and challenges Sailors face daily.

"The CAT collects data for the commanding officer on specific topics," explained Chief Hospital Corpsman Jennifer Avila, a command climate specialist. "Last month, the team focused on Sailors issues with the Fitness Enhancement Program and proper nutrition. Now, we are focusing on drug and alcohol issues as well as the non-judicial punishment process."

Each month, the team sends out a call for Sailors, E-6 to E-1, to participate in focus groups to address their concerns and make recommendations for improvements. While there are topics the groups cover, no issue is off limits for discussion.

"When we first started, a few of the Sailors were apprehensive because they were told to show up to the focus groups. They didn't know what exactly we did, until we explained our role," said Avila. "We work on their behalf to allow the CO to see their point of view. Now, we are seeing more participation."

The groups are conducted in an open-forum style so Sailors can feel discussing their issues without worrying about someone judging them, explained Logistics Specialist 2nd Class Ernst Clervil, a CAT facilitator.

The focus group CAT representatives write down anonymous statements and create lists of what issues are troubling Sailors as well as possible solutions. The list is



Culinary Specialist Seaman Maurice Williams writes down Sailors' comments during a command assessment team (CAT) focus group meeting. Photo by MC3 Aaron Kiser

then provided to commanding officer for review.

"When we talked to Sailors at the last focus group, they were concerned that their workload might affect their ability to stay fit," said Clervil. "When the CO saw this, there was a large push to help integrate nutrition information, workout programs, and times in the day set aside to work on both."

The focus groups allow the voice of junior Sailors to be heard by the upper chain of command.

"Commands without a Command Climate evaluation system are destined to fail because they do not know what is on the mind of their Sailors or what they are dealing with," said Salas. "Of course commands conduct a yearly command survey, but aboard the Lincoln, we want to be proactive and address issues."

Ultimately, the job of the CAT comes down to improving the lives of Lincoln Sailors by promoting awareness about Sailors concerns to the chain of command. Whether you have concerns about awards and recognition or fitness and nutrition, the CAT wants to know.

"I really believe in this program because it allows the Sailors to give their voice and feel like their needs matter," said Avila.

Allowing the Sailors voice to be heard and coming together as a team to effect change is what makes a true difference. Focus groups are announced monthly and Sailors are encouraged to come share their thoughts. It could be your one response that makes all the difference. ▲

AROUND THE COMMAND



Aviation Boatswain's Mate (Handling) Airman Jean Torres (left) and Aviation Boatswain's Mate (Handling) Airman Ryan Carlson (right) navigate the P-25 during a flight deck general quarters drill. Photo by MC3 Jessica Paulauskas



Aviation Ordnanceman 2nd Class Irish McDonald serves herself a plate during the March birthday meal in the forward mess deck. Photo by MC3 Jessica Paulauskas



Senior Chief Aviation Electronics Technician Sonya Best inspects Sailors' uniforms during an Aviation Intermediate Maintenance Department uniform inspection. Photo by MC3 Jessica Paulauskas



Turn in your MUSTER REPORTS

@ **0800** during underway periods or during fast cruise;
@ **0900** while inport and not in a training environment.

**Protecting Our People Protects Our Mission:
The Difference Starts With You.**



Step Up and Step In to Stop Sexual Assault.

This April marks the 13th annual Sexual Assault Awareness and Prevention Month. Every service member, from new recruit to flag officer, must know, understand, and adhere to Navy core values and standards of behavior in order to eliminate sexual assault and other criminal behavior. Each member of our Navy community has a unique role in preventing and responding to sexual assault. Active intervention is a key prevention approach, which involves interrupting situations that could lead to sexual assault using both direct and indirect strategies.

For more on the Navy's Sexual Assault Prevention and Response Program visit <http://www.navy.mil/local/sapr/>

It shouldn't hurt to be a child.

April Highlights *Child Abuse Prevention*

Things to Know:

- Many people think child abuse is limited to physical harm. In reality, child abuse includes: physical abuse; physical neglect; sexual abuse; and emotional/mental maltreatment.
- Most child abuse and neglect is not a one-time event but usually occurs in a pattern over time.
- Many children are subject to more than one form of abuse. If you suspect child abuse and neglect, you can call the Child Abuse and Neglect Hotline at 800-552-7096. For additional parenting resources, visit your local Fleet and Family Support Center.

MWR's "Get to Know Your Gyms" Challenge

It's a timed challenge involving a different workout in each of the gyms. The clock will start as soon as you begin the first workout in the first gym and will end as soon as you finish the last workout in the last gym.

The instructions are as follows:

You may be in the gym before starting the clock. You may set up the equipment/weights before starting the clock. Once you are ready to begin, start the clock. (If you do not have a stopwatch, you may borrow one from Fit Boss!)

First Workout - 4-225-2-A

3 Rounds of the following:

- 10 Trap Bar Deadlifts @ 135# for men/95# for women
- 10 Smith Machine Squats @ 135# for men/95# for women
- 10 Leg Press @ (4) 45# Plates for men/(2) 45# plates for women

Second Workout - 02-79-2-A

3 Rounds of the following:

- 10 Bench Press @ 135# for men/95# for women
- 10 Strict Pullups/or Lat Pulldown @ 50% of bodyweight

Third Workout - 03-255-2-A

1000m Row (Concept 2 Erg)

After completing each workout, you may only WALK to the next gym. Leave the clock running.

Contact Fit Boss for any questions about the challenge!!