

THE PENNY PRESS

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Aloha State Final Port Call Of A 10-Month Deployment

P. 5

RETURN AND REUNION P. 4 / U.S. PACFLT THANKS ABRAHAM LINCOLN P.9



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ESW'S

1. How many force master chiefs are there?

- A. 13
- B. 14
- C. 15
- D. 16

2. Where is 3rd fleet based?

- A. San Diego, Calif.
- B. Mayport, Fla.
- C. Naples, Italy
- D. Ft. Meade, Md.

3. What is the 6MC used for?

- A. General Announcing
- B. Damage Control Announcing System
- C. Ship-to-ship Announcing System
- D. Aviators' Announcing System

4. What is the safe distance you should remain from all deck fittings while handling line?

- A. 4 ft
- B. 5 ft
- C. 6 ft
- D. 7 ft



Cover

Sailors man the rails of the aircraft carrier USS Abraham Lincoln (CVN 72) as the ship prepares to pull into Joint Base Pearl Harbor-Hickam for a scheduled port visit.

PHOTO BY MC3 SHANE BRYAN

ANSWERS

- 1. D
- 2. A
- 3. C
- 4. C

Lincoln Bulletin Board

Jan.
13-19

THE PENNY PRESS
USS ABRAHAM LINCOLN

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Important Tiger Safety Information

- **NUMBERS TO KNOW:** Damage Control Central: J - 5701/5702
Medical: J - 5393/5394
- **MAN OVERBOARD PROCEDURE:** Up & Forward on the Starboard (right) Side, Down and Aft on the Port (left) Side
All Tigers will muster with their sponsor in their workspace
- **CELL PHONE USAGE:** INPORT: Phones may be used in HANGAR BAY 3
UNDERWAY: Phones may be used for music, photos...etc. but will remain on Airplane Mode
- **SAFE TRANSITING: Quick-Acting Doors:** You will pass through hundreds of these doors while walking around the ship. Be aware that some may be under pressure or suction from the ventilation system, so they can unexpectedly blow open or suck shut. Keep your hands and fingers well clear!
Ladderwells: The #1 Hazard! The stairs that we have on the ship are quite different from what you have at home. They are narrow, steep, and can be slippery. ALWAYS use the hand rails!
Passageway Hazards: The dangers are not just at foot level or on the Hangar Bay. Valves, electrical boxes, piping, etc. stick out into passageways and down from the overhead. Be on the lookout!
Restricted Areas: While aboard there are many places you can visit. Just ask. However, there are many locations on the ship where it is just not safe: engineering and weapons spaces, radar and electrical distribution rooms, etc. Please look for and heed all signs.
- **TRIP HAZARDS:** Please watch out for what we call "Knee Knockers." Like the doors, you'll encounter hundreds of these during your stay. There are also tie-down chains, hoses and lines that may trip you up. Keep your eyes peeled!
- **BUTTONS, LEVERS AND VALVES:** There are thousands of controls for the various systems on board that are readily accessible to anyone just walking by. Some are locked or tagged in their correct position, but most are not, to allow for quick action in case of an emergency.
Please do not operate any of these controls, even if you think you know what they're for.

January Health Tip

Your psychological and emotional well-being is just as important as diet and exercise when it comes to maintaining or achieving a healthy weight. When you are consistently stressed, tired, or unhappy, you may be less motivated to exercise and take the time to prepare healthy foods.

Insufficient sleep can also take its toll on the body. It is important to take time for yourself, and do things that make you feel happy and relaxed, such as getting a good

night's sleep, spending time with friends and family, managing stress at work, and perhaps even trying some relaxation exercises. The ShipShape Program is another resource that can help Sailors develop a healthy and permanent approach to weight management through nutrition, physical activity, and positive mindset.

You can also find resources to seek support and build resiliency that will support your psychological and emotional well-being.

To request an input for the Lincoln Bulletin Board, email amber.smalley@cvn72.navy.mil.

Around the Fleet



2nd Fleet Declares Full Operational Capability

STORY FROM FROM U.S. 2ND FLEET PUBLIC AFFAIRS

Seven months after reaching initial operational capability, U.S. 2nd Fleet achieved full operational capability Dec. 31.

Since its reestablishment in August 2018, Vice Adm. Andrew Lewis, 2nd Fleet (C2F) commander, has led the resurgence of the Navy's newest numbered Fleet, amid a return to great power competition as outlined in the National Defense Strategy.

"Within an increasingly complex global security environment, our allies and competitors alike are well aware that many of the world's most active shipping lanes lie within the North Atlantic," Lewis said. "Combined with the opening of waterways in the Arctic, this competitive space will only grow, and 2nd Fleet's devotion to the development and employment of capable forces will ensure that our nation is both present and ready to fight in the region if and when called upon."

Headquartered in Norfolk, Virginia, C2F exercises operational authorities over assigned ships, aircraft and landing forces on the East Coast and the North Atlantic.

The achievement of FOC signifies 2nd Fleet has reached sufficient capacity to sustain command and control over assigned forces using the operational functions and processes of the Maritime Operations Center and Maritime Headquarters, in accordance with Navy Doctrine.

C2F will primarily focus on forward operations and the employment of combat ready naval forces in the Atlantic and Arctic, and to a smaller extent, on force generation and the final training and certification of forces preparing for operations around the globe.

"Our involvement in force generation is limited to the integrated phase – the final stages of the training cycle when our ships are operating at the high-end in aggregate," Lewis said. "This is an important distinction from the previous 2nd Fleet that disestablished in 2011 in that it aligns us with all other OCONUS numbered fleets."

In June, C2F led exercise Baltic Operations on behalf of Naval Forces Europe, marking it the first time the Fleet operated in the European theater since its reestablishment, leveraging increased lethality, interoperability and integrated warfighting capability with regional allies and partners.

Building its expeditionary capability, C2F established a Maritime Operations Center (MOC) this past September in Keflavik, Iceland. This forward operating MOC, made up of approximately 30 members of C2F staff, possessed the ability to command and

control forces, provide basic indicators and warnings for situational awareness, and issue orders while maintaining reach-back capability to C2F headquarters.

Additionally, C2F has a trans-Atlantic outlook and understanding that it is intrinsically linked with allies and partners – both up toward the Arctic as well as across the Atlantic.

"We tirelessly work with our partner and NATO alliances to strengthen our deterrence and defense efforts throughout the Atlantic to improve upon our readiness and responsiveness," Lewis said. "This critical relationship will continue to grow throughout the future, as we work together to ensure there is no seam in the Atlantic for our adversaries to exploit."

By focusing on strengthening our partnerships with our Allies in the Atlantic and high-end training and employment of assigned assets, the new C2F is now fully postured to support the employment of forces, whether that is on the western or eastern side of the Atlantic Ocean, or further north into the Arctic Ocean.



The Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75), front, and the Ticonderoga-class guided-missile cruiser USS Normandy (CG 60) transit the Atlantic Ocean. Harry S. Truman is underway conducting composite training unit exercise with the Harry S. Truman Carrier Strike Group.

PHOTO BY MC2 SCOTT SWOFFORD

Return And Reunion

Helping Sailors Transition From Deployment To Home

STORY BY MC3 GARRETT LABARGE

The last stretch of a long deployment. The last few phone calls home. For many the last month of a deployment is a surreal feeling. You have adjusted to life at sea alone. How are your children going to respond? How will your schedule change?

Abraham Lincoln's deployment is ending in a home port change to San Diego and that comes with its own set of challenges.

"Logistics, logistics, logistics," said John Bellis, Abraham Lincoln's deployed resiliency counselor. If you are single you will have to budget time and energy into getting your life back in order. On the other side, if you are married, your spouse may have had to bear the brunt of stressors associated with a home port change. Show your appreciation for their efforts and stress."

Many Sailors suffer from trying to take on too much at one time when they return home. Between family trying to visit and friends who are eager to see a long lost friend, it can be easy to get lost in the commotion.

"If you need time to settle down and relax when you get home, make sure that you make it known," said Lt. Miranda Hamelburg, Abraham Lincoln's psychologist. "Tell your loved ones that you are tired. It is so important to set expectations. Your family and friends will be excited to learn about what you did while on deployment, however it is totally normal to not want to talk about it right away. Just make sure that you are communicating. That is what's most important."

There are a few things that Sailors can do for themselves before returning home that can help alleviate some of the stressors.

Bellis suggests managing expectations. Everything does not have to be perfect to enjoy a reunion. Sailors need to realize that everything may not go according to plan, but assuring your family that being back with them is the most important thing can really benefit everyone.

One of the toughest things for Sailors is returning home to children. There are some Sailors aboard who will be meeting their child for the first time. Spouses and caregivers have put in a lot of work raising the children and setting schedules while their Sailor was deployed.

"Schedules and routines are important for small children and children of all ages," said Bellis. "Don't interrupt the schedules your spouse or caregiver have established unless you discuss with them first."

Another way Sailors can help prepare for homecoming is to join a Fleet and Family Support Center Return and Reunion Workshop held daily throughout the Tiger Cruise. These workshops focus on everything from buying a new car and consumer fraud, to reintegrating with your loved ones.

Some of the workshops include:

All these walk-in classes are available every day during Abraham Lincoln's transit home for walk-in and the times and schedule are posted on the Lincoln 50/50.

With return to home port on everyone's mind it is okay to be excited to return home to family and friends.

"Live in the moment," said Bellis. "Talk to your spouse, partner, children and friends about the person they are now, instead of who they used to be before deployment."

Single Service Member Homeward Bound – This workshop focuses on reflecting on the changes that have occurred during deployment and how that may have changed your relationships back home and helps Sailors ensure an incident-free homecoming celebration.

Returning to Intimacy – This workshop focuses on re-establishing connections, celebrating change and managing expectations.

New Parents: Returning to Your Bundle of Joy – This workshop focuses on adapting to the significant lifestyle change of having a new child in the family.

Returning to Children – This workshop focuses on bridging the gap between deployed parents and their child by discussing child development and suggestions for a smooth reintegration.

Consumer Awareness – This workshop focuses on identity theft, predatory lending, credit management, saving strategies and adequate insurance.

Car Buying – This workshop focuses on empowering Sailors to make educated purchases by researching, determining the right price for them and applying negotiation strategies to get the best deal.





Aloha State of Mind

STORY BY MCSA JULIA BROCKMAN
PHOTOS BY LINCOLN MEDIA DEPARTMENT

Abraham Lincoln
Makes Final Port Call
At Pearl Harbor
Following A 10-Month Deployment





The USS Abraham Lincoln (CVN 72), along with embarked Carrier Air Wing (CVW) 7, arrived at Joint Base Pearl Harbor Hickam, January 8.

The Hawaii port call marks the 6th port call since Abraham Lincoln departed Norfolk on April 1, 2019 in support of maritime security cooperation efforts in the U.S. 5th, 6th, and 7th Fleet areas of operation.

"I am proud of all of the hard work and dedication shown by the entire crew throughout the deployment," said Capt. Walter Slaughter, commanding officer of Abraham Lincoln. "Hawaii presents a well-deserved opportunity for them to explore one of our nation's most beautiful places, and a great opportunity for a break before heading home."

At least 32 ships have been named after the state of Hawaii, its cities, places and people. The Navy's partnership with Hawaii began in 1899 when Naval Station Honolulu was established, November 17. The title was later changed to Naval Station Hawaii, February 2, 1900. The first battleship, USS Wisconsin, entered the harbor May 1903 for coal and water. By 1913 the station was relocated from Honolulu to Pearl Harbor.

Just before 8 a.m., on Dec. 7, 1941, U.S. Naval Base Pearl Harbor was attacked by hundreds of Japanese fighter planes. In just two hours the Japanese managed to destroy or damage nearly 20 American vessels, including eight battleships and over 300 airplanes. More than 2,400 Americans were killed and another 1,000 injured.

On the morning of Jan. 8 Sailors aboard Abraham Lincoln manned the rails and rendered honors as they sailed past the USS Arizona Memorial. Manning the rails to honor the Arizona is a tradition for all U.S. Navy, Coast Guard, and U.S. Merchant Marine vessels that transit Pearl Harbor.

"This was my first time manning the rails," said Machinist's Mate (Nuclear) 2nd Class Joey Haze. "It was a surreal experience to pay respects to the people who served before me. Even though we never met, we are so closely connected."

While visiting Hawaii, Sailors had the opportunity to enjoy well deserved time off and take in the beauty of the beaches, mountains, and local culture. One of the most well-known customs of the Hawaiian culture

is the gifting of a lei. Presented as a welcome gesture or to mark special occasions, a flower lei is an offer of friendship and should only be removed in private.

"Just to be off the ship, relax and get a little bit of space from 6,000 of your closest friends is a highlight for everybody onboard," said Rear Adm. Michael Boyle, commander, carrier strike group 12, about sailors being excited to get off the ship.

Abraham Lincoln's around-the-world deployment, which includes a homeport shift to San Diego, has spanned several theaters of operations. The Abraham Lincoln Carrier Strike Group (ABECSG) operated in the U.S. 5th Fleet for more than seven months fostering freedom of navigation and commerce in some of the world's most consequential waterways. The strike group also participated in numerous interoperability and partnership-building exercises with sister services and allied navies in both the U.S. 5th and 6th Fleets, demonstrating the U.S. Navy's capability to rapidly aggregate power across combatant commands to meet emerging missions and contingencies. As it transited toward Hawaii, the strike group conducted flight operations in the South China Sea in support of free and open Indo-Pacific in the U.S. 7th Fleet area of operations.

After 282 days deployed on their around the world cruise, many Sailors were looking forward to a bit of rest and relaxation.

"This was my first time manning the rails," said Machinist Mate (Nuclear) 2nd Class Joey Haze. "It was a surreal feeling to see a part of history and render honors to the Sailors who came before me and paid the ultimate sacrifice. We have never met, but we are so closely connected"

Toward the end of the port call, Abraham Lincoln family and friends came aboard for the rare opportunity to embark on a Tiger Cruise to experience life at sea with their Sailors. Tiger Cruises are a time-honored tradition during which civilians are given the chance to spend time underway learning about their Sailors' jobs, ship, and shipmates.

"We are looking forward to showing our guests the might of Abraham Lincoln and her amazing crew," said Slaughter.

Abraham Lincoln will pull into her new homeport of San Diego at the end of January.



U.S. PACFLT Thanks Abraham Lincoln

Adm. John Aquilino, commander, U.S. Pacific Fleet, and U.S. Pacific Fleet Master Chief James Honea spoke to Sailors on the flight deck during a visit to USS Abraham Lincoln (CVN 72). The visit was to congratulate the crew for a successful deployment to the U.S. 6th, 5th and 7th Fleet areas of operations. After thanking Sailors for all they have done on deployment, they opened up the floor for questions. Following the all-hands call, Aquilino visited Carrier Air Wing 7 ready rooms and met with heads of departments while Honea transited to the Chiefs Mess to talk about the deployment and mission.

Games

ACROSS

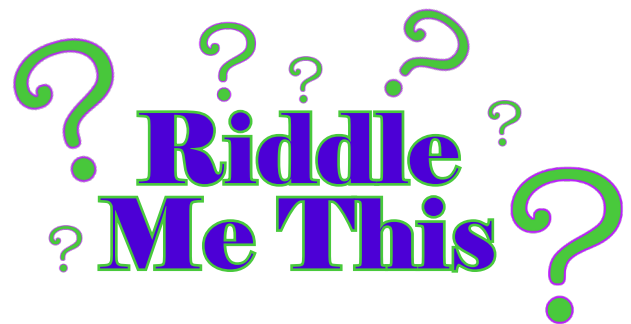
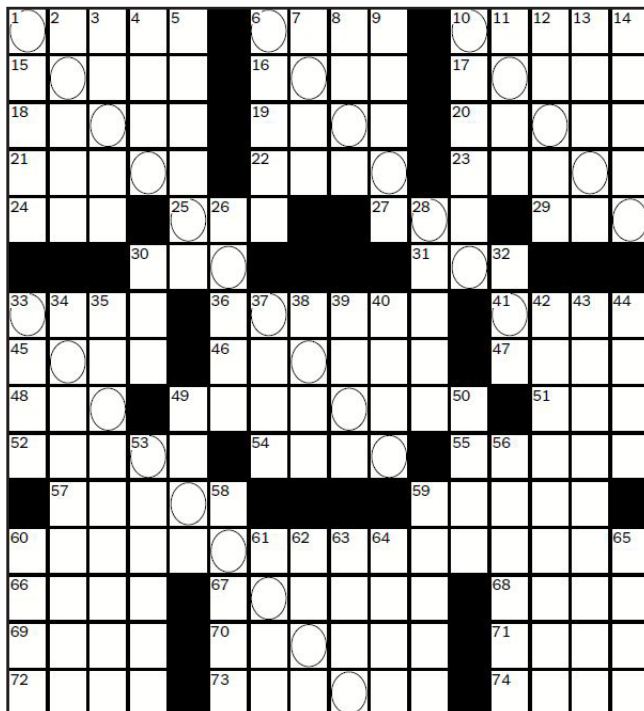
- 1 Metallic waste
- 6 Isn't a bystander
- 10 Longtime Syrian leader
- 15 Preferred seating request
- 16 Get ready for planting
- 17 In ____ (developing)
- 18 Understood
- 19 Ithaca, to Odysseus
- 20 Odysseus, to Ithaca
- 21 Les ____-Unis
- 22 Patent preceder
- 23 Girder type
- 24 Lineage-based women's grp.
- 25 "____ be my pleasure!"
- 27 "Star Trek: ____" (syndicated series of the '80s-'90s)
- 29 Draft org.
- 30 Pizza chain
- 31 Stumblebum
- 33 Rare craps throws
- 36 Like Mercury among all the planets
- 41 Legendary Manhattan music club
- 45 "Here comes trouble!"
- 46 Distance for Captain Nemo
- 47 ____ package
- 48 Big name in mortgages?
- 49 TV host Ryan
- 51 Singer Carly ____ Jepsen
- 52 Hide away
- 54 Place to go swim, informally
- 55 Mythical figure known for ribaldry
- 57 Writer Edgar ____ Poe
- 59 Places where streams flow
- 60 Indirect comment... or hint to this puzzle's circled letters
- 66 Org. for students in uniform
- 67 Danish money
- 68 Blackberrys, e.g., for short
- 69 Spread in a spread
- 70 27 Chopin works
- 71 Bombard
- 72 Acorn, essentially
- 73 Deals with
- 74 Indulged to excess, with "on"

DOWN

- 1 Like the sland "da bomb" and "tubular, man!"
- 2 Varquero's item
- 3 Award for Washington and Lee
- 4 Pupil of a lizard, e.g.
- 5 Becomes established
- 6 Garden pest
- 7 Dummkopf
- 8 "Personally ..."
- 9 Worry about, informally
- 10 The Charioteer constellation
- 11 Bit of theatre detrius
- 12 Tennis Hall-of-Farmer with palindromic name
- 13 Arts and hard sciences, e.g.
- 14 Sides of soem quads
- 26 Pictorial fabric
- 28 Studying aid
- 30 grp. that gets the show on the road
- 32 Recipient of media complaints, for short
- 33 Some turkeys
- 34 [Yawn!]
- 35 1-1
- 37 Well organized
- 38 Eponymous physicist Ernst
- 39 Horrid sort
- 40 Chop ____
- 42 Made the rounds, say?
- 43 It varies from black to white
- 44 Ballpar purchase
- 49 N.B.A. Hall-of-Famer with four rap albums. informally
- 50 "The Tale of ____ Saltan" (Rimsky-Korsakov opera)
- 53 Like some golf shots and most bread
- 56 City under siege from 2012 to '16
- 58 "No ____" (bumper sticker)
- 59 Page 2, 4, or 6
- 60 Space balls
- 61 Art Deco notable
- 62 Dissolute man
- 63 Butts
- 64 "Dogs"
- 65 Abbr. on a brewery sign

				8			
3						6	
5			4	2			
9					1		5
8		5	3				6
		7				8	1
7						1	2
	5			3	2		7
2	9			4		3	

		9	8				
5				7	2		
						6	1
							3
	9					3	2
	1		3	9	6		
7	5						
			4			3	8
1		5				4	
	7			2			



I have hard skin but I'm not a rhinoceros.
 I'm sometimes cut into rings but I'm not a tree.
 I'm yellow on the inside but not a mango.
 I'm a fruit but I'm not a banana.
 What am I?

Answer can be found on the bottom right corner of back page



www.history.navy.mil

MANNING THE RAIL

A U.S. NAVY TRADITION



FROM THE AGE OF SAIL

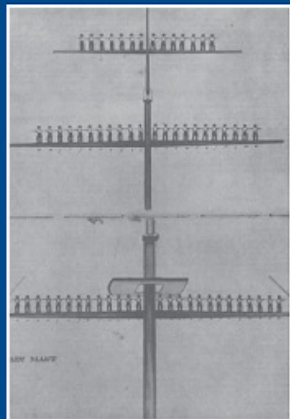
The custom of manning the rail evolves from "manning the yards" (the spars on a mast from which sails are set) and cheering the ship.

"Naval Ceremonies, Customs, and Traditions," Mack and Connell

When a ship returned to port and approached the Lord Admiral, those on board would "presently man the ship and place every one of their companies both upon the upper and middle deck and also upon the waist and shrouds and elsewhere to the most advantage they can to make the bravest show and appear the greater number."

Roger Marbeck's 1596 manuscript of the English Cadiz Expedition

ADOPTED BY THE U.S. NAVY



As the tradition evolved, it became written in U.S. Naval Instruction of 1824 that "In manning the rigging for cheering, the people should be chosen for their size, to stand together or on the same ratlines, observing the space of two or three ratlines between each."

U.S. Naval Instruction, 1824

PASSING HONORS

Today, manning the rail is used in similar fashion in passing honors for:



- President of the United States
- Rulers of foreign nations
- Members of a reigning royal family

U.S. Naval Instruction, 1824

MANNING THE RAIL FOR THE USS ARIZONA

Manning the rail has also become a traditional way to honor the USS Arizona Memorial when all U.S. Navy, U.S. Coast Guard, and U.S. Merchant Marine vessels transit Pearl Harbor, Hawaii. A ship passing the USS Arizona Memorial renders honors by sounding, "Attention," and all hands topside render a hand salute until the ship has passed the memorial and "Carry on" is sounded.



"Naval Ceremonies, Customs, and Traditions," Mack and Connell