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NEW SAILOR SUPPORT GROUP
P.9

GET TO KNOW THE XO P. 7 / BOOSTER SHOTEX P. 11 / IT2 SCHEDULE P.13

CONTENTS

Issue 1

In Every Issue

- LINCOLN BULLETIN BOARD P. 2
- P. 3 Around the Fleet
- AROUND THE STRIKE GROUP P. 5
- Р. 18 **GAMES**

FEATURES

- P. 7 XO FEATURE
- New Sailor Support Group P. 9
- Р. П COVID-19 BOOSTER SHOTEX
- P. 13 IT₂ Schedule Legacy
- P. 15 FULLY LOADED



- I. What class of ship is the USS Constitution?
 - A. Frigate Class
- C. Sloops of war
- B. Ships of the line D. Arleigh-burke
- 2. Which is not an item on the never out list?
 - A. Toilet paper
- C. Hand Soap
- B. Copy paper
- D. Uniforms

- 3. What is the max PSI a soft patch can hold?
 - A. 100 PSI
- C. 200 PSI
- B. 150 PSI
- D. 250 PSI
- 4. How many cargo stations are onboard?
 - A. 5
- C. 4
- B. 1
- D. 6



COVER

USS Abraham Lincoln (CVN 72)

PHOTO BY MCSN ALEKSANDR FREUTEL

Answers

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

LINCOLN BULLETIN BOARD





Ask the D

By Nandranie 'Nan' Busjit, Deployed Resiliency Counselor

Q: How do I communicate with my significant other while physically separated?

A: First considering that there are four needs to consider: Physical Needs, Emotional Needs, Safety Needs, and Relationship Needs and your reality that you may not be able to meet all of these needs while away. In lieu of meeting all needs, consider Alex Laurence's of O.U.R. Cafe and his perspective on maintaining a long distance relationship. He said, "Maintaining a long distance relationship requires a lot of discipline. The loneliness that the couple experiences is a formidable force to be reckoned with, and not everyone can withstand it. A physical entity is always more powerful that a voice distorted by static, more so when either encounters problems and wants to share them with their partner in real time. In such cases, they usually turn to a third party, and that's when the relationships fall apart like a house of cards." You don't want your relationship falling apart like a house of cards, unless you do, then let the cards fall where they may. Here are some suggestions for staying connected:

- Determine to think about your Significant other regularly
- Establish smart safeguards
- Think about the reminders of your love
- Prepare to make the extra effort
- Think about your Significant Other's life, not just your own
- Picture your next time together
- Look at the big picture
- Give a report on your emotional/mental state every day via email
- Don't compete for who is having a harder time
- Choose quality over quantity
- Be open, be interested, be curious
- Be honest about your emotions
- Express appreciation
- Celebrate special days while apart, together
- Create videos when you are apart to share upon your reunion
- Write daily emails
- Schedule time to talk when appropriate
- Write love notes and collect them to give to your significant other upon
- Name songs that are special to each of you and why

I hope this helps.

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You may submit your questions, concerns or topics of interest via email to the DRC at DRC@cvn72.navy.mil.

Surface Warfare: The Competitive Edge

FROM NAVAL SURFACE FORCE, U.S. PACIFIC FLEET PUBLIC AFFAIRS

SAN DIEGO — Vice Adm. Roy Kitchener, Commander, Naval Surface Forces released "Surface Warfare: The Competitive Edge", at the Surface Navy Association National Conference, Jan 11.

The document was designed to better align the Surface Force in the face of increasing technological complexity and rising strategic challenges.

In the paper, Kitchener cites the strategic importance of the Surface Force to America's forward-deployed conventional deterrence posture, a posture that depends on surface ships creating "...numerous operational dilemmas arising from present, powerful, networked, interoperable forces."

"The Surface Force and the Surface Warfare Enterprise must better align in order to get in front of the challenges we face—challenges stemming from serious strategic competition and the complexity of the force we are becoming," said Kitchener.

Citing five main "Lines of Operation" along which the Surface Force must plan, Kitchener pointed to the coming decade as one of unprecedented complexity, in which ten new or modified platforms will either join the fleet or begin production. Adding to this complexity will be the fielding of a new fleet radar (the SPY-6 family), a new Electronic Warfare System (SEWIP Block III) and a new computer program that integrates them, AEGIS Baseline 10.

"This document directs action to lead the target, thereby providing our ships and crews with the tools they need," said Kitchener. "Together, we will remove obstacles and break through barriers that impede our success."

The Five Lines of Effort in the document (Develop the Leader, Warrior, Mariner, and Manager; Deliver More, Ready Ships; Achieve Excellence in Fleet Introduction; Create Clear and Innovative Operational Concepts; and Establish Infrastructure for the Future Force) are each assigned to responsible Flag Officers ("LOE Owner") for action, and include specific tasks with deadlines for completion.

Kitchener will lead these efforts and require periodic updates, as well as provide the Surface Warfare community with regular updates.

The Five Lines of Effort

1. Develop the Leader, Warrior, Mariner, and Manager: LOE Owner is Commander, Naval Surface Forces. The Surface Force builds leaders, warriors, mariners, and managers, and each of these roles requires training, education, and mentoring. While we continue to field increasingly sophisticated technology, the human

element remains central.

- 2. Produce More Ready Ships: LOE Owner is Commander, Naval Surface Forces. The essence of this LOE is to force new thinking about the Force we have and consider ways of getting more out of it by planning, maintaining, and operating it more wisely.
- 3. Achieve Excellence in Fleet Introduction: LOE Owner is Commander, Naval Surface Forces Atlantic. This LOE focuses on improving Surface Force performance in platform and capability introduction by applying lessons learned from both the successes and the challenges of the past 50 years.
- 4. Create Clear and Innovative Operational Concepts: LOE Owner: Commander, Surface and Mine Warfare Development Command. This LOE tasks SMWDC with developing the people, the concepts, and the facilities necessary to derive and provide innovative warfighting concepts to accompany new platforms and capabilities. 5. Establish Infrastructure for the Future Force: LOE Owner(s): OPNAV N95/96. This LOE focuses on the command and control infrastructure of Surface Forces, the physical infrastructure of Surface Forces, and the land-based, developmental infrastructure necessary to support Surface Force development.

Key Highlights of "The Competitive Edge"

- Recognizes both the complexity of platforms and capabilities entering the Force in the next decade and the strategic challenges those platforms and capabilities are addressing.
- Assigns responsible parties with required dates of accomplishment.
- Strengthens Force emphasis on data analytics.
- Considers the introduction of Warfare Tactics Instructors (WTI) to program offices to ensure tight coupling of concepts with acquisition.
- Requires OPNAV N96 to produce an "Integrated Combat System Campaign Plan" and PEO IWS to produce an "Integrated Combat System Roadmap". The Roadmap will have at least a ten-year horizon.
- Considers the return of "Fleet Introduction Teams" to enhance transition of new platforms to the Force.
- Assigns SMWDC to develop a "capability introduction road map" for Maritime Strike Tomahawk, as part of a larger emphasis on SMWDC growing into the center of warfighting innovation, experimentation, and virtual warfighting.
- Requires a ten-year roadmap for class-specific landbased facilities and infrastructure requirements in order to reduce technical risk in capability introduction.

50°N



GUIDING PRINCIPLES TO GET AFTER...

OWNERSHIP

40°N

We all contribute to our ship's legacy - every Sailor and job matters in accomplishing the mission! Know your job and do it to the utmost of your ability every day. You will carry the pride of your service on this ship the rest of your life. Take ownership of your legacy. Own mistakes. Own the outcome of your work, not just the completion of a task.

INTEGRITY

30°N

Do the right thing, in the right way, for the right reason. Be someone who can be trusted 24/7/365 to maintain the standard including the treatment of each other with dignity and respect.

PROFESSIONALISM

20°N

Your level of knowledge, technical competency, procedural discipline, and commitment to excellence are critical to our success - remain steadfast in your pursuit of excellence in all things.

Our hard work makes the difference! Lincoln Nation - Get after it!

10°N

Capt. A. Bauernschmidt
Commanding Officer



Hround the

STRIKE GROUP









Fire Controlman 2nd Class Leonardo Chandra, left, fires an M2A1 .50 caliber machine gun under the supervision of Chief Gunner's Mate Christopher Lamotte, right, during a live-fire weapons exercise aboard the Arleigh Burke-class guided-missile destroyer USS Spruance (DDG 111).

PHOTOGRAPH BY MC3 TAYLOR CRENSHAW

Hull Systems Technician Fireman Bailei Dugger, conducts maintenance aboard the Ticonderoga-class guided missile cruiser USS Mobile Bay (CG 53).

PHOTOGRAPH BY MC3 ALONZO MARTIN-FRRAZIER

Sailors conduct a wash down aboard the Arleigh Burke-class guided-missile destroyer USS Gridley (DDG 101).

PHOTOGRAPH BY ENSIGN GARRETT LOCHER

Sailors handle lines aboard the Arleigh Burke-class guided-missile destroyer USS Sampson (DDG 102).

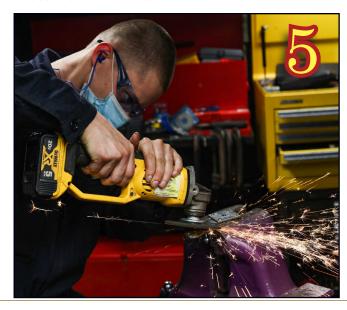
PHOTOGRAPH BY MC3 TRISTAN COOKSON

Fire Controlman 1st Class Kailaann Palacios peruses the newly acquired religious ministries literature in the library of the Arleigh Burke-class guided-missile destroyer USS Fitzgerald (DDG 62).

PHOTOGRAPH BY MC3 CAITLIN COYLE

The Arleigh Burke-class guided-missile destroyer USS Gridley (DDG 101) moored pier side at Naval Station Everett, Wash.

PHOTOGRAPH BY ENSIGN GARRETT LOCHER







GET TO KNOW YOUR NEW XO



STORY & PHOTOS BY MC3 MADISON CASSIDY



ost children have a vision of exactly what they want to do with their lives; however, very few people actually follow through with their childhood dreams.

Growing up in Silver Springs, Md., Capt. Patrick Baker knew at just 6 years old that he wanted to fly airplanes. Then, at age 7, he learned about aircraft carriers and flying jets for the U.S. Navy became his lifelong dream.

His goal shifted slightly in high school when his eyesight disqualified him from becoming a pilot, but he was able to become a naval flight officer and fly jets off the flight deck of aircraft carriers.

Baker says that his time in the Navy has taught him, again and again, the value of teamwork and the importance of continuous learning.

"I have been fortunate enough to serve with and serve under the leadership of some great men and women," said Baker. "Their leadership styles have shown me what right looks like, how things should be done, and better ways to get them done."

During his 21-year career, Baker has blazed a trail all over the world, completing five tours and now onto his sixth.

"I am genuinely excited to learn what Sailors do on a day-to-day basis," he said. "One thing I have learned is that nothing happens without a team. Some of the most fun I've had in the Navy comes from learning what other people do and getting my hands dirty."

Capt. Baker assumed duties as executive officer (XO) aboard Abraham Lincoln just days before the start of our deployment.

"I am incredibly humbled and thrilled to be a part of this crew and hold this position," said Baker. "I am really excited to be in a position where I can support the Captain and the mission of the ship, while hopefully paying it forward to this next generation of Sailors."

Baker looks back on the past 21 years fondly, and his hope for Sailors is that they are able to experience



the Navy as he has, with more good memories than bad ones.

While on deployment, Baker is eager to observe how the ship and airwing work together as a team.

"There is no better time than deployment to see how everything works in unison on the ship," he said. "To be able to join such a fantastic crew and see how we succeed together is something I am looking forward to."

Baker noted that during deployment, Sailors can sustain a resilient mindset and mental toughness by finding a balance between work and personal life.

"Mental toughness comes from the ability to give 100% effort at work and recharge your batteries when you are off work," said Baker. "Whether that be working out, participating in a Morale, Welfare, and Recreation (MWR) activity, going to the library, or calling/emailing loved ones back home, doing something non-work related when you are off work is key to building that resiliency and mental toughness. We are all in this together and you are not alone."

Of the challenges he has faced in his career, Capt. Baker names multiple deployments and being away from family as the hardest. Of note, he met one of his three children when the child was already 2 months old.

"My career has had its highlights, but my greatest accomplishments are my family and my three children," he said. "Family will always be

number one in my life; they make it all worth it."

In addition to family, Baker highlighted being the commanding officer of the "Black Lions" of Strike Fighter Squadron (VFA) 213 as one of his most rewarding experiences. "That was, in some ways, a dream come true," said Baker. "When I joined the Navy, I was only looking to fly fighters; I never thought that one day I would be in charge of them."

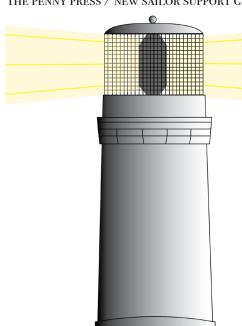
His other career highlights include being selected for the nuclear training pipeline to become a carrier XO, completing the Navy Fighter Weapons School, also known as "Top Gun," and attending the Marine Aviation Weapon Tactic Squadron One, essentially the Marine version of the Navy's Top Gun qualification course.

Baker's message is to always be yourself and find ways to add to your learning and what you pursue.

"Don't compromise your standards, and of course, learn from others, but cherry pick what you learn from others into your own individual style in both your professional and personal life," he said. "I have found that is far more rewarding and successful than trying to be someone you're not."

He wants to thank the crew for the incredibly warm reception he received and for being so open and willing to answer his questions, which has allowed him to jump right into the fight.





NEW STORY BY MC3 CAITLIN COYLE PHOTOS BY MC2 JOEL MUNDO SALOR SUPPORT GROUP



"I want the Sailors to know that, no matter what, they have a connection onboard while learning something valuable to help in their transition to the deployment mindset."

—DRC Counselor Nandranie "Nan" Busjit



s a new Sailor reporting for duty aboard an aircraft carrier, with over 5,000 people conducting 24/7 operations spanning almost 4 acres across a warship, accomplishing daily tasks or even finding berthing can be daunting.

Abraham Lincoln's deployed resiliency counselor, Nandranie "Nan" Busjit, started the New Sailor Support Group aimed at easing the transition for new check-ins.

"The group was started as a result of seeing numerous Sailors in my office who were struggling with adjusting to life aboard the ship," said Busjit. "Transitioning to a new environment can bring with it some challenges, regardless of how much experience you have."

The group is an open forum, and Sailors can attend one or as many sessions as they wish. The topics discussed are up to the attendees, which provides Sailors a space where they can share unique issues they face.

"I hope Sailors take away a sense of belonging," said Busjit. "I want the Sailors to know that, no matter what, they have a connection onboard while learning something valuable to help in their transition to the deployment mindset."

The group opens with a general welcome and explanation as to what Busjit's facilitator role encompasses. Next, the Sailors introduce themselves, and the group decides on the ground rules. Busjit honors confidentiality, listening nonjudgmentally and being respectful of differences in opinion. After that, the floor belongs to the Sailors to explore what challenges them individually and what binds them together as members of Lincoln Nation.

"Coming to this group gives me a community to recharge with," said Electrician's Mate 3rd Class Kandon Dooley. "It's refreshing to feel a sense of genuine connection that doesn't feel forced."

The New Sailor Support Group is held every Thursday at 1900 and is scheduled to take place throughout deployment in the CRMD theater, located at 03-118-10-L. Anyone is welcome to slow down and take an hour to engage in conversation with their fellow Sailors and Marines.

"The New Sailor Support Group sessions are about becoming part of a group, and feeling connected through shared experiences," said Busjit.





STORY BY MC3 THADDEUS BERRY PHOTOS BY MCSN JETT MORGAN

s the world continues its battle with the COVID-19 virus, Abraham Lincoln is taking action to neutralize the threat by offering the COVID vaccine booster.

The Centers for Disease Control and Prevention (CDC) recommends booster shots to minimize the illness and impact to medical resources.

"The vaccine and booster make everything safer and easier for getting back to the normal way of life," said Lt. Nicole White, Abraham Lincoln's medical admin officer. "We're still seeing people test positive for COVID, but with the vaccine and booster shot it's more of a cold versus a life-threatening illness."

According to a recent Navy and Marine Corps Public Health Center (NMCPHC), Health Analysis study, an aircraft carrier with a crew of 5,000 people who are 98% fully vaccinated with no booster may anticipate a 78-day outbreak of the Omicron variant; however, with 75% of the crew fully vaccinated and boosted, the number of COVID cases would level out and reduce the need for restrictions such as masks and social distancing measures.

Abraham Lincoln conducted its first vaccination exercise Jan. 8, 2021 at the Naval Air Station North Island base theater. According to White, 100% of Abraham Lincoln's Sailors are fully vaccinated and 87% have received the booster shot.

"We have administered just over 3,900 booster





shots so far," said Cmdr. Daniel Monlux, Abraham Lincoln's senior medical officer (SMO). "The vaccines are tremendously effective and we have enough to vaccinate the whole crew. The hope is, the more we can increase the immunity of our crew, the more likely it is we'll be able to get back to normal."

The CDC confirmed the first U.S. case of COVID-19 on Jan. 20, 2020. As cases began to climb, the organization recommended social distancing protocols on March 15, 2020 to reduce virus transmission. The Department of Defense soon followed suit and instituted restrictions on the movement of troops and their families as well as the mandatory wearing of face masks. As the force's vaccination rates increased, new cases fell, allowing for significantly looser restrictions and a more normalized way of life.

"It's a quality of life and a medical issue," said White. "I would recommend anyone who has questions or concerns come down to medical department. Our SMO is extremely knowledgeable on COVID-19, the vaccine and the booster."

Abraham Lincoln conducted the booster shot exercises Dec. 29, 2021 and Jan. 13.

Lincoln Legacies: IT2 Schedule

alking through the hangar bay aboard USS Abraham Lincoln (CVN 72), Information Systems Technician 2nd Class Dallas Schedule with the Combat Systems department, is reminded of his father and the time he served aboard the ship. As he looks up at the insignia painted on the tail of an E-2D Hawkeye, assigned to the "Wallbangers" of Airborne Early Warning Squadron (VAW) 117, he remembers his father's legacy.

His father, William "Eddy" Schedule was assigned to the "Wallbangers", and Eddy spent a total of four years aboard Abraham Lincoln from 1992 to 1996. Eddy worked on aircraft from the same squadron his son now passes by in the hangar bay. The same insignia hangs on the wall of his Spring, Texas home. This personal tie and his family's history of military service often crosses Schedule's mind and drives him to be the best he can be.

"As a kid I looked up to the people around me who served," said Schedule. "They were extremely skilled and motivated. Not to mention they're some of the most genuine people."

Schedule's and Eddy's shared experiences go beyond serving aboard the same ship.

Eddy is a retired chief aviation electrician's mate, and Schedule treasures his childhood memories

"As a kid I looked up to the people around me who served," said Schedule. "They were extremely skilled and motivated. Not to mention they're some of the most genuine people."

watching his father work on electronics and teaching him the ownership and self-sufficiency that comes with learning a trade.



AEC (retired) William Schedule (center) and IT2 Dallas Schedule (right) during AEC retirement ceremony.

"When I was a kid my dad would work on electronics around the house and say, 'Come watch me do this son; it'll save you money someday,' said Schedule. "My dad would tell me sea stories of his time in the Navy and aboard Abraham Lincoln. He gave credit to his service for giving him the knowledge to hone his trade. I wanted that kind of self-sufficiency."

"It's nice to know I'm literally walking in his footsteps, and I want to be as good as he was."

Schedule is determined to contribute to his family's history of service, and strives to meet the highest levels of professionalism day in and day out.

"Legacy plays a huge factor in everything I do," said Schedule. "I know what I do is special because I had three family members serve in the Navy. I've had people come up to me and say, 'Hey, I know your Dad!' I do everything to the fullest of my ability to preserve the Schedule family name."

Schedule's next goal is to make first class during his tour aboard Abraham Lincoln, just as his father did.

"When my dad was here, he was meritoriously promoted to first class in the forecastle," said Schedule. "It'd be really special to carry on that legacy and be frocked in the same spot he was. Hopefully we will be in port so I can have him pin me."

The special circumstance of serving on the same ship as his father is not lost on him. It motivates him and gives constant perspective.



"It blows my mind to look at the walls or deck and think, 'Is this the same deck my father walked on?' said Schedule. "What was here when he was? I'll never forget the first time we walked around the ship together. He would point out different spaces and have a story. It's nice to know I'm literally walking in his footsteps, and I want to be as good as he was. I want to show him he taught me well."



"I know what
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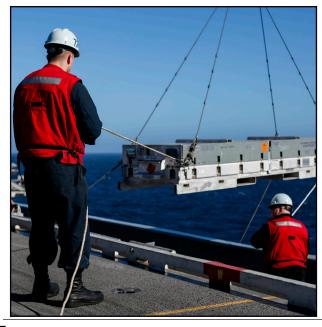
FULLY

STORY BY MCSN SEBASTIAN PORTIELES-LOPEZ PHOTOS BY MC3 MICHAEL SINGLEY AND MCSN JETT MORGAN

The Combat Systems CS7 division conducted an ammo upload Jan. 5-6, during which self-defense systems were prepared prior to entering 7th Fleet.

Evolved Sea Sparrow Missiles (ESSM) for the NATO Sea Sparrow Missile System (NSSMS) launchers, Rolling Airframe Missiles (RAM) for RAM launchers and Close-In Weapons System (CIWS) rounds were loaded during this two-day evolution. These weapons systems protect the ship against air threats.

"We need these systems ready and loaded," said Lt. Bernardino Martinez, the fire control officer aboard Abraham Lincoln. "If a threat gets past the cruisers and destroyers, then those systems are what will keep us safe and operational."





Although the evolution was primarily executed by fire controlmen who manage and maintain the Lincoln's weapons systems, the upload involved cross departmental coordination and support.

The ammunition was checked out and unloaded from the ship's magazines by weapons department, and then transported by the aircraft intermediate maintenance department (AIMD).

"It all comes down to being efficient, on time, and solid execution of the plan," said Fire



LOADED

Controlman 1st Class Jedediah Loyd, RAM launcher team lead. "If you try to start an evolution this massive without reaching out to the other departments and preparing those involved, you'll get tied up and be forced to make up a plan on the spot."

The onload involved a lot of hands-on labor needing to be completed quickly as to not conflict with flight operations.

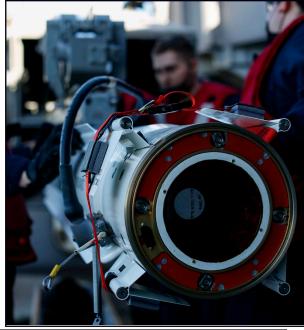
"This is an important evolution," said Fire Controlman 3rd Class Paul Berry, a participant in the upload. "The team pulled through and safely completed the task."

"You have your chiefs and officers, but we're just supervisors. The junior Sailors are the ones who got the job done," said Chief Fire Controlman George Williams, quality assurance supervising officer for the evolution. "They are the ones who did the heavy lifting."

Armed and ready for any event, Abraham Lincoln will retain its weapons readiness for the duration of deployment. "It's our self-defense," said Williams. "Of course, we have our aircraft, but we must be able to defend ourselves so they can launch and do their job."







ABE'S DAILY CLEANING FOCUS AREAS

MONDAY

HORIZONTAL SURFACES AND LIGHTS

CLEAN OVERHEADS, ANGLE IRONS, TOPS OF LIGHT COVERS AND HIGH HORIZONTAL SURFACES.

TUESDAY

DOORS

SHINE ALL BRASS AND KNEE KNOCKER HALF-MOONS. ENSURE MATERIAL CONDITION AND PROPER OPERATION OF DOORKNOBS AND HYDRAULIC CLOSURES.

WEDNESDAY

LADDERS AND LADDER BACKS

CLEAN HAND RAILS AND FLAT SURFACES IN GENERAL AREA. SWEEP STEPS AND ENSURE DIRT/DUST UNDERNEATH IS SWEPT AND DISPOSED OF PROPERLY.

THURSDAY

SHOWERS, FILTERS, CORNERS

CLEAN VENT SCREENS AND FILTERS. CLEAN GEAR LOCKERS, DRAWERS AND BEHIND OR UNDER EQUIPMENT.

FRIDAY

SMALL VALVES/CABLEWAYS & VERITCAL SURFACES

SMALL VALVE MAINTENANCE TO INCLUDE LABELING, WIRE BRUSH STEMS, PAINT HAND WHEELS AND REMOVE VERDIGRIS. CLEAN CABLEWAYS, BULKHEADS, AND VERTICAL SURFACES

SATURDAY

SHOWERS/DECK

UNDERWAY OR ON MONDAY INPORT, DEEP CLEAN DECK EDGES. REMOVE AND SCRUB DECK DRAINS. REPLACE NON-SKID STRIPS AS REQUIRED.

WEIRD NEWS MADLIB

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FUN FACTS!

- In 2017, Japan released sushi-inspired
 Kit-Kats
- The Phillipines consists of 7,641 islands
- Japan has one vending machine for every 40 people

