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APRIL 25 - MAY 8, 2022



MEET THE NEW CMC
P. 9

THE FACES OF MENTAL HEALTH P. 7 / ON A NEW TRACK P. 11 / CRT P. 13 / HSM-71 CHANGE OF COMMAND P. 15

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ESWS

1. WHERE IS DC CENTRAL LOCATED?

- A. 3-180-O-Q
- B. 03-III-8-C
- C. 5-217-4-C
- D. 4-119-O-C

2. WHAT IS THE DESIGNATOR OF THE MAVERICK MISSILE?

- A. ACM-84
- B. ACM-88
- C. ACM-65
- D. AIM-54

3. WHAT DOES A SINGLE YELLOW BAND AROUND A BOMB MEAN?

- A. TRAINING/INERT
- B. LOW EXPLOSIVE
- C. LIVE
- D. HIGHLY EXPLOSIVE

4. WHAT IS THE MAXIMUM RANGE OF THE CIWS?

- A. 1 NM
- B. 2 NM
- C. 3 NM
- D. 5 NM

ANSWERS

- 1. D
- 2. C
- 3. C
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p. 15 Sailors observe the HSM-71 change of command ceremony from the flight deck.
PHOTO BY MC3 JAVIER REYES



COVER

Command Master Chief Joel Rodriguez poses for a portrait in the hangar bay.

PHOTO BY MCSN HAN PUYU

LINCOLN BULLETIN BOARD

APRIL 25 -
MAY 8



Ask the DRC

By Nandranie 'Nan' Busjit-Bhalai, Deployed Resiliency Counselor

Q: How do you cope with heartbreak?

A: Heartbreak is devastating to experience and even more difficult to experience on deployment. It is a grief process and deserves space for reflection. Researchers suggest that performing a ritual helps restore feelings of control and reduces grief. A ritual is a symbolic activity that is performed either before or after a meaningful event to achieve a desired outcome. Rituals may also pull us out of difficult emotions by requiring planning, which briefly allows our brains out of a limbic, emotional state and into a level of executive functioning. Rituals can connect us with others, values, and communities.

Philosophers, scientists, and artists know that grief feels better when it is validated, shared, or witnessed. As the poet David Whyte wrote, "Your great mistake is to act the drama as if you were alone." In your heartbreak recovery process, seek out awesome experiences, time with friends, and activities that provide both meaning and comfort where you can find some peace, understanding and bravery for the next phase of your life. One example is the Japanese, who divorce at high rates, engage in divorce celebrations with food, flowers, and a large mallet with which to smash your wedding ring. Others may pawn their ring and donate to a good cause. You may not chose these rituals, but think of something that allows you to release the past.

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



A word from the ship's Psychology Officer

By Lt. Cmdr. Ann Hummel, Psychology Officer

Welcome to Mental Health Awareness Month. I'd like to share some ideas and practices from psychological science that can contribute to psychological health. Components of these ideas have existed in some form for millennia across a variety of cultures, refined more recently through research on topics such as resilience and emotion management. For today, let's consider how beliefs affect coping.

Beliefs and patterns of thinking: "Our own worst enemy cannot harm us as much as our unwise thoughts. No one can help us as much as our own compassionate thoughts." — Gautama Buddha, Dhammapada. Beliefs and patterns of thinking exist with and without our direct awareness, and influence our thoughts, emotions, and behaviors. Some beliefs lead to suffering by generating emotions such as distress, anxiety, depressed mood, and related behaviors. Practices such as mindfulness help cultivate awareness of our beliefs and patterns of thinking. One type of thinking that often intensifies emotions such as anger and frustration are beliefs based on the idea of "should." While should is routinely used in everyday language, when we maintain cognitions with "should" as the basis, we are likely to experience increased distress. Here is why: Imagine there is a fire, and someone responding to the fire insists "there shouldn't be a fire here," and does not fight the fire. Such a response would be dangerous and infuriating. When we think about how situations should or shouldn't occur, this interferes with accepting reality and responding accordingly.

Consider should-based beliefs about emotions. Some types of beliefs about emotions can exacerbate emotional intensity: beliefs that invalidate, deny or negate emotions; beliefs that various emotions are good or bad. Thoughts such as "I shouldn't be angry," or "I should be happy," often lead to feeling worse. Approaches to emotions that help with managing them include: accepting emotions as valid; acknowledging emotions without judgment. Try regarding emotions as a form of information about ourselves. Emotions can be thought of as a smoke detector, alerting us that there is smoke (thoughts) generated from fire (beliefs). Denying emotion neglects their source, and may lead to emotions intensifying over time. Treating emotions as signals can help with introspection to address related underlying beliefs. Decreased cognitive distortion is likely to reduce distress and thereby improve psychological health. It takes practice and effort to change from should-based thinking to accepting and describing reality as-is, especially when our experiences are painful, upsetting or unexpected. **There is no "should," there is only "is."**

Did you know? Jon Kabat-Zinn played a major role in disseminating mindfulness to Western culture. Kabat-Zinn has studied mindfulness extensively. His books "Wherever You Go, There You Are" and "Full Catastrophe Living" are great resources for learning about and practicing mindfulness. Ms. Nan Busjit-Bhalai, LCSW, Deployed Resiliency Counselor, offers mindfulness meditation twice per week: Mondays at 1900 in the Chapel, and Saturdays at 0900 in the Chapel. Defense Health Agency: Connected Health offers the Mindfulness Coach app to support continuing your mindfulness practice when we are in-port. (Mindfulness Coach App, <https://mobile.va.gov/app/mindfulness-coach>, available for free through the Apple App store and Google Play.)

To consider for self-reflection: Our experience of our purpose and meaning in life may be a reflection of our beliefs about ourselves, such as our sense of worth, self-concept, and identity. What do you think? What is the source of your sense of purpose and meaning?

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Around the STRIKE GROUP



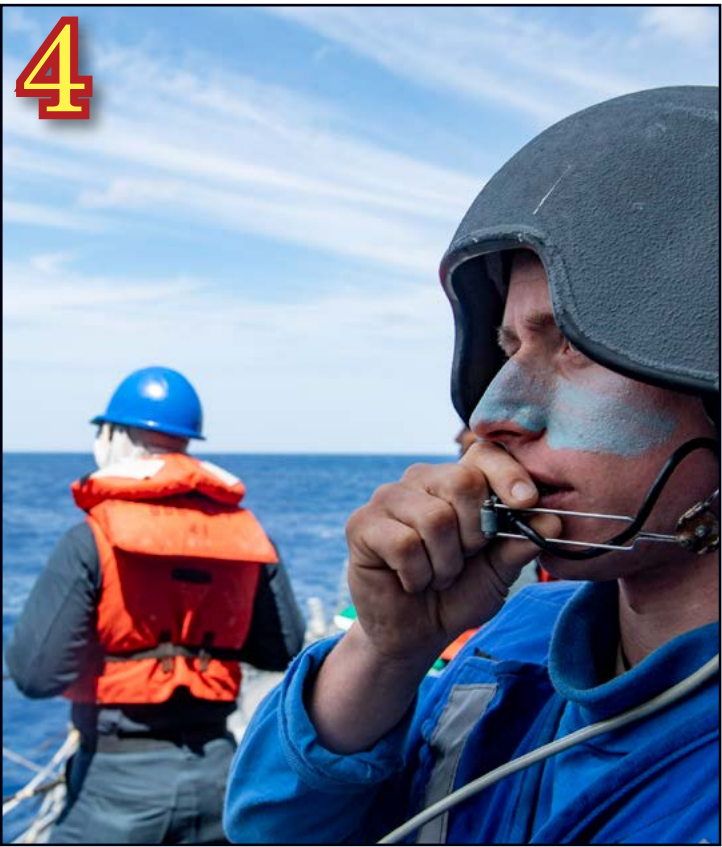
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4

3 Boatswain's Mate Seaman Alvin Moe, from New York, prepares to place chocks and chains on an MH-60S Sea Hawk helicopter assigned to the "Chargers" of Helicopter Sea Combat (HSC) 14 on the flight deck of the Arleigh Burke-class guided-missile destroyer USS Spruance (DDG 111).

PHOTO BY MC3 TAYLOR CRENSHAW

4 Seaman Michael Blanchard, from Panama City Beach, Fla., communicates with the bridge via sound-powered telephone on the forecastle of the Arleigh Burke-class guided-missile destroyer USS Spruance (DDG 111) during a replenishment-at-sea with the Military Sealift Command fleet replenishment oiler USNS Tippecanoe (T-AO 199).

PHOTO BY MC3 TAYLOR CRENSHAW

5 Chief Gunner's Mate Vincent Palinski, left, from Kansas City, braces Fire Controlman 3rd Class Danny Massa, from Utica, N.Y., during a .50 caliber machine gun live-fire exercise aboard the Ticonderoga-class guided-missile cruiser USS Mobile Bay (CG 53).

PHOTO BY MC3 ALONZO MARTIN-FRAZIER

6 An MH-60S Sea Hawk helicopter, assigned to the "Chargers" of Helicopter Sea Combat Squadron (HSC) 14, conducts search and rescue training for the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

PHOTO BY MC3 THADDEUS BERRY

1 Master-at-Arms 2nd Class Omar Rodriguez, from Manila, Philippines, aims an M240B machine gun at an inflatable target during a live-fire exercise aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

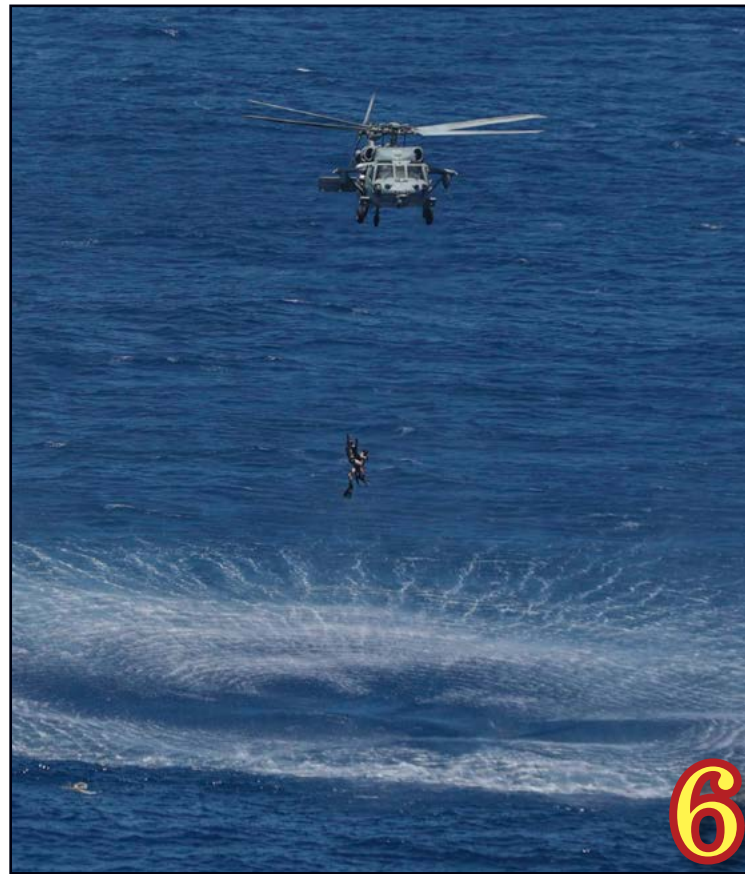
PHOTO BY MCSN JULIA BROCKMAN

2 Sailors check the barricade during flight deck drills aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

PHOTO BY MCSN HAN PUYU



5



6

Japan and U.S. to deepen ties to deter use of force in Indo-Pacific

Story by Miya Tanaka, Japan Times

The defense chiefs of Japan and the United States on Wednesday agreed to align the two countries’ security strategies and strengthen cooperation to deter any attempt to change the status quo by force in the Indo-Pacific amid China’s growing assertiveness.

The meeting at the Pentagon took place as Japan plans to update its National Security Strategy by the end of this year, with Russia’s war against Ukraine generating a fresh drive in Tokyo toward beefing up its defense and deterrence capabilities.

At the outset of the talks, Defense Minister Nobuo Kishi said Russia’s attack on its neighbor is “a serious challenge to the international order” and that “such unilateral change to the status quo by force is a concern in the Indo-Pacific region as well.”

U.S. Defense Secretary Lloyd Austin said Russia’s aggression has implications “far beyond Europe” because of the challenge it represents to the rules-based order.

China’s behavior, meanwhile, threatens to undermine the “common norms, values and institutions that underpin that order,” he said, in a possible warning over its assertive territorial claims in neighboring waters and pressuring of Taiwan.

Austin also reaffirmed U.S. commitment to the defense of Japan, including extended deterrence backed by the “full range” of U.S. nuclear and conventional defense capabilities, apparently with China’s military buildup and Russia’s nuclear saber-rattling following its invasion of Ukraine in mind.

According to the Defense Ministry, Kishi conveyed Japan’s “strong resolve” to fundamentally boost its defense capabilities, and Austin welcomed the move.

The ruling Liberal Democratic Party has recently proposed a substantial increase in defense spending — possibly to an amount on a par with 2% of gross domestic product up from the current 1% — and the development of an ability to attack missile-launching sites in an enemy’s territory.

Such proposals, if included in the government policy, would mark a major shift in the country’s exclusively defense-oriented policy under the pacifist postwar Constitution, and also affect the shape of the decades-old Japan-U.S. security alliance.

“The two ministers confirmed they would align the two countries’ strategies through close consultations,” the

ministry said in a press release.

During the talks, Kishi and Austin underscored the importance of peace and stability over the situation surrounding Taiwan, which Beijing views as a renegade province to be reunified with the mainland, by force if necessary.

Russia’s invasion of its neighbor has prompted concern over whether Taiwan could be the “next Ukraine,” with the island seen as a potential military flashpoint that could draw the United States into conflict with China.

A Taiwan contingency could also pose serious security challenges for Japan, a key U.S. ally that is geographically in close proximity to the self-ruled democratic island. Japan has also seen repeated incursions into territorial waters around the Senkaku Islands, a group of East China Sea islets controlled by Tokyo but claimed by Beijing.

Austin reaffirmed that the Senkakus, called the Diaoyu by China, fall within the scope of the Japan-U.S. security treaty, meaning Washington would come to Tokyo’s aid in the event of an armed attack against the uninhabited islets.

On North Korea, which has been repeatedly conducting ballistic missile tests, the defense chiefs agreed that such provocative acts are unacceptable and that they will closely cooperate bilaterally, as well as trilaterally with South Korea, to address the threats.

In March, North Korea test-fired an intercontinental ballistic missile, raising concerns over its ongoing development of nuclear-capable ICBMs that could potentially reach the U.S. mainland. It also fired a missile on Wednesday, as Seoul prepares to inaugurate its first conservative government in five years next week.

Kishi’s visit to the United States is his first since assuming the defense portfolio in September 2020. The last time he met Austin in person was in March 2021, when the U.S. defense and foreign secretaries traveled to Japan for bilateral security talks.

In a virtual meeting of the Japanese and U.S. foreign and defense chiefs in January this year, they shared their concerns about China’s moves to undermine the rules-based international order and vowed to “deter and if necessary, respond” to what they view as destabilizing activities in the region.

Kishi and Austin agreed to “swiftly” flesh out ways to beef up the alliance’s deterrence and response capabilities, as agreed in January, the Defense Ministry said.



THE FACES OF

MENTAL
HEALTH

STORY & PHOTOS BY MC3 TIMOTHY CARLEY



Lt. Linett Sierra, Nandranie "Nan" Busjit-Bhalai, Lt. Luke Dundon and Lt. Cmdr. Ann Hummel pose for a photo at the 'May The Fourth Be With You' event in the hangar bay.

In honor of mental health awareness month, the coalition of organizations aboard Lincoln (COOL) hosted a "May The Fourth Be With You" stress management event on May 4 that offered creative and practical techniques for managing stress while on deployment. Sailors participated in various games and activities while learning about ways to build their resiliency. Many challenges on deployment arise that can impact a Sailor or Marine's emotional and mental well being. Onboard USS Abraham Lincoln (CVN 72), there are several mental health service providers available to offer support and guidance.

"Good stress can make you work harder, while bad stress can hurt your productivity," said Logistics

Specialist 1st Class Justin Chavez, a participant of the COOL event. "Developing the tools necessary to both recognize and manage bad stress can help every Sailor live up to their greatest potential."

One of the ship's mental health service providers is the Deployed Resiliency Counselor (DRC), Nandranie "Nan" Busjit-Bhalai. The DRC is responsible for providing short term, non-medical counseling to personnel who are struggling, with the intended result being a more resilient and motivated Sailor or Marine. Members that see the DRC should expect a similar experience to Fleet And Family Support Services counseling, to include stress-management sessions, workshops or anger management sessions.

"Being able to provide out-patient therapy addresses the need for Sailors to feel healthier and more competent," said Busjit-Bhalai. "It's been an honor and a privilege to see Sailors and Marines flourish after receiving help."

For Sailors dealing with issues requiring medical attention or medication, the ship's psychologist, Lt. Cmdr. Ann Hummel, is the professional to see.

Common services Hummel provides are diagnostic assessments, individual/group psychotherapy and command consultations. She can also help with anxiety, depression, stress management and recovery from trauma.

"Life can present a lot of challenges, and there are benefits to facing them," said Hummel. "Abraham Lincoln service providers really want to support Sailors who are struggling and help their resiliency grow."

For specific spiritual needs, or assistance from someone who understands a person's faith background, the chaplains aboard Abraham Lincoln can meet those needs and provide individuals with tailored services.

The command religious ministries department (CRMD) offers a multitude of support services for Sailors

and Marines including pastoral counseling, religious services and classes.

"One's challenges are incredibly personal and unique," said Lt. Luke Dundon, one of the ship's chaplains. "CRMD provides the facilitation of free faith practice to ensure Sailors are equipped to face the challenges ahead."

Sailors and Marines can face hardship and struggle from all conceivable angles during deployment. Mental health services are available in various forms to best meet the needs of Sailors and Marines and ensure no one suffers in silence.

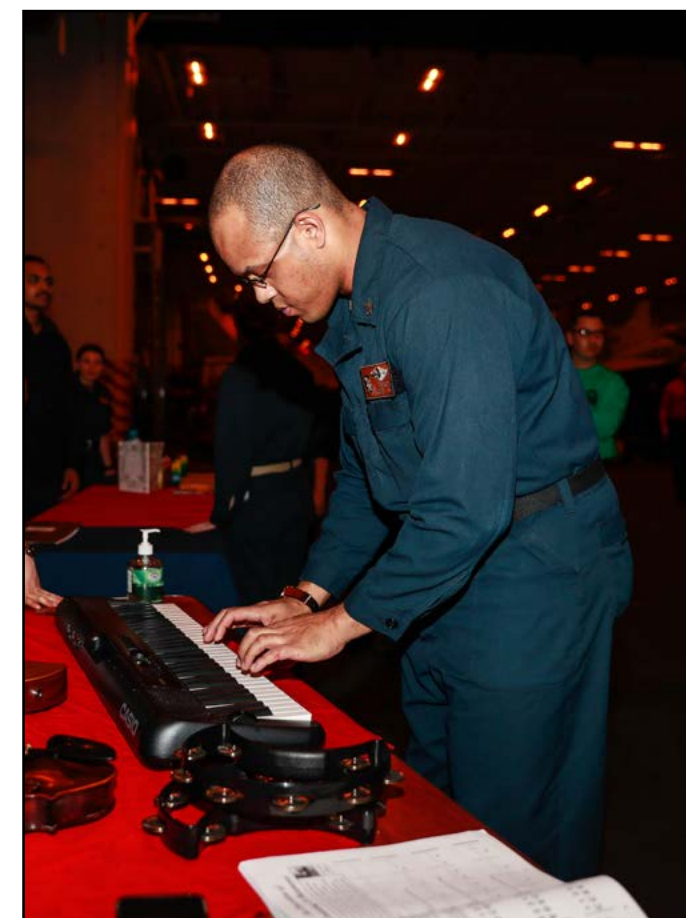
Mental health in the Navy is an all hands effort. If you or a Sailor you know are in need one of these services, please contact the following: for Sailors who want to reach a CRMD representative, call J-dial 6645. Sailors wishing to meet with DRC can email Nan Busjit-Bhalai at DRC@cvn72.navy.mil. Sailors wishing to meet with the ship's psychologist can make an appointment at medical.



LS1 Chavez hits a tire during the 'May The Fourth Be With You' event.



Lt. Sierra, left, demonstrates ways to de-stress at the 'five senses' table.



LN2 Thornton plays piano at the 'May The Fourth Be With You' event.



INTERVIEW BY MCSN HAN PUYU WITH CVN 72 CMDRCM JOEL RODRIGUEZ

Q: Where are you from? What was your upbringing like?

A: I was born and raised in Woodland, Calif. Small town living where my mother and father did their best.

Q: Why did you choose Aviation Maintenance Administrationman (AZ) as your rate?

A: I originally signed up to be an Aviation Boatswain's Mate (Equipment) or ABE, but I didn't depart for school for nine more months and my mom told me to get back over to the recruiting office and get a different rate. My recruiter asked me if I could type and told me AZ was just like ABE, but you get to have a cleaner uniform, and I departed six weeks later for boot camp.

Q: Did you plan to stay in the Navy for more than 20 years?

A: Who does? Never in a million years did I think in high school I would be here today. My wife had a lot to do with my focus and support and still does today. Once I got married, I knew I had to support more than just me, so around E-3 I could then tell you I was in for the career long haul.

Q: Can you tell us your career path?

A: I started as an E-1, AZAR where I checked in to my first command from "A" school in Meridian, Miss. to a San Diego

Squadron, VF-124 at Miramar. "Top Gun" was the talk of the town and loved every minute of it. I advanced through the ranks rather quickly with great mentorship and a positive attitude. I decided to go the command master chief route because my mentors thought I had the right demeanor for the job.

Q: What are some of your career highlights and biggest accomplishments?

A: I have had many in my life, none of which I have done alone. This tour right here on Abraham Lincoln is by far the highlight of my career as a CMC! I have sailed around the world and been to many countries. I have made countless friends and relationships with Sailors throughout my path to this point. I was fortunate to have one of my Sailors win the CNO Sailor of the Year — that was amazing! Advancing to chief, senior chief, master chief and command master chief were all great milestones. Having a seat at the table in the leadership mess afforded me to influence thousands with our decisions that made it across so many communities and our Navy is unbelievable. Lastly, personally knowing our current and future MCPON and his family, knowing most of our Fleet and Force Master Chiefs who shape our Navy is something that I would have never thought I could reach. Not only do I know them, they know me and my family as well and that is truly special! Like who knew that would ever have happened when I was that Aviation Maintenance Administrationman Airman Recruit?

Q: What are some challenges you faced along the way? How did you overcome them?

A: Not being pulled down by the crowd of nay-sayers. Being called a "this" or "that" because I worked hard and people around me didn't like my early success. Breaking the norm inside my rate, as we are not all just admin clerks. Being able to change or flex with the times as society changed faster than the Navy did. You may imagine how different life in the Navy was 30 years ago.

Q: Who have been some of your role models in your career?

A: I continue to be supported and surrounded by greatness! My AZ family has supported me from the time I was a young AZ. I spoke to my two Navy moms before coming out to Abraham Lincoln — CMDRCM Rosa Wilson and FLTCM April Beldo. Also, FORCM Keith Goosby, FORCM Tony Johnson and FLTCM Reymond Kemp all have influenced my life for years. Active duty relationships as well with countless other peers who I continue to ask for help from are key to my development.

Q: How do you like being the CMC of Abraham Lincoln so far? What do you enjoy doing?

A: I f***** love it! Can you not tell? I thoroughly enjoy getting to meet and talk with Sailors from every department and command on our ship. Catch me outside because I'm constantly on the move to see our Sailors!

Q: What does a normal day look like as CMC?

A: Ha! It starts at 0730 and runs until taps. It's driven somewhat by our routine schedule. Paperwork and emails never stop. I build in chow hours and PT because if it's not on the schedule I may miss out on both. I have a clock in my head that says to get out from the desk and walk around and see what is going on even if it is late at night. Seven days a week until we return home.

Q: How does your position change your perspective?

A: I get to see not only one department, but all department's success and failures. As an almost 10-year CMC, I know that Sailors want to do good and no Sailor comes into our Navy to fail. My perspective has changed over time as I have grown as a leader and a person. I understand that we are all human at the end of the day and that it takes all of us to be successful as one.

Q: What advice do you have for Sailors who want more in their career?

A: Go get it! First, you must make the choice if this is your career or not. The earlier you can make that decision, I believe, the easier your path to success will be. If you stay on the fence,



CMC Rodriguez speaks with Sailors at the "May the Fourth be With You" event.

you may be surpassed by someone who made their mind up long before you. Nobody is going to hand you something on a silver platter. Don't just exist, dive into your work and become a technical expert at everything you do. You must find good mentors and work hard towards what you want out of your career daily! You may need to side step a few land mines along the way or have set backs, but if you fail, fail early and often and don't fail to get back up.

Q: What's an interesting fact you'd like the crew to know about you?

A: I am just like you. A guy from a small town, from divorced parents, with little money, who went to night school and barely graduated high school that had no idea what he was getting into when he joined. More than 29 years later, I am standing at the top and smiling! Look at me mom, I made it!

Q: What parting message would you like to give the crew?

A: That if we all do our part and take ownership of this entire vessel from work to cleanliness and finally to taking care of each other. That when someone walks aboard Abraham Lincoln they will feel it, they will see it, and they will wish they were part of it! HOOYAH!



CMC Rodriguez speaks with Sailors on the flight deck.



STORY & PHOTOS BY MCSN ALEKSANDR FREUTEL

Dozens of tables are packed with Sailors, while more are squeezed between tables and standing at the edges of the aft mess decks aboard the aircraft carrier USS Abraham Lincoln (CVN 72). Nearly every rating community in the Abraham Lincoln Carrier Strike Group (ABECSG) is represented, showcasing the unique tools of their trade — aircraft ordnance, firearms, computer displays and even cameras.

The rates were on display as part of the Professional Apprentice Career Track (PACT) Expo, held on the aft mess decks April 25, and organized by command career counselors (CCC), with the objective of helping PACT Sailors find a job that fits them best.

Operations Specialist 2nd Class Allison Kinnie was in charge of organizing the PACT Expo while she was temporarily assigned duty (TAD) to the CCC office aboard Abraham Lincoln. Kinnie's primary responsibility as a departmental career counselor is ensuring Sailors have access to subject matter experts and any information that could impact the course of their professional career.

"NCs help support our PACT Sailors in the rate selection process, but it's only one part of our job," said Kinnie. "We take care of Sailors for all career-related issues and decisions they face in the lifecycle of their career, from their first reporting career development board all the way to their capstone for separation, retirement or transfer to fleet reserves. As policy experts, we interpret what 'Big Navy' is going to allow through eligibility criteria for their specific needs."

Selecting a rating can be a challenge, but the NCs have the



Sailors discuss rating opportunities at the PACT Expo.

resources to make the process as smooth as possible, according to Kinnie.

"There are a few components that go into rate selection," said Kinnie. "First the Sailor has to be in their order selection window, which is 12 months prior to their projected rotation date. At that time, they make up to seven selections of ratings they want to apply for. Their information is given three reviews by detailers, and if they haven't picked up a rate by the by the third review, then we, the NCs, will take charge and work with them to find a rate as soon as possible."

The CCC office aboard Abraham Lincoln is a Navy-provided resource to help Sailors take control of their career in the Navy. This includes the PACT program, which is designed to familiarize Sailors with the variety of careers available to them and provide them on the job training in different communities to give them a more realistic look at what each job is like. Sailors without a rate, also called undesignated or "undes" Sailors, are able to utilize the PACT program to trial run different rates and find out what fits them through firsthand experience.

"Our PACT program affords an opportunity for undesignated Sailors to come into different fields, such as engineering, aviation, deck, weapons and the aviation intermediate maintenance department (AIMD)," said Kinnie. "They're also often TAD to various departments like supply or security to cover down for additional manning. The Sailors are able to sample all these different jobs. However, the major benefit is getting real exposure to the Navy — some real 'sailorization' in the first two years of their contract, prior to selecting a rate. It's just another option to help them make an informed decision about rate selection."



Sailors assigned to the aircraft intermediate maintenance department (AIMD) pose for a photo during the PACT Expo.



AOAN Osorio, left, and AO2 Jones inspect aircraft ordnance at the PACT Expo.

Airman Kiera Collett, a PACT Sailor assigned to weapons department's G-5 division, enjoyed meeting new people and learning about different jobs at the PACT Expo.

"PACT was by far the best fit for me when I joined the Navy," said Collett. "I love talking with other rates and learning how to do different jobs. Working in G-5 has given me a lot of experience in how a division should run and what being a Sailor is like; I've enjoyed my time there. I'm still figuring out what I want to do, so the PACT Expo was a good chance to talk to people in other rates than I interact with on a daily basis and learn what they do. The NCs are also very helpful to speak with about any questions I have."

Boatswain's Mate 2nd Class James Agurrie, a former PACT Sailor has benefitted from the PACT program and is familiar with the challenges undes Sailors face.

"It's hard being at the Navy's whim when you're trying to pick your career," said Agurrie. "I only had two rates available to me which didn't give me much choice. Your NCs can help focus your efforts, so it's really important you talk to them. NCs know who to talk to, and they can help you get waivers, which is something that's hard to do on your own."

With the help of divisional counselors and CCCs, Sailors have access to resources to achieve their personal and professional goals.

"The primary duties of a NC can vary from administration to giving career advice to Sailors who are unclear on what they want to do moving forward," said Navy Career Counselor 1st Class Jarrett Amado, leading petty officer in the command career counselor office. "Whenever I'm having a sit-down with a service member, we typically take the reins from the department career counselor to the command level — acting as a hinge from the command level to 'Big Navy'."

There are 187 PACT Sailors currently aboard USS Abraham Lincoln, although that number is constantly in flux, said Amado. When Sailors first enlist at military entrance processing station (MEPS), they can choose to proceed into recruit training command and eventually the fleet as undes. Once they arrive at their command, they can talk to a CCC to enroll in the PACT program and begin the process of striking a rate.

The PACT program offers Sailors an early advancement opportunity, along with being able to earn on the job experience in rates that interest them. When enrolling in PACT, Sailors are most generally assigned to air, deck or engineering department. The Sailors designation during the PACT process is subject to the needs of whichever billet the Navy needs

filled, however through completing personnel qualification standards and maintaining eligibility standards, Sailors are able to broaden their prospects for potential ratings after their time in the PACT program.

"It used to be that if you came in as an engineer you could only strike engineering, but that's changed," said Master Chief Navy Career Counselor David Light, senior career counselor aboard Abraham Lincoln. "You come in as deck, engineering, air or whichever, for a minimum of 12 months and as long as you meet your basic credibility requirements; ASVAB, eyesight, clearance levels, physical fitness — those rates you qualify for will be offered you. At the 24-month mark, they can incur more time in service for their automatic E-4."

A direct route to third class petty officer can be a very valuable career stepping stone, as it allows those selected for jobs with a lower advancement rate to get ahead relatively early, along with the increased pay and privileges that come with being a petty officer third class.

The PACT Expo provides an opportunity to PACT Sailors to familiarize themselves with different rates. It additionally gives a chance to rated Sailors to familiarize themselves with the PACT Sailors firsthand.

"These Sailors are the future of our Navy," said Kinnie. "My hope is that people have a renewed interest in assisting our PACT Sailors in their career development. They are incredibly important to our battle rhythm, and this is our chance to help them find their Navy forever home."

Light believes the role PACT Sailors play in mission readiness is vital, and we should be proud of our PACT Sailors.

"The ability to get these Sailors to the fleet quickly is what helps keep ships moving," said Light. "PACT Sailor's pride may not initially be very high. But if that Sailor chooses to stay in the Navy and they progress through the ranks, knowing where they came from, and what they have become is a very strong source of pride. The new Master Chief Petty Officer of the Navy (MCPON) was an undesignated Sailor who struck BM. Now, he is the highest ranked enlisted Sailor in the Navy."

Sailors interested in transferring ratings or looking for more information about the PACT program should speak to their divisional or departmental CCCs to discuss their situation and goals moving forward in their career. There currently is no plan for a PACT Expo this deployment, but the CCC door is always open, said Amado.

COMMAND RESILIENCY TEAM

STORY & PHOTOS BY MC₃ TIMOTHY CARLEY

Aboard the aircraft carrier USS Abraham Lincoln (CVN 72), there is a group that ensures the resiliency of the ship's force and their respective departments. The Command Resiliency Team (CRT) has many tools at their disposal to support and serve Sailors within their respective departments.

The Culture of Excellence program was established in 2018 from the 21st Century Sailor office in Washington, D.C. to establish a culture of inclusion and trust throughout the ranks. One Sailor aboard Abraham Lincoln contributed to the creation and implementation of the Culture Of Excellence (COE) program which is responsible for the application of CRTs across the fleet.

"It was a privilege for me to work for the 21st Century Sailor office during CRT's inception," said Chief Yeoman Richard Bentancourt, the expanded operational stress control (EOSC) leader in the CRT. "I witnessed the implementation of the Navy's culture of excellence program and how the Navy is moving in a direction of trust, toughness and connectedness."

CRT is responsible for overseeing the defense equal opportunity climate survey (DEOCS.) The DEOCS is an anonymous survey which provides information about how each department's Sailors

are doing in their work centers. The CRT conducts focus groups after the survey to discuss issues mentioned that could compromise a Sailor's opportunities for success.

"The reason that we have the DEOCS is to allow Sailors an opportunity to anonymously let the commanding officer know what's going on in their work center," said Lt. Mark Green, the command managed equal opportunity (CMEO) program manager. "Sailors must all be treated fairly, and I appreciate the opportunity to be a part of CRT for their benefit."

The Navy also has systems in place to resolve equal opportunity and sexual harassment issues. The Command Climate Specialists (CCS) and CMEO Program Manager at the command work directly with the CRT to provide information and assist Sailors in resolving issues informally and, when necessary, creating a formal report. CCSs and CMEO members have a close working relationship to better find solutions to issues the command may be facing.

Another function of the CRT is primary prevention. This allows a Sailor going through a difficult time to candidly describe their situation and receive high-quality training about how to resolve



YNC Bentancourt, a member of the CRT, poses for a portrait.



Lt. Green, a member of the CRT, poses for a portrait.

“Sailors must all be treated fairly, and I appreciate the opportunity to be a part of CRT for their benefit.”

their issue, according to Bentancourt. The CRT works with deck plate leadership directly to identify concerns and to support Sailors before risk factors impact their well-being and work performance.

The CRT organizes in-depth trainings like equal opportunity and sexual harassment training, drug and alcohol abuse training as well as more specific EOSC training, and works hand-in-hand with the command triad and leadership to facilitate good order and discipline along with a climate of equal opportunity.

Each Sailor can take a stand to influence the culture of their department and the ship. They each share a responsibility to recognize issues and rectify

them at the lowest level possible in an effort to decrease negativity and improve the workplace climate.

Sailors wishing to become dedicated members of the CRT can meet with Lt. Green, by coordinating an interview with him via email at mark.green@cvn72.navy.mil. Sailors applying will be required to complete a series of Navy eLearning courses, provided by Lt. Green as well as an annual basic primary prevention and human factors process course.



THE FIRST & FINEST CHANGE OF COMMAND

STORY BY MC3 MADISON CASSIDY

The “Raptors” of Helicopter Maritime Strike Squadron (HSM) 71 held an in-flight change of command ceremony aboard USS Abraham Lincoln (CVN 72), April 25.

Cmdr. Josh “J-Starr” Starr relieved Cmdr. Travis “Hugger” Wandell while flying MH-60R Sea Hawk helicopters in the air space surrounding Abraham Lincoln.

“I am honored and humbled to be the newest commanding officer of the Raptors,” Cmdr. Starr said. “This is an opportunity I never dreamed I would have, and to be a part of such a fantastic team and organization is beyond anything I could have hoped for. I am truly in awe of the selfless effort that our Sailors put in every day.”

The Raptors were established Oct. 4, 2007 and have completed four Western-Pacific (WESTPAC) deployments since 2009. At their inception, the squadron’s motto “First and finest,” was created, signifying the start of a new chapter in military history due to receiving the newest and most technologically advanced helicopter in the U.S. Navy’s inventory.

Abraham Lincoln’s commanding officer, Capt. Amy Bauernschmidt, who pilots MH-60R Sea Hawks assigned to HSM-71, is the first HSM pilot to command a CVN on deployment. From 2010-2012, she was the executive officer and then the commanding officer of the “Spartans” of Helicopter Maritime Strike Squadron (HSM) 70 deployed aboard USS George H. W. Bush (CVN 77) in support of Operation Enduring Freedom.

“There is no more humbling sense of responsibility than to know you are trusted with leading and caring for Sailors,” Capt. Bauernschmidt said. “As an HSM pilot, observing this change of command while underway in the 7th Fleet area of operations was a memorable career highlight. HSM-71 is in good hands under Cmdr. Starr’s leadership.”

Having HSM-71 aboard is an integral part of Abraham Lincoln’s warfighter readiness by providing increased interoperability as part of the air wing of the future. Their primary missions include anti-surface warfare and undersea warfare.

Cmdr. Starr said he wants to thank the crew for serving our nation and for the remarkable work they do each and every day.

“I am excited for the sense of pride this team will have on return to home port following a successful deployment,” he said. “If we keep working together and taking care of each other, there is no limit to what we can accomplish. And we can even have some fun along the way. FIRST AND FINEST!”





Happy *Mother's* Day Lincoln moms!

Pets

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| BURRO | DUCK | HAMSTER | PIGEON |
| CAT | FERRET | IGUANA | RAT |
| CHICKEN | GECKO | LIZARD | SKINK |
| COW | GEESE | LLAMA | TARANTULA |

FUN FACTS!

- The world's oldest wooden wheel has been around for more than 5,000 years.
- The circulatory system is more than 60,000 miles long.
- There's enough gold inside the earth to coat the planet.

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