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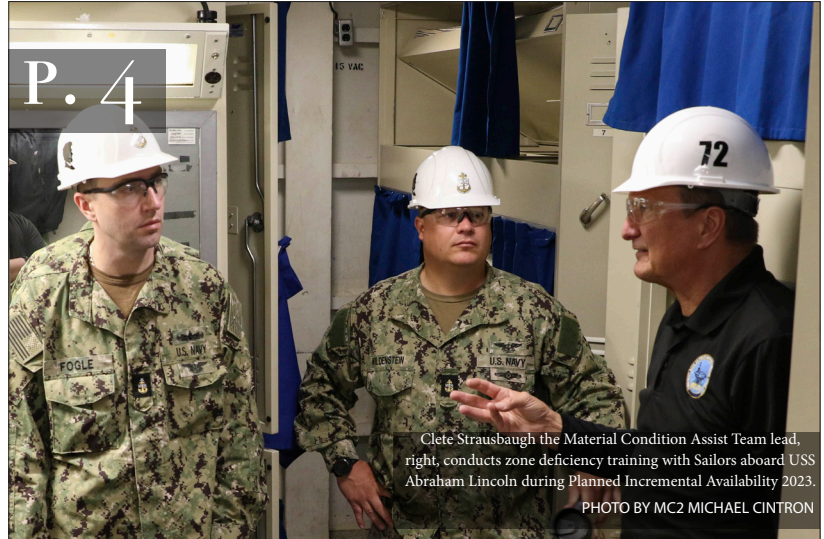
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Clete Strausbaugh the Material Condition Assist Team lead, right, conducts zone deficiency training with Sailors aboard USS Abraham Lincoln during Planned Incremental Availability 2023.

PHOTO BY MC2 MICHAEL CINTRON



COVER

Commanding Officer Pete Riebe and Command Master Chief Robert Stumm present Machinist Mate (Nuclear) 1st Class Isabella Sverko, from Cleveland, a frocking letter during a frocking ceremony in hangar bay 2 onboard USS Abraham Lincoln.

PHOTO BY MC3 JETT MORGAN

ESWS

1. WHO WAS THE FATHER OF NAVAL NUCLEAR POWER?

- A. ADMIRAL NIMITZ C. ADMIRAL FARRAGUT
B. ADMIRAL DEWEY D. ADMIRAL RICKOVER

2. WHAT ARE THE TWO SIZES OF STEEL SHORING?

- A. 3-5 FT AND 6-11 FT C. 1-3 FT AND 4-7 FT
B. 5-7 FT AND 8-12 FT D. 3-6 FT AND 7-11 FT

3. WHAT DOES CDC STAND FOR?

- A. COMMAND DIRECTION CENTER C. COMBAT DIRECTIVE CENTER
B. COMBAT DIRECTION CENTER D. COMBAT DETECTION CENTER

4. AT WHAT MOPP LEVEL DO WE CARRY OUR GAS MASKS?

- A. MOPP LEVEL 1 C. MOPP LEVEL 3
B. MOPP LEVEL 2 D. MOPP LEVEL 4

ANSWERS ON THE BACK PAGE

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

LINCOLN BULLETIN BOARD

NOV. 30 - DEC. 8, 2023



Meet the FITBOSS

By Allie Scott "FIT Boss"

Hello to the fittest in the fleet aboard USS Abraham Lincoln. This is your "Fit Boss" Allie Scott from Midwest City, Okla. I have a Bachelor of Science in exercise science, health, and nutrition management. I'm certified throughout the following: National Strength and Conditioning Association, Tactical Strength and Conditioning, Certified Strength and Conditioning Specialist, American Council of Exercise Personal Trainer, Health Coach, Group Exercise, Schwinn cycling, 200 hours as a Yoga teacher training, USA Power Lifting, USA Weight Lifting, Mission Nutrition, Navy Operational Fitness and Fueling System, and Total Body Resistance Exercise. The military community is something that means a lot to me. I come from a family full of individuals that have served and I've been attached to the military community for most of my personal life. I have worked in the health and fitness industry for the last ten years integrated to making military personnel like you ready for duty and life.

As your Fit Boss, my top tier agenda is to keep you fit to support our mission for our country and for the duties of your job. Even though that's the main priority, there are so many sub categories of health and fitness that I hope to execute during my time here on Abraham Lincoln. I'm excited to be even more integrated into the mission with the privilege to deploy alongside my military shipmates. Our time together will be full of group exercise classes, human performance clubs geared to your department, fun health and fitness events such as rowing, pull-up and weight lifting challenges, wellness nights and educational briefs. I want to foster a sense of community that incorporates the full spectrum of wellness. This spectrum includes, mental, cognitive, spiritual, physical, nutritional, and sleep. This will allow me to collaborate with other subject matter experts that are attached to our ship and can go more into detail in some of the fields listed.



PHOTO BY MC2 KASSANDRA ALANIS

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USS ABRAHAM LINCOLN

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INSURV



Clete Strausbaugh the Material Condition Assist Team lead, right, conducts zone deficiency training with Sailors aboard USS Abraham Lincoln during Planned Incremental Availability 2023.
PHOTO BY MC2 MICHAEL CINTRON

The Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) is scheduled to begin the Material Assist Visit (MAV) 0, Dec. 11 - 13, in preparation for the Board of Inspection and Survey (INSURV).

The purpose of the visit is to conduct training for the ships' force on the improvement of the material condition of the ship. The visit will consist of multiple discussions and trainings in a variety of locations. These discussions will cover topics pertaining to engineering department, air department, damage control procedures and practices, habitability walk through, deck department, safety department, reactor department, combat systems department, supply department and medical department.

"Sometimes we don't see the small errors in our material readiness, so the INSURV process makes an effort to take a look at those areas we might bypass every day," said Lt. Cmdr. Aaron Mitchem, security officer of Abraham Lincoln and the INSURV

coordinator. "It changes our gaze from our normal routine to look at specifics and make sure everything works on the ship."

This visit is the first in a series from the Material Condition Assist Team (MCAT) over the course of five months, culminating in the final INSURV inspection starting April 29.

"MAV0 is the starting point. When the MCAT team comes over they will specifically speak to myself, the command triad and fire up the functional area coordinators," said Mitchem. "Then they will contact their trusted agent, the Chiefs Mess. The chiefs will act as the INSURV inspectors as we go through the MAV process and the MCAT team will walk them through each individual event so they understand what to expect once we reach the big inspection."

Based on Abraham Lincoln's past performance during INSURV in June 2021, the MCAT team has high expectations for the crew.

ARE YOU READY?

STORY BY MC2 MICHAEL CINTRON

“The MCAT is here to ensure our success and the more buy-in we have, the more it will be reciprocated from their team. The ships that have embraced the process have performed the best,” said Mitchem. “Our past performance and current material condition has garnered expectations of earning the highest INSURV score since the establishment of the new grading system. We welcome the pressure!”

Abraham Lincoln’s material condition readiness is essential to maintaining the highest levels of combat readiness.

“MAV0 gives the crew an understanding of what is to come prior

to our maintenance inspection. That being said, we aren’t preparing the ship for INSURV, we are preparing the ship for combat — it is one in the same,” said Mitchem. “INSURV comes and makes sure the ship itself is ready for combat. MAV0 is just the foundational starting point to let everyone know and put the pieces in place and say ‘hey, this is where we need to be to best suit ourselves for combat.’”

The MAV and INSURV process is an all-hands effort, which guarantees Abraham Lincoln and the crew the best outlook for a safe and successful deployment.



ABHAN Harden dries scuppers with an air compressor on the flight deck of USS Abraham Lincoln.
PHOTO BY MCSN SONNY ESCALANTE



ABHAN Hercules wipes scuppers on the flight deck of USS Abraham Lincoln.
PHOTO BY MCSN SONNY ESCALANTE

Congratulations

Newly Frocked Petty Officers

In an extraordinary display of recognition and achievement, 341 Sailors aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) were frocked to their next paygrade, Dec. 5. The ship was a hub of celebration as these deserving individuals embarked on the next chapter of their careers.



Capt. Pete Riebe, commanding officer of Abraham Lincoln, and Command Master Chief Robert Stumm, senior enlisted leader of Abraham Lincoln, both reflected on the significance of the abundance of promoted Sailors and their pride in their hard work and dedication.

“I’ve advanced as far as I can, so it makes me proud to see so many Sailors advance this cycle,” said Stumm. “Everything I do is for you guys and it’s impressive to see each of your smiling faces as you move up in ranks.”

Frocking ceremonies hold a special place in naval traditions and are a significant milestone in the career of any Sailor. The term ‘frock’ was coined from a frock coat, the early undress uniform for a lieutenant. When a midshipman was appointed to act in the capacity of a lieutenant, he would wear a frock coat.



As early as 1802, there has been documentation showing that Sailors assume the uniform and duties of the next higher ranking Sailors before getting the pay raise that comes with getting promoted. The position held was often temporary due to the necessity of higher ranks during the Civil War. In other instances, a Commander would need to fill a rank slot due to an unforeseen vacancy when there was no one of equal rank. In this case, a junior Sailor who was qualified for promotion would assume the uniform and duties pending approval by the naval department. Today, we carry forward the tradition of frocking with our enlisted ranks being frocked and having the authority and responsibility of the next highest paygrade until they are paid in that rank.



Onboard Abraham Lincoln the frocking ceremony served not only as a testament to the commitment and hard work exhibited by these outstanding Sailors, but as a tie to a cherished tradition.

“Words can’t begin to describe how happy I am to make 3rd Class,” said Aviation Boatswain’s Mate (Fuel) 3rd Class Kyle Whitmer. “I hope I can live up to the standard of excellence set by those before me. It’s an honor to join the ranks of my fellow petty officers.”

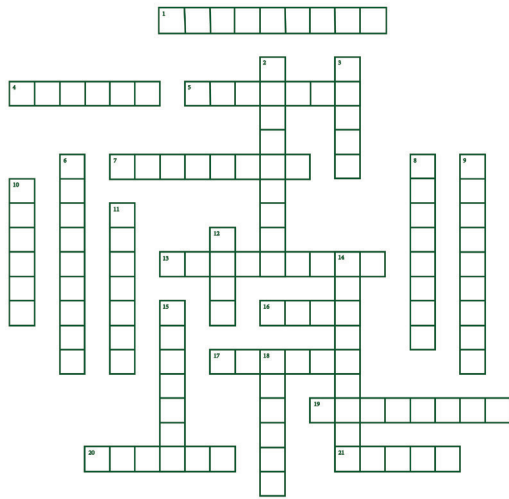
As they are adorned with their newly earned ranks, they stand as beacons of inspiration for their fellow shipmates, showcasing the Navy’s unwavering commitment to excellence and career advancement.

STORY BY MC2 FAITH MCCOLLUM
PHOTOS BY MCSN SONNY ESCALANTE



HAPPY HOLIDAYS!

Holiday Cheer Crossword



Across

1. A decoration that suggests for two people to kiss.

4. _____ the Snowman.

5. Santa's favourite reindeer.

7. A decorative item that is similar to a sock.

13. A striped Christmas treat.

16. The most popular ornament to decorate the top of the tree with.

17. A decoration for your door.

19. The famous soda company that endorses Santa Claus in their commercials and advertising.

20. _____ is the world's leading exporter of Christmas trees.

21. Santa's helpers.

Down

2. The day after Christmas.

3. What you are supposed to spread during the holidays.

6. Something you hang on your tree for decoration.

8. A Jewish holiday.

9. The creature that stole Christmas.

10. Traditional Christmas meal.

11. Santa goes through the _____ to get into children's homes.

12. The white "stuff" found outside on the ground.

14. Where Santa's workshop is located.

15. A West-African celebration.

18. A sweet, rich, and dairy-based beverage served around Christmas time.

MAD LIBS

SELECTING A TREE

No Christmas season can be really _____ unless you have a/an _____ tree in

ADJECTIVE

ADJECTIVE

your _____ . If you live in a city, you will see many vacant _____ filled with

ROOM

PLURAL NOUN

hundreds of _____ for sale. If you live in the country, you can get your own

PLURAL NOUN

_____ right out of the forest. Go out with a/an _____ and _____ , and

NOUN

NOUN

NOUN

when you see a/an _____ tree you like, you can dig it up and plant it in a/an

ADJECTIVE

_____ . Then you can use it for _____ years. To make sure your tree is fresh,

NOUN

NUMBER

shake the branches and see if the _____ fall off onto the _____ and make sure

PLURAL NOUN

NOUN

the tree is very _____ . Nothing looks worse than a/an _____ tree. Just follow

COLOR

ANOTHER COLOR

these directions and you can have a perfectly beautiful _____ in your front room for

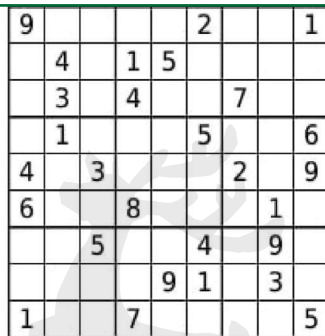
SOMETHING ALIVE

weeks. Remember, poems and Mad Libs are made by fools like _____ , but only

PERSON IN ROOM

_____ can make a tree.

ANOTHER PERSON IN ROOM



Find the ten differences between the two pictures.



ANSWERS : 1. D
2. B

3. A
4. B

FUN FACTS!

- The tallest Christmas tree ever displayed was in Seattle, measuring 221 ft tall.
- The tallest snowperson ever built was in Bethel, Maine measuring 122 ft tall.
- Last year the U.S. Postal Service processed more than 11.7 billion pieces of mail and packages during the holiday season.

