

IKE Goes the Distance

By MC3 (SW/AW) Mack Jamieson
5 Star Staff Writer

In order to promote command fitness while taking part in a unique event, Sailors aboard Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) (IKE) participated in a 10-mile run on IKE's flight deck July 11.

The event was organized by the IKE Fitness Committee and the new IKE Fitness Coordinator (Fit Boss) Hunter Vinson and consisted of approximately 60 Sailors running 23 laps, the equivalent of 10 miles, around IKE's flight deck.

Vinson said the command had expressed a strong desire to host this type of event over the course of IKE's 2010 deployment, but IKE's busy schedule took first priority.

"A flight deck run was something the IKE Fitness Committee told me they wanted since I came aboard," said Vinson. "We had some operational commitments that prevented it from occurring originally."

Safety was also a major concern during the planning stages of the flight deck run, said Vinson.

"It took some coordination between departments to ensure we could get this thing done safely," said Vinson. "But, all parties came together, and we were satisfied we could do this without someone getting hurt."

The run began at approximately 7 a.m. and every Sailor who participated finished in under two hours, said Vinson.

Cmdr. Bryan Williams, Operations officer for Carrier Air Wing Seven was the fastest runner with a time of 1 hour 8 minutes and 41 seconds.

Williams said the event was a great run and a great way to spend a morning.

"The deck department and everyone involved did a great job of getting this thing together," said Williams. "It was a lot of fun to participate in."

When asked about his training methods, Williams said he was born a runner and was fortunate enough this time to have a dedicated training partner.

"I've always been lucky enough to have been a natural runner," said Williams. "But, Chief Warrant Officer Travis Meyer has also been kind enough to allow me to train with him, and that has helped me a great deal."

Williams said his favorite part of the event was getting to spend the morning running with his shipmates.

The number of Sailors who participated in the event was of particular note, which bodes well for similar events in the future, said Vinson.

"They told me when I came aboard that IKE was a fitness-conscious command," said Vinson. "I thought we would have around 30 participants on the flight deck today and the crew has doubled that number. I'm really impressed, and I like what this kind of participation means for events we hold in the future."



According to IKE's Fit Boss, Hunter Vinson, everyone who participated in the 10-mile run on IKE's flight deck July 11 finished in under two hours. (Photo by MC3 (SW/AW) Mack Jamieson)



The 10-mile run was comprised of 23 laps around IKE's flight deck. (Photo by MC3 (SW/AW) Mack Jamieson)

STAY in the Zone

EEBD Cautions

From the 3M Corner. The shelf-life of an Ocenco EEBD is 15 years. If shelf-life has expired then the U-4 must be completed.

077-3.4.1 GENERAL. The Emergency Escape Breathing Device (EEBD) is part of the allowance for all surface ships. The EEBD is a self-contained, emergency breathing device used for escape from compartments contaminated by smoke, fluorocarbon refrigerants, or other atmospheric toxic gases. There are currently two manufacturers producing EEBDs for the U.S. Navy: Ocenco, Inc. The EEBDs are illustrated, in Figure 077-3-11. Additional details on the Ocenco M-20.2 unit can be found on MIP 6641/004-40.

NOTE: The 24M-1 and the U-4 are the only EEBD checks that apply to the USS Dwight D. Eisenhower. The SCOTT EEBD is no longer authorized onboard the ship, if you find one you should notify the DC Division at 6002.

WARNING: Large number of EEBDs located in close proximity to each other in berthing spaces could cause congestion and delay evacuation of the compartment. To minimize confusion, it is preferable to attach EEBDs to assigned berths.

ABOARD IKE



To illustrate the teamwork among the entire IKE Strike Group, Sailors from across the ship gathered to spell out "5 Star - 2010" on the flight deck July 12. (Photo by MC3 (SW) Shonna Cunningham)



PERSONNEL SPECIALIST

PSSN (SW) Ismael Tounkara

Department/Division:
ADMIN / X-2

Hometown:
Roseville, Minn. (Citizen of Guinea)

Time in the Navy:
5 months

Goals:
Make it to Officer Candidate School
Start MBA at Old Dominion University

Special Achievements:
Honor grad from A school
Surface Warfare (Obtained 45 days after reporting to IKE)



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I am a part of a team of four people in receipt. We check in new Sailors aboard IKE. We do everything from helping people update their Page 2s, to making sure their travel claim is properly filled out, to reimbursing them for the money they deserve. The greatest thing about my job is hearing fellow Sailors say, “Thank you, shipmate!”

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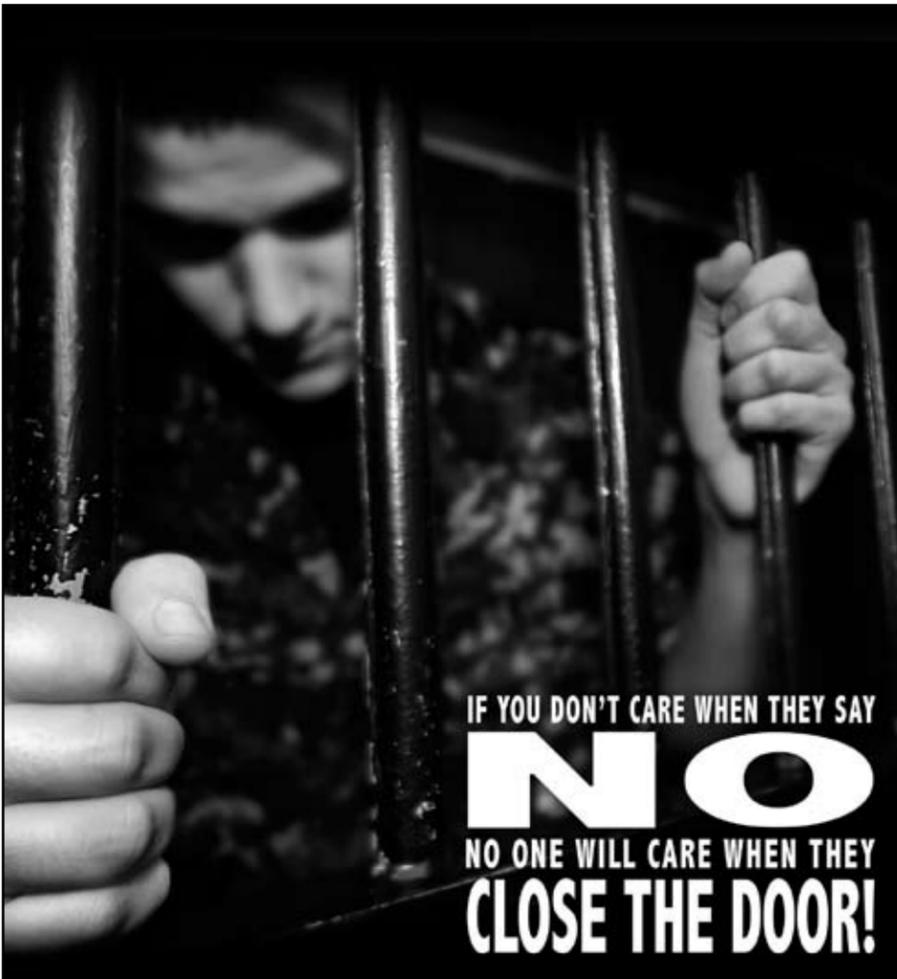
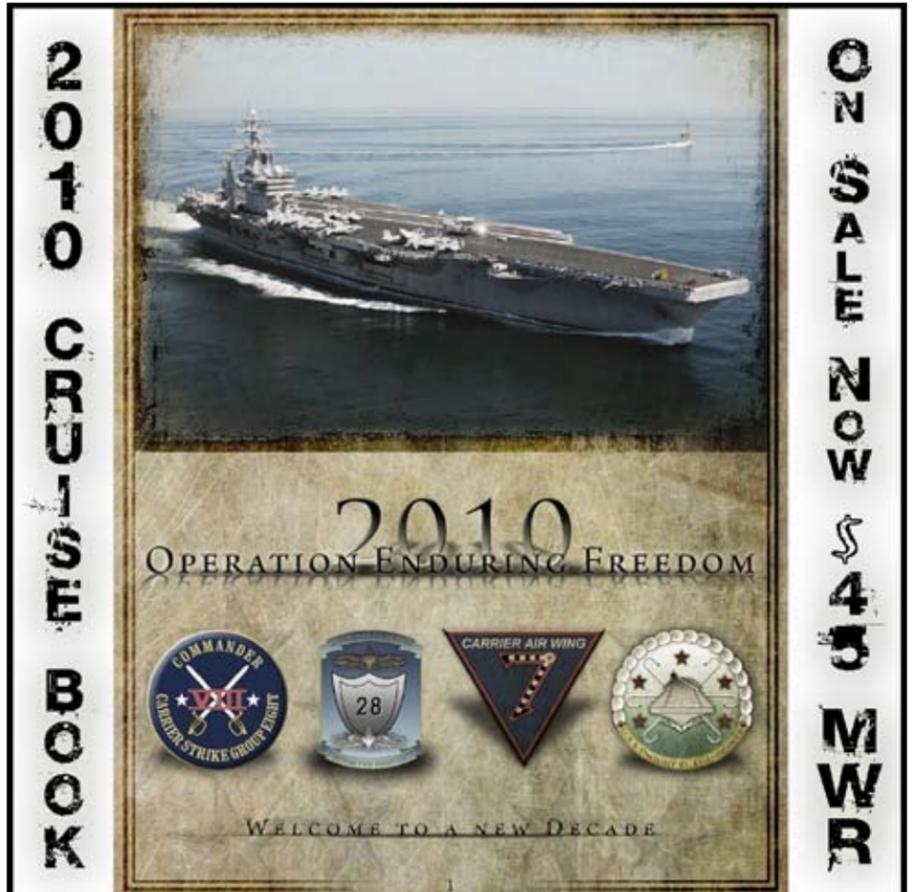
ANNOUNCEMENTS/MOVIES



MONEY FOR NAPLES

The Disbursing Office (2-125-2) will cash out the crew from July 11-13 for the upcoming port visit. The maximum limit will be \$200. Disbursing Office hours are 9-11 a.m., 1-5 p.m. and 8 p.m. to midnight. The cash window will close at 11 a.m. on July 14.

Those who do not show up to obtain cash during this time will have to use the ATM or bank services in Naples.



Preventing sexual assault is everyone's duty!
If you or anyone you know has been a victim of sexual assault, contact one of IKE's Sexual Assault Prevention and Response (SAPR) Advocates.



HURTS ONE. AFFECTS ALL.

ITC Jones - 6367
YNC Grantham - 6669
AO1 Benoit - 6694
HM2 Starcruiser - 6606/6086



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MONDAY'S IKE MOVIE SCHEDULE

Channel 5

8:30 a.m. Are We Done Yet
10:30 a.m. Bridge to Terabithia
12:30 p.m. Confessions of a Shopaholic
3 p.m. Happy Feet
5:30 p.m. Away We Go
7:30 p.m. IKE News
8 p.m. Are We Done Yet
10 p.m. Bridge to Terabithia
12 a.m. Confessions of a Shopaholic
2 a.m. Happy Feet
4 a.m. Away We Go

Channel 6

8:30 a.m. The Godfather pt 1
10:30 a.m. The Godfather pt 2
12:30 p.m. Gladiator
3 p.m. When in Rome
5:30 p.m. Angels and Demons
7:30 p.m. IKE News
8 p.m. The Godfather pt 1
10 p.m. The Godfather pt 2
12 a.m. Gladiator
2 a.m. When in Rome
4 a.m. Angels and Demons

Channel 7

8:30 a.m. Law Abiding Citizen
10:30 a.m. Devil Wears Prada
12:30 p.m. Domino
3 p.m. Gran Torino
5:30 p.m. The Contract
7:30 p.m. IKE News
8 p.m. Law Abiding Citizen
10 p.m. Devil Wears Prada
12 a.m. Domino
2 a.m. Gran Torino
4 a.m. The Contract

Channel 8

8:30 a.m. NCIS Brief
10:30 a.m. XO, DCAG, CMC Port Brief
12:30 p.m. Italy Cultural Brief
3 p.m. NCIS Brief
5:30 p.m. XO, DCAG, CMC Port Brief
7:30 p.m. IKE News
8 p.m. NCIS Brief
10 p.m. XO, DCAG, CMC Port Brief
12 a.m. Italy Cultural Brief
2 a.m. NCIS Brief
4 a.m. XO, DCAG, CMC Port Brief