

Thank You Sailor

May 11, 2013

ROLE MODEL

EM1 Jones
Sets the
Standard

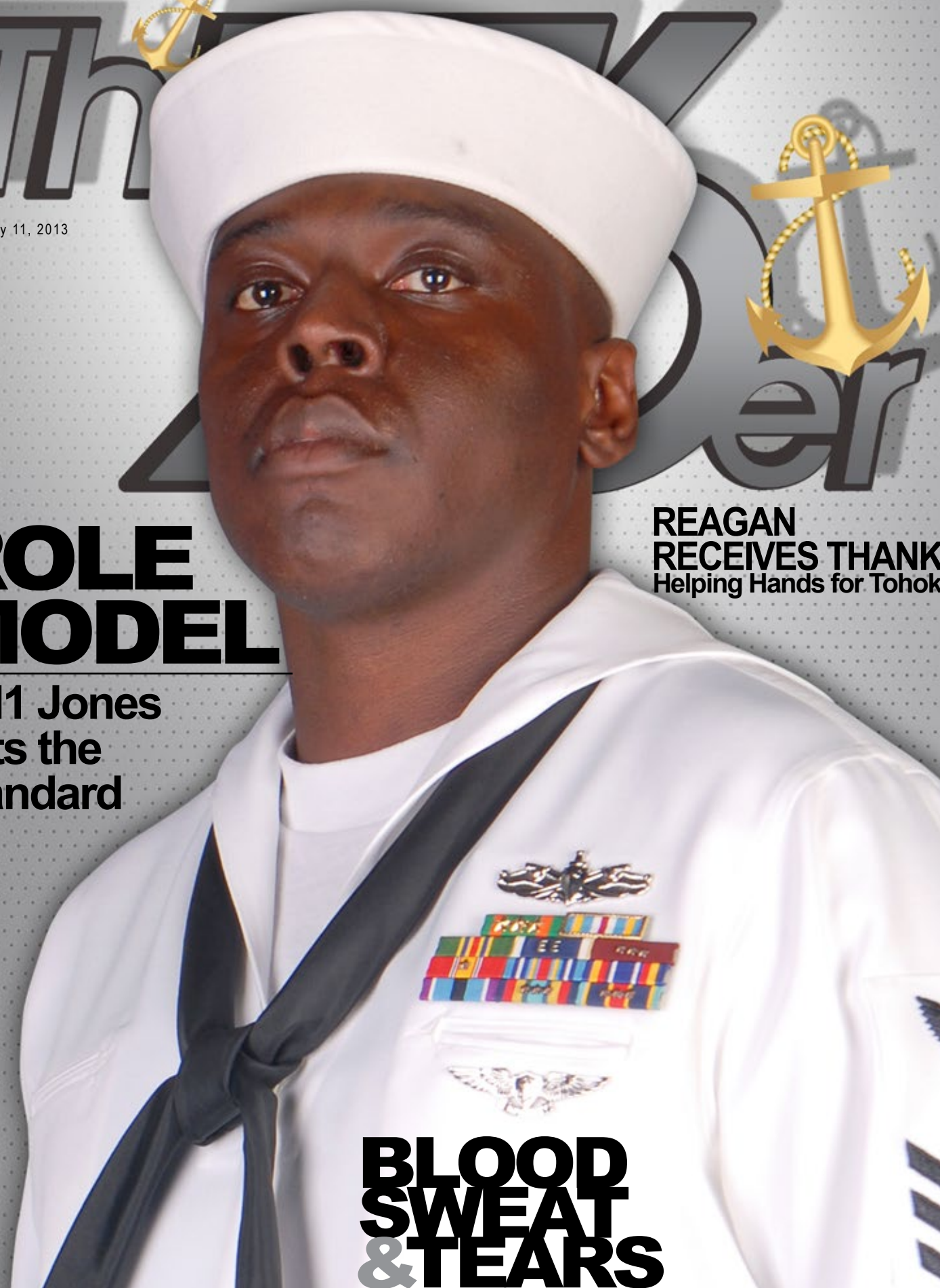
REAGAN
RECEIVES THANKS
Helping Hands for Tohoku

BLOOD SWEAT & TEARS

Reagan Sailors GORUCK!



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**PRINCIPLE OF NAVAL LEADERSHIP #7:
TRAIN YOUR UNIT AS A TEAM**

- Study, prepare, and train thoroughly, endlessly.
- Encourage unit participation in recreational and military events.
- Do not publicly blame an individual for the team's failure or praise just an individual for the team's success.
- Ensure that training is meaningful and that the purpose is clear to all members of the command.
- Train your team based on realistic conditions.
- Insist that every person understands the functions of the other members of the team and the functions of the team as part of the unit.

“Ten soldiers wisely led will beat a hundred without a head.”
-Euripedes

A strongly developed team is much more important to success than the size of your enemy's unit. This truth has been known for centuries. A strong team is built upon a sense of cohesion, of cooperation, and of indomitable spirit. Those qualities are what ultimately separate the winners from the losers.

As you read through this issue, I ask you to pay special attention to the GO-RUCK and the CPO-365 features. Each story highlights adversity and toughness, both physical and mental. They share how a team capitalizes upon the strengths of its members to overcome weakness and challenge. They illustrate how a tightly knit group of warriors can help breed trust, success, and the will to push on. These are fundamental pieces of our military culture and exemplify what is possible when we work together.

LCDR Rorke Denver, Navy SEAL, star of the movie *‘ACT OF VALOR’*, and author of the book *‘DAMN FEW’* captures these values quite succinctly:

- Be excellent.
- It pays to be a winner.
- The only easy day was yesterday.
- DON'T EVER LET YOUR TEAMMATES DOWN.
- CARRY YOUR FULL MEASURE OF THE LOAD.
- BE READY TO CARRY SOMEONE ELSE'S IF NEEDED.
- Don't disrespect the game by not preparing fully or playing as well as you possibly can.
- Be present always.
- Live your life that the fear of death can never enter your heart.

With that, enjoy this issue and remember: what YOU do matters.
V/R,
YOUR Media Department



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Executive Officer
CAPT Michael McKenna
Command Master Chief
CMDCM David Lynch

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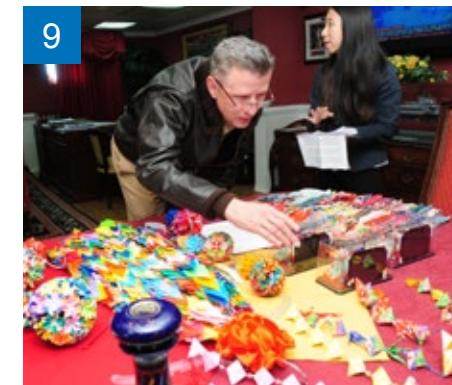
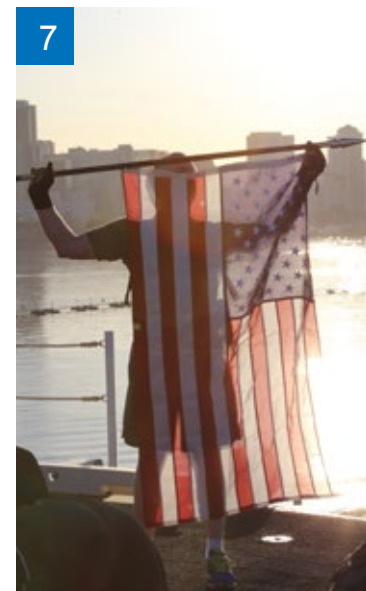
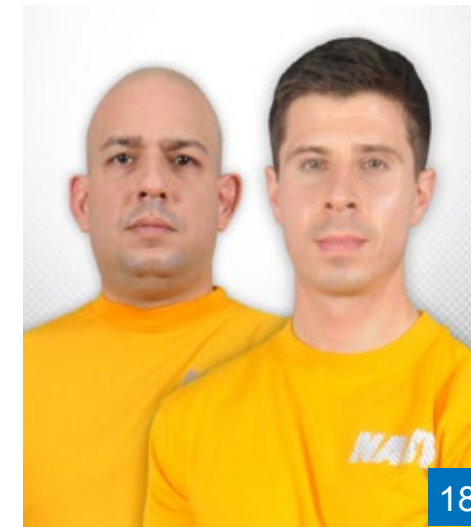
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ATTENTION: Inside this magazine is a chance to win \$25 for anything MWR has to offer! The first person to find the logo within our magazine and report down to the media shop on the ship wins the prize!

* Color may vary. Only one prize per issue. Prizes must be claimed in person at Graphics Media, 3-180-0-Q.

FEATURES





EM1 JONES

First Impressions

How One Leader Impacts Every Reagan Sailor

Story and photos by MC2 Richard Gourley

Upon crossing the brow for the very first time a new Sailor can expect to look directly in the face of many new and exciting challenges. Some of those challenges are common to most ship going Sailors including a mountain of qualifications, long days underway and uncertain deployments.

But the sheer enormity of an aircraft carrier only increases those challenges exponentially and adds unique experiences only encountered by carrier Sailors. Luckily for Sailors new to USS Ronald Reagan, they have a 13-year veteran dedicated to helping with the difficult and busy transition in their first weeks: Electrician's Mate 1st Class Marcus Jones.

Jones is the Command Indoctrination (Indoc) Coordinator. He builds and administers the course schedule for every class. He ensures that the most important of the ship's programs and departments have a representative to give information to these new Sailors.

Earning the coveted position of Indoc Coordinator is a milestone in a storied history for Jones, who encountered heavy responsibility at a young age. He was born in the rural area of Camden, S.C., where he was raised by his grandmother and aunt in a Southern home. He spent most of his time outside, playing baseball and basketball until his grandmother passed away; then he took over raising his little sister.

"My grandma set the foundation that all my morals

and disciplines are built on," said Jones. "Even to this day, my grandmother is one of my biggest influences."

Immediately after graduating high school, Jones joined the Navy and soon found himself stationed in Japan on the amphibious dock landing ship USS Fort McHenry (LSD 43).

"Fort McHenry was and still is my favorite ship in the Navy," said Jones. "I had a difficult time adjusting in that first year on the ship. Luckily I had a lot of great chiefs and master chiefs who were very patient and didn't let me fail. As a younger Sailor I thought they were unfair to me, but now I see that they just wanted me to learn and succeed."

After finishing his tour on Fort McHenry, Jones began his second sea tour on USNS Sourbourn (T-ARS 52). As a 2nd Class Petty Officer, Jones took over as the Leading Petty Officer of a division of Interior Communication Electricians and earned his stripes as an Engineering Officer of the Watch—one of the highest and most important watch stations an Engineering Sailor can hold, normally reserved for first classes and chiefs.

Leaving the Sourbourn, Jones arrived at his first special duty billet at Naval Health Clinic Hawaii as a Substance Abuse Rehabilitation Program Counselor. While making a daily impact in the lives of struggling service members, Jones also began working on improving himself as a person.



“ Luckily I had a lot of great chiefs and master chiefs who were very patient and didn’t let me fail ”

“Naval Health Clinic Hawaii was a great command” said Jones. “The command had the mentality that you went home when your work was completed. It gave me a lot of time to become reacquainted with my family and the chance to earn my bachelor’s degree in psychology.”

Now at his fourth command, Jones is not only the Command Indoc Coordinator for the ship, but also one of its Equal Opportunity Advisors and a member of the Damage Control Training Team. Even with a collection of hefty titles, Jones admits that his success aboard Reagan didn’t come without a learning curve.

“My time on the Reagan has been an eye-opener,” said Jones. “At my last two commands, I knew exactly what I had to do to succeed. But here I needed a little help. My mentor (Master Chief Navy Counselor Jake Brady) has really helped to put me back on track.”

On a daily basis, Jones is charged with not only presenting programs and key personnel to new Reagan Sailors, but also giving the best of first impressions. In many cases, Jones is the first official command representative that these Sailors will come into contact with.

“EM1 is a great leader,” said Seaman Bianca Bertucci, one of Jones’ recent students. “He had no problems answering everyone’s questions, he always came off as a professional and even helped our class leader to improve his own leadership.”

Indoc is the official command orientation course for new Sailors to the ship. During the five-day class, Sailors are introduced to huge amounts of information in the form of slide shows and instruction by various command representatives. It gives new Sailors the chance to listen to the chain of command’s expectations of them from the simplest programs all the way up to the Command Master Chief, Executive Officer and Commanding Officer.

“Even after being on the ship for four months, I learned a bunch,” said Bertucci. “As a striker I was most interested in the briefs directly involving my career and earning my future rate.”

In more subtle ways, Jones uses Indoc to offer new Sailors the opportunity to utilize a skill that is not frequently flexed especially among lower ranking Sailors – networking.

“Nowadays the Navy wants more from their people than just good EMs and YNs,” said Jones. “The Navy wants great Sailors and that means being well rounded. Networking is the key to becoming well rounded on the ship.”

It’s that forward thinking, Sailor-first mentality that has earned Jones his varied positions in addition to praise from his chain of command.

“Jones’ work with the Indoc program has taken it to a completely new level,” said Chief Operations Specialist James Casteen, one of Jones’ supervisors. “He brings an invaluable leadership style and completely represents all of the core values that the command and the First Class Petty Officer’s mess run by.”



“ I joined the Navy to see the world, to get out of South Carolina, and to get an education. But I have stayed because I love it ”

Like many great leaders, Jones is not only concerned with his own advancement, but is dedicated to helping and advising new crew members in becoming great leaders themselves.

“Identifying a mentor is the first step in becoming a successful Ronald Reagan Sailor,” said Jones. “Coming to the ship can be frightening and a good mentor can help to eliminate a lot of those fears. A mentor should be an experienced Sailor that has experienced most of what a new Sailor is feeling and can act like a roadmap helping to guide you to where you want to be. You should find a mentor who can help you work through your flaws and make you better.”

Jones is one of few select leaders to have the chance to impact every single Sailor who serves aboard Reagan. Thanks to his direct influence and mentorship over such a large amount of Sailors in their most critical times aboard the ship, Jones is successfully helping to build the next generation of leaders and building the foundation for a strong, battle-ready crew. It’s that commitment to excellence coupled with a passion for his craft that has Jones coming back for more each day.

“I’ve always worked hard,” said Jones. “I joined the Navy to see the world, to get out of South Carolina, and to get an education. But I have stayed because I love it.”





Story by MC3 Kevin Hastings
Photos by Rachel Knapp

Ronald Reagan Sailors Compete in

“GORUCK” CHALLENGE

Twenty five USS Ronald Reagan Sailors participated in a GORUCK physical challenge April 19.

The GORUCK challenge is an 8-10 hour, 15-20 mile endurance test, where participants carry 10-30 pounds of weight in a ruck sack and get a painful glimpse into Special Forces training.

The challenge is run by a Special Forces operator, or “Cadre,” and is not only a punishing physical test, but a test of the challenger’s grit and mental strength as well.

“The welcome party in the beginning is always the hardest,” said Chief Interior Communications Specialist Chris King, the shipboard coordinator for the event. “It’s two hours of constantly moving, constantly working — and then you have to think and be able to talk to each other without using words.”

The Ronald Reagan GORUCK challenge was the first time the challenge was ever done on a Navy ship.

“Chief King requested to have it on the ship,” said the instructor of Reagan’s challenge “Cadre Patrick,” a Navy Special Forces operative. “We’re both active duty Navy and thought it would be good challenge to do this aboard the ship.”

The event started in the ship’s hangar bays and flight deck, followed by a grueling trek along Coronado Island, down the Silver Strand and back. The challenge is designed for the group to succeed as a group and even fail as a group — much like the Special Forces training it emulates.

“We started all over the ship and the pier doing various exercises like pushups, crab walks and bear crawls. Then we ran from check point to check point for time,” said King. “We learned that unless we work together as one team,

each push up we did (individually) didn’t count unless we all did the pushups together.”

In addition to the physical test of the challenge, the true goal was to take a collection of individuals and turn them into one cohesive team.

“Each team is always different. You see complete strangers and you see them go to the breaking point and then they dig down deep and go through it,” said King. “And at the end of the challenge you earn a patch and the team becomes ‘GORUCK’ strong.”

“We built a bond with complete strangers and have a special camaraderie with these people because we got through one of the toughest challenges together and didn’t leave anyone behind. We all finished together.”

The GORUCK challenge is a team sport. This group of individuals came together and built a bond through pushups, motivation and the sheer will to get through one of the hardest physical experiences they’ve ever had to endure.

“We learned really quickly to work as a team,” said Aviation Boatswain’s Mate (Equipment) Airman Ben Rademacher. “We had to learn from blood, sweat and tears and go through pain and suffering together to build that team.”

Participants took this challenge and created a memory and experience that they will never forget.

“Every day we challenge ourselves and we want to see what our limits are,” said King. “During this challenge you realize that it’s not about you, but how you meet your goals as a team.”

MAKING CHIEFS 365 DAYS A YEAR

Story and photos by MC3 Kristina Walton



“There’s been a lot more participation,” said Suniga. “It’s definitely a complete difference from last year, because we were in the yards, so obviously we were pretty busy. It’s actually more motivating because there’s more of us instead of just the few that could make it. That makes a big difference for me personally, just to go out there and actually see a big group of people, not just the same people that you see every day.”

Lynch said that one of the reasons CPO 365 is so effective in priming FCPOs to become chiefs is because it gets them working together and thinking more like chief petty officers.

“The power of the Chiefs’ Mess is through cohesion of those individuals,” said Lynch. “A lot of times as you grow up in the Navy, you do your own work, you go out and do your own maintenance and that kind of thing; you’re kind of solo workers. As you get higher in the organization that cohesion with your peers is vital to get the ship’s business done. In CPO 365, we gather that group together a lot more often than they would traditionally get together so they start learning about each other and they can correct things just like the Chiefs’ Mess corrects things.”

Suniga said gathering the FCPOs together on a more consistent basis promotes team work.

“You actually see the people you’re supposed to be working with,” said Suniga. “Instead of just email or a division name, you’re actually able to put faces with the names of the people you eventually need help from around the ship.”

Lynch said that FCPOs working together more often is beneficial to the ship as a whole because they become aware of the vital skill sets of other individuals in different departments throughout the ship, and are able to address problems more effectively as a group and as a team. He also said it helps them realize what their group is really capable of doing.

“Doing that 365 days a year, physical fitness and the rest of it, gives us more time to train every single first class petty officer,” said Lynch. “Regardless of whether they’re going to make chief or not, it makes them better first classes.”

Gard explains that the program is also more valuable from a mentorship aspect.

“The stuff that we talk about and we train about is all about leadership,” said Gard. “It’s about the basic programs in the Navy that we as leaders need to be able to know so we can make sure that we take care of our Sailors.”

Lynch said one of the things he noticed after the program was introduced was a false notion that the program is somehow easier or less effective than the original induction process, partially due to the media attention claiming CPO 365 as its replacement. According to Lynch, the induction process still happens with all chief-selects; it’s simply known as “Phase II” in CPO 365.

“To say that the first classes that go through this nowadays don’t go through an induction process, or that it’s easier now because you don’t have to do some of the things that were done in the past, is nonsense,” said Lynch. “It’s going to be very difficult. I made it back in 1995 and I remember everything that happened to me back then. I’ve seen it for the last two years here on Reagan, and what these individuals go through today is just as hard, if not harder, than what I had to go through back in ‘95.”

And, according to chiefs and FCPOs alike, the program is an investment into the future success of the Navy’s deck plate leaders.

“It is what we put into it,” said Gard. “It’s how much effort the chiefs put into it and it’s how involved the first classes are in it.”



“Our Navy has never asked you to do more than it does now,” wrote Master Chief Petty Officer of the Navy (MCPON) Mike Stevens to First Class Petty Officers (FCPOs) in the Chief Petty Officer 365 (CPO 365) Development Guide.

For many FCPOs hoping to make chief, there has never been more truth packed into any words in their career. With the help of CPO 365, a program introduced by the Navy’s previous MCPON, Rick West, and revamped by the current MCPON, Mike Stevens, FCPOs will receive training year-round to help them become a chief.

According to USS Ronald Reagan’s Command Master Chief David Lynch, the idea surrounding CPO 365 is that FCPOs will do better as leaders, mentors, and eventually chiefs if they receive constant training and mentorship instead of going through a 6-8 week induction process alone, where they’re expected to be primed physically and mentally to take on their role as chiefs.

“When you put on First Class you’re enrolled in the program,” said Senior Chief Fire Controlman Theron Gard, Reagan’s CPO 365 coordinator. “Basically, you’re in that program every year until you get selected to become a chief petty officer.”

Gard explains that this year the program on Reagan resembles the more traditional process of becoming a chief.

“This year we kind of went back to the basics, a kind of throwback to the old days when the Commanding Officer would give the first class a charge book,” said Gard. “We made the CPO 365 book this year kind of like a charge book, in the essence that the First Class has to seek out the chief on the deck plates to learn from them and gain that knowledge.”

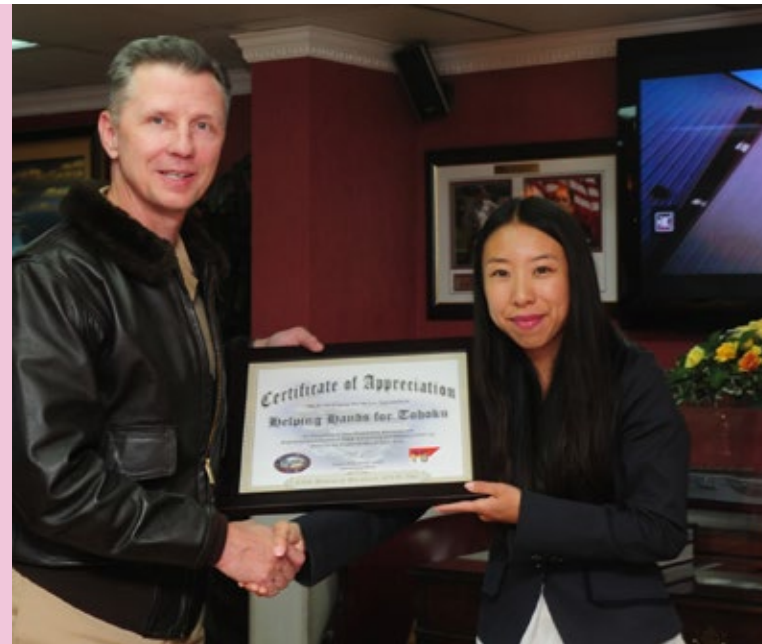
Gard said the program also consists of doing physical training three times a week, the FCPOs covering training topics in their departments and attending command training sessions.

Electronics Technician 1st Class Richard Suniga, a participant in CPO 365 since its introduction to the ship, said another difference in the program this year is the level of participation from the FCPOs aboard Reagan.

“Helping Hands”

THANKS REAGAN SAILORS

Story and photos by MC3 Kristina Walton



In March of 2011, about 80 miles off the coast of the city of Sendai, Japan, a 9.0 magnitude earthquake created a tsunami that would change the country of Japan forever.

Walls of water rushed the coast of Northern Japan, devastating cities, towns and villages across the Tohoku Region of the country, killing nearly 20,000 people and displacing countless more.

Shortly after leaving San Diego on what was supposed to be a Western Pacific and U.S. 5th Fleet deployment, USS Ronald Reagan was diverted to the coast of Japan to aid in humanitarian relief efforts. The ship spent nearly a month off the Japanese coast, providing much-needed logistical support to the region in what would be named OPERATION TOMODACHI.

In April of 2011, Masako Sullivan, a Navy spouse and native of Japan, founded the charity organization “Helping Hands for Tohoku”. Consisting mostly of Navy spouses, the organization was created to provide relief to victims of the disaster in the form of emotional and material support.

Shortly after the group’s creation, Sullivan received a phone call from an elderly Japanese woman who commented about how grateful she was for everything the Navy did and continues to do to help her family and friends, and she wishes she could meet and thank each Sailor in person.

“Being of Japanese background, we feel bad if we don’t give back to somebody who did good to us,” said Sullivan. “That’s a part of our culture. A lot of evacuees keep telling us ‘I’m sorry, we have nothing to give back, and we feel bad to keep taking’ so I wanted to make her dream come true.”

Sullivan said it was then that she realized they could purchase origami paper at local Japanese discount stores and have everyone say thank you personally to Sailors using paper cranes.

“A crane represents a kind of good luck and peace,” said Sullivan. “So they could all make one crane each with a personal thank you message on one wing, and put their name and prefecture on the other wing. Each crane represents somebody.”

According to Sullivan, over 800 cranes were made for Sailors, and each one was translated to English by a “Helping Hands for Tohoku” volunteer. The cranes were then sent as part of a thank you ceremony to the various commands that helped during Operation Tomodachi. This included 11 ships in Yokosuka, three ships in Sasebo and four ships in San Diego, including the Reagan.

Many of the hundreds of origami cranes, handmade purses and dolls, origami flower balls, and pictures of survivors of the earthquake, tsunami, and nuclear disaster are currently in the Command Master Chief’s display case on the aft mess decks. They were presented to the Commanding Officer on behalf of the organization in a small ceremony on April 18.

“This way, Sailors on the ships can touch them, feel the appreciation and read each thank you message, and know that so many people in Japan want to thank them in person,” said Sullivan.

Soon after the gift creation project started, a group of senior citizens living in temporary housing in Fukushima began making flower balls to add to the cranes. The group is now lovingly referred to as “Team Origami” by “Helping Hands for Tohoku” volunteers.

Sullivan said Team Origami continues to get together to make flower balls, even today, since it helps their morale. Many of them can’t work due to their age, so it helps them focus on doing something nice for other people rather than focusing on the loss of their homes and loved ones.

For some of the gift makers, OPERATION TOMODACHI wasn’t their first experience with U.S. Navy Sailors. Nearly 50 years ago, a young woman named Nobue Kanedawara worked in a beauty salon at the Naval base in Yokosuka. She recalled being treated like a daughter by many of the Navy families there, and continued to have a sense of gratitude toward the U.S. Navy over the years. Then, during OPERATION TOMODACHI, she saw a young American woman in uniform on TV helping with relief efforts. She was upset thinking about how much the woman’s parents must be worried, since there were still a lot of aftershocks from the earthquake in Japan at that time.

She was reminded of her own daughter, who was living in Chicago, and decided she wanted to do something nice for the women serving in OPERATION TOMODACHI. It was then that she broke her family’s treasured kimonos from 1900, passed down from her parents, to make a collection of “hina” dolls and purses as gifts for Sailors. She, along with two friends, hand stitched more than 500 of them with the hope that everyone assisting in relief efforts would complete their mission

In February 2012, after all the gifts had been collected, a ceremony to distribute them to the commands began.

“In April 2013, on the two-year anniversary of OPERATION TOMODACHI, we were able to complete this over a year long ceremony on your beautiful ship USS Ronald Reagan,” said Sullivan. “I was humbled to be able to donate gifts that represent the appreciation from over 800 people of Japan to the people of USS Ronald Reagan.”

Sullivan said that the people of Japan felt that Sailors went above and beyond their call of duty during OPERATION TOMODACHI, many donating personal items such as sweaters, blankets, and even teddy bears.

“Part of what gives these people hope is a sense of connection they can feel with people who care about them,” said Sullivan. “I am sure the community of 40 families in temporary housing in Fukushima and 70 families in Ishinomaki will both treasure the photos from the gift exchange and Sailors enjoying their thank you gifts.”

Sailors who are interested in becoming members of “Helping Hands for Tohoku”, or who would like to make contributions to the group for the 315,196 people who are still displaced in Japan, can contact the organization via email at HelpingHands4Tohoku@yahoo.com.





NAME: GORDON R. NAKAGAWA
 RANK/BRANCH: O5/UNITED STATES NAVY, PILOT
 UNIT: ATTACK SQUADRON 196
 DATE OF BIRTH: 13 JUNE 1935
 HOME CITY OF RECORD: NEW CASTLE, CA
 DATE OF LOSS: 21 DECEMBER 1972
 COUNTRY OF LOSS: NORTH VIETNAM
 LOSS COORDINATES: 204900 NORTH 1063800 EAST
 STATUS (IN 1973): RETURNEE
 CATEGORY: AIRCRAFT/VEHICLE/GROUND: A6A
 DATES OF SERVICE: 1958-1989



SUBJECT: ASIAN PACIFIC HERITAGE MONTH

Captain Nakagawa's distinguished career as a naval officer included flying 185 combat missions in the A-6 Intruder during four combat deployments to Vietnam. In December 1972 his aircraft was struck by enemy fire, resulting in him being detained as a Prisoner of War in Hanoi. Captain Nakagawa also was Commanding Officer of the Naval Air Station Pt. Mugu, coordinated all major design competitions for Naval Aviation at Naval Air Systems Command, and in his final active duty assignment, was Chair for Tactical Analysis at Naval Postgraduate School Monterey.

During his service, Captain Nakagawa was awarded two Legions of Merit, two Bronze Stars, two Purple Hearts, two Meritorious Service Medals, Distinguished Marksman (Rifle) Medal, Distinguished Pistol Medal, POW Medal and various other campaign, service and individual awards.

Nakagawa retired from the United States Navy as a Captain. He and his wife Jeanne lived in California until his death in August 2011.



LEADERSHIP BY EXAMPLE

HOW RONALD REAGAN LED WITH HOPE

Story by MCC Mike Miller

When a given leader is characterized as "leading by example," it almost always means they will not task those under their charge with anything they will not be willing to do themselves. Sometimes that task is a tangible list of instructions, other times it's an attitude and a mindset expected of both leaders and subordinates alike.

For Ronald Reagan, all he ever asked of the American people was to believe in what was possible for America. To most historians, Reagan was more than a charismatic and likeable politician, he had an unmatched affection and love for his country.

Born in an apartment on the second floor of an Illinois commercial building in 1911, Reagan began his life with humble roots. He was the son of a salesman father and a stay-at-home mother, raised throughout Illinois. Going from the son of a storekeeper to a well-to-do actor and national politician, it's easy to see how Reagan's love of country and the American Dream was born.

"Someone once said that the difference between an American and any other kind of person is that an American lives in anticipation of the future because he knows it will be a great place. Other people fear the future as just a repetition of past failures," said Reagan. "There's a lot of truth in that. If there is one thing we are sure of, it is that history need not be relived; that nothing is impossible and that man is capable of improving his circumstances beyond what we are told is fact."

When Reagan took the oath of office as the 40th President, the country and its citizens were down on their luck. The economy was not faring well and the nation's global status was questioned by many. The task before him was, if nothing else, intimidating.

"In his lifetime, Ronald Reagan was such a cheerful and invigorating presence that it was easy to forget what daunting historic tasks he set himself," said Lady Margaret Thatcher of Reagan. "He sought to mend America's wounded spirit, to restore the strength of the free world and to free the slaves of Communism."

In 1981, a lingering recession kept unemployment rates higher than normal at 7.5%. It was the worst recession since the Great Depression. Many businesses could not seem to find a way to compete against more agile and quality-conscious competitors from Japan. To many Americans it seemed we had lost our way, especially in the wake of the Iranian hostage crisis.

Reagan knew the challenge that lay before him. But he believed in what he was doing and he believed in the ability of the American people to overcome. And that, essentially, was all he expected of the American people as his leader – to believe.

"It is up to us, however we may disagree on policies, to work together for progress and humanity so that our grandchildren, when they look back on us, can say we not only preserved the flame of freedom, but cast its warmth and light further than those who came before us," he said.

Reagan's leadership model was simple. Surround yourself with smart minds, lay out your expectations and then stand back and watch them work with the quiet confidence they'll get the job done.

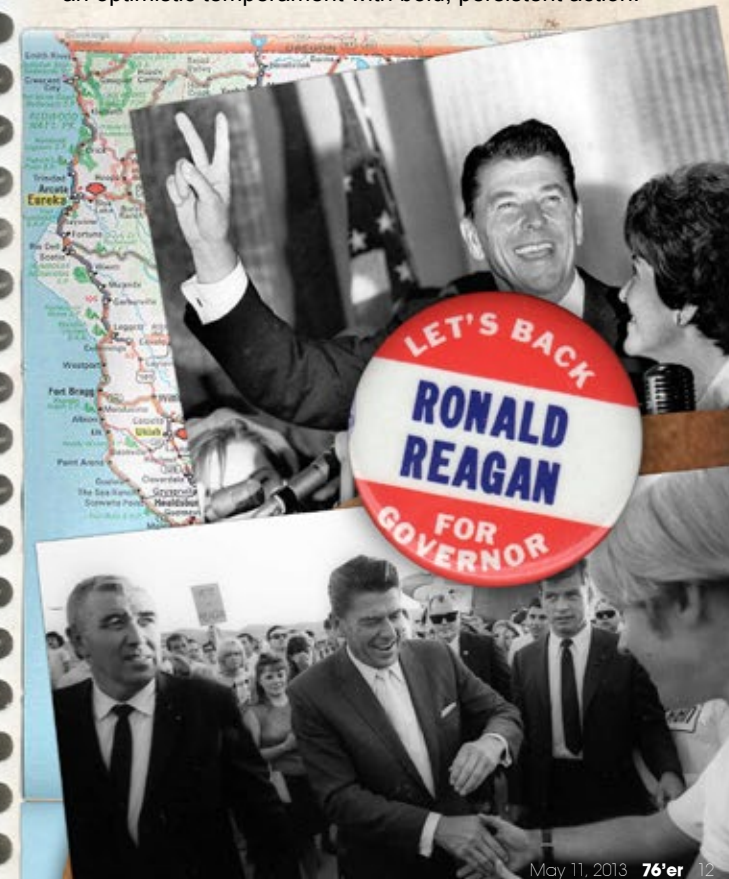
"Set clear goals and appoint good people to help you achieve them," said Reagan. "As long as they are doing what you have in mind, don't interfere, but if someone drops the ball, intervene and make a change."

And things did improve. By the end of Reagan's presidency, he had ended the Cold War, cut tax rates, eliminated an entire class of nuclear weapons and created nearly 16 million new jobs. And even with these achievements on the grandest scale, he strived to inspire Americans to continue to improve; to continue to believe.

"After all our struggles to restore America, to revive confidence in our country, hope for our future, after our hard-won victories earned through the patience and courage of every citizen, we cannot, must not, and will not turn back," Reagan said in his 1988 State of the Union address to congress. "We will finish our job. How could we do less? We're Americans."

Reagan's leadership by example was more a spirit than anything else. His love affair of the grand possibilities in this country was his core expectation of each citizen. He planted the seed of optimism through his own famous positivity and grand, yet achievable goals. It is a mindset that has been lauded by leaders for years.

"Our friend was strong and gentle. He believed in America so he made it his shining city on a hill. He believed in freedom so he acted on behalf of its values and ideals. He believed in tomorrow so the great communicator became the great liberator," said former President George H. W. Bush of Reagan. "He came to office with great hopes for America. And more than hopes... Ronald Reagan matched an optimistic temperament with bold, persistent action."



SUSHI NIGHT!



HOW TO MAKE A HANDROLL (TEMAKI)

WASH, COOK AND STEAM RICE BEFORE PLACING A GOLF BALL SIZE ON THE LEFT SIDE OF A SHEET OF NORI (SEAWEED) IN AN INVERTED TRIANGLE.

ADD SLICED PIECES OF CRAB, AVOCADO AND CUCUMBER AND TAKE BOTTOM LEFT CORNER OF SEAWEED AND BRING UP TO TOP TO CREATE A CONE-SHAPED ROLL WITH THE POINT AT THE BOTTOM. ROLL REST OF SEAWEED.

WET THE TIP OF THE KNIFE AND CUT ROLL IN HALF, PLACE HALVES TOGETHER, SPRINKLE SESAME SEEDS. CUT HALVES IN HALF GIVING YOU FOURTHS. THEN CUT THE FOURTHS IN HALF WHICH WILL GIVE YOU 8 PIECES.

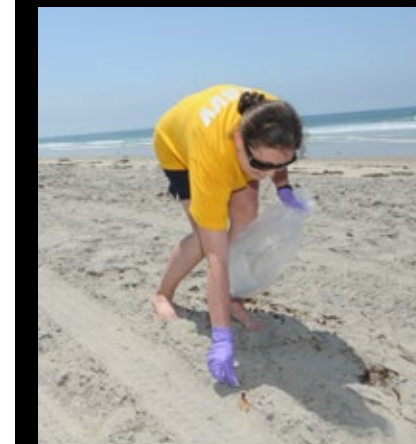
Ten USS Ronald Reagan Sailors visited 'Sushi On A Roll' in downtown San Diego April 25th for a sushi-making class put together by MWR.

The company's president, Jeff Roberto, welcomed the Reagan Sailors personally and taught them how to make California rolls and to handroll Te-Maki.



REAGAN Gives Back for EARTH DAY

Story and photos by MC3 Terry Godette



USS Ronald Reagan celebrated Earth Day April 22 by helping out the city of Coronado through a beach clean up along the Silver Strand Beach.

Fifty five Reagan Sailors scoured about a mile stretch of the beach picking up anything from socks to broken beach toys to ensure the beach was not only clean, but safe as well.

"It is important during this clean-up to pay close attention and not miss anything," said Logistics Specialist 2nd Class Joseph Bell. "A lot of people that use these beaches don't wear shoes while they're here and could really hurt themselves if they step on something that isn't supposed to be there."

While this was the first community relations event on Coronado since the ship returned to San Diego, Reagan Sailors hope this is only the beginning of a long relationship.

"We are hoping this is the start of many environmental projects between Ronald Reagan and the city of Coronado," said Lt. Gretchen Samson-Burns, Ronald Reagan's Environmental Protection Coordinator and the Earth Day event organizer.

The Sailors that participated enjoyed working out in the sun along the ocean but they were also aware of what this community project was doing for the environment.

"We are not only here to help the people who use or live near the beach, but being here also helps the ocean," said Operations Specialist 3rd Class Jakedria Robinson. "Being in the military, I feel like it's not only our job to protect this country from danger, but we also need to do our part to protect our environment. We all need to be doing our part to make our planet as clean as possible."

Earth Day was first celebrated in 1970 as a way to focus attention on the need for cleaner air and water as well as promoting renewable energy sources and recycling. More than 190 countries celebrate Earth Day worldwide, and more than one billion people take part in Earth Day activities each year.



THROUGH THE LENS





MUMFORD & SONS

May Events:

YOSEMITE ADVENTURE

May 24-27

Yosemite National Park is home to massive waterfalls, the tallest trees and one of the most recognizable rock formations ever, Half Dome. Liberty is supplying all the gear you need, transportation and food. Your job is to soak in the majesty of it all!

(Bring your own sleeping bag) **\$80**

SUMMER CONCERTS

| | | | |
|--------------|---|--------------------------|-------------|
| June 3 | Mumford & Sons | Sleep Train Amphitheatre | \$75 |
| June 16 | Pitbull & Kesha | Sleep Train Amphitheatre | \$115, \$95 |
| June 28 | Beyonce | Staples Center in LA | \$116 |
| June 29 | Snoop Dog, Kendrick Lamar, Miguel, School Boy Q & J Cole | Staples Center in LA | \$95 |
| June 30 | R. Kelly, New Edition & The Jacksons | Staples Center in LA | \$95 |
| July 2 | Summerland featuring Everclear, Sponge, Filter & Live | Humphreys by the Bay | \$37.50 |
| July 5 | NKOTB, 98 Degrees & Boys to Men | Staples Center in LA | \$75 |
| August 11 | Luke Bryan | Sleep Train Amphitheatre | \$110, \$85 |
| August 27 | America's Most Wanted Festival 2013 featuring: Lil' Wayne, T.I., & more | Sleep Train Amphitheatre | \$125, \$95 |
| September 13 | Rascal Flatts | Sleep Train Amphitheatre | \$90, \$75 |



SAN DIEGO PADRE ALL HOME GAMES

Tickets are now on sale for all of the San Diego Padre home games. Various seats and tickets are available for each game. Ticket prices per game range from \$16.50, \$24.50, and \$52 (depending upon the seat). Stop by the ticket office to see where the seats are located.



NAVY'S 27TH BAY BRIDGE RUN/WALK

Registration NOW Open
Be one of 10,000 participants to cross the Coronado Bay Bridge on foot with The Navy's 27th Bay Bridge Run/Walk 2013 taking place on Sunday, May 19 at 8 am. All proceeds benefit the Quality of Life Programs for Navy personnel. Enjoy the scenic four-mile run/walk from downtown San Diego's bay front, across the Coronado Bay Bridge and into Coronado's beautiful Tidelands Park. Plus, included in your entry is a ticket to the June 1st San Diego Padres vs. Toronto Blue Jays game. To register visit www.navalifsw.com/bridgerun

MONEY BACK reimbursement info

Each month Sailors can get financial reimbursements for fitness and recreational events not already held by MWR. **Fitness:** Sailors can attend up to 2 fitness events and be reimbursed up to \$100 a month. **Recreation:** Sailors can attend as many recreation events as they want and will receive a 20 percent for each event up to \$50 a month.

PHYSICAL THERAPY CORNER

LT Tarrillion
HMI Pagan

Anterior knee pain (also known as patellafemoral pain syndrome) is pain that occurs between the kneecap and thigh bone. It is characterized by pain and or a grating, grinding or popping sensation underneath or around the kneecap. Pain with running, climbing stairs, deep squatting, kneeling or feeling like the knee locks or catches. Typical causes of patellafemoral pain syndrome are overuse, prolonged pressure, large amounts of compressive force and muscle imbalances. USS Ronald Reagan Sailors may be particularly susceptible to this due to the dynamic and physically demanding work environment especially while underway. The following exercises in conjunction with adequate rest from the offending activity are commonly prescribed to help treat this very common condition.



ACTIVE HAMSTRING STRETCH

Laying on back hook belt or long sheet around the middle of your foot. Lift your leg as high as possible with your knee straight while keeping a neutral spine. Actively pull your toes toward your chest while pushing your heel towards the ceiling. Hold for 30 seconds and repeat 2-3 times.



OUTER THIGH STRETCH

Laying on your back hook belt or long sheet around the middle of your foot. Lift your leg up and then lower it across your body as far as comfortable until you feel a stretch across your outer thigh. Hold for 30 seconds and repeat 2-3 times.



GASROC STRETCH

Lean against a wall with one leg back and knee straight. Press your heel down until you feel a stretch in the calf. Hold for 30 seconds and repeat 2-3 times.



STRAIGHT LEG RAISE TO THE FRONT

Prop upper body up on elbows and lay with opposite knee bent. Perform a quad set by tensing the anterior thigh muscles on the working leg and pulling toes toward nose. Slowly raise leg to the front and pause for 5 seconds, slowly lower and repeat 10 times for 3 sets.



STRAIGHT LEG RAISE TO THE SIDE

Assume a side lying position and tense anterior thigh muscles. Keep leg perfectly straight, raise toward ceiling and pause for 5 second while maintaining a strong contraction. Slowly lower and repeat 10 times for 3 sets.



WALL PARTIAL SQUAT

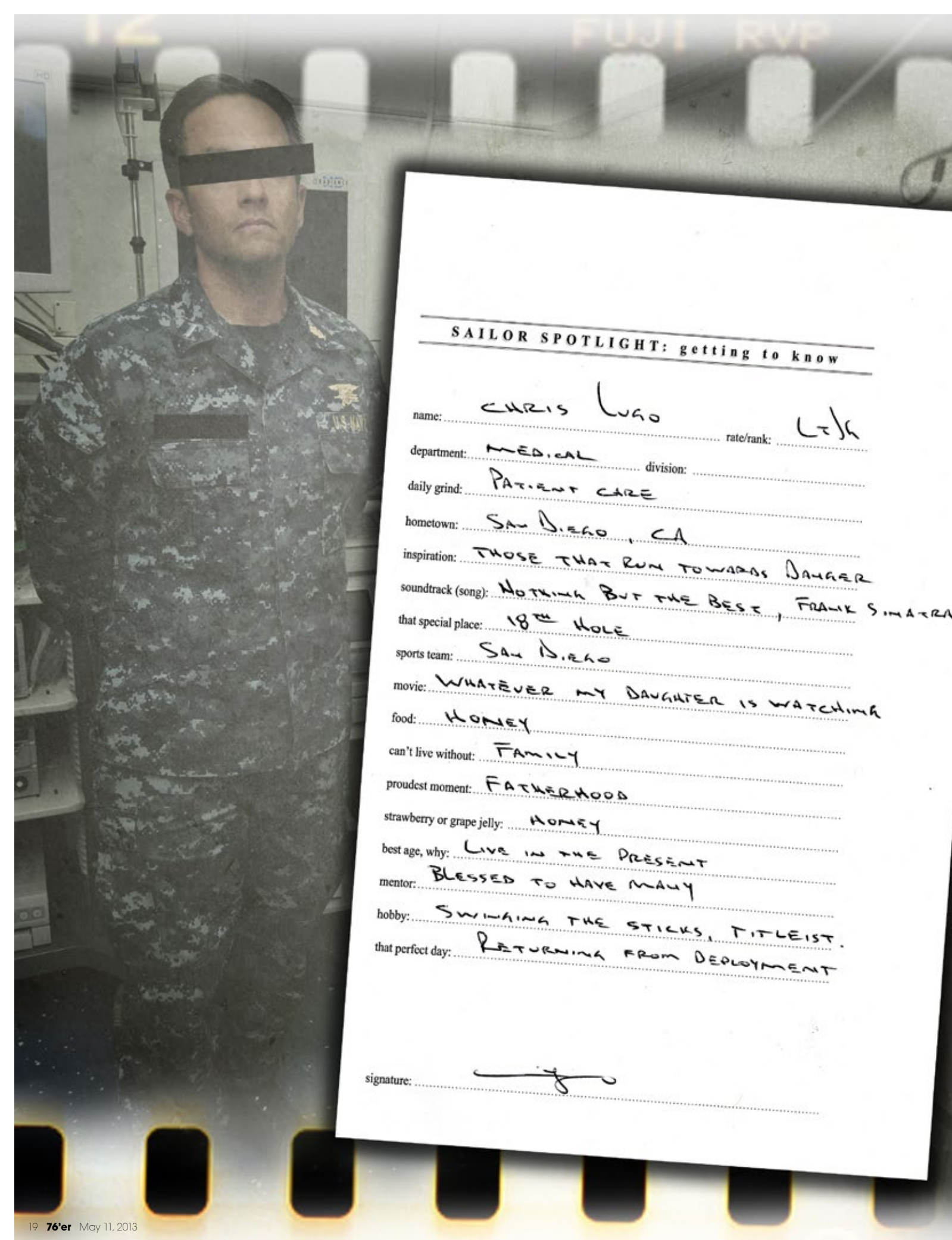
Lean against wall with feet slightly wider than shoulder width. Slowly squat to 45 degrees and then return to upright position without locking knees out completely. Repeat 10 times for 3 sets.

SHIPBOARD GYMS - IN PORT

Gym hours are staffed by MWR watches from: 0500-0800 and 1600-1900 M-F as well as 0900-1300 Saturday. Gym are closed 2100-0500 Monday-Saturday and all day Sunday per MWR Instruction.

SHIPBOARD GYMS - UNDERWAY

Gyms will be open nearly 24 hours a day, seven days a week. There will be three MWR gym watch periods Monday-Saturday, none Sundays. 0500-0800 • 1200-1500 • 1900-2100 • Khaki Hours 1400-1600.



SAILOR SPOTLIGHT: getting to know

name: CHRIS LUGO rate/rank: LTJG
 department: MEDICAL division: _____
 daily grind: PATIENT CARE
 hometown: SAN DIEGO, CA
 inspiration: THOSE THAT RUN TOWARDS DANGER
 soundtrack (song): NOTHING BUT THE BEST, FRANK SINATRA
 that special place: 18TH HOLE
 sports team: SAN DIEGO
 movie: WHATEVER MY DAUGHTER IS WATCHING
 food: HONEY
 can't live without: FAMILY
 proudest moment: FATHERHOOD
 strawberry or grape jelly: HONEY
 best age, why: LIVE IN THE PRESENT
 mentor: BLESSED TO HAVE MANY
 hobby: SWIMMING THE STICKS, TITLEIST.
 that perfect day: RETURNING FROM DEPLOYMENT

signature: _____

ADOPT-A-HIGHWAY



Brought to you by, **CPO 365**

Come help us help the community by adopting a highway and cleaning up its trash. 10 volunteers from the CPO 365 will head to I-5 South in National City.

Contact **MCC Harbour** or **OSC Williams** for information about this event and to sign up.



Shoot For The Stars

George Lucas paid the entire \$33 million production fee for Star Wars V himself, taking out a loan from the bank. He made his money back in three months, and Star Wars V went on to gross over half a billion dollars, making it the most successful independent film of all time.

Luck of the Irish

In 1976, a 22-year-old Irishman, Bob Finnegan, was crossing the busy Falls Road in Belfast, when he was struck by a taxi and flung over its roof. The taxi drove away and as Finnegan lay stunned in the road, another car ran into him, rolling him into the gutter. It too drove on. As a knot of gawkers gathered to examine the magnetic Irishman, a delivery van plowed through the crowd, leaving in its wake three injured bystanders, and an even more battered Bob Finnegan. When a fourth vehicle came along, the crowd wisely scattered and only one person was hit -- Bob Finnegan. In the space of two minutes, Finnegan suffered fractured skull, broken pelvis, broken leg, and other assorted injuries. Hospital officials said he would recover.

Wake Up and Smell the Coffee

On the night of 5 June 1944, German dictator Adolf Hitler took sleeping pills and gave orders that he not be woken. At dawn the following day the Allied Forces launched their D-Day invasion of Normandy Beach. German general Gerd von Rundstedt immediately ordered two panzer divisions to defend the region. However, German headquarters in Berlin ordered that von Rundstedt halt the two divisions until he received direct authorization from Adolf Hitler. When Hitler finally woke up, the Allies had won the invasion.



Think About It

When Alan Shepard was waiting for liftoff to become the first American in space, a reporter asked him what he was thinking about. He replied "The fact that every part of this ship was built by the low bidder."



Price Is Right

The city of Detroit raised \$50,000 in less than 10 days in order to fund the building of a Robocop statue.

Thats Bananas

A male gorilla can eat 40 pounds of food a day, mostly bananas.



Missing Something

No special effects or prosthesis were created for Stu's missing tooth. The actor Ed Helms never had an adult incisor grow and the fake incisor was taken out for the parts where Stu's tooth is missing.



Role Model

Rolling Stones Keith Richards was set to make a cameo appearance as the father of Captain Jack Sparrow in Pirates of the Caribbean: Dead Man's Chest, but Richards had to back out of the project due to his commitment with the Rolling Stones World Tour. However, Richards did show up in At World's End. Johnny Depp had previously said that his performance as Jack Sparrow was based on Richards.

Trapped

In Cleveland, Ohio, it's illegal to catch mice without a hunting license.



Fast & Furious 6

After the events of Fast Five, professional criminal Dominic Toretto and his crew are wealthy, but their criminal records prevent them from returning to their home country. Following his attempts to apprehend them, Diplomatic Security Service (DSS) agent Luke Hobbs is forced to offer the crew a deal; he will give them all full pardons for their crimes if they will help him take down a lethally skilled mercenary organization led by a criminal mastermind and his ruthless second-in-command, Dominic's thought-dead lover Letty Ortiz.

Director: Justin Lin
Writers: Chris Morgan (screenplay), Gary Scott Thompson (characters)
Stars: Dwayne Johnson, Vin Diesel, Paul Walker
Genres: Action, Crime, Thriller



Pain & Gain

Daniel Lugo is a regular bodybuilder who works at the Sun Gym along with his friend Adrian Doorbal. Sick of living the poor life, Lugo concocts a plan to kidnap Victor Kershaw, a regular at the gym and a rich, spoiled businessman, and extort money from him by means of torture. With the help of recently released criminal Paul Doyle, the "Sun Gym Gang" successfully gets Kershaw to sign over all his finances. But when Kershaw survives an attempted murder by the gang, he hires private investigator Ed Du Bois to catch the criminals after the Miami Police Department fails to do so.

Director: Michael Bay
Writers: N/A
Stars: Rebel Wilson, Mark Wahlberg, Dwayne Johnson, Anthony Mackie
Genres: Action, Comedy, Crime, Drama, Thriller



After Earth

A crash landing leaves Kitai Raige and his father Cypher stranded on Earth, 1,000 years after events forced humanity's escape. With Cypher injured, Kitai must embark on a perilous journey to signal for help so they can return to Nova Prime, facing uncharted terrain, evolved animal species that now rule the planet, and an unstoppable alien creature that escaped during the crash. The father and son must learn to work together and learn to trust one another if they want any chance of escaping Earth and returning home.

Director: M. Night Shyamalan
Writers: N/A
Stars: Will Smith, Jaden Smith, Isabelle Fuhrman, Sophie Okonedo
Genres: Action, Adventure, Sci-Fi



The Great Gatsby

Nick Carraway is an aspiring stock broker in 1920s New York. Living on the outskirts of town, he re-establishes a friendship with his cousin, Daisy, and her husband, Tom Buchanan. Nick also befriends golfer Jordan Baker, who is pressured by Daisy to begin a romance with Nick. Jordan informs Nick of his neighbor, the rich and enigmatic Jay Gatsby who is famed for staging large, flamboyant parties for the region's elite. While getting to know Gatsby, Nick learns of a love affair between Gatsby and Daisy that was broken by the First World War. Now, Nick is caught in the crossroads of a staged game aimed at recreating the past. Soon it begins to show that greatness can sometimes be a front to one's true identity.

Director: Baz Luhrmann
Writers: Baz Luhrmann (screenplay), Craig Pearce (screenplay)
Stars: Leonardo DiCaprio, Carey Mulligan, Joel Edgerton
Genres: Drama, Romance

WARRIOR ETHOS

PEACE THROUGH STRENGTH
CVN 76



“If your actions inspire others to dream more, learn more, do more and become more, you are a leader”

*JOHN QUINCY ADAMS
UNITED STATES PRESIDENT, 1825-1829*



USS RONALD REAGAN

SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.