

NAVAL MEDIA AWARD WINNING

The 74

March 20, 2013



WOMEN'S HISTORY MONTH

WE HIGHLIGHT FIVE REAGAN LEADERS WHO MAKE AN EVERYDAY DIFFERENCE

TEAM REAGAN,

Greetings and salutations, teammates! We are skipping ahead to:

**PRINCIPLE OF NAVAL LEADERSHIP #5:
SET THE EXAMPLE.**

- a. Show your subordinates that you are willing to do the same things you ask them to do.
- b. Be physically fit, well-groomed, and correctly dressed.
- c. Maintain an optimistic outlook.

As you read through our feature story this issue, you'll see five outstanding role models from a variety of paygrades who share several things in common. Yes, they are all female. Yes, they are enlisted or prior enlisted. Yes, they are seen as leaders among their peers. If you guessed any one of these traits, you'd be correct. BUT, the most important attribute they share, is that they **SET THE EXAMPLE** for others to follow. As you read about ABH1 Winchell or LCDR Williams, LS3 Anderson or LT Jung, or LT Canter, the first thing you'll notice is that they all believe in the importance of a positive attitude and the value of perseverance. For this reason, we can think of no better set of REAGAN teammates to grace the cover of our award winning magazine, "The 76er".

V/R,
YOUR Media Department

The Top 200 Secrets of Success & the Pillars of Self-Mastery
-Faisal Shazad

- 1. Do not allow those things that matter most in your life to be at the mercy of activities that matter least. Every day, take the time to ask yourself the question, "Is this the best use of my time and energy?" Time management is life management, so guard your time with great care.
- 2. Use the rubber band method to condition your mind to focus solely on the most positive elements in your life. Place a rubber band around your wrist. Each time a negative, energy sapping thought enters your mind, snap the rubber band. Through the power of conditioning, your mind will associate pain with negative thinking, and you will soon possess a strongly positive mindset.
- 3. Always answer the phone with enthusiasm in your voice and show your appreciation for the caller. Good phone manners are essential. To convey authority on the line, stand up. This will further instill confidence in your voice.



USS Ronald Reagan

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Executive Officer

CAPT Michael McKenna

Command Master Chief

CMDCM David Lynch

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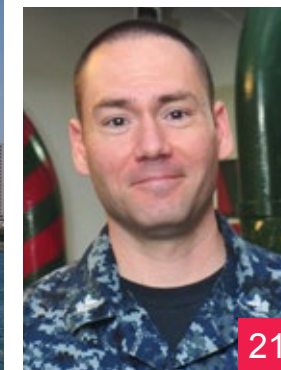
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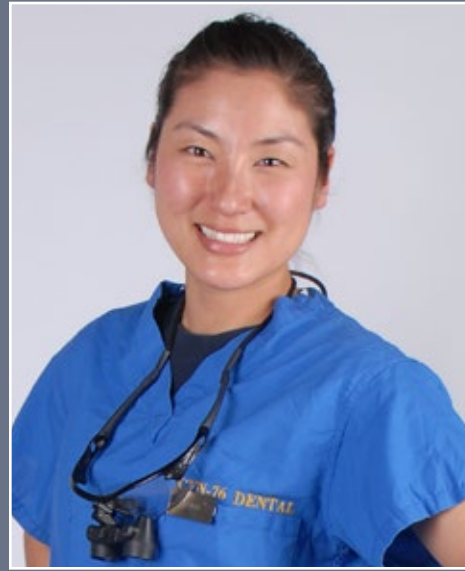
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ATTENTION: Inside this magazine is a chance to win \$25 for anything MWR has to offer! The first person to find the logo within our magazine and report down to the media shop on the ship wins the prize!

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

FEATURES

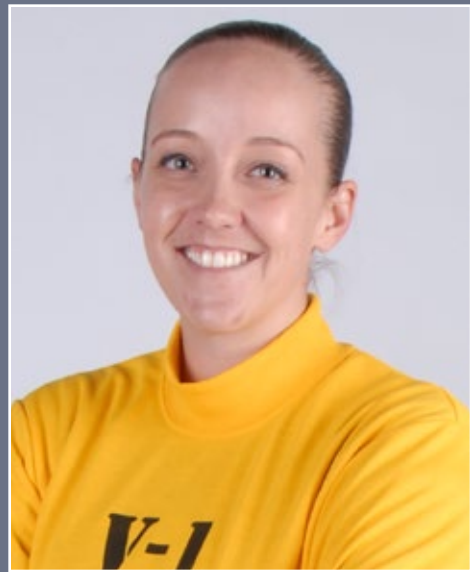




Trailblazers

Story and Photos by MC3 Kristina Walton

A Woman's History Month Tribute



Women's History Month is usually focused on the successful women of the past, packed with speeches about great leaders – many before our time - ranging everywhere from inspirational First Ladies, to women who were pioneers in their field or the backbone of social reform.

Today aboard USS Ronald Reagan there are influential female leaders who influence the lives and careers of everyday Sailors on a more personal level, whether it's because they're a great Division Officer (DIVO), a hard charging Leading Petty Officer (LPO), or because they set the example making daily operations run smoother.

Although their experiences and times in service are different, what these women have in common is that they've been successful in their respective fields and they've stood out because of their drive, their manner of communicating with their Sailors, and the experiences they've had in getting where they are today.

Lt. Cmdr. Danielle Williams, who has been in the Navy for 25 years, started out as a Seaman Recruit, and worked her way up to Petty Officer 2nd Class before her four-year mark in the Navy. After making 1st Class in 1997, she was commissioned and became a Naval Officer in 2002. Since the start of her career, she's obtained an Associate's Degree in computer studies, two Bachelor's Degrees in information systems and a Master's Degree in the management of information systems technology. She is currently working on her Doctorate in leadership divinity as she serves on Reagan as the Combat Systems Information Officer.

Lt. Laurie Canter, who has been in the Navy for almost 11 years, started out as a Soldier in the U.S. Army. She joined the Army out of high school and completed her first enlistment working in telecommunications. She then got out of the military and went to college, where she found out about the Navy's flight program. Canter says it was a surprise getting picked up for aviation, but she is now a pilot and the DIVO for Air Department's V-1 Division.

Lt. Gabrielle Jung, who has been in the Navy for 9 years, began her career as an undesignated Seaman in deck department, where she stayed for three years before striking to become a Dental Technician. After spending three more years in the Navy, she got out of the military where she finished her undergraduate studies and went to dental school. She later decided to come back into the Navy, where she was commissioned,

and she now serves as Reagan's only female dental officer.

Aviation Boatswain's Mate (Handling) 1st Class Erica Winchell started out her career in the Navy nearly 12 years ago as an undesignated Airman where she was assigned to her ship's V-1 division in air department as a "blue shirt." Since then, she's become not only a Petty Officer 1st Class, but the LPO for Air Department's V-1 Division.

Logistics Specialist 3rd Class Tiara Anderson, who has been in the Navy almost 2 years, graduated "A" school at the top of her class and came to the fleet as a Petty Officer 3rd Class. She started out in Supply Department's S-8 division. Through her hard work she's built a reputation for herself as a go-getter and was moved into Supply Department's S-1 Division.

Although hard work is a huge factor in each woman's success, they have attributed many other factors as the most influential on their careers. For Anderson, Canter and Winchell, it was having a strong support system – whether it consisted of parents, friends, or their chain of command – to help them along when they needed it.

"While enduring all of the obstacles and trying to reach your goals you grow wearisome," said Anderson. "It's good to have a strong foundation and people who care to help motivate you and pick you up to keep you going."





Winchell said that her primary source of support was her chain of command.

"They pushed me really hard and didn't settle for anything," said Winchell. "And no matter how hard I fought them they continued to push me and guide me. In the Aviation Boatswain's Mate community, we haven't had a lot of high ranking females to look up to. I was lucky enough to work under Boatswain Rodgers, who was the first female AB LDO [Line Duty Officer] at my first command, but other than that it's like I've always been the senior female even when I was just a young third class."

Canter also credits the people surrounding her for being the most influential factor in her career so far.

"Other people helping me out when I needed it and being able to talk to people and get career advice made a difference," said Canter. "I haven't always known what I was getting myself into."

For Williams, the credit for her success goes not only to her hard work, but to her daughter.

"I tell her all the time that she is the reason I strive as hard as I do," said Williams. "It's not so much doing it for myself but it's to ensure that she's



proud of what I do and what I've done. In a sense, pave the way for her and then her daughter after her. I had very humble beginnings so I push myself, not to compare with others, but to be great so I can ensure that I can make my family proud of what I do."

Jung said that for her, the struggles she went through and the lessons she learned in the beginning of her career were the most influential on her life and her career since then.

"My enlisted years probably contributed the most to my success," said Jung. "I was really young and immature so during that time it was hard to go through the whole process, you know, being in deck, but looking back it was a great experience that helped me build character and mature a lot."

Each woman identified their success – with or without their support system – as coming after some challenges and struggles of their own, but all of them remained driven and kept pushing toward their goals because they stayed positive.

"Just do the work," said Winchell. "And remember that no matter how bad of a day that you're having, it gets better."



"If you think taking the easy road is always the right road, you might want to remember that that's not always so"

Williams said that remembering to look at the positive aspects of situations you're put in can help you remain driven during hard times.

"No matter where you are or what you're doing take the positive from the experience and live in the moment," said Williams. "Connect with those around you and use all the lessons you've learned as guiding principles."

Canter said when she's faced with a new challenge she strives to follow three main points to get her through it.

"Stay positive, set a good example, and treat others as you want to be treated," said Canter. "If you can stick to those three things – especially with leadership or talking to new Sailors – you'll see that it applies to everything. I've been presented with several challenges throughout my career and just trying to do those things really helps, and it helps more than just yourself. Staying positive is contagious."

Jung said one of the most important lessons she learned in remaining positive to work toward her goals was to make the best of whatever situation she happened to find herself in.

"It's also important to take advantage of the opportunities that are given to you," said Jung. "That's something I should have picked up early on in my Navy career and I didn't realize until the last half of it how much I'd really missed out on. There were a lot of opportunities as far as education and training opportunities went that I just didn't care to know at the time."

Anderson said her best piece of advice for achieving goals is to put forth the extra effort to be good at what you do.

"Whatever I do, I try to be good at it," said Anderson. "Obviously nobody is going to be good at everything they do, but at least make the attempt. You want anything that has your name on it to reflect your hard work."

And at the core of each of their successes is a drive and a passion to pursue their dreams and to never give up.

"If you think taking the easy road is always the right road, you might want to remember that that's not always so," added Williams. "Anything worth having is worth fighting for, if that's what you truly want."

THINGS TO DO in SAN DIEGO

CALIFORNIA

BALBOA PARK

is a San Diego must-see, just minutes from downtown, and ranked as one of the Best Parks in the World. The Park is home to 15 major museums, several performing arts venues, colorful gardens and many recreational attractions, including the San Diego Zoo. With a variety of cultural institutions laid out among its 1,200 beautiful and lushly planted acres, Balboa Park is the nation's largest urban cultural park.

For more information, visit www.balboapark.org

SAN DIEGO ZOO

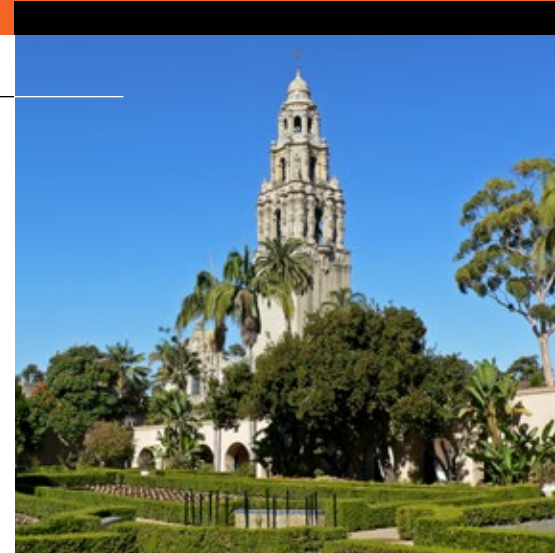
Founded in 1916, the Zoo has been an icon in San Diego for nearly 100 years. Located adjacent to downtown San Diego in Balboa Park, the Zoo is 100 acres in size and is home to more than 4,000 animals representing more than 800 species from around the world.

A leader in animal care and conservation, the San Diego Zoo is at the heart of the San Diego experience. The Zoo is a unique walking experience that exhibits animals in the most natural way possible, adding shows and animal presentations throughout the day for additional enjoyment.

For more information, visit www.sandiegozoo.org

SEA WORLD®

Celebrate the wonders of the sea at SeaWorld® San Diego. Dive into the world of sea turtles at Turtle Reef, an attraction featuring a 280,000-gallon aquarium with up to 60 threatened sea turtles. Feed and touch dolphins, and get up-close to beluga whales, polar bears, sharks and penguins. Experience the amazing Shamu show, and thrilling rides like Journey to Atlantis®, Shipwreck Rapids® and Wild Arctic®.



Manta®, a new mega-attraction that features a 1,000-gallon aquarium is filled with three species of marine life: California bat rays, diamond stingrays and shovelnose guitarfish. Eight acrylic viewing windows offer guests amazing views of the rays and a shallow above-ground pool gives them the chance to touch and feed rays.

For more information, visit www.seaworldsandiego.com

SAFARI PARK

The San Diego Zoo Safari Park immerses you in an active, hands-on safari experience where herds of animals roam natural habitats in a 1,800-acre reserve. Choose from a variety of exciting safari expeditions by tram, caravan truck, cart, segway, zip line, and more that reveal lions lounging in the grasslands, antelope and giraffes mingling, storks and crowned cranes on the march, rhinos wallowing in waterholes, and sightings of many other amazing animals. Explore walking trails that reveal beautiful vistas and endangered species like the California condor, engage in close encounters with animal ambassadors, and discover the adventure of conservation in action at this leading-edge wildlife park.

For more information, visit www.sdzsafaripark.org

WHALE WATCHING

San Diego is best known for its many attractions and as a premier tourist destination, but offering some of the best whale watching in the world year round may also make San Diego the premier destination in the world for those looking to view these magnificent creatures.

The Blue Whale Migration is bringing thousands of giant blue whales (over 90 feet long) into the waters off Southern California and along with blue whales (the largest creature on earth); finback whales (second largest whale) are also calling southern California waters their home.

Newport Landing Whale Watching, located 70 minutes north of San Diego, provides multiple whale watching cruises daily during the summer and fall months and have a 96% viewing success rate. Their whale watching cruises are 2½ hours in length and with a hard to believe price of only \$15 and high success rate makes this a great choice.

For more information, visit www.newportwhales.com



CORONADO'S BEACHES

Consistently voted one of America's finest beaches by The Travel Channel, Coronado's beaches glisten year around due to the mineral Mica in the sand, while gentle waves caress the shoreline. From the shores of Silver Strand State Beach to the tip of the Coronado Municipal Beach, you'll find plenty of wide open sand, gentle waves and gorgeous views.

CORONADO CENTRAL BEACH

runs along Ocean Boulevard with a back drop of fine homes and mansions. Beach accessible wheelchairs are available to the public, free of charge, at the Central Beach Lifeguard Tower.

NORTH BEACH is the only dog friendly beach in the area and frequented by locals and their canine companions.

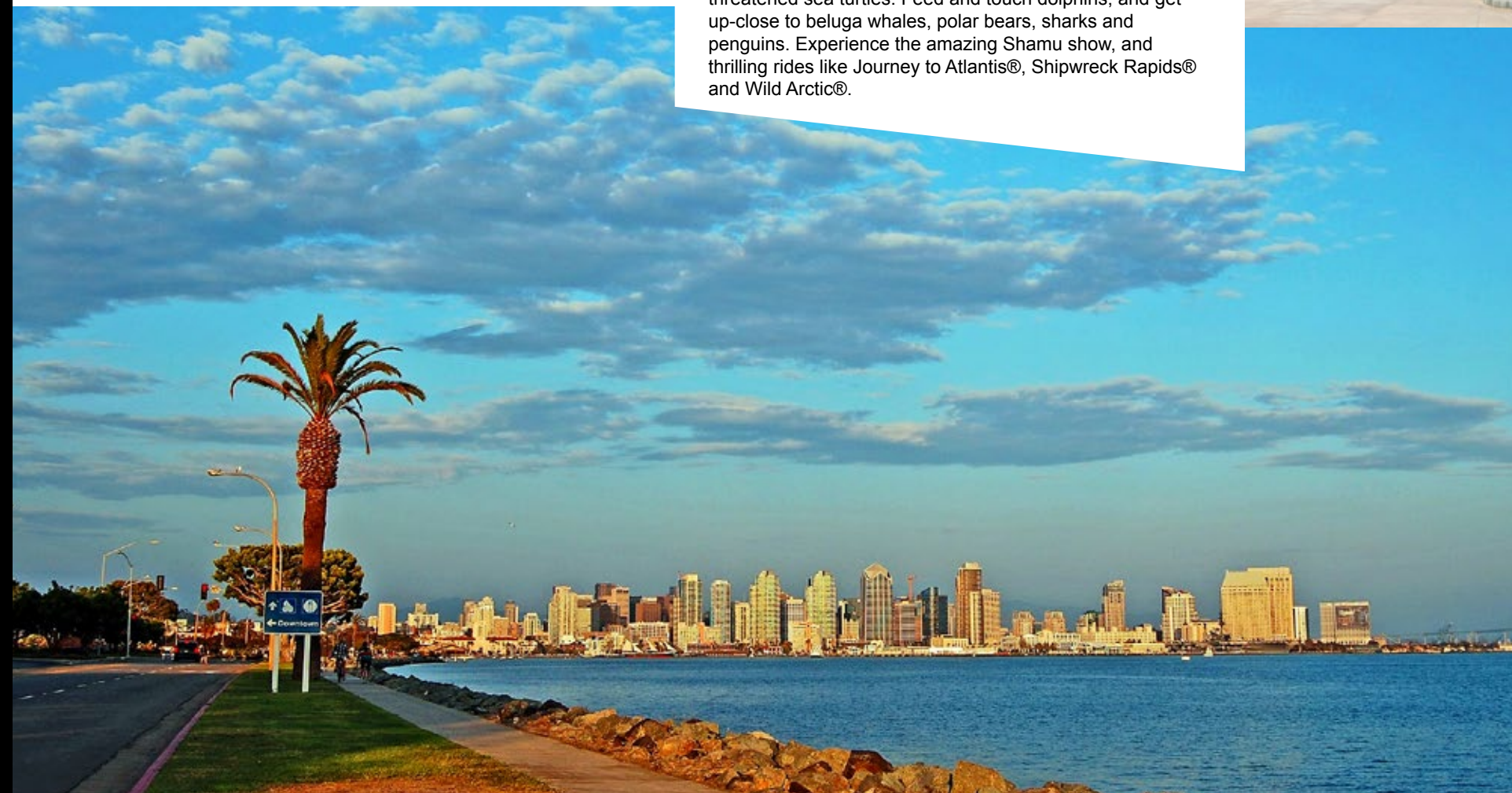
GLORIETTA BAY offers a unique view of the Glorietta Bay Hotel and the San Diego-Coronado Bridge. With a large grass-filled park, restrooms, playground equipment, and a small beach area, the Glorietta Bay Beach is a great beach for families.

SILVER STRAND STATE BEACH

is located 4.5 miles south of Coronado Village along the Silver Strand. An underpass allows access to bayside beach and picnic area and Loews Coronado Bay Resort.

FERRY LANDING MARKETPLACE

offers a sandy beach area adjacent to fishing/ferry pier. With a grassy lawn and sweeping views of San Diego Bay, this is a great place to take in views of downtown San Diego while enjoying the tranquil waters of the bay.





USS Ronald Reagan

HOMECOMING

USS Ronald Reagan (CVN 76) departed Puget Sound Naval Shipyard & Intermediate Maintenance Facility (PSNS & IMF) in Bremerton, Wa., March 18, after completing a docking planned incremental availability (PIA) that lasted more than a year.

The ship is now heading to its homeport in San Diego. It was in January 2012 that Reagan executed an administrative homeport change to Bremerton, Wash.

"What we've been able to achieve over the last 14 months has been amazing," said Capt. Thom Burke, Reagan's commanding officer. "Our crew had a huge task laid before them, but, on every level, our Sailors met or exceeded expectation. I couldn't be more proud of what they've accomplished."

The primary purpose of PIA is to maintain the 50-year projected service life of an aircraft carrier by taking the ship off-line for an extended period to accomplish deep maintenance and modernization that would be impractical during a normal in-port period.

The repair period, which began in January 2012, involved more than 600,000 man days of work by PSNS & IMF employees, ship's force Sailors and contractors.

More than 400 Ronald Reagan Sailors worked outside of their normal ratings and contributed to 14 DPIA teams that completed a variety of tasks. Cable, paint, deck, fire watch, valve, tank, and calibration teams were just some of the contributing forces that led to the ship's successful year.

"I can't say enough about the heart and soul of the men and women who make up this collaborative effort," said Capt. Steve Williamson, PSNS & IMF commander. "This is more than just a job - carriers are a powerhouse in our national defense and the work these Sailors, civilians and contractors perform is vital to ensuring our Navy warfighting force is ready."

Major repair items accomplished during this period include overhauls of all four propulsion engines and the propeller shafts, the rudders, preservation (blasting, repairing, and painting) of the entire hull and a multitude of modernization upgrades.

"The DPIA was successfully accomplished because of the dedication and willingness of the Ronald Reagan Sailors to learn something new," said Lt. Cmdr. John Lalli, the ship's maintenance officer. "Most of them were doing jobs for which they had no previous experience, but were able to execute flawlessly in partnership with skilled tradesmen from PSNS and IMF."

The success of this availability stretched far beyond the DPIA itself. Sailors from all of the ship's departments initiated more than 30 community service projects through the Kitsap County community.



"The Bremerton area and surrounding communities opened their arms to us the moment we arrived," said Burke. "From the time and effort our Chiefs' Mess spent helping to revitalize the Tomb of the Unknown at Ivy Green Cemetery to the weekends our junior Sailors volunteered at the local Veteran's Homes, we made it a point to serve those around us. It was a great pleasure to become a part of Bremerton, and we can't thank you enough for allowing us that opportunity."

Now, as Reagan heads back to San Diego, the mission of operating at sea once again becomes the focus.

"Completing an availability like this ensures that Ronald Reagan reaches her 50-year life span," said Burke. "I'm confident that the last 14 months have put us in the perfect condition to do our nation's work."

PSNS & IMF is one of four Naval Sea System Command's public shipyards that play a major role in maintaining America's fleet and providing wartime surge capability to keep the nation's ships ready for combat.

Sailors are greeted by family members as Reagan completes its arrival from Bremerton, Wash. to San Diego. The return to San Diego is the capstone event for the ship following a year-long Docking Planned Incremental Availability at Puget Sound Naval Shipyard and Intermediate Maintenance Facility.

E O A

CORNER

USS Ronald Reagan is committed to the promotion of power through being the leader in embracing our diversity and what it means for the future of the U.S. Navy. The value of our people impacts the way we meet mission. The CNO's Diversity vision establishes guidelines as a tool to continue our success as the world's greatest sea power.

The CNO's Sailing Directions describe a vision of the contribution and characteristics of the Navy over the next 10-15 years. Today and in the next decade, ready Sailors and Civilians will remain the centerpiece of Navy's warfighting capability. To maintain our warfighting edge, it is essential that our people be diverse in experience, background and ideas; personally and professionally ready; and proficient in the operation of their weapons and systems. Diversity is not founded on statistics, percentages, or quotas. Diversity is about achieving peak performance. Our force will draw upon the widest possible set of talents and backgrounds to maximize our warfighting capability, adapt to address new threats and challenges, and take advantage of new opportunities. The unique personal characteristics and skills of each Sailor and Civilian will continue to add value to our Navy.

Our efforts to attain and sustain a force of diverse talent and experience will be an intrinsic part of recruiting, developing, retaining and employing our people. We will continue to be united by our shared commitment to the Nation and each other as part of one Navy team. Every Sailor and Civilian will adhere to a professional culture of fairness and respect, and value the contributions each one makes to the Navy's warfighting capability, forward operations and readiness.



RECRUITING A DIVERSE FORCE:

- The Navy will employ proven and cost-effective recruiting strategies and techniques to attract the best talent and imagination that America has to offer, wherever it may be.

DEVELOPING A DIVERSE FORCE:

- We will continue to ensure that every new Sailor and Civilian has an equal chance of developing his or her talents to their fullest potential in an environment free of discrimination, preferential treatment, or any manner of exclusion or intolerance.
- Each Sailor and Civilian will be inspired and empowered to contribute and to attain the highest levels of leadership based upon his or her sustained level of performance.

INSTITUTIONALIZING DIVERSITY:

- Diversity within our force will be viewed as an integral part of the Navy's effectiveness in warfighting, operating forward and being ready. We will evaluate ourselves accordingly.
- Leaders will be accountable for the performance of their communities and commands including the education, technical proficiency and professional development of their Sailors and Civilians – as well as ensuring that their Sailors and Civilians understand the cultures in which we operate.
- We will assess ourselves honestly and unambiguously and be transparent with the results. Our leaders will continue to evaluate themselves, their communities and commands, and report to me with tangible efforts to develop, retain and promote talented people based on ability and performance. We will share "best practices" and pursue continued improvement.

USS Ronald Reagan Implements

GALLEY GO GREEN

By MC3 Kristina D. Walton

Of the many ways the Navy tries to promote healthy eating, color coding their food was probably not at the top of a Sailor's list as an option. However, USS Ronald Reagan (CVN 76) may be the first aircraft carrier to do so by implementing a program called "Galley Go Green."

Normally utilized in Navy galleys ashore, Galley Go Green is used to classify the nutrient density of foods with a green, yellow, or red identification mark to help Sailors identify which foods are going to be healthiest for them to consume.

"The color coding system was actually a concept that I had heard about and seen implemented in prior positions I'd had within university settings for college athletes and that kind of thing," said Joshua Hockett, Reagan's Fit Boss. "It was easier to get people to identify what's good, what's not so good, and what to avoid this way instead of trying to get them to understand the numbers and the academic side of what nutrition is."

Hockett said he discovered Galley Go Green while doing research to bring the color coding system from the universities to the ship.

"I wanted to know what I could do other than just throw up some flyers," he said.

Hockett explained that he wanted to take the guess work out of knowing which foods are healthy based on a description on a poster. "I needed to clearly label foods in the line for people that could show them which entrees they should consider a good food - a performance food - a moderation food or a cautionary food. Sometimes it's confusing for people to identify which are which."

The green stickers, for "go" foods, identify high performance foods that are lower in fat, packed with nutrients and are considered a great choice.

The yellow stickers, for "caution" foods, identify foods that Sailors should eat in moderation. They typically have a medium level of fat and are more processed than high performance foods.

The red stickers, for "stop" foods, identify foods that Sailors should limit eating, as they are high in fats and processed sugars.

A food's category is based on the amount of sodium, total fat, cholesterol and the number of calories in that food item.

The criteria for determining which food goes in which category is based off of recommendations from organizations such as the American Heart Association; the National Heart, Lung, and Blood Institute; the Department of Health and Human Services; the U.S. Department of Agriculture; the Food and Drug Administration; and the National Institute of Health.

Chief Culinary Specialist Lindsay Alvarez, the Leading Chief Petty Officer of Reagan's main mess decks said she supports Galley Go Green becoming a part of the ship's lifestyle.



GALLEY GO GREEN

is just one of the many programs available to Sailors to help them live a healthier lifestyle

"I think it's a great idea," said Alvarez. "I'm glad we're doing it because it concerns everyone aboard, especially with the Physical Readiness Test (PRT) coming up."

We have a lot of healthy choices, but sometimes Sailors have a hard time identifying what those are because many people don't know the nutritional side of the house for a balanced diet," she added.

Reagan Sailors said they liked the idea and viewed it as helpful for the crew in making healthy choices an overall simpler decision.

"It will make people feel better about their food choices because normally there is no way for them to know what they're taking in," said Aviation Boatswain's Mate (Equipment) 3rd Class Andreas Leal. "This will be more convenient for people because visual stuff is always easy to understand. It will give people a better idea of what to go for when they eat."

The plan for the ship is to use labels to identify foods in the serving lines, as well as posters and table-top displays so Sailors can see just what they're putting into their bodies. There is also a master food list that identifies which galley staples are high performance and how big a serving size really is.

GO

Performance Food

- ▶ Lower in Fat
- ▶ Nutrient Packed
- ▶ Great Choice

CAUTION

Watch the Quantity

- ▶ Medium Fat
- ▶ More Processed

STOP

Limit Amounts

- ▶ High in Fat
- ▶ High in Refined Sugar

"It's a good idea to help give people a push in the right direction in terms of healthy choices," said Culinary Specialist 3rd Class Raqueem Joseph. "It will definitely be beneficial for people who are trying to make weight for the PRT, but it could also help with productivity at work. You know, good rest, good food, good people."

Galley Go Green is just one of the many programs available to Sailors to help them live a healthier lifestyle. For further information, visit www.navyfitness.org. There Sailors can find additional resources such as the Single Sailor Shopping List, the Weight and Nutrition Self-Study Guide and many others.



THROUGH LENS



MWR

HAS ALL THE TICKETS YOU NEED

Aprils Events:

- 14. San Diego Bay Kayak Tour \$5
- 21. LA Kings game \$60
- 27-28 Learn to Sail Class \$75 - \$125

LEARN TO SAIL CLASS

Learn to sail during this two day course and receive your US Navy Sailing Certification. Course fee includes boat rental, instruction, textbooks and certification. Classes will take place at Fiddlers Cove. Fee is \$75 for E1 to E6 and \$125 for E7 & above and guests.

Register at MWR Ticket Office by April 19.

Limited spots are available.



\$5

SAN DIEGO BAY KAYAK TOUR

Come and enjoy a day of paddling with us on the San Diego Bay. On this tour you will pass under the Coronado Bridge, paddle along the shores of Coronado Island and see views of the San Diego water front and the USS Midway aircraft carrier. You may also have the chance to see dolphins and other marine animals. All equipment provided. Active Duty is \$5.00 per person. Guest fee is \$20.00 per person. Deadline to register is 5 April 13.



SAN DIEGO PADRE ALL HOME GAMES

Tickets are now on sale for all of the Home San Diego Padre Games. Various seats and tickets are available for each home game. Ticket prices per game are \$16.50, \$24.50, and \$52. 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.navylifew.com/bridgerun

CREWS INTO SHAPE Challenge

MC2 Benjamin Dobbs
Indianapolis, Indiana

I joined to undergo a physical transformation. I have 2 cousins who were in these types of competitions. One of my cousins who was in the strength competition passed away 2010. I want to dedicate this to him and for myself as well to get into better shape for boxing.

I look forward to a systematic training program to enhance my strength.

My goal is for strength and definition and a brand new body, look stronger, feel stronger, and be stronger.

My plan is to workout 5 days a week and focus on building muscle.

The Crews into Shape challenge, held every March in conjunction with National Nutrition Month, is sponsored annually by the Navy and Marine Corps Public Health Center (NMCPHC). The goals of the challenge are to spark and guide workplace-focused, team-oriented, physical activity and improved fruit and vegetable intake among the whole DoD family. The 13th annual challenge will run from March 3 through March 30, 2013. Crews in' is not really about the score. Everyone who starts the challenge can benefit by becoming more aware of their own daily habits and maybe even improve upon them.

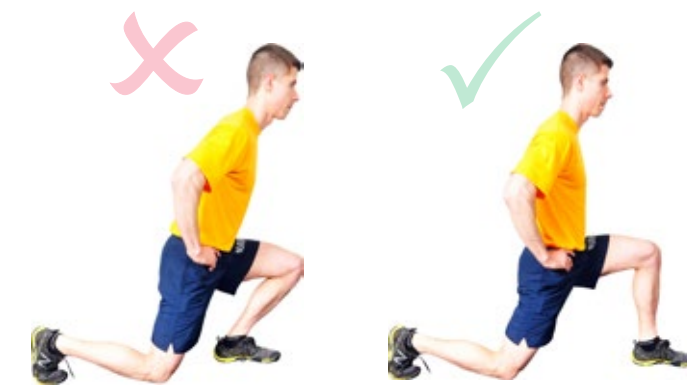
PHYSICAL THERAPY CORNER

"KEEP IT CORRECT" *The squat and the lunge are excellent exercises because they increase lower body strength and endurance and because they are functional. They translate directly into everyday life, especially dynamic work like that of a USS Ronald Reagan Sailor. Whether you are lifting, bending or crouching, being able to execute a body weight squat and lunge with correct mechanics will protect your knees and back and prevent injury.*



CORRECT SQUAT

- Stand with feet shoulder width apart and toes facing forward
- Brace abdominals while maintaining an upright trunk and slowly lower into a full squat position with thighs parallel to the floor
- Resist your knees crossing forward over your toes



CORRECT LUNGE

- Stand with feet shoulder width apart and toes facing forward
- Brace abdominals while maintaining an upright trunk and lunge forward until your thigh is parallel to the floor
- Resist your knee crossing forward over your toes

BIKE RENTALS

Naval Base Coronado is proud to introduce its new bike rental program! Bikes now available at three locations:

Liberty Rec, NASNI, Bldg. 2000 • 619-545-2878
Q-Zone, NAB, Bldg. 337 • 619-437-3190
Fiddler's Cove Marina, Hwy 75 • 619-522-8680

GOLF

Golf Clinics at the Naval Base Golf Performance Center.

Check out our great line-up of clinics for golfers of all levels! Sign up individually or as a group today! All clinics conducted by our professionally-trained golf staff.

- FREE Active Duty Lunchtime Clinics
- Welcome to Golf Clinic
- Women Only Golf Clinic • Short Game Clinic
- Putting Clinic • Junior Clinic

Call the Golf Shop at 619-556-7502.

MWR Movies are always FREE!

Movies are open to active duty, family members, retirees, DoD civilians and all other eligible MWR patrons.

Lowry Theater - NASNI, Bldg. 650
619 545-8479

FUN HAPPENS WHEN YOU GO BOWLING!

Stop by your base Bowling Center for great deals everyday of the week! Here are just a few:

Tax Break Bowling:
\$1 games and shoes Monday-Friday, 11 am-1 pm throughout March and April for all MWR patrons!

Free Active Duty Bowling:
11 am-1 pm, Mondays at Sea 'N Air Lanes, NASNI and Tuesdays at Admiral Robinson Bowling Center, NBSD (bowling and billiards)

Monday & Tuesday Madness:
Hot dogs, sodas, games and shoe rentals ONLY \$1

Prize Night:
Thursdays 6 pm to close, bowl and win great prizes!

Learn to Bowl Classes:
Available at both Bowling Centers

Saturday Night BINGO:
Doors open at 4 pm at Admiral Robinson Bowling Center, NBSD

Ballroom Dancing:
Friday and Sunday nights, \$5, at Admiral Robinson Bowling Center

Roll 'n Grow Bumper Bowling League:
Saturdays, 9:30 am, \$5 per week at Admiral Robinson Bowling Center call 619-545-7240 (NASNI) or 619-556-7486 (NBSD).

"DO IT YOURSELF" AUTO SKILLS CENTER

Save money, get it done right and have the satisfaction of knowing you did it yourself at your base Auto Skills Center. We specialize in all your automotive needs from changing/balancing tires and lift rental to steam cleaning, diagnostic and code reading. We supply the tools and "know how," you provide the labor.

Stop by or call today: NASNI, Bldg. 825 • 619-545-7235 and NBSD, Bldg. 3234 • 619-556-7008
Plus, check out the newly-polished, lubed and overhauled Automotive Retail Store at NOW OPEN at NBSD!

OUTDOOR RECREATION

Anytime is Perfect for Outdoor Fun Stop by the Outdoor Adventure Center or Outdoor Gear Rental today for all your sporting equipment needs such as mountain and road bikes, tents, stoves, sleeping bags, safety helmets, fishing equipment, kayaks, canoes, surfboards, scuba, snorkeling and sailing gear. And don't forget OAC for all your year-round outdoor and party-planning needs!

(Items available vary per location.) Outdoor Adventure Center at 619-556-7493,
Outdoor Gear Rental at 619-524-6498 or Party Rentals at 619-532-8466

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. **Recreational:** Sailors can attend as many recreational events as wanted and will receive 20 percent of each event up to \$50 a month.

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. You will be asked to leave the gym if found using the space during closed hours.

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.



**KNOW
THAT NO
MEANS
NO!**

Sailors United Together to End the Violence

Sexual assault takes many forms – it is any unwanted sexual contact, including rape, attempted rape, and child sexual abuse. It can affect people of any age, gender, ethnicity, sexual orientation, or ability.

According to the National Violence Against Women Survey, 1 in 6 American women has been the victim of rape or attempted rape.

Perpetrators of sexual assault can be friends, acquaintances, family members, or strangers.

Working together, we can raise awareness, change attitudes, and help prevent sexual assault.

**Sailors helping Sailors.
One team, one fight!**

Crocodile Wrestling

To escape the grip of a crocodile's jaw, push your thumb into its eyeballs and it will let you go instantly.

Say Again

In Alaska it is illegal to whisper in someone's ear while they're moose hunting.



Thats Nuts

Millions of trees are accidentally planted by squirrels that bury nuts and then forget where they hid them. It is estimated the squirrels forget about 50% of the nuts they've hidden.

Slow It Down

The slowest fish is the sea horse, which moves along at about 0.01 MPH.

STRANGE BUT TRUE STORIES

Good Deal

In 1960, college dropout and former marine Thomas Monaghan borrowed \$900, bought DomiNick's, a failed pizza parlor in Ypsilanti, Michigan, and ran the business with his brother James. A year later, James traded his half of the company for his brother's second-hand Volkswagen Beetle. In 1965, Thomas Monaghan renamed his company Domino's Pizza. He sold it in 1998 for an estimated \$1 billion.

From the Land Down Under

In 1770, English explorer Captain James Cook landed in Australia and noticed a unique animal who moved by jumping on their hind legs. Cook asked the aborigines what they called the large marsupials indigenous to the continent. He was told "kangaroo," which unknown to Cook, is aborigine for "I don't know."



Mud

Two teenage boys encounter a fugitive and form a pact to help him evade the bounty hunters on his trail and to reunite him with his true love.

Director: Jeff Nichols
Writer: Jeff Nichols
Stars: Matthew McConaughey, Tye Sheridan, Jacob Lofland
Genres: Drama



Trance

A fine art auctioneer mixed up with a gang joins forces with a hypnotherapist to recover a lost painting. As boundaries between desire, reality and hypnotic suggestion begin to blur the stakes rise faster than anyone could have anticipated.

Director: Danny Boyle
Writers: Joe Ahearne, John Hodge
Stars: James McAvoy, Rosario Dawson, Vincent Cassel
Genres: Crime, Drama, Thriller



Oblivion

One of the few remaining drone repairmen assigned to Earth, its surface devastated after decades of war with the alien Scavs, discovers a crashed spacecraft with contents that bring into question everything he believed about the war, and may even put the fate of mankind in his hands.

Director: Joseph Kosinski
Writers: Joseph Kosinski (screenplay), Karl Gajdusek (screenplay)
Stars: Tom Cruise, Morgan Freeman, Andrea Riseborough
Genres: Action/Adventure, Sci-Fi/Fantasy



Scary Movie 5

Happily-married couple Dan and Jody begin to notice some bizarre activity once they bring their newborn baby Aiden home from the hospital. But when the chaos expands into Jody's job as a ballet dancer and Dan's career as an Ape researcher, they realize their family is being stalked by a nefarious demon. Together, with the advice of certified experts and the aid of numerous cameras, they must figure out how to get rid of it before it's too late.

Director: Malcolm D. Lee
Writers: Pat Proft, David Zucker
Stars: Simon Rex, Ashley Tisdale, Charlie Sheen
Genres: Comedy

WARRIOR E★T★H★O★S



PEACE THROUGH STRENGTH
CVN 76

“ Sure I am this day we are masters of our fate, that the task which has been set before us is not above our strength, that its pangs and toils are not beyond our endurance. As long as we have faith in our own cause and an unconquerable will to win, victory will not be denied us.”

WINSTON CHURCHILL
AUTHOR, 1874-1965



USS RONALD REAGAN

SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.