

The 76er

February 13, 2014

FEATURING:
MASTER CHIEF RAPE
PROMOTING GROWTH
THROUGH KNOWLEDGE

FIGHTING
TO KEEP
THE SHIP
ALIVE
3M & DC

AFRICAN AMERICAN
HERITAGE MONTH:
MM1 HILL
TELLS HIS STORY

MEDAL OF HONOR:
WILLIAM H. CARNEY
"NEVER TOUCHED
THE GROUND."

**PRINCIPLE OF NAVAL LEADERSHIP #2:
BE TECHNICALLY AND TACTICALLY PROFICIENT.**

Year 1185: A Samurai nobleman transiting the street felt himself in a generous mood. He turned to a lowly peasant who had crossed his path and obliged him a smile and gentle nod of his head. The peasant, who struggled while carrying three loads of water, did not see this moment of kindness, and as such, continued on his way with no return salutation. The samurai was enraged! A gesture of acknowledgment from an aristocrat to a person of such lowly stature was a gift; to not show graciousness in return was the epitome of insults. The samurai shoved the peasant to the ground and demanded he return the following day to face him in battle.

The peasant spent that night in great fear, for a follower of the sword he was not. How was he to survive such an encounter when he knew not the way of the warrior? His weapon had been the teapot, for he earned his wages through *chanoyu*, "the way of the tea". For hours he pondered what was surely to be his death.

The next morning, the samurai shouted out across the streets for the cowardly peasant. He arrived, resigned to his fate. And, while the samurai unsheathed his sword, the peasant unsheathed his kit of tea. Slowly, he set the table in the street. **Slowly**, he unwrapped and arranged the teacups. **SLOWLY**, he poured an even and ever-so-delicate stream of honeydew tea in the flowing patterns of *otemae*, "the practiced and artful performance of the millennia old tea ceremony". He lowered his head, awaiting the strike.

The samurai stood still, frozen in his step, as tears began to form in his eyes. He put away his sword and bowed down to the peasant—who himself was frozen in shock and awe. The warrior then said softly, "You have performed the *otemae* flawlessly, with a confidence and skill I have never before witnessed with mine eyes. If you were samurai, you would surely wield a sword with similar perfection and it would be I meeting lady death this day." The samurai turned and left.

-Budoshoshinshu: The Warrior's Primer of Daidoji Yuzan

TRANSLATION: It doesn't matter if you're a Navy SEAL, an aviator, a culinary specialist, or an engineer, what earns you respect is the manner in which you do your job. Each role is important to the greater success of the team. Personal and professional excellence is respected by EVERYONE, regardless of rank, uniform, or job title.

Very respectfully,
YOUR Media Department



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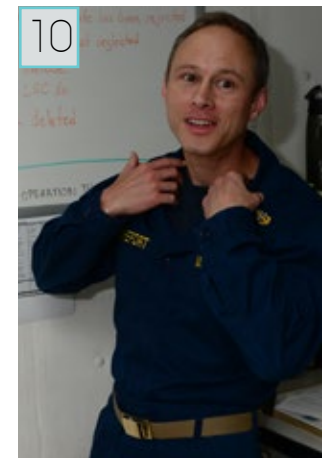
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“I WAS TRYING TO DO THE RIGHT THING AS I SAW FIT THROUGH MY EYES.”



**THE LEADERSHIP JOURNEY:
PROMOTING GROWTH
ALONG THE PATH
OF KNOWLEDGE**

STORY BY MC3 CHARLES GADDIS

Leadership has many different flavors and styles, some that are appreciated and others that leave a bitter taste. There is a cool, laid back style; the stern, hard style; and everything in between. Historically, the strongest leaders don't simply hand out knowledge and success – they drive their teams and organizations to reach for it; to pursue it; to grab it.

When Master Chief Hull Technician George Rape, the Engineering Department Leading Chief Petty Officer (DLCPO) aboard Ronald Reagan, is asked a question by one of his Sailors, he challenges them to find their own answer by telling them where they can find resources instead of just giving them the answer.

As a military child who calls home “wherever I hang my hat,” Rape was accustomed to moving every couple of years. So wherever he was in the world he made the best of it.

“I’m going to live and be comfortable,” said Rape. “Make it your own and make it your home.”

“MAKE IT YOUR OWN AND MAKE IT YOUR HOME.”

Joining the Navy wasn't originally Rape's plan. He started out in the Army National Guard, following in his father's footsteps. As a tank mechanic making barely over minimum wage and not attending college, a fistfight at work altered Rape's path and took him on a new journey to the Navy.

“I went to see the Marine recruiter to join the Marines, but he didn't show up on time,” said Rape.

“A Navy recruiter approached me and said, ‘You want a job, come on in.’ I waited about 10 more minutes, walked in the Navy recruiting office and came out as an undesignated seaman.”

Rape went to boot camp as a seaman, crossed over to airman, but ended up a fireman.

“As the top of my class, I was offered the choice of any rate I wanted,” he said. “I saw damage controlman (DC) and thought it would be awesome to fight fires. I thought I was going to fight fires everyday.”

Upon arrival at his first ship, the auxiliary oiler USS Cimarron (AO 177), there were a lot of DCs and no hull technicians (HTs), so Rape was assigned to the HT shop.

“I'd never welded before or done anything close to it, so during my lunch hour, I studied and learned a lot through on-the-job-training,” he said.

Rape worked hard to hone his craft and quickly rose through the ranks due to his hard work ethic and willingness to train. He made second class petty officer within the first couple of years, and he continued to climb from there.

After 14 years overseas and accomplishing a master's degree, Rape made his way stateside and earned the rank of chief petty officer.

“People were telling me I did my job well, but I didn't focus on what everybody was saying,” he said. “I was trying to do the right thing as I saw fit through my eyes.”

As a DLCPO, Rape's job is to be the liaison between the junior Sailors and the officers. He motivates the department and ensures that his Sailors get the materials they need to complete their mission.

"In short, I'm what you would call an administrative assistant," said Rape. "No one appreciates who you are until the paperwork's done."

Rape is also the assistant to the Chief Engineer, making sure he has all the tools he needs to complete his tasks. As a DLCPO, Rape also is the program tracker within the department.

"My duties as a program tracker are to follow-up on my Sailors, making sure they are getting their qualifications and training," said Rape.

As a tenured member of the Chief Petty Officer's Mess, Rape mentors many Sailors throughout the ship, and he also has his own mentors.

"In my charge book, I listed all of my mentors and the funny thing is, some of those people are actually junior to me," said Rape. "I still went to them for advice because everyone has something to offer."

"EVERYONE HAS SOMETHING TO OFFER."

Mentors are not always senior to their mentees. As Rape said "everyone has something to offer" and it's on the individual to learn from his or her experience to gain technical and tactical proficiency.

"It's easy to tell a Sailor what to do and how to get it done," said Rape. "But you have no growth or development of the individual."

Rape leads his Sailors by challenging them to find knowledge for themselves.

"If a Sailor comes to me with a problem, the worst thing I can do is give them the answer and let it go," he said. "Just giving them the answer without teaching them improves no one."

He wants Sailors to learn more about their job and become proficient in their craft. Helping Sailors to get there is his ultimate aim.

"Technically, making sure Sailors know where to find information and how to use materials is my primary goal," said Rape. "After all, I'm not going to be here forever and you have to train your relief."

"YOU HAVE TO TRAIN YOUR RELIEF."

He also stays keen on knowledge when challenging others. He has to look through manuals, instructions and regulations to ensure he is providing his Sailors with correct information.

After years of personal success in the Navy, Rape wants his Sailors to grow and be successful as well – both in and out of the Navy.

"From day one, nobody is going to care about your career more than you, but I care about a thing called parallel development," said Rape. "Everything you do should be able to help you inside and outside the Navy."

He also cares about the growth of his Sailors, even as they learn from bad situations. He understands that no one is perfect, but he wants Sailors to correct issues and learn from mistakes.

"If you dwell on your past, you'll never know the potential of your future," added Rape. "You learn from your past to shape your future."

In the end, Rape wants his Sailors to be successful and knowledgeable. As a mentor, DLCPO, senior enlisted advisor and shipmate, Rape has created a legacy in the Navy for the Sailors under his charge to emulate.

"If it wasn't for the mentors and mentees I've had in my career," said Rape. "I wouldn't be where I am now with the experience I hold."



"IF IT WASN'T FOR THE MENTORS AND MENTEES I'VE HAD IN MY CAREER, I WOULDN'T BE WHERE I AM NOW WITH THE EXPERIENCE I HOLD."



“YOU NEVER TAKE ‘NO’ FOR AN ANSWER”

“CULTURAL EDUCATION RIDS IGNORANCE”

STORY BY MC3 JACOB ESTES
Equality; adj.,

1. Possessing the same privileges or rights.
2. Having the necessary strength or ability.

Exercising equality and embracing diversity are hallmarks of successful organizations. The Navy embodies this ethos every day, dedicating the month of February to recognize and celebrate African-American contributions and history.

Aboard USS Ronald Reagan, Sailors of all backgrounds are leaders and success stories, and they make a difference in the lives of their shipmates and command. For Engineering Department, those traits are practiced every day by Machinist's Mate 1st Class Antoine Hill.

He grew up in Dallas, in the early 1980s. He was raised by a single mother, one of four siblings. His father was absent from his upbringing. Active in sports at a young age, Hill recalls how he was exposed to racial inequality and discrimination early in life.

“We were on our way to the Pop Warner football national championship in New Orleans,” he said. “In Huntsville, Texas, we stopped at a gas station for snacks and gas. As we pulled up, the storeowner approached us with a shotgun. He said, ‘(you’re not) allowed in my store.’ My coach, who was caucasian, confronted the gentleman attempting to straighten out the mess, but decided it was not worth it. Things like this weren’t exactly out of the ordinary; it just seemed so lively seeing it all happen in front of my eyes. We got on the bus and moved on.”

Overt racial discrimination was not only a product of his early youth. As a high school sophomore, Hill found similar bigotry on the school’s swim team.

“I remember going to one of my swim meets and being referred to as the only ‘spot’ there,” said Hill. “Kid’s liked to mess with me and would say, ‘black people can’t swim.’ That never settled with me too well.”

“THAT NEVER SETTLED WITH ME TOO WELL.”

Throughout the racial tension Hill faced in his youth, he relied heavily on the love and support of his mother, Carolyn, who helped him get through hardships.

“My mother is my motivation,” said Hill. “Her words of encouragement always gave me that extra boost. I admired what she did. Being a single parent to four kids isn’t easy. She proved how far a strong work ethic could take me in life. Growing up, she harped on the importance of respect, honoring your word and to never quit or give up.”

Support for Hill wasn’t only found through family. Mr. McDaniel, one of his school teachers made a lasting impact on him. The teacher, caucasian, took a keen interest in Hill and his successes.

“HE EMPOWERED ME.”

“He empowered me,” said Hill. “He made me feel important, and he continually challenged me to push myself, to go above and beyond the basics. He taught me that the outside distractions of my community were the result of laziness and poor education.”

“He would say, ‘Cultural education rids ignorance.’ This motivated me, so I strived to be better.”

In 2001, Hill decided he wanted to see the world and further his education – so he enlisted in the Navy. He applied what he learned before the Navy to help further his career.

“In my career, I have been told that I can’t do things or that something just isn’t possible,” said Hill. “But you never take ‘no’ for an answer. I’ve always managed to find a different way to approach each situation and find a way for it to work in my favor.”

Looking back on his youth and his career in the Navy, Hill appreciates the military’s celebration of diversity and racial equality.

“I feel like it’s a great way to recognize and embrace African-American heritage, history, and traditions,” he said. “Whether it’s a day or a year, it is important to acknowledge each race and each culture within the military.”

As both Americans and Sailors, Hill said it’s important to learn from the successes and challenges of the past.

“The individuals before me took on many challenges and made sacrifices that I have never had to make, so that we can live the lives we do today,” said Hill. “These liberties may seem miniscule to us, but those sacrifices were significant in gaining the opportunities we have in the modern day Navy. Most of their (African-American) stories will never be heard and their many struggles will go unrecognized.”

From the challenges faced during youth to the celebrated diversity of the Navy today, it was the drive to never give up and continually improve that helped lay Hill’s foundation for success.

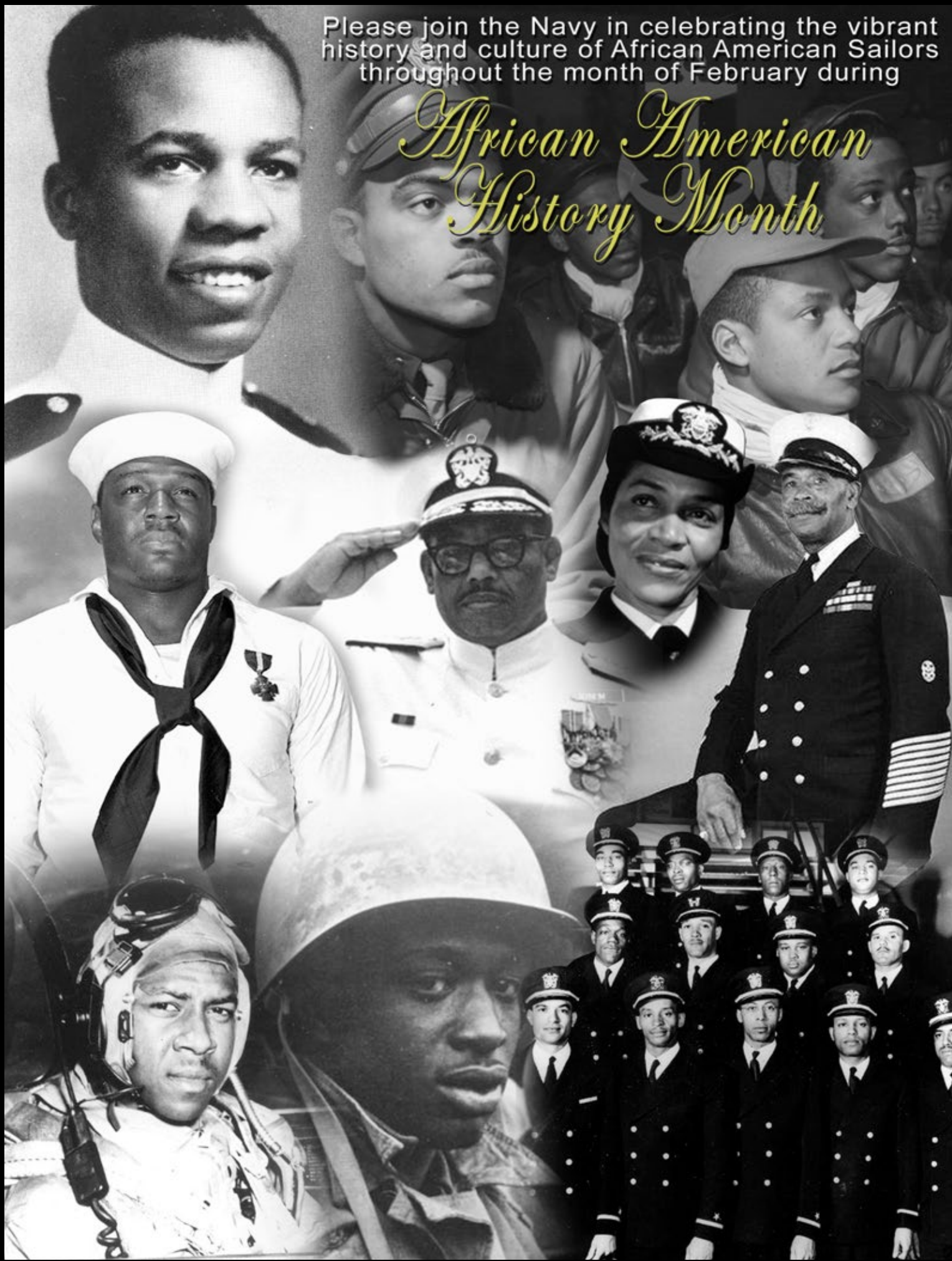
“Today’s Navy offers the same opportunities for all Sailor’s regardless of sex, color, religion, etc.,” he said. “The Navy’s opportunities are limitless.”

HILL



Please join the Navy in celebrating the vibrant history and culture of African American Sailors throughout the month of February during

African American History Month



SAILOR SPOTLIGHT: getting to know

name: ROBERT "RANDY" ROCHEFORT rate/rank: GMCS
department: ENGINEERING division: 3M
daily grind: RULE #1: 3M DOESN'T GET BETTER BY IGNORING IT. BE PROACTIVE
hometown: PANAMA CITY, FL / STAYING IN SAN DIEGO WHEN I RETIRE
inspiration: HENRY ROLLINS
soundtrack (song): "SO LONELY" THE POLICE / ANY AND ALL BOB MARLEY
that special place: CROWN'S NEST BAR PHUKET THAILAND
sports team: FSU SEAVINDLES (NOT JUMPING ON THE BAND WAGON)
movie: THE LIFE AQUATIC WITH STEVE ZISSOU / FEVER PITCH
food: BONEY'S BAYSIDE MARKET CORONADO (GREAT DELI!)
can't live without: MY FEET AND MY IPOD (I WALK EVERYWHERE WHILE LISTENING TO MUSIC.)
proudest moment: MAKING CHIEF AND BEING ABLE TO ENTER THE MESS WITHOUT ASKING.
strawberry or grape jelly: NEITHER - HONEY
best age, why: 19 CHECKED ONBOARD MY FIRST SHIP AND WENT TO A LOT OF PORTS.
mentor: BMC (RET) DARREN YOUNG
hobby: SAILING * GRAND THEFT AUTO V * BEING ZEN
that perfect day: CHRISTMAS DAY 2006: ROBE 77 MILES ON MY BICYCLE IN THE SCENIC COUNTRYSIDE OF NEW ZEALAND WHILE ON A TWO WEEK BICYCLING TOUR.

signature: 

Rochefort

Fighting to Keep the Ship Alive

STORY BY MC2 RICHARD GOURLEY

Costing billions of dollars to **build**, millions of dollars to **operate**, and thousands of man-hours to **bring her to life**, the aircraft carrier **USS Ronald Reagan** is not only one of most expensive ships in the history of naval warfare but also **one of the mightiest ships to ever sail the seas.**



"All of our systems are considered vital; this ship cannot get underway without these systems being oprational."

With the capability to bring extreme aerial firepower to the front steps of almost any enemy and aid to our allies in their greatest times of need, she is one of America's greatest assets.

Equipped with two nuclear reactors, Reagan has nearly an unlimited range stifled only by her crew's need for food and her aircraft's need for fuel. In order to continue her watch at the "tip of the spear" for the United State's global fleet and to reach her 50-year life expectancy, the ship requires her bold and knowledgeable crew to not only maintain her precious condition but also fight for her in times of trial.

Reagan's damage control division is at the heart of this task, instilling in her Sailors a fighting spirit and technical knowledge that flow throughout every passageway and space. With these weapons, Reagan is not only battle ready, but ready to win.

"We maintain all of the ship's fixed fire extinguishing systems, repair lockers and self-contained breathing apparatus (SCBA) bottles," said Damage Controlman 2nd Class Adam Cosnahan. "We maintain life-saving equipment and systems, so that we can prevent high casualties and collateral damage. All of our systems are considered vital; this ship cannot get underway without these systems being oprational."



"You must be ready to sail into the fiery seas of hell, to fight like the devil unleashed upon those seas of hell, and to leave no doubt in the enemy's mind that there is no greater fury than the USS Ronald Reagan at General Quarters unleashed and at war. Ronald Reagan will make history as the world watches in awe by upholding the ship's motto of Peace through Strength."

As the technical experts for fighting fires and all assorted casualties that can occur to the ship, the Damage Control Sailors are also charged with passing on their fighting spirit and knowledge to their shipmates

"The thing that motivates me to pass on my knowledge to the rest of the ship is knowing that it will keep people alive," said Cosnahan. "The training isn't hard, but when people are being unreceptive, the job can become stressful."

Compared to their fiery counterparts, Reagan's cool and smooth-operating Material, Maintenance, and Management (3M) division is no less important to the security and ability to fight the ship. As the keepers of every aspect of the ship's maintenance program, the 3M division is directly responsible for the coordination of every department and division maintenance program ship-wide, training and preserving Reagan's life cycle.

"The ability of the ship to carry out sustained operation is achieved through readiness," said Chief Fire Controlman Dewayne Jones, a 3M Coordinator and the ship's zone inspection manager. "It is critical to breed a culture of technical proficiency and for Reagan Sailors to take ownership of their equipment and spaces."

3M always stresses the importance of going by the books every single time a Sailor is assigned maintenance.

"We have the knowledge," said Jones. "But it becomes challenging when people do not understand the importance of the program and fail to follow the written guidelines."

Different in their own ways, but still closely related, DC and 3M are both critical to the success of the ship.

"DC is probably the most important thing we do on the ship; we are a self-contained unit and we have to keep her going or we risk being stranded thousands of miles away from home," said Cmdr. Raymond Spears, the ship's chief engineer (CHENG). "The ship must last for 50 years and to do that, the maintenance must be done correctly."

Spears, a 33-year veteran, offers the knowledge of his experiences to all the Sailors of Ronald Reagan.

"Learn, read, and follow the procedures verbatim. If the maintenance card is incorrect, get it corrected," said Spears. "Not doing the maintenance correctly will only cause problems down the road and affect the ship's ability to perform."

Every work center, division and department is important and critical to the success of the ship, her crew and her mission. But for the 3M and DC divisions, the overall functionality, operational capacity and emergency response falls directly on their shoulders. Nowhere is this mentality more prevalent than in the front pages of the ship's DC Handbook.

"You must be ready to sail into the fiery seas of hell, to fight like the devil unleashed upon those seas of hell, and to leave no doubt in the enemy's mind that there is no greater fury than the USS Ronald Reagan at General Quarters, unleashed and at war. Ronald Reagan will make history as the world watches in awe, by upholding the ship's motto of Peace through Strength."

"Take ownership of your equipment and spaces."
-FCC Dewayne Jones

THROUGH THE LENS



"Never Touched the Ground"

Sgt. William H. Carney and the 54th Regiment

Story by MC3 Andrew Ulm



"'Twas the Blue against the Gray, Boys, and he said to all around, 'I've only done my duty boys.'" An excerpt from the patriotic song sets the scene for William H. Carney's eventual brave act during the American Civil War.

Carney was born in Norfolk, Va., on February 29, 1840. After becoming a freed slave, he quickly realized the importance of education. Despite it being against the law to teach blacks to read in the Civil War era, his parents sent him to a secret private school in Norfolk.

His father understood that even though his family was free, he would have to remove his family from the suffocating and inhumane grasp of a slave state. Saving every penny they could, the Carneys found themselves in New Bedford, Mass., where they could raise their family with security and dignity.

Young Carney worked all over New Bedford, earning the respect and love of white and black associates throughout the city. He had a great interest in the church, where he would sing and listen to the older men's hymns of escaping from the South. Carney, more than anything, wanted to make the ministry his career – but the Civil War changed his plans.

On March 4, 1863, Carney, along with 40 other blacks, enrolled in Company "C" of the Massachusetts 54th Regiment Volunteer Infantry to fight in the Civil War, commanded by Col. Robert Shaw.

Shaw was the son of an abolitionist family who helped recruit black soldiers to the 54th's ranks. The regiment was one of the first official African-American units in the United States, and went on to see extensive service in five recorded Civil War engagements.

From the efforts of abolitionists like Shaw to recruit black soldiers to the ranks, the 54th had more recruits than they needed with over 1,100 men. The medical examination administered by the Massachusetts surgeon-general described the 54th as "the most robust, strong and healthy" group of men ever mustered into service in the United States military.

After just three months of training, Carney and the 54th

left Boston on May 28, 1863, and were greeted to celebrations in Beaufort, S.C., by local blacks and northern abolitionists. The regiment's first battle took place on James Island in South Carolina against Confederate troops, all while losing only 42 men.

Carney and the 54th affixed their legacy at the Battle of Fort Wagner, where they spearheaded the assault of the heavily guarded fort.

During the battle, the 54th's colors bearer was fatally struck by a confederate bullet and was about to drop the American flag. Seeing this, Carney threw down his rifle and grabbed Old Glory. He held it high throughout the entire battle, even though he was twice wounded in his leg and right arm.

"I've only done my duty boys, the old flag never touched the ground."

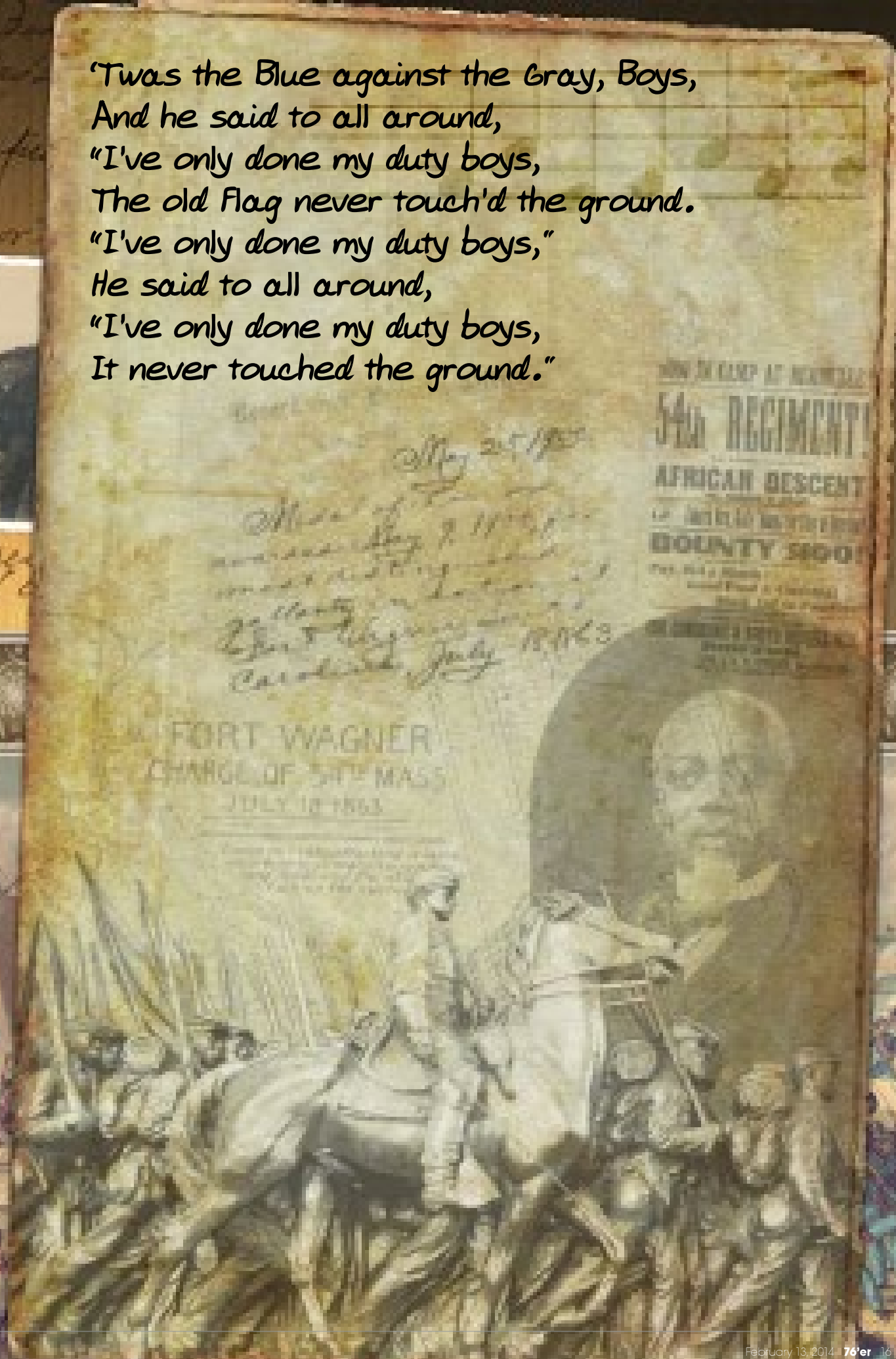
Bleeding and barely able to crawl, Carney clutched the flag until he reached the barricades of Fort Wagner. There in the sand he planted Old Glory still clutching it until he was rescued, barely alive from his wounds. Carney still refused to give up the flag, even to his rescuers. With the assistance of his 54th brothers, he crawled on one knee to the barracks, where he cried, "The old flag never touched the ground, boys."

Thirty-seven years after the battle of Fort Wagner, Sgt. William H. Carney made history as the first African-American to be awarded the Medal of Honor.

The Governor of Massachusetts, John Andrew, said of the regiment, "I know not where, in all of human history, to any given thousand men in arms, there has been a work at once so proud, so precious, so full of hope and glory."

The legacy of both Carney and the 54th Regiment still lives on today through the regiment's reactivation in 2008 to serve as Massachusetts' National Guard and through the 1989 movie "Glory," starring Denzel Washington and Morgan Freeman.

*'Twas the Blue against the Gray, Boys,
And he said to all around,
'I've only done my duty boys,
The old flag never touch'd the ground.
'I've only done my duty boys,'
He said to all around,
'I've only done my duty boys,
It never touched the ground.'*



REAGAN SAILORS SHRED BIG BEAR

Story by MC3 Ruben Reed

As the Midwest and most of the northern states are being hit with crippling snow storms and below zero temperatures, southern California is enjoying the same warm weather we are used to seeing year round. Some Sailors may be asking themselves, where can I go to have some snow time fun?

I recently took a trip to Bear Mountain on a skiing and snowboarding trip with our very own Morale, Welfare, and Recreation (MWR) division.

Big Bear Lake is a city in San Bernardino County about three hours outside San Diego. Big Bear boasts two of the largest snow-making systems in the world, allowing tourists and snow enthusiasts to enjoy fresh powder year round.

"It's great that we can come out here anytime of the year and enjoy the snow without having to travel very far," said Hull Technician 3rd Class Dominic Ferro.

Along with Bear Mountain, Big Bear also has a sister Mountain, Snow Summit. Together, they share 436 developed acres, 26 lifts, 1,800 vertical feet and over 200 different jumps, rails, and fun boxes. For those new to skiing or snowboarding, they have one of the largest beginner hill areas in the state.

Big Bear Mountain Resorts supports the military and offers discounted lift tickets for the fifth and sixth in February and March. Lift tickets can be used on both Bear Mountain and Snow Summit with free shuttle service to and from every half hour, all day. If it is your first time on a board or skis, beginner packages start at \$70 for a two hour lesson or \$75 for a four hour lesson.

"This was my first time snowboarding," said Airman Apprentice Michael Barber. "I took lessons and picked it up fairly quickly. I had a lot of fun and expect to go back soon to experience more of what Big Bear has to offer."

Carving up the mountain on a thin piece of plastic isn't the only thing to do

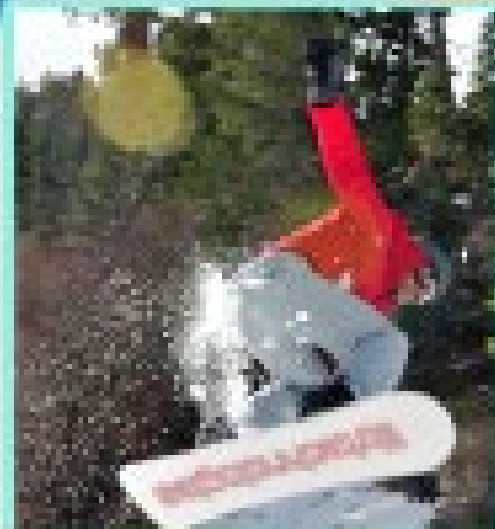
in Big Bear Lake. Other activities include: tubing and bobsledding, water sports and boating, fishing, camping, golfing, horseback riding, parasailing and visiting a zoo.

"I always have a lot of fun on MWR trips," said Operations Specialist 3rd Class Alexandria Jackson. "I hope my fellow shipmates can utilize the great trips MWR sponsors and have some fun this spring and summer."

Through the coordination of our MWR division onboard, Ronald Reagan Sailors will have the opportunity to experience many different activities throughout Southern California.

All things considered, I was impressed by my time in Big Bear Lake and I highly recommend visiting the mountain. With its affordable prices, close location, and unbeatable weather, Big Bear Lake is one of the most attractive summer time destinations available, giving endless fun to skiers and snowboarders of all abilities.

"I hope my fellow shipmates can utilize the great trips MWR sponsors and have some fun this spring and summer."



WARRIORS HELPING WARRIORS

Story by MC2 Timothy Black

A holiday stand-down is a time for Sailors not deployed to spend time at home with their families and celebrate the holidays. It is a time to take a break from the arduous duties of ship life.

During Reagan's recent holiday break, 15 Sailors participated in community service projects at multiple locations, united in the effort to assist America's wounded warriors in taking down holiday decorations.

"I volunteered simply because I wanted to help others," said Personnel Specialist 2nd Class Vares Belony. "I feel a personal responsibility to accomplish something beneficial to my community and society."

Belony and other Reagan Sailors helped Warrior Foundation volunteers at Balboa Medical Center on Jan. 4th, and Warrior Foundation's Freedom Station on Jan. 8th. The Sailors worked alongside civilian volunteers taking down the decorations that Reagan's CPO 365 Sailors put up right after Thanksgiving.

"I think it is part of humanity," said Chief Engineman Ryan Nance. "Things you learn in your experiences, whether you're doing this in another country, or here in San Diego, add to the bettering of mankind."

Nance, who set up the projects, got the idea for the volunteer opportunity when he helped his neighbor and his wife set up their Christmas decorations. His neighbor is a double amputee and his wife couldn't set them up by herself. He then contacted the Warrior Foundation and solicited for a group of volunteers to help with the cause.

"One Team, One Fight"

"The Navy always says 'One team, One Fight,'" said Aviation Boatswain's Mate 2nd Class Keith Warner.

"We have Sailors who are motivated to get involved with helping other Sailors to complete the mission."

Warrior Foundation's Freedom Station provides housing for wounded warriors who are receiving long-term treatment at Naval Medical Center San Diego. These warriors are no longer on active duty, but they want to be able to live life as independently as possible.

"It provides a sense of normalcy to wounded warriors," said Nance. "There are tons of people who support them initially, but it is the life support here that truly helps them - getting them the real world experience as a disabled person. They're surrounded by a community of people going through similar challenges of getting a job and education."

The Warrior Foundation assists four different groups of wounded service members. They help the seriously injured with immediate needs by flying in family members and providing them with accommodations, transportation and other services.

For warriors recovering through physical therapy, the organization buys them round-trip transportation home for the holidays. They also help medical retirees remain in their community of care during their transition to civilian life.

Nance hopes to provide future and dedicated support to the Freedom Station, with other Reagan Sailors from all ranks and associations.

"People try to buy this happiness and gratification," said Nance. "It is not something you buy off the shelf; you need to do something that makes you feel good on this planet."

The spirit of volunteerism among Reagan Sailors was noticed and appreciated by the very warriors they helped.

"It goes a very long way," said Ignacio Castro. "It is good support, no matter what service you are in - we all have each other's backs."





February MWR Events

K-1 Speedway Race Trip - \$50

Feb. 19, K-1 Speedway, San Diego, 1730.

Race in a Grand Prix race against your shipmates. Race is 12 lap practice, 14 lap qualifying and 16 lap final race. Includes trophies for top three finishers.

Golf Tournament - \$50

Feb. 21, Sea N' Air Golf Course, NASNI, 0730.

Best ball format. Teams of four will compete against other Reagan Sailors. Longest Drive and Closest Pin contests. Prizes for contests and first place team. Signup by Feb. 11th.

Ski and Snowboard trip - \$150

Feb. 21-23, Big Bear Mountain, 1430.

Cost includes lift ticket, meals, transportation, and lodging in a luxury rental home. Since this is a Liberty Adventure Program, you must be 18 years or older to attend. Active duty sign up through MWR Ticket Office. Non-Active duty sign up through Liberty Center NASNI.

Bike Ride - \$5 (Bike Rental)

Feb. 24, Coronado Ferry Landing, 1600.

Meet at Coronado Ferry Landing for a group bike ride around Coronado. Sign up at the ticket office by Feb. 21st.

Free Bowling

Feb. 17-23, Bowling Alley NASNI.

Show your military ID that has your USS Ronald Reagan sticker on it and bowl free at the bowling alley on NASNI. You can bowl any day of the week at any time. MWR will pay for up to 2 games per day.

SAFETY PROFESSOR'S TIPS OF THE MONTH

Drive Alert. Arrive Alive.

Tragically, less than two years ago, we lost a Ronald Reagan Sailor to fatigued driving.

Less than six hours of sleep dramatically increases your risk of falling asleep at the wheel and less than four hours is especially dangerous.

AAA estimates that 17 percent of fatal crashes on the nation's highways involve a drowsy driver.

Please ensure you get proper rest and if in doubt, don't push it! It's not worth it to you, your family, friends, and shipmates.



what is ergonomics?

Featuring Lt. Tarrillion

"A scientific discipline concerned with the understanding of interactions among humans and other elements of a system, and the profession that applies that theory, principles, data, and methods to design, in order to optimize human well-being and overall system performance."



Prevent low back and neck pain with the correct ergonomic set up of your work station

The monitor screen should be at eye level to prevent neck strain and forward head posturing which is a common abnormality with long hours of computer work.

Fix it: Perform a cervical retraction exercise by drawing your head backwards until your ears are located directly over your shoulders. Try to maintain this cervical alignment.

Elbows should be resting comfortably at sides at 90 degrees and your wrists should rest comfortably on table top edge in a neutral (straight) position. Avoid the common mistake of typing for long periods with your wrists in an extended (bent back towards you) position which can lead to carpal tunnel syndrome. If you suffer from carpal tunnel syndrome type symptoms a gel wrist pad to support the wrists while typing should be utilized.

Your **spine** has three normally occurring curves. The lordotic or lumbar curve is the concave curve in your lower back which provides much of the support for the spine. Sit all the way back in your chair so your lumbar spine is fully supported by the built in lumbar support of your desk chair. It is very important to maintain this curve even while seated.

The angle between your **hips and torso** should be between 90-100 degrees with the seat of the chair extending the length of your posterior thighs ending just before your knees.

Knees should be bent to 90 degrees and slightly lower than the hips with feet resting flat on the floor or on a footrest.

Remember 90 degrees, 90 degrees, and 90 degrees for elbows, hips and knees.

Take mini breaks from your work station to stand up and move around at least once for every hour you are seated.

Sitting for long periods at your work station, even with the correct ergonomic set up and perfect posture, can still lead to low back stiffness or pain and shortened hip flexor muscles. These are the muscles running down the front of your hips that pull your knees to your chest and also work with your abdominals when doing sit ups or crunches. Shortened hip flexors can be a contributing source of low back pain and increased stress.

Restore good lumbar extension and correct shortened hip flexors with ONE simple active range of motion exercise.

- 1) Assume a lunge position with the knee of the hip flexor to be stretched on the ground.
- 2) Move both arms up and overhead and reach back behind you, placing maximum extension through the spine.
- 3) Hold this position for 5 – 10 seconds and repeat 5 times then switch sides and repeat.

* If you are experiencing knee pain, place a cushion or pad under the knee.

SAILORS OF THE YEAR

2013



SENIOR SAILOR
OF THE YEAR

PETTY OFFICER
OF THE YEAR

JUNIOR SAILOR
OF THE YEAR

BLUEJACKET
OF THE YEAR

AVIATION ELECTRONICS
TECHNICIAN FIRST CLASS

LOGISTICS SPECIALIST
SECOND CLASS

INTELLIGENCE SPECIALIST
SECOND CLASS

AVIATION BOATSWAIN'S
MATE (FUEL) AIRMAN

ABIODUN OGUNTALA

STEFFANI DAVID

COZETTE GROCCIA

LELANI THOMPkins



About Last Night

New love for two couples as they journey from the bar to the bedroom and are eventually put to the test in the real world.

The Buzz:

Scrappy director Steve Pink is aboard this contemporary version of the 1986 romantic comedy, and I'm guessing the update will have a lot to say about trying to build a relationship in an era where privacy is hard to come by. *Bachelorette* (2012) director/writer Leslye Headland handled the adaptation, so the scenarios and dialogue could get filthy -- perhaps an open field for Kevin Hart to let loose like he does on stage.

Director: Steve Pink
Stars: Kevin Hart, Joy Bryant, Regina Hall, Bryan Callen
Genre: Comedy, Romance
Release: February 14

Director: Jose Padilha
Stars: Joel Kinnaman, Douglas Urbanski, Abbie Cornish, Gary Oldman
Genre: Action, Crime, Sci-Fi, Thriller
Length: 118m
Release: February 14

Robocop

In 2028 Detroit, when Alex Murphy (Joel Kinnaman) - a loving husband, father and good cop - is critically injured in the line of duty, the multinational conglomerate OmniCorp sees their chance for a part-man, part-robot police officer.

The Buzz:

For his English-language debut, *Elite Squad* (2007) director Jose Padilha has the dubious honor of handling this long-in-development remake that had trouble holding onto its stars before filming began. Even with this enviable cast, in the post-*Total Recall* (2012), post-*Dredd* (2012) era, the studio and most everyone involved with this project must be a bit nervous.



Director: Noam Murro
Stars: Sullivan Stapleton, Rodrigo Santoro, Eva Green, Jack O'Connell
Genre: Action, Drama, War
Length: 102m
Release: March 7



300: Rise of an Empire

The Greek general Themistocles battles an invading army of Persians under the mortal-turned-god, Xerxes.

The Buzz:

What might *Sin City: A Dame to Kill For* (2014) look and feel like if it were directed by someone other than Robert Rodriguez? That's one way we're looking at this prequel, which finds Noam Murro in the director's chair and Zack Snyder in producer mode. Though the leads actors are mostly unknown in the States (aside from Eva Green, obviously), let's remember that neither Gerard Butler nor Zack Snyder were household names when King Leonidas starred in the visual tour de force that was *300* (2006).

Director: Scott Waugh
Stars: Aaron Paul, Chilliie Mo, Dominic Cooper, Dakota Johnson
Genre: Action, Crime, Drama, Thriller
Release: March 14

Need for Speed

Fresh from prison, a street racer who was framed by a wealthy business associate joins a cross country race with revenge in mind. His ex-partner, learning of the plan, places a massive bounty on his head as the race begins.

The Buzz:

The movie-release calendar this winter feels a bit like summer with all the Legos, vampires, and Robocops vying for your patronage. Add this video-game adaptation and potential franchise-starter into the mix, with its enviable cast led by Aaron Paul, who will be available for more starring roles now that "Breaking Bad" is finished.



WARRIOR ETHOS

PEACE THROUGH STRENGTH
CVN 76

A sailor in a dark blue uniform and safety glasses is shown in profile, leaning over a workbench. He is using a grinding tool on a piece of metal, which is producing a large spray of bright orange sparks. The background is dark, suggesting an industrial or workshop setting.

“ The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. ”

*DR. MARTIN LUTHER KING JR.
CIVIL RIGHTS LEADER*



USS RONALD REAGAN
SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.