

# The 76er

March 27, 2014



## WOMEN'S HISTORY MONTH

THE STRESS  
RELIEVER:  
LT THOMPSON



Photo # NH 53165 RAdm Victor Blue inspects Yeomen (F), Washington, D.C., 1918



In order to fill severe clerical shortages caused by World War I, the U.S. Navy approved the enlistment of women in 1917. The Naval Reserve Act of 1916 made no specific gender requirements for yeomen, enlisted personnel who fulfill administrative and clerical duties.

The newly-enlisted Sailors were given the rating Yeoman (F), with the (F) designating female. More popularly referred to as "yeomanettes," the majority worked in clerical positions, but they also served as translators, draftsmen, fingerprint experts, ship camouflage designers and recruiting agents.

To learn more about the first "Yeomanette," turn to page 18.



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# INTRODUCING LT THOMPSON SHIP'S PSYCH

STORY BY MC3 TIMOTHY SCHUMAKER

**Stress is a part of life.** This six-letter word has become so prevalent in today's culture; it is **worn like a badge of courage.** **Stress affects everyone,** especially military members and their families. Mental pressure can have a **wide range of effects** on Sailors - from increasing performance to causing ill health. Whether at work or home, sea or shore, **life can throw many stress inducing challenges at us.**

Methods for reducing and managing stress have become a booming industry; everything from exercise or relaxation tapes, to self-help books and aroma therapy are lauded as stress relievers. There is also the tried and true method of seeking out a known and friendly face – one attached to a non-judgmental ear willing to listen, engage in conversation and help find ways to resolve problems and diffuse stress.

There is a new and professionally trained "friendly face" aboard USS Ronald Reagan (CVN 76) – one dedicated to helping the crew overcome the pressures of life.

"It's my job to help Sailors talk about managing their stress," said Lt. Jennifer Thompson, Reagan's new psychologist. "This is their place to vent and get it all out. I'll provide insight and tools for gaining stability and then have them back later and discuss things that may still be problematic."

Thompson's arrival at this juncture in her career and life unveils a journey full of undeniable evidence that her natural desire and ability to help people has been her life's calling from a young age.

Growing up in suburban Los Angeles, Thompson was a prototypical adventurous Southern California girl. She spent a considerable portion of her youth at the beach, cycling, and swimming competitively.

Her senior year of high school, Thompson's family relocated to Hesperia, Calif., a high desert community at the base of the San Gabriel Mountains. The move inland was a substantial lifestyle adjustment for her, as she traded sandy beaches and the urban sprawl of the City of Angels, for the solitude, dusty landscape and snowy ranges of the high desert.

This spacious environment allowed her to broaden her interests in outdoor sports, particularly snowboarding. She eventually became a certified snowboarding instructor and found that she had a knack for and enjoyed helping people who were tentative "thrill seekers."

"When I taught snowboarding, I'd have groups of teenagers that were extremely anxious due to peer pressure," said Thompson. "I became very passionate about helping these kids overcome their fears."

For the next few years, she juggled college classes, raising her young son and working at the Department of Child Services, as a child support officer. She also continued work as a snowboarding instructor on the weekends, as she balanced family, academia, and career responsibilities. Thompson says she began actualizing something she'd always known; she loved helping people and wanted to do it professionally.

Once her son was older, she earnestly began her academic pursuit of a degree as a psychologist. She achieved her bachelor's, master's, and finally her doctorate degree at Loma Linda University.

During her internship at a U.S. Department of Veterans Affairs (VA) hospital, Thompson worked closely with veterans suffering from post-traumatic stress disorder and traumatic brain injuries. This work had a lasting impact and steered her toward a career in the military.

"I developed a deep empathy and passion for these people, and it literally changed my perspective on everything," she said.

In 2010, Lt. Thompson became a commissioned officer in the Navy. She was assigned to Balboa Hospital as the division officer of mental health at Marine Corps Air Station Miramar, before her recent transfer to Reagan.



**“A BIG THING FOR ME HAS BEEN TO IMMERSE MYSELF INTO THIS AMAZING PLACE.”**

“A big thing for me has been to immerse myself into this amazing place,” said Thompson.

She says she considers one of her primary jobs to be an honest and approachable voice of reason. She provides a place of comfort and support, with realistic strategies to help balance a Sailor’s wellness, while maintaining fleet readiness.

Hospital Corpsman 2nd Class Chantal Alcazar, Lt. Thompson’s assistant, has a firsthand look at Thompson’s unique brand of crew support.

“She deals with a side of medicine that cannot be directly seen or felt,” says Alcazar. “She develops a rapport and source of support in a safe environment for Sailors who seek help.”

Thompson feels it is important for Sailors to realize the physical strain we endure when we internalize our problems.

“We, as humans, are susceptible to having anxiety and losing stability when we’re stressed,” says Thompson. “If we don’t have anybody to talk to and get it out, it just festers and comes out physically in the form of things like migraines, high blood pressure, or stomach problems, to name a few.”

A predominant theme that Thompson conveys to her patients is the importance of understanding the linear connection between the health of one’s mind and body.

“A big part of my focus and my goal is to engage in the appropriate type of mind-body connection awareness,” she says. “Finding that balance is essential in establishing resilient behaviors that provide us with the ability to bounce back from stressful things.”

She says that the pursuit of achieving high level resiliency is also a recurring theme and an underlying goal of her work as a psychologist.

“Resilient people utilize a strong support system, effective communication and healthy lifestyle choices,” she says. “Stress is inevitable in our line of work. How we work through those stressful situations is what makes us stronger.”

Thompson believes that providing a foundation of stability and good quality of life is essential for Sailors to maintain mission readiness.

“I want my patients to understand that while I’m here to help them, a big part of my job is to keep them as a functioning member of this ship and to help them adapt to their working environment,” she said. “We need each other to get through things and adapt to the environment that we’re faced with, especially in the military, where we’re supposed to be focusing on mission.”

Thompson encourages and welcomes all Sailors who want to talk about anything they’re experiencing to visit medical and ask to see her. They’ll be provided an open and confidential environment.

“I maintain an ABSOLUTE open door policy,” she said. “When I’m not with a patient, my door will be open. Every person that comes into my office for treatment will be supported in a confidential manner, while maintaining the understanding that the limits of confidentiality is any suspected danger to self, others, the environment or

evidence of UCMJ violations.”

While she encourages assertive communication with family and friends, she maintains that there are times when professional support is necessary to provide insight on how to solve problems and effectively adapt to stressful

situations.

“The primary difference between talking to a psychologist, is that a friend is emotionally connected, which makes the interaction subjective. A psychologist has the ability to be objective,” said Thompson. “Sometimes family and friends may not say exactly what they know or feel, due to worry over how the person may be impacted. A psychologist’s role is to provide a place of support with objective guidance towards one’s well-being.”

While all Sailors experience varying levels of stress, have different tolerances and ways to cope with it, there is a friendly, well-trained face aboard Reagan at the crew’s disposal, standing by to listen, offer feedback and help.

“There’s no magic to what I do; my entire job is based around communication,” Thompson says. “It’s completely natural to be stressed when we’re pulled away from our families and loved ones when we’re at sea. We’re all going to experience challenging and stressful things. What’s important is how we bounce back from them.”

**“I MAINTAIN AN ABSOLUTE OPEN DOOR POLICY, WHEN I’M NOT WITH A PATIENT, MY DOOR WILL BE OPEN.”**

**“STRESS IS INEVITABLE IN OUR LINE OF WORK. HOW WE WORK THROUGH THOSE STRESSFUL SITUATIONS IS WHAT MAKES US STRONGER.”**





**“IT’S AN AMAZING FEELING TO BE ABLE TO HELP SOMEBODY GET THEIR SMILE BACK.”**

## THE SECRET TO A GREAT SMILE

STORY BY MC3 TORRIAN NEEMAN

American poet Ogden Nash once said, “Some tortures are physical and some are mental. But the one that is both is dental.”

While visiting the dentist might bring a bit of pain or angst – and in some cases, both – the variety of memories gleaned from a dental appointment likely cover the full spectrum of physical discomfort and emotional anguish.

“In some ways, I hope that people don’t remember me, because if they remember the dentist who took out their wisdom teeth, it can be an unpleasant memory. For the ones who do remember me, I hope that I have done something good for them and changed their life,” said Lt. Cmdr. Jared Mack, the sole oral and maxillofacial surgeon on the USS Ronald Reagan (CVN 76) dental team.

Growing up with seven siblings in the small town of Thatcher, Ariz., he quickly learned that a competitive spirit was essential to survival and growth.

“I was always trying to out-do my older brothers and sisters in whatever they did. Whether it was academically or through athletics, I wanted to be as good as or better than them,” said Mack.

Mack’s parents instilled in him the value of a good education and that a boy from an Arizona town with a population less than a fully complimented aircraft carrier, could do and become anything he wanted in life. When Mack was a junior in high school, his father lost his job as a food salesman and began driving a truck to support the family.

As a teenager, Mack decided that he would always be able to provide for his family and stability became important to him.

During his second year of dental school, Mack joined the Navy. He enrolled in the Navy Health Services Collegiate Program, which meant that he was enlisted for three years while completing dental school. In May of 2008, Mack was commissioned as a lieutenant and opened up his “practice” aboard Reagan in August of 2013.

Motivation to achieve success comes from many factors. For some, the desire for wealth, fame and power gives them the drive to push toward personal goals and their idea of success. For Mack, the impetus for achievement rests solely in what is most important to him – his family.

“Being able to take care of my family and provide for them is what motivates me,” said Mack.

While going through oral surgeon residency, Mack gained even more appreciation for his wife. The couple was involved in an all-terrain vehicle accident in the final year of his residency, and his wife’s arm was broken. She was taking care of their three children who were all under the age of six, while she was expecting their fourth child. Mack gives his family credit for making multiple sacrifices during those “four years of hell.”

“I was hardly ever home and when I was, I was like a zombie without much energy to help around the house or help with the kids,” said Mack.

After completing dental school and his residency stint, Mack did what is called a ‘credentialing tour’ at Naval Base San Diego. During this tour, Mack was mentored and inspired by Capt. David Harmatz.

“We had a lot of fun doing procedures, and he was very skilled and knowledgeable, he showed me how awesome life can be as an oral surgeon and I thought, ‘I want to do that,’” said Mack.

Today, Mack splits his time between consultations aboard Reagan and the medical center at 32nd Street, where he performs most of his operations.

Mack said that the team of dental professionals aboard Reagan makes work both easy and pleasurable. According to Hospital Corpsman 2nd Class Tyre Brown, who works the front desk in Reagan’s dental department, the feeling is mutual.

“I don’t think I’ve ever seen Lt. Cmdr. Mack angry or upset. He usually cracks a joke or something when he talks to us, he makes a light atmosphere around here,” said Brown.

As a dentist, particularly an oral surgeon, Mack has developed his reputation by working tirelessly to rebuild smiles for his patients.

“It’s an amazing feeling to be able to help somebody get their smile back,” said Mack. “A lot of people don’t have teeth, or they are very hesitant to smile, so they will cover their mouth or they try not to smile.”

Giving people their confidence back is Mack’s number one goal.

“To give somebody that back, that confidence from knowing that they can smile and not have people see a hole in their mouth, that’s really satisfying for me,” Mack said.

Mack’s future goal is to become a board certified oral maxillofacial surgeon, and he would love to do a humanitarian effort tour on one of the Navy’s two medical ships, USNS Mercy (T-AH-19) or USNS Comfort (T-AH-20).

Mack has always enjoyed building things and working with his hands. His job as an oral surgeon enables him to construct devices for people’s mouths and benefit their dental health and appearance.

“At the end of the day, if you’re just pushing papers around, you might not feel like you’ve accomplished much, but in my case, I get a lot of satisfaction from helping people,” said Mack.

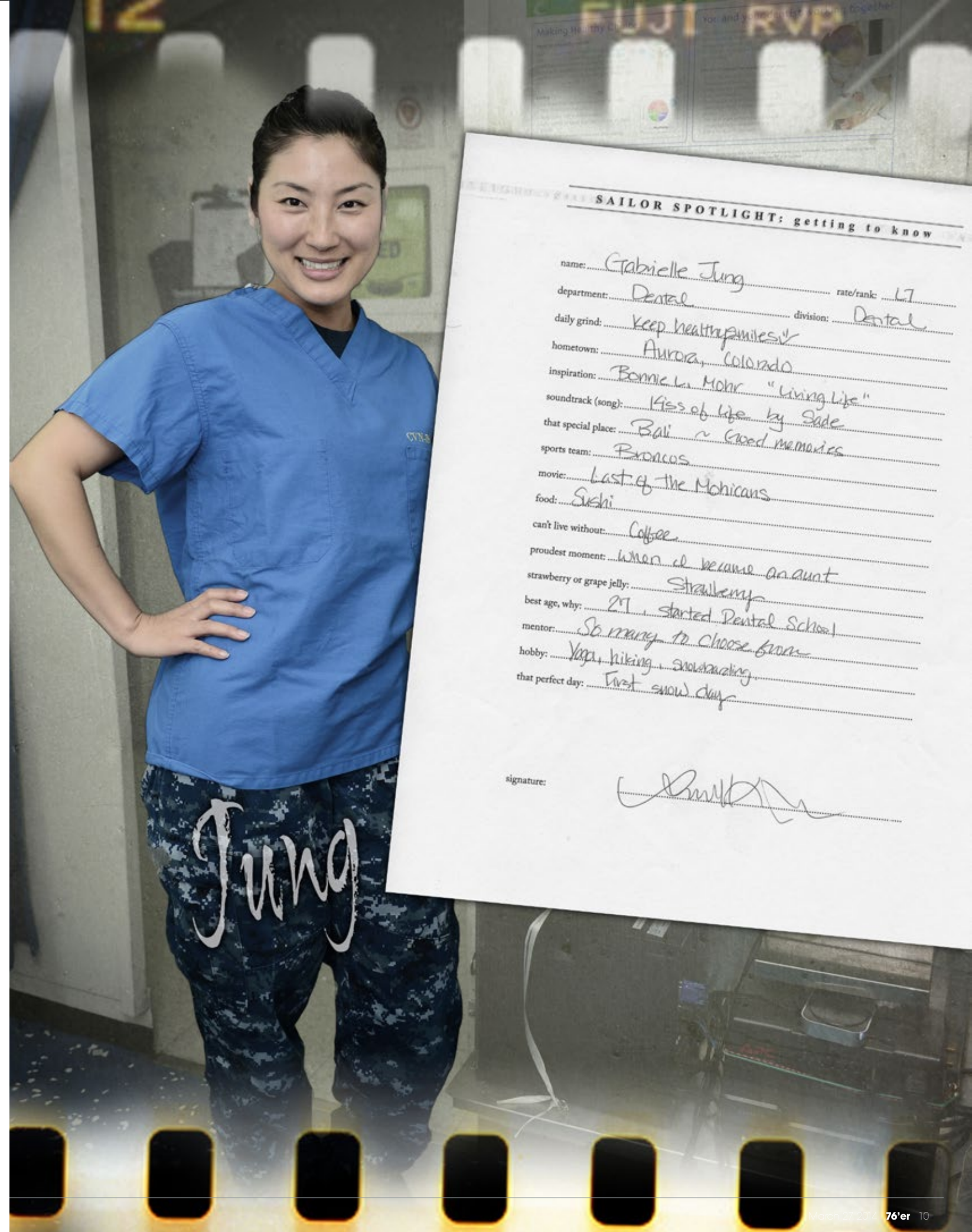
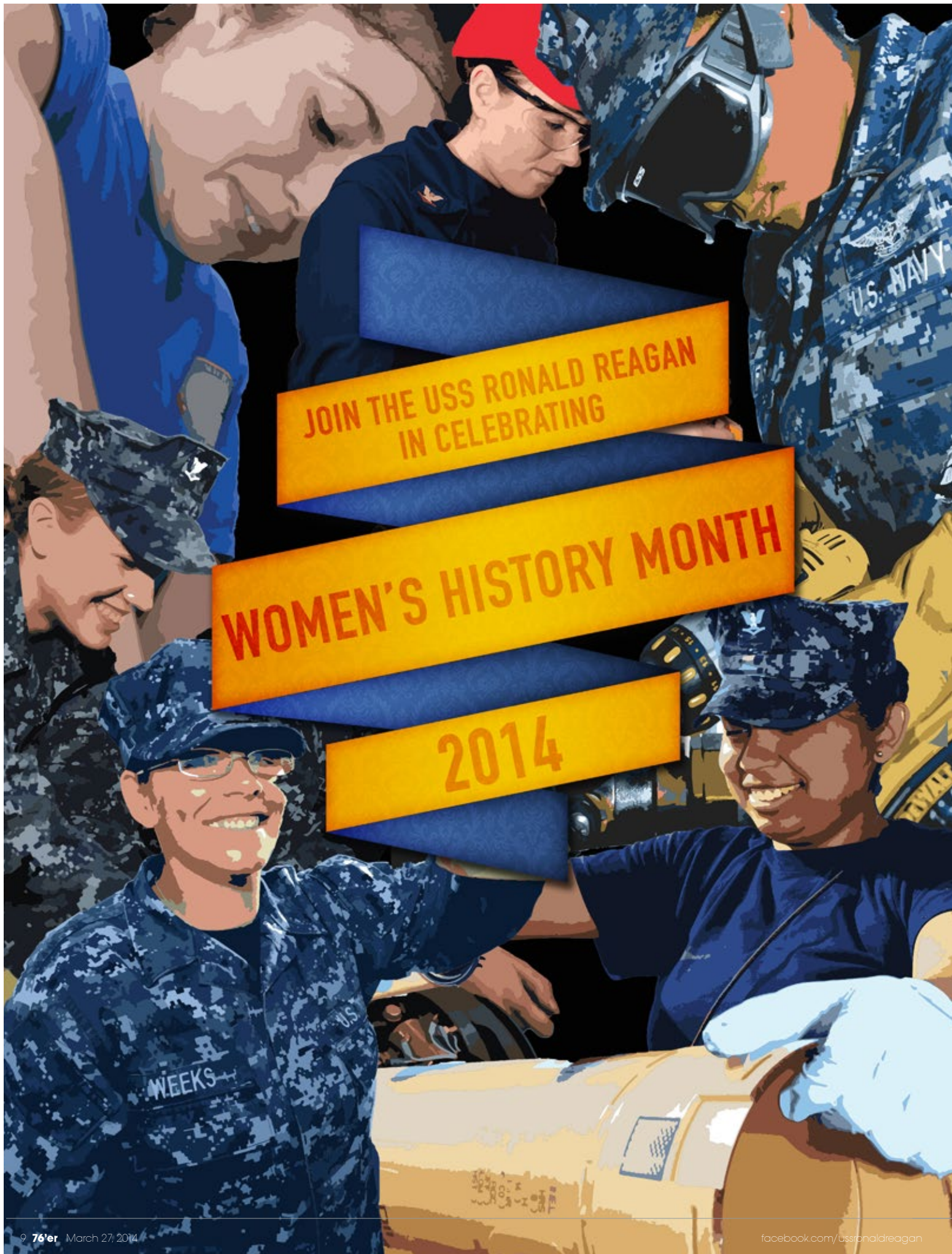
Mack has worked hard to be able to do something that he enjoys and fulfills him. The Sailors who ask him career advice, always get the same answer.

“To find something that they love,” said Mack. “If you don’t love it, then don’t do it! Because, it’s not worth it.”

**“IF YOU DON’T LOVE IT, THEN DON’T DO IT! BECAUSE, IT’S NOT WORTH IT.”**

VN-76 DENTAL









The theme of this year's Women's History Month is "Celebrating Women of Character, Courage and Commitment." While we honor pioneers like Vice Adm. Howard, who serve as visionaries, advocates, mentors and community builders – our Navy also celebrates its women who make a difference at the deckplate level, adding a personal touch as they influence their shipmates and command climate.

On USS Ronald Reagan (CVN 76), Hospital Corpsman 1st Class Stephanie Acevedo, a native of Arlington, Ill., has been shaped by the Navy and in turn, influences and builds up Sailors within her sphere of influence.

Acevedo worked two jobs while trying to attend Heartland Community College in Arlington, Ill. She learned a hard earned lesson in economics and life, struggling to balance her studies and a job that was necessary to pay for her education.

"High school came easy for me. I earned As and Bs without studying, but when I went to college, it was a little bit different. I continued my habits of going to class without studying, but it didn't work out as easily as high school," said Acevedo. "It was hard for me to pay for college, so my number one motivation in joining the Navy was to pay for college and to have financial stability."

Another contributing factor to this life decision was a history of military service in her family. Becoming a corpsman was the natural choice for Acevedo, since her aunt and uncle were both Navy hospital corpsmen.

"I was studying nursing in the civilian world, so I decided to become a corpsman," said Acevedo. "To me, it seemed to be the same general direction I was already trying to go in the medical field."

Now a first class petty officer, Acevedo spends a lot of her time mentoring junior Sailors.

"I think my style of leadership is a little aggressive. I'm more 'old school' Navy and I'm not the hand holding type. That's one thing I usually don't flex on. I'm straight up, 'go fix yourself,'" said Acevedo.

She draws from life experience as she mentors young Sailors, who in many cases are new and unfamiliar with military life.

"If I could give any advice, it would be to study. Back when I was advancing, NKO (Navy Knowledge Online) and 'C' schools weren't required. But now if you don't have them, you're not going to be competitive," said Acevedo. "The Sailors who were advancing were the ones who went to school and did NKO on their own. Had I known then, what I know now, I would have done all those things - studied for advancement and picked up rank a little bit sooner."

Being a female Sailor has come with its own challenges, not unnoticed by Acevedo. Women make up only 17 percent of the Navy ranks, so she realized that being competitive is essential to success.

"For female Sailors, it's harder because we're in a man's world. Do your job, take it seriously, and look professional," said Acevedo. "Your appearance says a lot about you and you can't make two first impressions. Take pride in what you do."

You definitely have to prove yourself, and it's not going to come easy for us."

A woman's place in the workforce, including the Navy, has come a long way. Select women serve aboard submarines and some have served as fighter pilots, launching from the decks of ships like Reagan, which has a 27 percent female crew.

"Being on the Reagan, you don't have that many issues with women on ships. It's been a while since women have been allowed to join the military. I can only imagine how it was previously. Being on an aircraft carrier, especially the Reagan, you see fewer problems with issues of sex," said Acevedo.

Acevedo definitely is not finished with the Navy. Her plans include picking up a commission as a nurse and serving her full 20 years or more.

"I've been in the Navy a little more than 13 years, and I love everything about it. I'm kind of nerdy like that," she said. "I'm putting in my officer package this year and hopefully I'll be accepted to nursing school."

Acevedo is inspired by at least one prominent woman in history: Loretta Perfectus Walsh.

"She was the first female to enlist in the active military and she chose to do so as a Sailor. Not only was she the first female, she was also the first female Chief," said Acevedo. "I can't imagine how much courage it took to even take that first step. Anything is possible when you put your mind to it."

**"FOR FEMALE SAILORS, IT'S HARDER BECAUSE WE'RE IN A MAN'S WORLD. DO YOUR JOB, TAKE IT SERIOUSLY, AND LOOK PROFESSIONAL."**

# TAKE PRIDE IN WHAT YOU DO

STORY BY MCSN JONATHAN NELSON

Progress is happening.

March is Women's History Month – a perfect time and opportunity to measure where women are in society and the workforce – and in our case, the U.S. military. Any way you assess it, America has come a long way.

Today, women are at the helm of Fortune 500 companies, such as General Motors, Pepsi and Facebook. In our own service, Vice Adm. Michelle Howard was nominated by President Obama to serve as the Navy's vice chief of naval operations. If confirmed by the senate, she would be the first woman and African-American to serve as the Navy's number two officer.



# THROUGH THE LENS





# NO FEAR ONLY RESOLVE

STORY BY MC3 ANDREW ULM

**"MIKEY LOOKED DEATH IN THE FACE THAT DAY AND SAID, 'YOU CANNOT TAKE MY BROTHERS. I WILL GO IN THEIR STEAD.'"**

That's how a teammate and survivor of the Sept. 29, 2006, insurgent attack on Sea, Air, and Land (SEAL) Team 3, Task Unit Bravo, recalls Master-at-Arms 2nd Class (SEAL) Michael Monsoor's final courageous act.

Growing up in Garden Grove, Calif., the third of George and Sally Monsoor's four children, Michael's devotion to family, friends, and service developed early in life.

George, a former Marine and Vietnam veteran and Sally, a social worker, set the example of service and sacrifice. One of Michael's brothers, like his father, also served in the U.S. Marine Corps.

As a child, Michael wouldn't have been considered an ideal SEAL candidate. He had frequent bouts with asthma that sent him to the hospital regularly. Never discouraged, Michael would race his siblings in the family's swimming pool, finally weaning himself off his inhaler. Michael became healthier, stronger and athletic; he excelled in every sport he tried.

After completing basic training at Recruit Training Command, Great Lakes, Ill., in 2001, Monsoor was a rated quartermaster before entering Basic Underwater Demolition/SEAL (BUD/S) training in 2004. It wasn't until after he completed SEAL qualification training in 2005 that Monsoor had his rating changed to master-at-arms.

Michael was assigned to SEAL Team 3 Delta Platoon, Task Force Bravo, where he deployed to Ar Ramadi, Iraq, in April 2006, in support of Operation Iraqi Freedom. He served as heavy weapons machine gunner and SEAL communicator, his load-out was an extra 100 pounds of gear, and he had the task of protecting his team from frontal attacks.

Task Force Bravo came under enemy attacks on 75 percent of their missions in Ar Ramadi. During the first month of his deployment, while moving towards an extraction zone, one of his SEAL brothers was shot and wounded in the leg.

"Immediately, Petty Officer Monsoor, with complete disregard for his own safety, exposed himself to heavy enemy fire in order to provide suppressive fire and fight his way to the wounded SEAL's position," as written in



Monsoor's Silver Star citation.

Michael then simultaneously dragged his wounded teammate to safety and continued to provide suppressive fire, as his wounded teammate received treatment to his leg. After this brave act, which earned him the Silver Star, Michael returned to combat to help the rest of his teammates.

During the months of April through September 2006, Michael perfected his skills as an urban machine gunner. In 35 firefights, he expended tens-of-thousands of rounds in defense of his team. His element accounted for 84 insurgents killed in action and detainment of numerous others.

Michael would continue to defend his team throughout the months, and no defense was more important than Sept. 29, 2006 – Saint Michael's Day.

Early that morning, Michael and his element held a rooftop in an insurgent controlled sector of Ar Ramadi, when insurgents started moving in on their location. SEAL snipers eliminated two insurgents, but the enemy continued its assault on their location.

After being engaged by rocket-propelled grenades and small arms fire, Michael and his machine gun took up position between two other SEALs on the rooftop. During that firefight, an insurgent threw a grenade that hit Michael in the chest.

**AS THE GRENADE BOUNCED OFF HIS CHEST AND ONTO THE ROOFTOP, MICHAEL HAD A CHOICE TO MAKE.**

He was positioned nearest the only rooftop exit and could've easily attempted to escape to safety, while his teammates fended for themselves. Based on his actions, the choice was clear.

"Grenade!" Michael yelled to his teammates, and without flinching, jumped on top of the grenade to absorb the blast.

One of the SEALs he saved that day said, "His face was completely calm, and showed no fear, only resolve." With only a few weeks left of the deployment, Michael didn't hesitate during the moment of truth.

Although he was extracted immediately, Michael died 30 minutes after the blast. His unwavering selflessness saved the lives of three SEALs and eight Iraqi Army soldiers.

On Oct. 12, 2006, Michael Monsoor was committed to the Fort Rosecrans National Cemetery in San Diego, California. During his funeral, many spoke of Michael's courageous acts, teamwork and utter selflessness. The three SEALs that Michael saved, thanked him and the Monsoor family for their very existence.

In a last act of solidarity, while Michael's coffin was being moved from the hearse to the gravesite, nearly every West Coast SEAL was lined up on both sides of the pallbearers, with the coffin moving down the center. As the coffin passed, each SEAL removed his Trident, and slapped it down, sticking it into the wooden coffin.

**FOR NEARLY 30 MINUTES, THE SLAPS COULD BE HEARD ECHOING AROSS THE OTHERWISE QUIET CEMETERY.**

During President George W. Bush's Medal of Honor presentation speech, he mentioned Michael's coffin in his remarks.

"When it was all over, the simple wooden coffin had become a gold-plated memorial to a hero who will never be forgotten."

George and Sally Monsoor received their son's posthumous Medal of Honor on March 31, 2008.



MAY  
MICHAEL A. MONSOOR  
UNITED STATES NAVY  
"FOR ACTION ABOVE  
AND BEYOND THE  
CALL OF DUTY"  
IN IRAQ ON  
29 SEP 2006"



THE MEDAL OF HONOR  
TO  
MASTER-AT-ARMS SECOND CLASS (SEA, AIR AND LAND)  
MICHAEL A. MONSOOR, UNITED STATES NAVY  
FOR  
COURAGE AND INTREPIDITY IN  
ACTION ABOVE AND BEYOND THE  
CALL OF DUTY  
ON 29 SEPTEMBER 2006  
AT THE  
FORT ROSECRANS NATIONAL CEMETERY  
SAN DIEGO, CALIFORNIA



# RONALD REAGAN "KEEPS EM' GOLD"

STORY BY MC3 CHARLES GADDIS

On January 24, the Navy acknowledged something the officers and crew of USS Ronald Reagan (CVN 76) already know – the ship is a great place to work. Sailors here want to be a part of this team, because their leaders care about and are involved in their careers.

The Reagan team's brilliance in career counseling and retention efforts earned the command the fiscal year 2013 "Golden Anchor" award and the U.S. Pacific Fleet Retention Excellence Award.

This hard-earned recognition is given to commands who have met or exceeded the benchmarks of 100 percent on-time Perform to Serve submissions, 100 percent professional apprentice career track Sailors, a score of 85 or higher on the annual career information program review, and an attrition rate not exceeding 5 percent.

Navy Personnel Command (NPC) sets the benchmark and ensures every command carefully handles the careers of its Sailors.

"Although NPC sets the criteria, each Fleet Navy Counselor (NC) can modify for more focused areas," said Navy Counselor 1st Class (SW/AW/EXW) Chanitra Mitchell. "Over the years we've moved away from retention statistics as our only focus on how to gauge a command's program. They now inspect our career development program to identify and ensure our team is hitting all the wickets."

As each command is inspected annually, every Sailor's career file is checked to make sure nothing is overlooked.

"The Force command career counselor from Commander, Naval Air Forces Pacific (CNAF), conducts an assessment on our command. It's not unlike any other inspection or assessment for a ship," said Master Chief Navy Counselor (SW/AW/SCW) James Brady, USS Ronald Reagan's career counselor. "They come in and review our programs and help identify any shortfalls we may have. From there, we create a plan of action to make the program even better."

Receiving the award indicates Reagan Sailors and their leadership are keeping track of their careers. These accomplishments are directly related to the efforts of the command's career counselors, departmental career counselors, and divisional career counselors.

"We have a career development team composed of about 127 divisional and departmental career counselors. Along with them and the first class and Chief's Mess - that is where the action happens and they deserve all the credit," said Mitchell. "There are only three rated NC's onboard and without our team, we wouldn't be able to accomplish the mission."

This isn't the first time Reagan has been awarded for its outstanding career-counseling program.

"This is the REAGAN's fifth consecutive Retention Excellence Award and eighth overall," said Brady. "The award really says a lot about how this command takes care of its Sailors."

To display the award, Reagan will receive a special pennant, as well as the privilege to paint both of her 30-ton anchors gold. This signals to other ships, that Reagan Sailors are receiving excellent career management from a team of dedicated professionals.

"Our Triple C mission states, 'The primary mission of the Career Development Team is to ensure each Sailor, both active and reserve, be provided with a sufficient quantity and quality of career information, in a timely manner, to allow them to make the best-informed decision and to align their goals with a viable career path and the command's mission,'" said Brady. "We do the best we can to uphold our mission - not to mention I'd hate for the boatswain mate's to have to paint those anchors back to gray."



# WITH CHANGE, COMES GROWTH.

STORY BY MC3 JACOB ESTES

Women make up about 15 percent of the military's 1.4 million active-duty force. Female warriors have been increasingly exposed to and have proven themselves in combat during more than a decade of unconventional warfare. As a result, gender-based walls in the military ranks have been knocked down – especially in our Navy.

Today, female naval aviators fly carrier-based fighter jets into combat. The Navy now assigns women to duty on submarines, a formerly inclusive "men only" organization. Female Sailors and officer women also serve on the front-line with Navy SEALs, as members of Cultural Support Teams, where they collect vital intelligence and develop rapport with Afghan women – a part of the tribal community their male counterparts were unable to connect with.

These changes reflect the reality of the 21st century – women are capable and have proved their military mettle. Surprisingly, if you turned the clocks back 100 years, the thought of women even enlisting into the military ranks was a foreign idea. However, somebody had to be the first woman to set the wheels of progress in motion, so today's military women can serve with much deserved respect and distinction.

Ninety-seven years ago, on March 17, 1917, 18-year old Loretta Perfectus Walsh of Olyphant, Penn., chose to enlist in the United States Naval Reserve – the first woman to enlist in a non-nursing rate after the Naval Reserve began to allow women to enlist as Yeoman (F), unofficially known as 'yeomanettes' or 'yeowomen'.

Walsh engaged in a four-year enlistment with the U.S. Naval Reserve and went on to become the first woman to serve on active duty in the Navy – in fact, her banner career was one of many firsts. She was the first woman to serve in a non-nursing capacity in any branch of

the armed forces; she was the first female Yeoman in the United States Navy (1917 – 1919); subsequently, she became the first female Navy petty officer, and Chief Petty Officer when she was sworn in as Chief Yeoman on March 21, 1917.

Walsh was also the first of 13,000 World War I yeoman females entitled to receive the same benefits and responsibilities as men, including identical pay.

Prior to 1917, female Army and Navy nurses were civilian employees, despite their uniforms, and they drew few benefits. Women lacked "relative ranks" and insignia, retirement pension and disability pension if injured in the line of duty. Their duties typically ranged from administrative work and recruiting, as well as production jobs in ammunition factories, design work, drafting, translation, and radio operating responsibilities.

When the armistice was signed on November 11, 1918, there were 11,275 yeomanettes in the Navy and 300 'marinettes' in the Marine Corps. As the war effort drew down, the need for 'yeomanettes' faded. By 1919, those who remained were released from active duty. Walsh maintained her reserve status, drawing a small retainer salary, until the end of her four-year commitment.

Walsh died of tuberculosis in Olyphant, Penn., on Aug. 6, 1925, when she was only 29-years old. After her death she was buried in Olyphant's St. Patrick's Cemetery. A line from her tombstone reads, "Her comrades dedicate this monument to keep alive forever memories of the sacrifice and devotion of womanhood."

In memory of Walsh and her bold actions, the Naval Historical Center identifies March 21, 1917, as a significant date in American naval history and women's history.







## THE GREAT EAST JAPAN EARTHQUAKE AND TSUNAMI MEMORIAL CEREMONY

STORY BY MC2 TIMOTHY BLACK

A Great East Japan Earthquake and Tsunami of 2011 Memorial was hosted by Commander, Carrier Strike Group Nine, Rear Adm. Patrick Hall, aboard USS Ronald Reagan (CVN 76) March 11. The memorial honored the citizens of Japan who were impacted by the disaster.

In attendance were the Consul General of Japan in Los Angeles, Jun Niimi, Rev. Dr. Kenji Akahoshi, Buddhist Temple of San Diego minister, and members of the local Japanese-American community.

"Today, on the third anniversary of the Great East Japan Earthquake and Tsunami, I would like to express the deepest gratitude to the people of the United States," said Niimi. "At the same time we celebrate the good news of ongoing recovery and rebuilding."

A magnitude 9.0 earthquake and subsequent tsunami struck Japan March 11, 2011. Reagan responded immediately after the disaster, assisting the Japan Self Defense Forces in providing aid to isolated civilians.

"The people of the United States saved lives and offered hope," said Niimi. "Two hundred and eighty-two billion dollars were donated from the American Red Cross alone, which was 44% of the total amount gifted from the Red Cross worldwide."

U.S. forces delivered more than 260 tons of relief supplies, while providing search and rescue missions. Reagan Sailors donated personal belongings and supplies of their own during the disaster relief efforts, offering all they could to the people of Japan.

"It is important for us to remember the good deeds we do in the Navy," said Information Systems Technician 3rd Class Sean Templeton. "We were able to help the people of a country in need, people who lost everything. It was one of my proudest moments in my naval career."

Niimi reflected on Reagan's scheduled 2015 move to Yokosuka, Japan, where she will serve as the Navy's only permanently forward deployed aircraft carrier.

"I wait with great anticipation and eagerness as the USS Ronald Reagan prepares to join the forward deployed forces of Japan," said Niimi. "Please think of it as a type of homecoming, especially from a people who are deeply eager to have you back."



## THOUGHTS FROM THE SHIP'S NURSE

LT BANDONELL

**Shipmates:** Some of you may recall the exciting times we encountered back in February/March 2013 on the way back home to San Diego from Bremerton. While some of you were carrying about your normal duties, 225 of your shipmates were infected and quarantined with acute viral gastroenteritis (VGE) with 52 ward admissions.

Medical was completely flooded with debilitated Sailors. With so many patients being treated, medical was forced to augment their current medical ward by utilizing additional outside berthing spaces. Most affected Sailors required IV fluids and medications and all certainly were extremely familiar with the head due to uncontrolled nausea, vomiting and diarrhea. Departments throughout the ship were shorthanded. Without a doubt, this was an underway that these personnel, and their shipmates, will never forget.

Unfortunately, this type of event is all too common in crowded conditions such as when 2,800 Sailors from ship's crew are packed-out for sea. VGE (Viral Diarrhea) along with several other diseases, are extremely common on other large vessels, such as cruise ships. These diseases come from several different viruses, but one thing they all have in common is that they're sure to ruin any possibility of enjoying that time at sea.

So what do we all need to do to prevent these outbreaks from happening? Believe it or not, it all starts with each individual Sailor. VGE (Norovirus type) and the other VGE's are all spread by contact - which makes prevention much easier. Essentially, regularly cleaning of both your spaces and your hands will significantly decrease the chance that an outbreak can be spread by these viruses.

### Clean your spaces regularly.

- Frequently clean commonly touched areas where the spread of viruses is most likely to take place. Examples include railings, door knobs, telephones, keyboards, mice, eating areas and more.
- Operation Sanitation - every Friday underway!!! Cavicide spray disinfectant is available from Medical to deep clean your spaces.

### Wash your hands.

- Hand washing helps to keep you from acquiring one of these viruses as well as from you spreading it around to others. While you may be healthy enough to fight off a given virus- your poor hand hygiene may just "take out" your fellow shipmate - who's not as healthy.
- Use hand sanitizer frequently - before all meals, before brushing your teeth, etc.
- Use soap and water if your hands are visibly soiled. Hand sanitizer does not get rid of dirt. You should be scrubbing for at least 20 seconds. A good 20 second rule of thumb is saying the alphabet in your head while you're scrubbing (not out loud, PLEASE!).

If we all do our part, we can keep ourselves and our shipmates in-the-fight and out of sick call. Shipmates - Please stop the spread of viruses onboard our Flagship - clean your spaces and wash your hands!





## March MWR Events

**Friends and Family Day Cruise**  
Apr. 9, USS Ronald Reagan.

**Padres' Tickets - \$18 - \$52**  
PETCO Park.

Padres' tickets are now on sale at the MWR Ticket Office. Prices vary depending on seat locations.

**Power Lifting Competition**  
Apr. 6, USS Ronald Reagan.

The CVNs strongest power lifting competition signup is being held at the MWR ticket office.

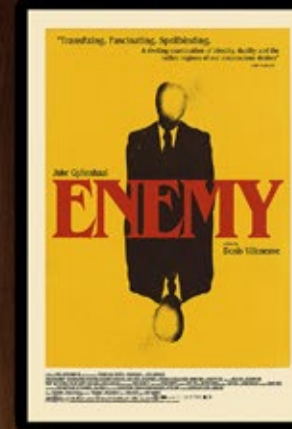


**USS Ronald Reagan Day at Petco Park - \$27.50**  
Apr. 17, 3:40PM, PETCO Park.

The San Diego Padres will play the Colorado Rockies. Tickets are located in the All-You-Can-Eat section of the ballpark. Other events, such as the honorary first pitch will be highlighting an individual from the USS Ronald Reagan. If you purchase your ticket from the MWR Ticket Office by March 31, you will be entered into a drawing for a chance to watch batting practice before the game.

## SAFETY PROFESSOR'S TIPS OF THE MONTH

With summer just around the corner, it is that time of the year that is filled with vacations, backyard barbeques and trips to the beach. Nearly everything we do for fun during the summer involves some level of risk. No one plans to be involved in a mishap, but when one occurs, a good time can turn tragic in an instant. A simple risk management plan before engaging in activities such as swimming, summer sports, and especially driving, can keep yourself and your friends and family members safe. For activities involving getting into the water, safety tips such as swimming where lifeguards are present, keeping a close eye on kids and obeying signs about water conditions fall into effect. Playing sports during the summer can take its toll on anyone, so ensure that you stretch prior to the activity, stay hydrated, wear proper gear and footwear, and of course, know your limits. If there are any plans involving driving a long distance, you should always start every trip well-rested, drive during daylight hours, schedule breaks every two hours, NEVER DRINK AND DRIVE, and pull over if you get tired. It is better to get there late than not at all.



### Enemy

A man seeks out his exact look-alike after spotting him in a movie.

#### The Buzz:

From Donnie Darko onward, Jake Gyllenhaal's best work finds him obsessive, consumed, possibly mentally ill. And the advanced word on his reunion with his Prisoners director Denis Villeneuve has us prepared for a fruitful reunion and perhaps one of the best specialty releases of the upcoming year. And any occasion to see Isabella Rossellini on the big screen is worthy of a celebration.

**Director:** Neil Burger  
**Stars:** Shailene Woodley, Theo James, Kate Winslet, Jai Courtney  
**Genre:** Action, Adventure, Sci-Fi  
**Release:** March 21

### Divergent

In a world divided by factions based on virtues, Tris learns she's Divergent and won't fit in. When she discovers a plot to destroy Divergents, Tris and the mysterious Four must find out what makes Divergents dangerous before it's too late.

#### The Buzz:

As every studio continues to try and crack the young-adult code, Summit Entertainment re-enters this particular arena after their take on Ender's Game proved to be a non-starter. You could probably teach a popular college course on the making and marketing of young-adult novels, but you'd still have trouble getting that demographic to see the movie adaptations in theaters.



**Director:** Darren Aronofsky  
**Stars:** Russell Crowe, Jennifer Connelly, Anthony Hopkins, Emma Watson  
**Genre:** Action, Drama  
**Release:** March 28



### Noah

Noah suffers visions of an apocalyptic deluge and takes measures to protect his family from the coming flood.

#### The Buzz:

We admire Darren Aronofsky for not playing it safe after Black Swan since his Biblical epic is a potential gamble financially, commercially, and critically, even if it's a faithful telling of the story. While it's unfair to directly compare them, if the reports of monsters and fallen angels are true, terrible word-of-mouth could result in Fountain-like situation, and quickly

**Director:** Anthony Russo, Joe Russo  
**Stars:** Chris Evans, Frank Grillo, Sebastian Stan, Scarlett Johansson  
**Genre:** Action, Adventure, Sci-Fi  
**Release:** April 4

### Captain America: The Winter Soldier

Steve Rogers struggles to embrace his role in the modern world and battles a new threat from old history: the Soviet agent known as the Winter Soldier.

#### The Buzz:

If we can agree that Captain America: The First Avenger (2011) lacked humor - an element that has made the other Avengers movies fun to watch - then perhaps that was the impetus to hire Joe and Anthony Russo, best known for their work on "Arrested Development" and "Community", to co-direct the sequel, which picks up where the original left off, with Steve Rogers getting his bearings after being transported from WWII to the present day. Also being transported through time is Rogers's close friend, Bucky Barnes, whose surprise existence doesn't necessarily make for a happy reunion ... though it should help make for a more compelling and complex villain scenario





# WARRIOR ETHOS



PEACE THROUGH STRENGTH

CVN 76

“ The essence of America - that which really unites us - is not ethnicity, or nationality - it is an idea - and what an idea it is: That you can come from humble circumstances and do great things. ”

*CONDOLEEZZA RICE*



USS RONALD REAGAN

SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.