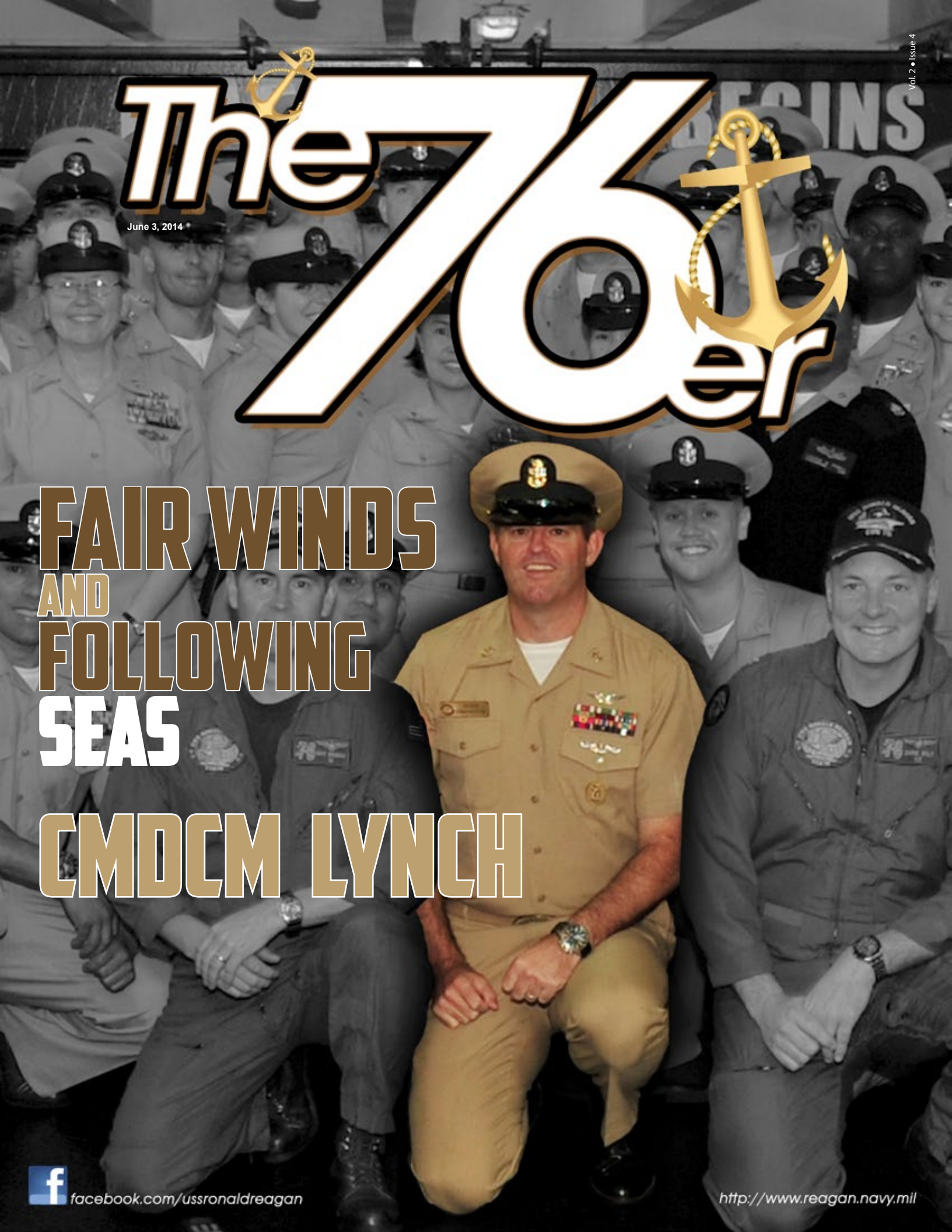


The 76er

June 3, 2014

FAIR WINDS AND FOLLOWING SEAS

CMDR LYNCH



New Rules for Advancement – 5 Changes You Need to Know About

Change #1:

In the new final multiple score (FMS) for E4 and E5 the value of your standard score (advancement exam) becomes the largest factor considered for advancement. For E6 and E7, performance mark average becomes the largest factor in determining Sailors' FMS. These changes mean performance will be measured differently for junior and senior pay grades to target advancement consideration on the qualities expected at those levels.

Change #2:

No award points for Good Conduct Medals or Reserve Meritorious Service Medal. Removing the Good Conduct Medal's point value opens up more space for Sailors to set them apart from their peers in the award points category.

Change #3:

PNA (Pass Not Advanced) points are only awarded to the top 25 percent of Sailors not advanced. The smaller window for PNA points allows Sailors who are not advanced, but who studied hard for advancement, to begin setting themselves apart in the PNA category from Sailors who put less effort into studying.

Change #4:

Service In Pay Grade has been reduced to a factor of only one percent of the final multiple score. With the weight of SIPG set to only one percent of the overall FMS, gone are days of going into your first advancement cycle at a significant disadvantage to those who have been around longer.

Change #5:

Changes to the Command Advancement Program (CAP) will require commands to select Sailors prior to the normal advancement cycle. The exact window for commanding officers to select Sailors for CAP will be July 1 to Sept. 30, with the new policy going into effect for FY2015. Commands must use their calendar year 2014 CAPs from the current policy by Sept. 30th, 2014.



USS RONALD REAGAN

Commanding Officer

Capt. Chris Bolt

Executive Officer

Cmdr. Brett Crozier

Command Master Chief

CMDCM Spike Call

76ER PRODUCTION TEAM

Managing Editor

MC3 Andrew Ulm

Staff

MC2 Kimberly Romanowski

MC2 Jacob Estes

MC3 Charles Gaddis

MC3 Torrian Neeman

MCSN Jonathan Nelson

MCSN James Mullen

MEDIA DEPARTMENT

MC1 Dustin Kelling (LPO)

MC2 Nicholas Groesch

MC2 Chelsea Kennedy

MC2 Omar Powell

MC2 Mikesa Ponder

MC2 Jennifer Brinkman

MC3 Ruben Reed

MC3 Travis Nickell

MC3 Timothy Schumaker

MC3 Dave Frederick

MC3 Kevin Hastings

MC3 Joshua Warne

MC3 Kristina Walton

MC3 Christopher Gordon

MCSN Timmothy Erdt

Public Affairs Officer

Lt. Cmdr. Frank Magallon

Media DIVO

Ens. Joe Pfaff

Media DLCPO

MCCS Mike Raney

Media LCPO

MCC Terry Feeney

TABLE OF CONTENTS

Featuring:
CMDCM Lynch



3

3 Farewell:
CMDCM David Lynch

7 Bringing History to Life:
Torah Restoration

9 Medal of Honor:
Who saved who?

13 Tattoo, Pt. 2:
The Modern Sailor

15 SSLA:
Puts on a fashion show

18 Q&A:
CMDCM Spike Call



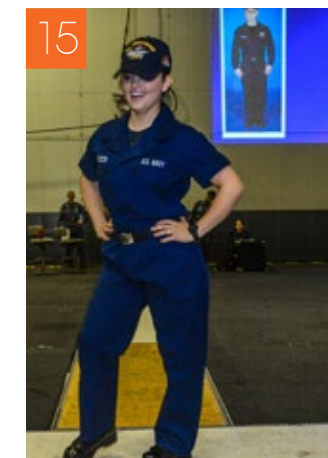
7



9



13



15



18

FAREWELL TO A FIRM BUT FAIR LEADER

STORY BY MCCA MICHAEL RANEY



What do a Gulf War commanding general, an American actor turned politician, and a soft spoken and big stick carrying former U.S. president all have in common?

These late leaders all served in the U.S. armed forces and did something in their respective lifetime that made a mark in American history. They had an innate ability to set strategic direction and reach people on all levels – intellectual, emotional, personal, professional; simply put, they motivated troops, constituents, subordinates and peers to perform beyond their own expectations and deliver incredible results.

That's why it is not a surprise that USS Ronald Reagan (CVN 76) Command Master Chief David Lynch, an inspirational leader in modern U.S. Navy circles, lists U.S. Army Gen. H. Norman Schwarzkopf, President Ronald Reagan and President Theodore Roosevelt as the historical leaders he admires most – his benchmark of leadership excellence.

"I always felt that Norman Schwarzkopf was a charismatic leader who cared about his people and as a result of that, the U.S. had a very successful campaign in Desert Storm," Lynch said. "Ronald Reagan was a humble man, yet he stood outside of Russia and told them to tear down the Berlin Wall and they did it. To me, that's one of the most significant things we've seen happen in history.

"Teddy Roosevelt transformed our country into a powerful world leader. He was somebody who could back up what he said and had full confidence in himself; that's a real world leader – one you'd have confidence in and want to follow."

A chief petty officer since 1995, Lynch has been walking the deckplates and leading Sailors for more than two decades. Looking back at his first taste of leadership, Lynch admits it was a bitter one. As a submarine fire controlman second class, he served as the leading petty officer of USS George Washington Carver's (SSBN 656) deck division.

"It was one of the larger divisions on the ship, but it was all junior people," Lynch recalls. "I remember the first time the junior guys didn't respect me. I told them to go do something and they didn't do it – I will never forget that. They challenged me and I knew at that point,

if I stood up for myself and utilized every skill set I got from leadership training, they would start following me – and they did. That's when I knew I made the transition to actually being a leader."

Since his trial by fire Leadership 101 indoctrination aboard George Washington Carver, Lynch has amassed enough management experiences and lessons learned to write a book. As a Sailor who has "been there and done that," he offers a few basic and essential nuggets of knowledge for up and coming Navy leaders.

"Everything a leader does serves as an example to younger and junior people," Lynch said. "You can't look at somebody and tell them to get warfare pins and you don't have a warfare pin. To be a leader, you have to get your act together first. Otherwise you

will be a vacant leader; people won't follow or be dedicated to you."

In the Lynch book of leadership, problems with will and problems with skill are two completely different things. In his eyes, recognizing the difference between poor conscious decisions and mistakes is a heady and important realization.

"Problems with will are when you decide to go down a path where you lie, cheat or steal," Lynch said. "Those are conscious decisions; you know what the consequences are and you do it anyway. That's not a mistake, it's a conscious decision and the repercussions are much worse.

"A mistake on the other hand, is waking up in the morning and putting on a blue sock and a black sock while getting dressed in the dark. While you didn't have any ill intent, you still report for work out of uniform and that is a mistake," Lynch said explaining the difference. "I look at it like this – little kids give excuses and adults give reasons of why they do what they do. Somewhere in there, we all have to make that transition from child to adult. Part of that process is taking responsibility for the choices you make in life."

In 1986, Lynch traded in small town Big Sky Country living for dixie cups, dungarees and life as a U.S. Navy submariner. While enlisting in the Navy was one of the first of many adult choices he is responsible for, the road that

brought him to a life of service was a series of events out of his hands.

"My dad was a Hells Angel and he committed suicide when I was one-year old," Lynch said matter-of-factly. "He tried to get out of the Hells Angels and in the process of him giving that jacket back, they beat him so badly that it messed up his head and he ended up taking his own life."

According to Lynch, growing up in Lewistown, Montana, without a father or much else pushed him to constantly seek outside guidance from others. It also gave him an appreciation for things he earned and received along the way – especially mentorship.

"A lot of chiefs and master chiefs were involved in my life and development along the way – they didn't have to do that," said Lynch. "They took personal responsibility in helping me out and bringing me up in the Navy the right way; that's some of the guidance I didn't get when I was young – that's why the Navy is such a great place. I've spent a better part of my career trying to pay that back."

One of those leaders who took the time to grow and develop Lynch early in his career sits atop the list of "the best" he's known on his 28 year Navy journey. Master Chief John Neer served as chief of the boat aboard George Washington Carver during Lynch's formative years as a Navy leader. According to Lynch, Master Chief Neer was the type of leader who used his power to help shape the lives of Sailors – he did this by setting the example.

"THAT'S WHEN I KNEW I MADE THE TRANSITION TO ACTUALLY BEING A LEADER."

"I LOOK AT IT LIKE THIS – LITTLE KIDS GIVE EXCUSES AND ADULTS GIVE REASONS OF WHY THEY DO WHAT THEY DO."

"That guy had a way with people," Lynch said with a smile, recollecting the effect Neer had on his career. "I wanted to work for him. He wasn't a hypocrite. It was the first time I saw a leader who did everything that he said he was going to do. If he told you he was going to do something, you knew it was going to get done."

Lynch's fondness for Master Chief Neer's leadership style extends beyond his own growth – it manifested itself throughout the entire ship and wielded positive results.

"He treated everybody the same – with dignity and respect. That's where my focus on dignity and respect came from – Master Chief Neer," said Lynch. "As a result, that was one of the most successful submarines in the fleet and I always remember that it all came from him. The way he acted affected every single person; we followed his lead and it was a great ship. That really affected me as a young leader."

While Neer's tenets of dignity and respect are at the core of Master Chief Lynch's leadership philosophy, his firm but fair leadership style draws from the example of one of the greatest and transformational leaders of a generation – President Teddy Roosevelt.

"If you ever want to see somebody who was firm but fair – that's Teddy Roosevelt," Lynch said. "The 'Speak softly but carry a big stick' quote sums it up; TR always had the back of his people and constantly showed his loyalty and gratitude to them. He had high standards and made sure everybody knew what they were. He was ruthless about replacing individuals who failed to live up to standards or had serious character flaws, yet he was able to forgive acceptable mistakes, which earned the trust of those who were loyal members of the team."

As a command master chief, Lynch's adaptation of firm but fair is based on a leader who ensures everybody around him lives up to standards, but understands there are instances, circumstances and legitimate reasons why sometimes, people don't meet them every single day.

"You have to have that flexibility to be fair to people as they walk into your office, because everybody has a story," Lynch said. "If you aren't willing to step back and look at each case based on its individual merits, then you are missing the point. To be fair to somebody is to listen. If you aren't willing to listen, I don't know how you can possibly be fair. That's a skill set good leaders develop through time."

As Master Chief Lynch prepares to transfer from America's flagship to assume the command master chief role at Naval Base Kitsap in Washington, he leaves parting messages to his Sailors, Chief's Mess and his relief.

"Continue to treat each other with dignity and respect," Lynch charges his Sailors. "That's the beautiful part about this ship; when you come aboard people respect you, they treat you appropriately and that

carries the day. So if there is a legacy to carry on here, I hope people continue to treat each other with dignity and respect and they appreciate each other."

Lynch has worn the anchors of a chief petty officer for 18 years, and has always relied on his fellow chiefs for counsel and support. The men and women of the Reagan Chief's Mess have never let him down.

"I can't tell you how many times that I walked into the Chief's Mess, said I had a problem on the ship and within 48 hours the issue was fixed," Lynch beamed with pride. "It's been like that since I reported aboard here and the Chief's Mess has come through for me more times than I can count. All I have to do is call my brothers and sisters in the Mess and it's a done deal – you find a way to make it happen. I've always had that level of confidence in my chiefs and you have never let me down – thank you."

Master Chief Lynch recently turned over his position to Command Master Chief Spike Call, a former Reagan Sailor who Lynch believes is the right leader at the right time for this ship. Armed with impressive credentials, Lynch offers his relief a small piece of advice that has served him well on Reagan.

"If you treat the crew appropriately, they'll treat you appropriately. That's what I learned from this job," Lynch said. "If you come in here and treat people right and do right by them, they'll reciprocate that and do anything for you. If you don't do it right, or you embarrass the crew, then all of the good we have on Ronald Reagan right now can easily be lost. Then we'd just become another one of 'those' ships."

Master Chief Lynch has often said that the awards and ribbons a Sailor receives in the Navy eventually end up in a box somewhere and are forgotten. However, the mark a Sailor makes during a tour, enlistment or career can be everlasting. Like his adoration for Master Chief Neer, Gen. Schwarzkopf and Presidents Reagan and Roosevelt – perhaps a decade or two from now, a future senior officer or command master chief will be asked to name the leaders they admire most and mention Command Master Chief David Lynch in that conversation.

"I'm supposed to be that leader and I'm supposed to affect the lives of individuals," Lynch said. "The lifelong reward that you will always get is somebody who comes back to you years from now and thanks you for spending time with them to get past a rough spot. It is extremely fulfilling when a leader invests the time to help others overcome their fears, self-doubt or shortfalls and the protégé has a breakthrough and eventually becomes a great leader. Maybe you had one little piece of that, but it is a contribution that you can look back at and feel proud about one day."



**"I'M SUPPOSED TO BE THAT LEADER,
AND I'M SUPPOSED TO AFFECT THE
LIVES OF INDIVIDUALS."**

BRINGING HISTORY TO LIFE



STORY BY MC3 TORRIAN NEEMAN

His heart was racing. The shouts and echoing boot stomps of Gestapo officers grew louder as they stormed the streets and raided nearby homes. It was 1938 and the Jewish society of Eastern Europe was considered an enemy of the German state.

Hugo Albert, the non-Jewish caretaker of the Bad Kissingen synagogue during the era of Nazi-ruled Germany, took a risk that would preserve a piece of history forever. He saved Jewish artifacts, including the only known Sefer Torah, removing them from the burning synagogue during the Holocaust.

The Torah was given to the Hollander family before "Kristalnacht," the "night of broken glass," where riots broke out in November of 1938. Fred Hollander escaped Germany with the Torah, where it eventually found homes in synagogues of Chicago and Cleveland.

Fred Hollander's stepson, Rabbi Michael Oppenheimer, a friend and supporter of Ronald Reagan, came into possession of the Torah. Recognizing it as a symbol of religious freedom and liberty, he loaned the Torah to the USS Ronald Reagan (CVN 76), where the scroll is safely kept in the ship's chapel.

For centuries, the Jewish people have carefully hand-written the holy words of the Sefer Torah on parchment paper. It is dated back to the time of Jesus Christ. The scroll was written with a quill from a kosher animal, stitched to two pieces of hardware with handles on each end and sewn together with sinew made from the leg muscle of a calf.

The Torah contains the five books of Moses. The term Torah is interchangeable with the Jewish Bible. However, it literally means the books of Genesis, Exodus, Leviticus, Numbers and Deuteronomy – the first five books of the Old Testament.

The scroll will be on loan to USS Ronald Reagan for 50 years – the duration of the ship's service to the country. During that time, the Torah will serve the ship's Jewish Sailors as they worship on board. The Sefer Torah has an estimated value of \$50,000; to the Jewish community, it is a priceless religious artifact.

During the time of the Holocaust, from January of 1933 to May of 1945, more than six million Jewish men, women and children were murdered under Adolf Hitler's regime.

The Jewish way of life was nearly extinguished. Jewish books and synagogues were burned. Property and Jewish businesses were confiscated, as thousands of Jews fled to Belgium, France and Holland.

Today, Jewish people continue to preserve their sacred heritage through the documentation and reading of the Sefer Torah.

After a short hiatus, the arrival of a new lay leader has brought Shabbat services back to USS Ronald Reagan. Since the Torah is read during Shabbat, the ship's religious ministries department had the extraordinary artifact restored.

The handle of the scroll was repaired during the March 2014 underway, thanks to the dedicated craftsmanship of Machinery Repairman 3rd Class Patrick Gorman and Hull Maintenance Technician Fireman Evan Betz.

They manufactured a new handle from a piece of red oak. Three different colors of paint were mixed to get as close to a perfect match as possible.

"It was a job that I knew I would never forget," said Betz, who grew up Methodist in the Midwest and has no connection to the Jewish faith.

"Of all the things I've made in my entire tour, this is the most significant so far," said Betz. "It wasn't really a job, it was something that is a job on paper, but in real life it was more of a huge opportunity to be part of a historical restoration on a scroll that is almost 300 years old."

Gorman helped Betz fabricate a new handle during the five-day restoration project.

They drilled out the center of the handle and cut a piece of threaded rod to attach to it. After the paint was dry, they presented their work to the ship's chaplain.

They created a near perfect match.



The owners of the Torah could not tell the difference between the original and new handle when a photo was emailed to them as an update.

"Fireman Betz took this project on with exceptional dedication and skill," said Cmdr. Roy Hoffman, USS Ronald Reagan's chaplain. "He has a lot of talent, so he knew what to do."

Betz had a plan and followed through on it until successful completion. The final result was exceptional workmanship from an otherwise inexperienced woodworker.

Chaplain Hoffman credits Betz and Gorman with creating an aesthetically pleasing and durable product. Restoring the Torah is a project that has a lasting effect and a profound impact on Jewish members of the ship.

Yeoman Seaman Apprentice Moshe Benkandil, the ship's newly appointed Jewish lay leader said having the Sefer Torah on board strengthens his resolve to lead worship for his Jewish shipmates.

"It makes me confident that this religion needs to have a service on the ship because the Torah is here," said Benkandil.

The Torah "highlights and deepens their connection with people from their own faith tradition" Hoffman added.

"It's not just a custom, it's the way that people of faith in the Jewish tradition have been able to tell their children and their grandchildren, and their grandchildren's children the story of faith," said Hoffman.

"It felt like home," Benkandil said, describing how he felt seeing the restored Torah.



NO ONE GETS LEFT BEHIND

STORY BY MC3 ANDREW ULM



Deep in the woods in the small town of Spartansburg, South Carolina, a young boy walks a dirt path, searching for his brother in a game of cowboys and Indians. Another child, a Boy Scout, sets up camp nearly 500 miles to the north in the rural suburbs of Silver Spring, Maryland. These two kids have no way of knowing that 13 years later, their lives would become forever intertwined in a fight for their lives.

Retired Lt. Michael Thornton, a mountain of a man who could have passed for a professional athlete, grew up walking the woods of that small South Carolina town. His father taught him early that your family "was to die for."

He remembers seeing that in action in the movie "The Fighting Sullivans," where in World War II five brothers died trying to save one brother. After watching that movie, he knew he wanted to join the Navy, more specifically, to become a Navy SEAL.

Retired Lt. Thomas Norris, who is a self-described "little person," took a different path to becoming a SEAL. He went to college first, in attempt to complete his education before joining the military. Fascinated by airplanes, he wanted nothing more than to be a Naval Aviator, flying off the flight deck of aircraft carriers. He even knew which aircraft he wanted to fly.

Although he passed the written exam, after three failed attempts at the eye exam, Norris caught a break and was accepted into the pilot program.

He quickly realized that landing on the ground and landing on a pitching and rolling flight deck are two different things. "I washed out of the program," said

Norris, "I had never failed in something that I wanted to do and I was devastated." So he decided to enroll in a program with an even higher attrition rate – the Navy SEALs.

By the spring of 1972, both men were seasoned Navy SEALs with multiple tours in Vietnam under their belts. Thornton knew of Norris, but had never met him.

Norris had been involved in an operation in early April that year, in which he and his SEAL team rescued two downed pilots deep within heavily enemy controlled territory in Quang Tri province.

After locating and returning one pilot on April 10, 1972, Norris joined the search and rescue of the other after two unsuccessful attempts. When forward air

controllers circling the skies located the second pilot, Norris set out with a Vietnamese commando under the guise of a native fisherman to locate and return the pilot.

Under the cover of night, Norris made his way up the Cam

Lo River through scores of enemy soldiers and tanks until he located the American pilot.

The battered pilot had a broken wrist and lost 45 pounds after being lost in the jungle and fending off hostile forces for nearly two weeks. Norris and his teammate loaded their frail, but alive cargo into a sampan (a small native boat), covered him with banana leaves and floated downstream.

Norris knew that the mission wasn't over. The sun was coming up and his thin disguise would not hold up in daylight. As he heard the shouts of enemy soldiers from the riverbanks, he knew he was right.

"I HAD NEVER FAILED IN SOMETHING THAT I WANTED TO DO AND I WAS DEVASTATED."

**"NASTY!
WE'RE NOT WHERE WE'RE SUPPOSED TO BE!"**

further north than they intended and were deep in the heart of enemy territory.

This densely wooded area was filled with heavily armed bunkers, gun emplacements and enemy soldiers. Without detection, the small team of two SEALs and three Vietnamese commandos patrolled straight through the encampment and made their way to a beach where things took a turn for the worse.

A Vietnamese patrol was coming down the beach and one of the commandos tried to capture the patrol for intelligence. When they were discovered, Thornton slammed the butt of his gun into the head of one of the patrol members, as the other one ran away down the beach to warn the thousands of soldiers, undoubtedly waiting in the jungle.

Thornton ran after the soldier and disappeared into the jungle. For a few seconds there was silence. Then, Norris heard gunshots and saw Thornton sprinting out of the jungle with 50 North Vietnamese chasing

after him. The SEALs opened fire from their position while Norris called the Navy for fire support.

When Thornton was falling back into position to help his teammates, a grenade landed on his side of a sand dune.

He threw the grenade back, counting in his head, "One-Thousand, two-thousand, three-thousand, four-thousand." But the grenade didn't go off like a normal American grenade. The grenade was thrown back over to his side.

Furiously paddling to reach to safety, Norris found refuge in the dense foliage and driftwood as shots rang out and bullets flew around the small sampan. Calling for air support, Norris continued toward safety as the North and South Vietnamese soldiers crowded opposite banks of the river and volleyed small arms fire at each other. Helping the pilot, who could no longer walk, out of the sampan and into a bunker, Norris' Medal of Honor earning rescue mission was complete.

Thornton knew this story well and met Norris in Da Nang in the summer of 1972, where the two became teammates in one of the only SEAL teams remaining in Vietnam. Their platoon was hand-selected to gather intelligence on enemy rocket positions during the Easter offensive. On breaking Thornton the news of their new operation, Norris said, "Mike, put on your best gear, buddy. We're going to war."

With the mission details planned, fire support in position, the team boarded a Vietnamese junk – a type of Southeast Asian sailboat – and headed towards the more than 30,000 North Vietnamese waiting for them at Qua Viet Naval Base.

From the onset, the operation did not go as planned. The mission started later than scheduled, the team struggled to make headway in the water due to wind, and the American vessels that were supposed to guide the team onto shore weren't in position. Trusting the reckoning of the junk captain, they slid into their black rubber boats and paddled toward shore.

"Nasty!" Thornton enthusiastically whispered to Norris – Thornton called Norris "Nasty Norris," – "We're not where we're supposed to be!" The team had landed

"Five-thousand, six-thousand," he quickly threw it back again. "Eight-thousand, nine-thousand," after an unplanned game of hot-potato with a live grenade, it landed by his side one final time and exploded.

Thornton was hit in the back seven times with shrapnel from the grenade. He looked over at Norris and said, "I'm okay, but how long do you think we can hold out?" 150 more North Vietnamese soldiers started circling their position.

With dead enemy bodies lying all around them, Norris knew his team had to get out of there and began to leapfrog his team out of harm's way and toward the beach, then the water, and finally to the junk that was waiting offshore.

On their way out, Norris radioed coordinates for fire support to USS Newport News (CA-148), ending with, "Fire for effect. Blow this place away, we're extracting."

Providing cover fire and setting up a LAW rocket (light anti-tank weapon) for his team's escape, Norris' world went black. He was shot in the head.

"NORRIS IS DEAD!"

Thornton was on the beach running toward the extraction point a mile away, when one of the Vietnamese commandos ran to him shouting, "Norris is dead! Norris is dead!" Thornton looked at him and said, "Are you sure?"

"ARE YOU SURE?"

Not a moment after the word "yes" left the lips of the commando, Thornton grabbed his gun and ran towards Norris' last position. He knew you never give up on your buddy and you never give up on your teammate. Norris was like family to him and family "were to die for."

When Thornton located Norris, two North Vietnamese soldiers were about to take over the position before Thornton quickly dispatched both of them. Only then did he see what had happened to his brother.

The bullet had entered his head and blew out the right side of his head. Blood was everywhere; Norris was unconscious, but still alive. Thornton picked him up and put him on his shoulders. As he looked up, he realized they were completely surrounded by enemy forces. He started to run as shells from the Newport News came crashing in and blasted both men 20 feet in the air and dumping them to the ground.

"Mike, buddy," Norris said to Thornton while he was picking him up. Thornton knew his teammate was still alive and started running for safety as more eight-inch rounds zipped past them. As they approached the beach a decision had to be made; the team of five would swim to safety.

They hit the surf and started to swim. Bullets from their pursuers splashed into the water around them as Thornton breast stroked away from shore with Norris

on his back. Two of the Vietnamese commandos were also hit, and Thornton took them onto his back as well, swimming toward safety for more than two hours.

The time in the water proved life saving for Norris, as the salt water helped clean his head wound and the body heat from Thornton's back kept him from going into deep shock. When the team saw the junk, they fired their guns into the air and awaited rescue.

After President Richard Nixon presented him the Medal of Honor in 1973 for his actions to save the lives of his four teammates, Thornton asked the president to cut the medal in half and award it to Norris. In 1976, Norris was eventually presented with his own medal for his downed pilot rescue in 1972.

"The medal does not belong to me. It belongs to all the soldiers over there that fought and lost their lives. That medal was not mine, it belongs to everybody," said Norris.

Both men received Medals of Honor for saving the life of someone they refused not give up on.

"You never give up on your team buddy and you never give up on your team," said Thornton.

"YOU NEVER GIVE UP ON YOUR TEAM BUDDY AND YOU NEVER GIVE UP ON YOUR TEAM."



"THE MEDAL DOES NOT BELONG TO ME. IT BELONGS TO ALL THE SOLDIERS OVER THERE THAT FOUGHT AND LOST THEIR LIVES. THAT MEDAL WAS NOT MINE, IT BELONGS TO EVERYBODY."

TATTOO

PART 2: THE MODERN SAILOR

STORY BY MCSN JONATHAN NELSON

Petty Officer 3rd Class Joe Roberts stood in the rain among a group of somber, black clad people. Despite the driving rain, a group of Marines in full dress uniform began lowering a casket adorned with a regal and rain-soaked American flag into a deep grave.

While droplets of rain splashed off the casket and into the abysmal hole in the ground, Roberts forgot about the cold and wet weather and recalled memories of his friend and teammate Marine Lance Corporal William Booth. Roberts was assigned to Booth's unit while on Individual Augmentee assignment to Afghanistan.

As water dripped from the tip of his nose, Roberts went back to the hot, hellish and unforgettable night that robbed his buddy of a full life.

Vivid memories of a deafening explosion and twisting metal haunted his daydream. Screams of pain and terror competed with the concussive and unrelenting blasts of machine gunfire. Even worse, he is haunted by the memory that plays through his mind every day – the one where Booth pushes him out of the way to receive the full and devastating impact of an improvised explosive device – a move that saved Roberts and left Booth's young wife and daughter without a husband or father.

Sitting among William's friends and family, Joe felt both guilty and glad to be alive. He was struggling with a way to relieve himself of the guilt and to eternally honor his buddy and lifesaver.

The day after the funeral, Joe visited a local tattoo parlor and had the following scripture permanently etched into the skin of his arm: "No greater love has any man than this that he lay down his life for his friend -John 15:16." The ink, gratitude and honor of Williams's sacrifice would stay with him the rest of his days.

While this is a fictional scenario, stories like this are one of many reasons behind the social acceptance of modern day tattoos. However one fact remains; Sailors were and still are associated with ink.

Sailor Jerry, who was mentioned in great detail in the first installment of this series, made the "Sailor style" of tattoos famous and they remain so today.

Onboard the USS Ronald Reagan (CVN 76), tattoos are immensely popular. It is commonplace to walk through the passageways and see an art gallery's worth of body ink.

Hospital Corpsman 3rd Class Katie Richardson, from Preston, Connecticut, has 10 tattoos.

"Tattoos are a representation of who I am as a person, and they allow people to express themselves through a very unique, yet ancient form of art," said Richardson.

Every tattoo on her body has a story or meaning. Some are reminders of personal sacrifice over the years, while others memorialize family hardships overcome.

"The Puzzle pieces on my right forearm represent sacrifice," said Richardson.

"No matter what you do in life, you will never be perfect. You will always have to give something up for something else. My tattoo reminds me to never stray from who I am as a person and to accept myself as I am," said Richardson.

"Go amidst the noise and haste and remember what peace there may be back in silence," is a special quote also inscribed on her arm.

It's meant to remind her that no matter how much chaos surrounds her, there is always a place of tranquility she can turn to.

Electrician's Mate (Nuclear) 3rd Class Whitney Sleezer, from Aurelia, Iowa, uses her tattoos to remind herself of her family.

"I got the one on my shoulder because it is a symbol of how close I am to my sisters," said Sleezer. "We are always there for each other and even though we can't physically be together, we are always on each other's minds."

She likes having a permanent and tangible reminder of the love she has for her family and their love for her.

"It's something I can never get rid of," Sleezer said. "It will always be there to remind me of certain times in my life and the people I love."

Mass Communication Specialist 3rd Class Christopher Gordon, from Bend, Oregon, likes using body art as a way to express himself.

"The reason I have tattoos is to express myself with my body and have a piece of art to remind me of what is important to me," said Gordon.

Gordon has a squid tattooed on his shoulder. Behind the squid is a mandala, a Buddhist symbol that represents the universe.

"My tattoo has multiple meanings to me," Gordon said. "It not only represents my time in the Navy, but most importantly, it reminds me of my religious beliefs. It also reminds me to always be on alert, just like the giant squid."

In some cases, tattoos are family tradition passed on from one generation to the next.

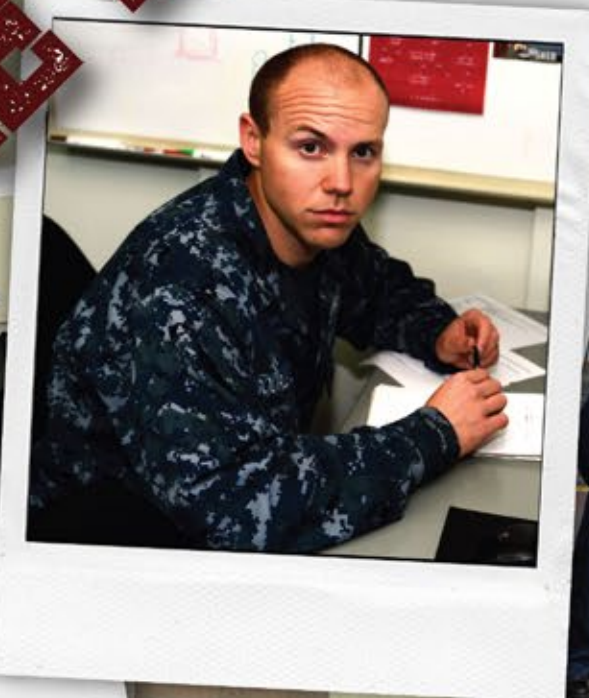
"My grandfather has a bunch of tattoos. He was a labor yard worker of 20 years and has a bunch of biker tattoos on his arms," said Gordon. "He's the toughest guy I know."

While tattoos originally adorned Sailors, bikers, gang members and other subcultures of society – today they have found their way into the mainstream. It's not uncommon to see lawyers, doctors and other professionals sporting ink on their body. According to the Pew Research Center, more than 35% of American adults between 18 and 25-years old have at least one tattoo. From the information gathered in a Fox News Poll, 35 percent of military service members have at least one tattoo.

Whether it is Petty Officer Joe Roberts memorializing a dear friend with body art or Seaman Joe Blow having a tattoo of Popeye etched into his skin, the infatuation with ink that started centuries ago and was revolutionized by Norman "Sailor Jerry" Collins continues to thrive in the 21st century. Tattoos have become socially accepted. As the tattooed community grows every day, potential visitors to the tattoo parlor are left to wonder if the art of body ink is on its way to becoming passé...or maybe they are just wondering where on their body to place a tribal tattoo.



THROUGH THE LENS



SSLA PUTS ON A SHOW

STORY BY MC2 JACOB ESTES



A special and dedicated group of USS Ronald Reagan (CVN 76) Sailors held their first event April 6 since transitioning from the Coalition of Reagan's Empowered Women (CREW) to the Sea Service Leadership Association (SSLA).

Reagan's SSLA chapter coordinated a "Project Runway" inspired fashion show at sea, a fun event designed to train the crew on the proper wear of each uniform in their sea bag.

SSLA, established in 1978, is a non-profit organization dedicated to providing professional development through networking, education, and mentorship of women in the U.S. Navy, U.S. Marine Corps, and U.S. Coast Guard.

"Our goal is to shape females into leaders," said Electronics Technician 2nd Class Kelly Tannehill, the ship's SSLA Sponsorship Director. "We want them to know that they have every opportunity to succeed here. A lot of these females are new to the Navy, and quite frankly, just don't understand it yet. I remember thinking that I had wished there was a group of females I could reach out to for information; with SSLA, I now have the opportunity to be the leader I once needed upon my arrival. SSLA is excited to effect change within our command."

While only 27 percent of Reagan's crew is female, SSLA still hopes to inspire change.

"A lot of things are different for females than for males," explained Tannehill. "Collectively, females face some negative stereotypes and SSLA is here to change that - to prove that sex doesn't make a leader."

Reagan's SSLA isn't exclusively females Sailors, which is why the group transitioned from its CREW moniker.

"Although SSLA is primarily a female oriented organization, we wanted to invite our male counterparts to join," said Tannehill. "We could see how the name CREW, could easily be misconstrued as a female only association. By changing

the name, SSLA is more inviting to males. We want more males to join; this would help males to better understand our female Sailors."

Several males participated in Reagan's underway fashion show.

"We wanted to share knowledge and offer information while managing to entertain," said Tannehill. "The turnout was fairly good for the short notice. The point was to inform the crew of uniform regulations, without needing senior leadership to step in. I feel as though we got the point across while making the event humorous."

The ship's SSLA also offers sponsorship to new female Sailors.

"We assign sponsors to our new female check-ins when they first arrive to the ship and help them find activities to participate in during off duty hours," said Senior Chief Aviation Electronics Technician Alicia Harrison. "The first 72 hours on board are crucial for Sailors and checking into a command as big as ours can be difficult. Our program is very effective and helps to make the check-in process less intimidating and less overwhelming."

SSLA foresees successful events in the future.

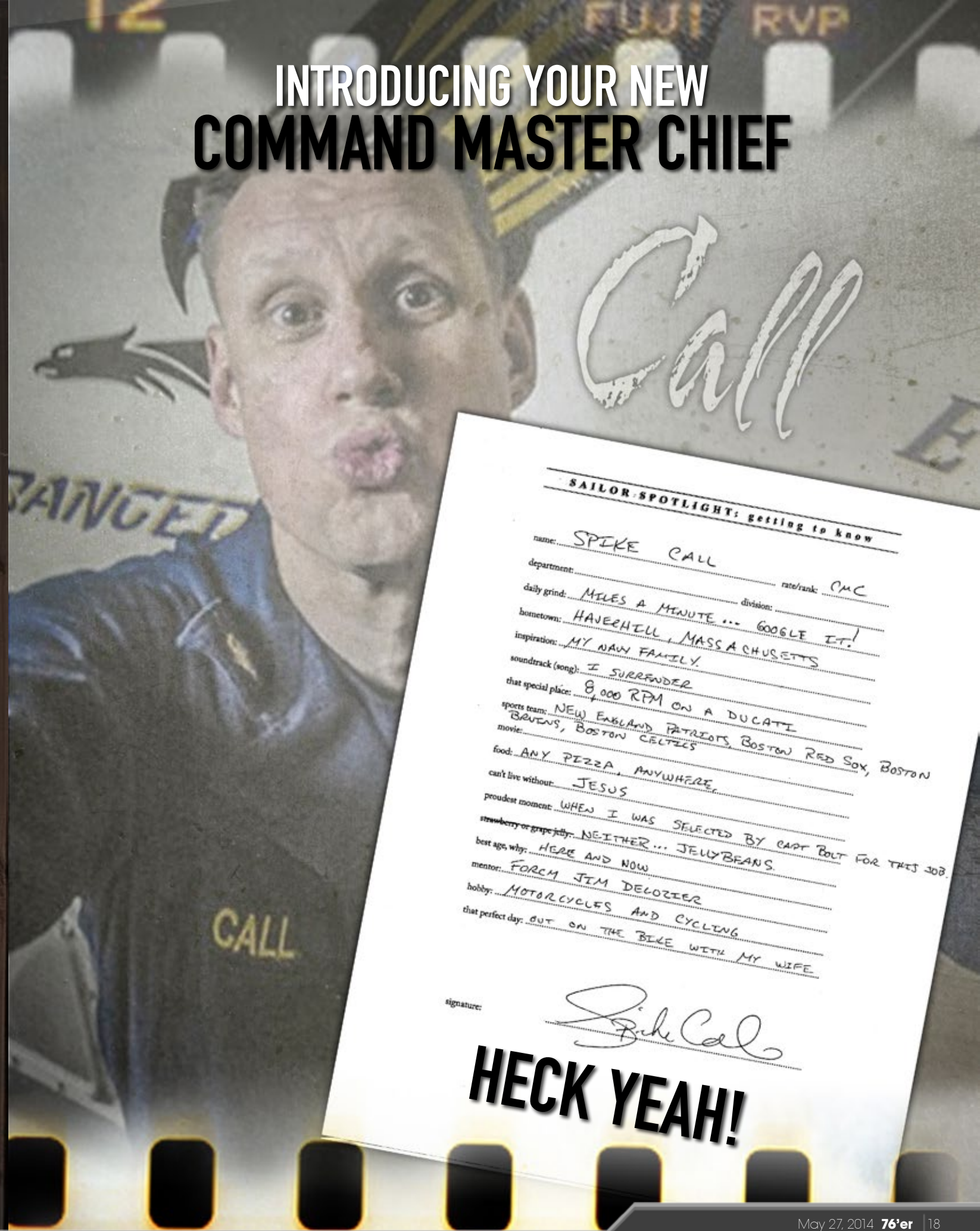
"With the Rim of the Pacific Exercise right around the corner, we are beginning to plan events in Hawaii," said Tannehill. "One of our goals is to draw people away from the party scene. Right now we are coordinating outdoor events such as hiking and zip lining."

To help the association strive, Reagan's SSLA appreciates feedback from the Reagan team.

"Building leaders is our main goal, but entertaining and informing are essential as well," said Tannehill. "We look forward to feedback and encourage input from the crew."

Inspired by the past and focused on the future, Reagan's SSLA is charting a course to build effective female leaders through training, fellowship and service.

INTRODUCING YOUR NEW COMMAND MASTER CHIEF



SAILOR SPOTLIGHT: Getting to know

name: SPIKE CALL rate/rank: CMC

department: _____ division: _____

daily grind: MILES A MINUTE ... GOOGLE E.T!

hometown: HAVENHILL, MASSACHUSETTS

inspiration: MY NAVY FAMILY

soundtrack (song): I SURRENDER

that special place: 8,000 RPM ON A DUCATI

sports team: NEW ENGLAND PATRIOTS, BOSTON RED SOX, BOSTON BRAVES, BOSTON CELTICS

movie: ANY PIZZA, ANYWHERE

can't live without: JESUS

proudest moment: WHEN I WAS SELECTED BY CAPT BOLT FOR THIS JOB

strawberry or grape jelly: NEITHER ... JELLY BEANS

best age, why: HERE AND NOW

mentor: FORMY JIM DELOZZIER

hobby: MOTORCYCLES AND CYCLING

that perfect day: OUT ON THE BIKE WITH MY WIFE

signature: *Spike Call*

HECK YEAH!

USS Ronald Reagan Salutes ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH



HYDRATE OR DIE: WHY DRINKING WATER IS IMPORTANT FROM HMCS CARBONEL

Tips to stay hydrated:

- 1. Keep a large water bottle handy to encourage you to drink water whenever and wherever.**
- 2. Be sure to eat fruits and vegetables every day. They are a great source of water. They help you stay hydrated and maintain optimal health.**
- 3. Have a glass of water before each meal.**
- 4. After each trip to the restroom, drink a glass of water to replenish your fluids.**
- 5. Set reminders on your phone, watch, or email to drink every hour.**

I know you have heard it all before, but the fact is, staying hydrated is the best thing we can do for ourselves and little ones while we're dealing with summer heat. Drinking plenty of water has many health benefits and it's the most natural and easiest way to take care of our bodies and improve our health. In fact, drinking water at certain times maximizes its effectiveness on the human body! Drinking two glasses right after waking up helps activate your internal organs.

With warmer temperatures, it is easier to remember to drink throughout the day. When you are outside sweating, your cognitive functions decline and you become less conscious of your fluid loss. When you are dehydrated, your brain begins to work slower. This can affect your mental status, making you feel tired, decreasing the productivity of your workout and cause headaches.

Understandably, water plays an important role in countless body functions - and for good reason! More than half of your body is comprised of it. Water is critical to regulating body temperature, aiding in digestion and cushioning and protecting vital organs. Along with these significant functions, water also helps with appetite control and gut health.

To some people, drinking enough water is quite a task. Sometimes it is simpler and tastier to provide the fluid your body needs by "eating your water." There are plenty of foods, especially fruits and vegetables, that can add considerably to your fluid intake. Perfect examples of these are foods that are 90 percent water by weight.

Vegetable examples include cucumbers, iceberg lettuce, celery, radishes, tomatoes, green peppers, cauliflower, broccoli, spinach and carrots; most of these are easy to pack or snack on at any time. Some fruit examples are watermelon, star fruit, strawberries, grapefruit and cantaloupe. These are tasty ways to consume water as well as fill you up. Adding fruit to your breakfast is also a great way to start your day. You can incorporate some into your desserts as well.

Other simple ways to make water consumption more user friendly is to add flavor mix, or chunks of fruit. Natural fruit juices can also be a great hydrating tool. Milk and yogurt have high water content as well, if that is more of a flavor you enjoy.

Say NO to energy drinks! A word of caution regarding popular energy drinks: Because they contain large amounts of sugar and stimulants, they can be counterproductive to maintaining fluid balance. In some instances, they may even be dangerous. Researchers found that brands with caffeine and the amino acid taurine significantly raise blood pressure and heart rate. There's no getting around it. Drinking water is the best way to hydrate.



RIMPAC Tour Signups

Friday, June 6
Deadline for signups

The last day to sign up for RIMPAC tours will be Friday June 6th. No late signups will be accepted. The MWR ticket office will be open the rest of this week from 0800-1300 everyday for you to sign up.

To view a listing of all tours offered during the first in port period in Hawaii, check out the RIMPAC powerpoint on the MWR Gippernet page.

The following tours are currently sold out:

Kayak Mokulua Island, June 26
Maunawili Falls Hike, June 27
Snorkel at Hickman Harbor, June 28
Blue Hawaiian Helicopter Tour, June 28
Jackass Ginger Trail Hike, June 28
Xtreme Parasail, June 29
Hike Diamond Head, June 29
North Shore Shark Tour, June 30
Snorkeling at Sharks Cove, June 30
Kayak at Chinaman's Hat, July 1
Hike at Manoa Falls, July 2
Valor Tour, July 3, Cancelled
North Shore Bike Ride, July 3
Hike and Swim at Pele's Chair, June 5
North Shore Shark Tour, July 6
Snorkeling at Hanauma Bay, July 6

DON'T GET SLAMMED BY SAFETY

BEACH SAFETY TIPS

With RIMPAC just around the corner, USS Ronald Reagan is going to participate in military exercises with 23 other countries. You and your shipmates will also be able to enjoy a port visit in paradise.

Hawaii is known for its beautiful beaches, scenery, and life throughout the island. Those who are looking to relax on the beaches of Waikiki, North Shore, or anywhere else, please remember beach safety!

Several tips to minimize your risk by being alert to and respectful of the dangers of ocean conditions.

- Swim at Hawaii beaches which are lifeguard protected.
- Follow beach warnings and closures.
- Check with a lifeguard if in doubt.
- Watch the water for several minutes to look for larger waves appearing in groups, understand rip currents and how to deal with them.
- Do not get caught on wet rocks where unexpected waves can suddenly appear.

Do not ruin a port visit to paradise, it is always better to be safe than sorry.



X-Men: Days of Future Past

The X-Men send Wolverine to the past in a desperate effort to change history and prevent an event that results in doom for both humans and mutants.

The Buzz:

We're pretty into the idea of Wolverine as John Connor in what we're thinking could be the last hurrah for the original X-Men cast. Although with the recent announcement that a clip from this movie would screen after The Amazing Spider-Man 2, entertainment chatterboxes are wondering if Fox and Sony might be building some sort of Marvel Bridge for the future?

Director: Bryan Singer
Stars: Patrick Stewart, Ian McKellen, Hugh Jackman, James McAvoy
Genre: Action, Adventure, Sci-Fi, Fantasy
Release: May 23

Maleficent

Director: Robert Stromberg
Stars: Angelina Jolie, Elle Fanning, Sharlto Copley, Imelda Staunton
Genre: Action, Adventure, Family, Fantasy, Romance
Release: May 30

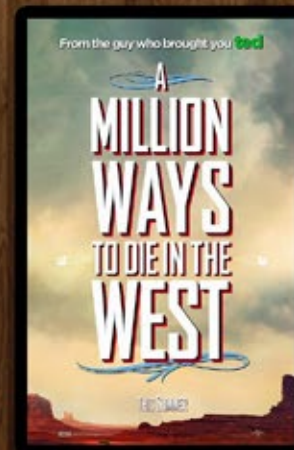
A vindictive fairy is driven to curse an infant princess only to realize the child may be the only one who can restore peace.

The Buzz:

Remember when Angelina Jolie almost starred as the evil queen in Snow White and the Huntsman? (It was around the time she passed on Gravity). Well, she was attracted to this project back when Tim Burton was developing it, and she remained on board during the myriad director/co-star shuffles. As for the rest of the cast: wow, you've got the new Doctor (Who), a welcome mainstream appearance from Elle Fanning, ditto Imelda Staunton, and India Eisley playing the young version of the title character.



A Million Ways to Die in the West



As a cowardly farmer begins to fall for the mysterious new woman in town, he must put his new-found courage to the test when her husband, a notorious gun-slinger, announces his arrival.

The Buzz:

From the look of things, Seth MacFarlane will break the Western-comedy curse with his follow-up to Ted since it's shaping up to be the most subversive and beloved addition to the subgenre since Blazing Saddles.

Director: Seth MacFarlane
Stars: Seth MacFarlane, Charlize Theron, Liam Neeson, Amanda Seyfried
Genre: Comedy, Western
Release: May 30

How to Train Your Dragon 2

Director: Dean DeBlois
Stars: Jay Baruchel, Kristen Wiig, America Ferrera, Jonah Hill
Genre: Action, Adventure, Comedy, Family, Fantasy
Release: June 13

It's been five years since Hiccup and Toothless successfully united dragons and vikings on the island of Berk. Now, Hiccup and Toothless must unite to stand up for what they believe while recognizing that only together do they have the power to change the future of both men and dragons.

The Buzz:

Of all the sequels and remakes this season, we most want to see what happens next with Hiccup and Toothless. Wisely distanced from Pixar's The Good Dinosaur (2015), the vikings and dragons should rule the family realm for weeks; we expect the third installment of the trilogy to be announced soon after this release, too.



WARRIOR ETHOSES

PEACE THROUGH STRENGTH

CVN 76

“ Far and away the best prize
that life has to offer is the
chance to work hard at work
worth doing. ”

PRESIDENT THEODORE ROOSEVELT



USS RONALD REAGAN

SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.