

The 5er

July 10, 2014

Vol. 2 • Issue 5

**MA1 CAEZZA:
THE SUM OF
ALL TRAITS**

**TAKE THE
CHALLENGE,
GET THE COIN**

**TATTOO FINALE:
THE INK RULES**

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The Command Climate Survey will be conducted 26 JUN to 13 JULY.

<https://www.deocs.net/user4/login/login02.cfm>

Prior to June 26th, your departmental chain of command will distribute a required ACCESS CODE to gain access to the survey. This case-sensitive code was randomly generated and is not associated with your name or any other identifying source.

DEOMI ORGANIZATIONAL CLIMATE ASSESSMENT SURVEY (DEOCS) FAQ's

Q: Is it mandatory? Why should I take this survey?

A: No, this voluntary survey is designed to assess the "shared perceptions" of respondents about formal or informal policies and practices. Additionally this survey will provide you a forum to give the CO unfiltered feedback on many of the factors that affect your workplace.

Q: Who can take the survey?

A: Anybody who is attached to the USS Ronald Reagan.

Q: Will it be anonymous?

A: Yes. Respondents' anonymity is protected when completing the online survey by using a computer-generated, untraceable password. In addition, no personally identifying information (PPI) is collected. Additionally the survey will not display group data any time fewer than five members of that demographic completes the survey. For example: If you are the only female Chief in the Department it will not identify your answers as a female Chief. It may identify your answers coming from a Chief or female alone.

Q: How long will the survey take?

A: The survey takes about 25 minutes to complete, and provides multiple opportunities for respondents to enter their personalized comments.

Q: Do I need a government computer to take the survey?

A: No, cell phones, laptops and personal computers with internet access can be used to take the survey.

Q: What types of questions are asked on the survey?

A: The questionnaire focuses on four primary areas: Military Equal Opportunity (EO), Civilian Equal Employment Opportunity (EEO), Organizational Effectiveness (OE), Perceptions of Discrimination/Sexual Harassment and Sexual Assault Prevention & Response (SAPR).



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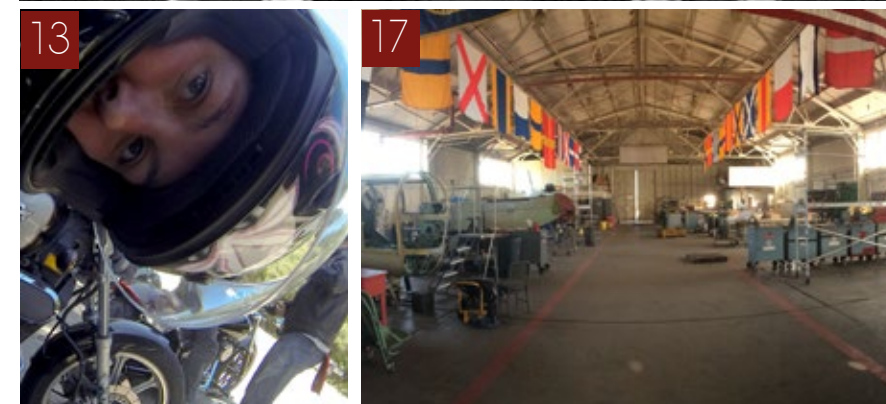
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MA1 CAEZZA

THE SUM OF ALL TRAITS

STORY BY MC3 KRISTINA WALTON

“HE KEEPS GOING ALL THE TIME.”

According to John Quincy Adams, the sixth President of the United States, “If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

True leadership is a highly valuable commodity in today's Navy – especially in the law enforcement, anti-terrorism and force protection community. Too often rank is mistaken for leadership. Leadership has nothing to do with rank, title or privilege. Leadership isn't about giving orders, enforcing policies or impressing superiors. Leadership isn't solely based on one's experience, training or education. Leadership is a sum of all these traits and is developed in one's character. The complete leadership package is applicable in any law enforcement position, from the newest patrolman up to the ship's security officer.

The leading petty officer (LPO) of USS Ronald Reagan (CVN 76) security department, Master-at-Arms 1st Class (SW/AW/NWS) Stephen Caezza has the requisite leadership traits and character in spades.

While true leaders are defined by action and not position, Caezza's accomplishments have placed him in a position of both authority and trust.

The things an effective Navy leader does can positively impact a work center, department or even a command. In his seven years in the Navy, Caezza has managed to inspire others up, down and across the chain of command. His integrity, confidence, active communication skills and sense of humor have manifested themselves in his realm of responsibility with outstanding results.

Caezza, a native of Rochester, New York, personifies toughness. His athletically thick frame, piercing eyes and stern facial expression are intimidating. The gold badge on his thick chest means he 100 percent means business. However, outward appearances can be deceiving. While maintaining good order and discipline is a daunting task that requires a certain brand of hardness, Caezza is also known as a leader who is easy to talk to – a good listener who uses positive reinforcement to motivate his Sailors.

Caezza's reputation within security department is stellar. His teammates know he is committed to all of them and the mission. He is a hands-on LPO who genuinely cares about his Sailors, is constantly on the go and leads by example.

Air Traffic Controller 1st Class (AW) Charlotte Frick, a Colorado Springs, Colorado native, who is temporarily assigned to security, said Caezza has a lot of drive and demonstrates it by being productive on and off the clock. His work ethic, ability to work side-by-side with his Sailors, and determination to remain on task has left their mark on the department.

“He's really good at giving clear, concise direction and keeping people motivated because he keeps going all the time,” said Frick. “Like, if he says to do something, he's right there doing it too - he's working the entire time. You never see him sitting around, messing around or doing anything that isn't mission directed.”



Frick said that people respect the example he sets, which makes him a more effective LPO. His ability to set the standard and be the example makes departmental expectations clear and achievable.

"If your people don't know what's expected, then it's ridiculous," said Frick. "That's what makes people want to work for him. Because they understand that he's working just as hard as they are, and they know what he's thinking and doing."

According to Master-at-Arms 2nd Class Erica Radwancky, an Ashtavula, Ohio native, Caezza motivates his team by letting them know when they have met his expectations and taking the time to tell them when they've done a particularly good job.

While he never hesitates to correct a mistake, Caezza implemented a creative way to acknowledge the small things Sailors do by issuing them a merit chit, which recognizes outstanding performance, like having an outstanding uniform. These chits have also spread to the Reagan First Class Petty Officer Association, where other LPOs will likely follow his example.

"That just makes you want to work harder, to prove yourself more," said Radwancky. "It's almost like you don't want to make 'dad' disappointed. When he's proud of you and he's saying you're doing a good job, it makes you feel good and it makes you want to continue to do good."

Like many Sailors before him Caezza's leadership philosophy is simple: "Mission first, Sailors always."

"To me [mission first] always means getting the job done - done the best way and the right way," said Caezza.

Getting the job done requires stripping a task down to the basics. Sailors must be on time. They need to master their craft by earning job qualifications. If they want to be effective leaders, they must set a strategic direction that leads to mission accomplishment.

"You want to do the job and you want to do it well," Caezza said. "I think everybody wants that. Everybody wants to be a part of that team that we create."

Caezza states that the second part of his leadership philosophy, "Sailors always" stems from remembering that even though we're Sailors, we're also human. No two people are exactly alike. Our goals, the way we think, our expectations and personal lives are all different.

Caezza believes a Sailor's quality of life is the lynchpin of productivity. That's why he makes himself available to his team and works tirelessly to help them with the issues that come up in their lives.

"If those things [at home] aren't in line, how good is that Sailor going to be to complete the mission?" asked Caezza. "Those two things go hand in hand. I learned that not too long ago."

Radwancky said that Caezza has an innate ability

to make time for his Sailors. He is known for dropping what he is doing and giving a teammate his undivided attention while discussing problems they're having with work or at home.

"I'll have a conversation with someone else, and they'll look like they're listening, but they're really typing away on the computer," said Radwancky. "He'll actually stop and take the time, drop what he's doing and listen and care about what you're saying."

Caezza knows that trust is hard earned. He wants to be a sounding board, mentor and trusted agent for his Sailors. As he put it, "The day your personnel stop coming to you with issues, is the day they stop trusting you as a leader."

Radwancky said another thing Caezza does that helps build trust with his Sailors is that he is confident in both the way he conducts himself as a master-at-arms and as an LPO. Caezza knows his rate and his role; he isn't afraid to correct people and never puts out bad information, whether it's job-related or about events going on within the command.

"When he puts something out, it's only because he knows it to be true," said Radwancky. "It's not, 'You know, well, we might do this or this.' It's, 'this is how it's going to be, and we're going to get it done.'"

Since he works in a department where the majority of Sailors are temporarily assigned from other departments, Caezza has mastered the art of team building. His ability to develop a departmental sense of unity brings every member of the security team onto the same page regarding everything from training to proper wearing of the uniform.

"We treat it like a family," said Caezza. "I personally don't look at somebody strictly as being temporarily assigned to the department. I don't look at somebody strictly as an MA either; we're doing the same job."

"They [security department] do everything in their power to make sure that we're treated the same," said Frick.

"It was MA1 Caezza's idea to have us all wearing badges, so we would look like more of a unified group," said Frick. "That's why you see all the temporarily assigned personnel with badges too. He really wants to foster an environment where everybody is on a level playing field and everybody is part of this group and this family."

Although some of security department's success can be credited to Caezza's ideas and leadership style, he said he credits the people he works with for nurturing his brand of leadership. Recognizing the importance of being a teammate, he attributes his Navy success to the people he has worked with over the years, saying he's just as much a reflection of his Sailors as they are of him.

"It's no position, it's no award, I'll tell you that," Caezza said of his motivation to lead. "It's seeing your people succeed, honestly, at any level. I think that's the best accomplishment that I've had."

"THE DAY YOUR PERSONNEL STOP COMING TO YOU WITH ISSUES, IS THE DAY THEY STOP TRUSTING YOU AS A LEADER."

"WE TREAT IT LIKE A FAMILY."





WILL YOU TAKE THE CHALLENGE?

STORY BY MC2 CHELSEA KENNEDY



“GETTING A COIN FROM SOMEONE THAT YOU HAVE WORKED FOR OR WITH IS THE GREATEST EVENT.”

FCCM SCHWANKE

“Ahh, memories,” said Master Chief Navy Career Counselor (SW/SCW/AW) James Brady, from Union City, Pennsylvania, with a smile as he reminisced about moments in his career and gazed across the large shelf of military challenge coins on his desk. His collection, like all challenge coins is steeped in tradition and history dating back to World War I. Some represent brotherhood, esprit de corps and command pride; every coin tagged with a narrative or memory.

“Looking back, every coin has a story and a majority of them have a specific significance, so they are trinkets of history for me,” said Brady.

The most documented and widely accepted story about how challenge coins came to be traded in the military comes from an American fighter pilot who was shot down during World War I and forced to land in hostile German territory. The pilot was captured and temporarily held in a detention facility that was later attacked by British

Forces. The American was able to escape his captors, fleeing without many of his personal belongings. French forces, mistaking the pilot for a German soldier nearly killed him before detaining him.

After pleading with the French officer-in-charge that he was indeed an ally, the U.S. pilot presented a challenge coin that his lieutenant presented to him before being deployed. The coin was struck with his unit’s insignia and other identifying marks.

The French Officer immediately recognized the insignia on the coin and decided to verify the pilot’s identity. He was later released and legend has it that the challenge coin he presented to his would-be executioner ended up saving his life.

Today, Sailors take pride in giving and receiving coins, often as a token for a job well done. Exchanging a coin through a handshake is the most widely accepted way to present a coin to another person. The coin is presented by putting it in the palm of your

hand, extending your arm to a hand shake and with a turn of the wrist leaving the coin in the other person’s hand.

“Getting a coin from someone that you have worked for or with is the greatest event,” said Master Chief Fire Controlman (SW/AW) John Schwanke, from Cumberland, Wisconsin, recalling a recent challenge coin exchange. “Adm. Locklear was just onboard USS Ronald Reagan (CVN 76) for a tour. I shot tomahawk missiles onboard USS Princeton (CG 59) when he was our strike group commander. I also worked on his staff when he was commander of THIRD Fleet. When he visited us on Reagan as the Pacific commander, we exchanged coins on the flight deck.”

“It meant a lot to both of us to keep in touch and talk about our service together and each other’s family,” said Schwanke.

Within circles like the Chief’s Mess, wardroom and squadron ready rooms, the “challenging” of the coin is a way of

developing camaraderie, giving Sailors a way to build morale and have a feeling of inclusion.

According to Brady, Sailors can “tap” or “challenge” a coin if everyone in the group has received a coin. If a member of the group doesn’t have their coin with them, they buy a round of cheer. Conversely, if everyone has their coin the initial person who challenged buys the group a round of cheer.

Coins have become so popular that some units will create their own coin as a collector’s item to commemorate a deployment or mission.

Coin designs depend on the command or unit having them minted. For example, chief petty officer mess coins are almost always adorned with chief petty officer anchors, while squadron and command coins feature their respective logo. They range in shape and size, while some are simple, others are elaborately decorated.

“Although the challenge coin has its traditional roots with aviators, I think that it provides an opportunity for Sailors to represent an organization with pride,” said Senior Chief Intelligence Specialist (SW/AW/IDW) James Murphy, from San Diego. “On

“THE LOOK ON HIS FACE WHEN I GAVE HIM THE COIN WAS PRICELESS.”

the flip side of the coin, the recipient can display a variety of organizations they’ve encountered throughout their career in a coin holder.”

Every Sailor who collects coins has a story about how or why they have a coin. Sharing the stories associated with a coin is often a

source of pride for collectors.

After running into an old shipmate, Senior Chief Cryptologic Technician (Collection) (IDW/SW/AW) Frank Migliaccio, from Philadelphia, was able to help replace his buddy’s lost coin from their tour together.

“I ran into an old friend that served in Iraq with me,” said Migliaccio. “He lamented that he had lost his coin from Joint Composite Crew Squadron One where we served. I was able to go into my bag and immediately replace his lost coin with an extra I had. The look on his face when I gave him the coin was priceless.”

Whether used to identify yourself or unit, or being presented as a token of gratitude, the challenge coin has become a growing tradition that Sailors across all ranks enjoy.

“I think it continues for the same reason that they started,” said Schwanke. “It’s an honor, coming of age, position or inclusion in a rate or unit. We all want to be included and acknowledged for the work that we do.”

“LOOKING BACK, EVERY COIN HAS A STORY AND A MAJORITY OF THEM HAVE A SPECIFIC SIGNIFICANCE, SO THEY ARE TRINKETS OF HISTORY FOR ME.”

NCCM BRADY





HONOR CODE

SEVEN YEARS IN THE "HANOI HILTON"

STORY BY MC3 ANDREW ULM

"THE WORST THING THAT CAN HAPPEN IS DEATH, AND THAT'S NOT THE WORST THING IN THE WORLD EITHER."



"I am an American, fighting in the forces which guard my country and our way of life. I am prepared to give my life in their defense." As Cmdr. James B. Stockdale examined the pool of blood forming around him in a Vietnamese prisoner of war (POW) camp, he exemplified these words - Article One of The Code of Conduct. Stockdale didn't know if he'd ever be rescued or live through years of incarceration and one day rise to the rank of vice admiral. What he did know, was that he needed to change the status quo in that prison and the night Ho Chi Minh died, he did exactly that.

The small, rural town of Abingdon, Illinois has a main road, a single gas station, one school and a very large and annoyingly loud railroad track. Farmers populate this modestly sized and prideful community where little has changed since 1923, the year James Stockdale entered the world.

Born to a college-educated farmer's daughter and a well-liked Navy veteran, young Stockdale fashioned his personality after his dad, who was the vice president of the Abingdon Pottery Mill.

While walking through the plant with his dad, Stockdale noticed that everyone there had a good word for his father - like a verbal salute. This outward respect had an impact on James. He knew he was destined to be a leader; he lived with and was being raised by the best example Abingdon had to offer.

Stockdale had the grades to be whatever he wanted in life and when the time came for him to decide his future, his dad's influence reigned supreme, Stockdale shipped off to the U.S. Naval Academy in Annapolis, Maryland, to become a naval

officer and eventually, a naval aviator. After earning his wings in 1950, Stockdale went to test pilot school in 1954, where he became an instructor before being appointed to command VF-51.

It was fortuitous that the year Stockdale took command of his first squadron, President Dwight D. Eisenhower enacted the U.S. Code of Conduct, a legal document that dictates how U.S. military members are expected to act when captured and imprisoned by hostile forces.

On September 9, 1965, during a mission over North Vietnam, Stockdale ejected from his damaged and disabled Douglas A-4E Skyhawk. As he floated down to the dangerous and war-torn battleground below him, he headed directly for a little town.

"It was a town that I could imagine being very similar to the places I saw in Illinois, a town of about 800 and one thoroughfare," Stockdale revealed.

"GOD BLESS YOU, JAMES STOCKDALE."

What waited on the ground for Stockdale reminded him of home, but without any of the comforts. He came down with a crash that shattered his kneecap and dislocated his leg in an unnatural direction. He knew that in the last two wars North Vietnam had fought, they had never repatriated a single POW with an amputated limb.

Immediately after touchdown, a thundering herd of villagers stormed Stockdale's position with a vengeance.

They dragged him to a caravan that would take him to the infamous Han Lo Prison or as the POWs called it, the "Hanoi Hilton."

Stockdale was placed on a ping-pong table in the dark and dreary Hilton, where a "doctor" with a large needle would enter and without saying a word, would inject Stockdale with a mystery cocktail that would render him unconscious for hours. For more than a month, Stockdale laid on that table until his leg was repositioned beneath him and he was able to use crutches and be placed with the other POWs.

When his health improved, his captors took it away again through torture.

After standing motionless on a stool for three days straight, weighed down and shackled with 15-pound leg irons, Stockdale heard the unmistakable noise of a key releasing the locking mechanism of his prison door. A guard came in, unshackled the irons, grabbed him by the arm and took him to an open area. The guard beat Stockdale with all his might. In the hazy aftermath of the furious lashing, Stockdale was clear headed enough to make out a familiar series of taps in the distance. "G-B-U-J-S" was tapped on the wall in a code developed by Hanoi Hilton POWs.

The code consisted of a 25-letter, five-by-five alphabet matrix with the letter "C" replacing "K." The letter "G" would be tapped "Tap, tap, tap" for row 2, letter 2. Stockdale interpreted the message in his head. "God bless you, James Stockdale."

"I was more moved by that than anything else, because half of the prison crowd knew that I was out there getting beat up," said Stockdale.

Article Two of the Code of Conduct states, "I will never surrender of my own free will. If in command, I will never surrender the members of my command while they still have the means to resist."



Stockdale was so resistant to his captors, he and 10 other prisoners were labeled the most unbreakable of Hanoi Hilton captives and were transferred to a location outside the prison to an inescapable hell they called "Alcatraz."

The 11 men who shared Alcatraz endured pure torture. Their sentencing included standing motionless for days, starvation, waterboarding and the "ropes."

The ropes consisted of prisoners being shackled at the ankles and slowly having one's arms tied up behind their backs until circulation was cut off. Prisoners were then placed face down on the ground with a metal bar between their tied arms and feet. They had two options to get out of the ropes: death or submission. Stockdale was subjected to this torture 15 times.

The big breakthrough for Stockdale was self-mutilation. After a torture session, his North Vietnamese captors told him he was being sent downtown to participate in political talks, which the North Vietnamese would repurpose as propaganda.

"If I am captured, I will continue to resist by all means available," states Article Three of the Code of Conduct.

Prior to his political propaganda debut, Stockdale was given a bar of soap and a razor to clean up with. He quickly lathered up his head and frantically began slicing his scalp before guards came in to stop him. Blood was running down his entire body when he was discovered. The North Vietnamese tried to cover his head wound up with a hat, but Stockdale had other plans. He beat himself with a toilet stool

until his eyes were swollen shut; his quick action and disregard for his own comfort rendered him unsuitable for a North Vietnamese propaganda film.

The following months, Stockdale's torment and torture continued. One day he sensed a strange vibe hanging in the air. Guards were acting differently, offering more food and less torturing. One night before Stockdale was destined to go back into the torture chamber, he noticed a guard weeping. Prisoners learned that Ho Chi Minh died that night; Stockdale's torture appointment would have to be rescheduled for another day.

"I'VE GOT TO CHANGE THE STATUS QUO."

Article Six of the Code of Conduct states, "I will never forget that I am an American, fighting for freedom, responsible for my actions and dedicated to the principles which made my country free."

"I've got to change the status quo," Stockdale said as he lurched up towards a plate glass window. He took long shards of glass, sat in his chair, and started to cut his wrists. "Is this right? I don't know, but I know I've got to," Stockdale whispered to himself as he explored his future - a bleak future considering the pool of blood around him. His world went black, but when he awoke, the prison had changed.

While Stockdale was recuperating from his wounds, the prison commissar was discharged of his duties and the torture practices were discontinued. Not a single POW was subjected to the "ropes" following Ho Chi Minh's death. Stockdale truly suffered for his men and likely helped save many of their lives. Luckily for him, the North Vietnamese leader's death and subsequent changes to prisoner treatment possibly saved him from death.

"I thought I owed it to them," said Stockdale. "The worst thing that can happen is death, and that's not the worst thing in the world either."

Stockdale received the Medal of Honor in 1976 for turning himself into a symbol of resistance for his fellow POWs and showing his captors that he would rather give up his life than capitulate. His actions were an impetus for the Han Lo prison guards to cease all torture to all POWs.

James Stockdale was a man of honor and conviction. His mental and physical toughness combined with anchored values and the ability to lead by example in the direst of circumstances left their mark on American military history. His actions as a POW provide a recorded history and example of the U.S. Code of Conduct in action.

"You must never confuse faith that you will prevail in the end, which you can never afford to lose, with the discipline to confront the most brutal facts of your current reality, whatever they might be," Stockdale said of his experience at the Hanoi Hilton.

TATTOO

PART 3: THE INK RULES

STORY BY MCSN JONATHAN NELSON



It is 1937 and the battleship USS California (BB 44) is conducting naval exercises off the Hawaiian Island chain. A group of Sailors sits deep in the bowels of the ship as the low humming of the engineering plant can be heard under the raucous cheers of approval erupting from the group. Two Sailors are the center of attention, one holding his new purchase - a mechanical tattoo gun that is inserting ink below the skin of his buddy's bare, unmarred arms.

With nearly a month at sea under their belts, the crew has been on edge and in some cases, downright bored. They've been thinking of creative ways to occupy themselves in their down time; one endeavor gaining popularity below decks is tattooing each other. The Sailor getting his new tattoo, his first in fact, selected an ink job that reminds him of his girlfriend who is waiting for him in Pearl Harbor.

His friend etches a painful outline onto his arm. The groups of young men around them cheer and laugh at his obvious discomfort as the ink is needed into his bicep. An hour passes and the art is almost complete; a bare chested woman in a hula skirt, dancing on the Sailor's bicep.

Little does he know there are consequences for getting this particular tattoo - a tattoo the Navy would consider obscene.

Sailors are synonymous with several unsavory things and tattoos are one of them. While the ink on their arms and bodies are telling of the adventures they've embarked on around the world, in the early 1900's the United States Government started cracking down on what it considers to be obscene tattoos.

Many young Sailors who didn't

particularly want to remain on active duty decided that the new tattoo rules would be an easy ticket out of military service. This created a large influx of naked women tattoos. If these men later decided to join the Navy, they would have to go to a tattoo artist and have them "dress" their tattoo.

Tattoo regulations in the Navy have evolved over the years. Tattoo waivers are required before even going to boot camp and sometimes make it harder to enlist in the armed services.

"As a recruiter, I've had a few applicants that I've had to turn away for their tattoos," said Machinist's Mate 1st Class (SW/AW) Efen Panag, from Kahuku, Hawaii. "I felt so bad about it because some of these people really wanted to change their lives by joining the Navy."

In a short amount of time, the Navy has changed its stance on tattoos. Formerly they weren't a problem or given much thought. Today, tattoos are strictly governed.

"When I joined 12 years ago tattoos really weren't an issue," said Culinary Specialist 1st Class (SW/AW) Brian Flournoy, a native of Alexandria, Louisiana. "They didn't really scrutinize the tattoos you had and there really weren't any instructions for them. Everyone had them."

Some Sailors believe tattoo regulations stem from the Navy's desire to clean up its image.

"When we go out on liberty we are ambassadors of the U.S.," said Flournoy, who has numerous tattoos

of his own. "Now with social media, the Navy really wants to protect our image. Tattoos are on your skin, visible; therefore I think there is a push to regulate them."

The truth of the matter is that tattoos are acceptable.

According to NAVADMIN 110/06, the regulation piece is not about image, but good order and discipline. There are four criteria used to determine whether a tattoo is permissible in the Navy.

First and foremost, content is the benchmark. Any tattoo, no matter where on the body it is located that is gang-related, prejudicial and detrimental to good order, discipline, and morale, or brings discredit upon the Naval service is strictly prohibited - period.

Tattoo location is also important. Tattoos are not permitted on the head, face, neck or scalp. Anything that is visible while wearing a standard Navy crew neck t-shirt is prohibited. Additionally, anything that is visible through

white clothing, specifically dress white uniforms is prohibited.

Size is the third criterion. Individual tattoos, body art, or brands exposed when wearing a standard issue Navy crew neck t-shirt will be no larger than your hand.

Finally, it matters whether a tattoo is cosmetic or not. NAVADMIN 110/06 does not prohibit any tattoos used to correct a medical condition, however, the procedure must be conducted by a licensed medical professional.

"The instructions for getting tattoos are there for a reason," said Panag. "We as Sailors represent the United States Navy, and we should not portray the wrong image to those who may possibly be taking our places in the future."

The special request chit system helps make chains of command aware that their Sailors are considering body art and an opportunity to weigh in on whether a particular piece of art is acceptable or not. A second set of eyes can help prevent mistakes and permanent damage.

"I'd turn down every tattoo chit for tattoos that go against what the Navy stands for," said Flournoy. "If it's offensive to anyone, it's fair to say you're not going to be able to get it on your body while in the Navy."

Tattoos will always be associated with Sailors. However, as time goes on and the Navy continues to evolve, so will the policies it enforces. One constant that will never be compromised is that it is every Sailor's responsibility to act in a manner that is becoming of a United States Sailor - inked or not.

SAFETY FIRST FREEDOM ALWAYS

STORY BY MC2 KIMBERLY ROMANOWSKI

The purring of eight motorcycle engines filled the morning May air near Naval Air Station North Island's Juliet Pier. Close by, eight Sailors donned their safety gear in the shadow of USS Ronald Reagan (CVN 76), the common denominator that brought these riders together. Their bikes range from nimble sports bikes that resemble rockets with wheels to regal cruisers that glide down the road.

Without warning, the purring engines give way to a mighty roar. Eight riders from the Ronald Reagan's Motorcycle Mentorship Club depart the parking lot in a two-up formation for a group ride to San Diego County's Mt. Palomar. Without a worry in mind, they ride off in search of the feeling of freedom that comes with the open road.

"When I'm riding I feel like I'm free," said Chief Engineman (SW/AW) Antonio Jackson a native of Montgomery, Alabama. "It gives me the chance to forget about everything that is on my mind. When I lift the visor on my helmet and have the fresh air and wind blowing on my face takes a lot of stress away."

To ride is to travel, to be curious about what lies around the bend and beyond. Only a motorcycle rider knows the true excitement of having power, torque and speed beneath him. However, freedom and mechanical muscle mean nothing unless a rider safely reaches her final destination.

Reagan's chain of command and all of its motorcycle riders know that safety is not a buzzword – it is a legitimate concern. In fiscal year (FY) 2012, 20 Sailors and Marines lost their lives to motorcycle accidents. As of May 9, 2013, as the motorcycle riding season was beginning, that number for FY

2013 stood at 18.

Command rides and meetings help build camaraderie and promote safe riding habits amongst Reagan's motorcycle riders, whether they have been on the road for years or are new to the motorcycle community.

"During these meetings we discuss incidents that riders have encountered and try to prevent them from occurring to our Reagan riders," said Chief Aviation Boatswain's Mate (Handling)(AW/SW) Jorge Agostini, a native of Ponce, Puerto Rico. "This reduces some of the motorcycle accidents, because we are using the mentorship that the senior riders give. The

reason why we ride during the work day is because we are developing our skills to become better riders."

Motorcycle safety training isn't only for two-wheeled vehicle riders; it is designed for every driver on the road.

"Drivers who are switching lanes need to double-check, using their mirrors and turning their heads to make sure they can see motorcycles on the road," said Agostini. "Some bikes are loud and some bikes are not, so you might not be able to hear when they are around. If you put a motorcycle ahead of a big car or truck you might not see the motorcycle, because you are too focused on the bigger object. You always want to look twice."

The thrill and danger associated with riding a motorcycle can be compared to operations on Reagan's flight deck. While the flight deck of an aircraft carrier is described as the world's most dangerous work environment, the freeway on a motorcycle is an equally dangerous hobby and mode of transportation.

"WHEN I'M RIDING I FEEL LIKE I'M FREE."

"YOU NEED TO KEEP YOUR HEAD ON A SWIVEL AND KEEP SCANNING EVERYTHING AROUND YOU JUST LIKE WHEN YOU ARE ON THE FLIGHT DECK."

"While riding my motorcycle, the biggest thing I feel is fear and a little bit of adrenaline rush too," said Agostini. "I don't have fear for myself but for every rider. You need to keep your head on a swivel and keep scanning everything around you just like when you are on the flight deck."

Flight deck operations are controlled chaos. The sounds of aircraft launching, landing, and moving is deafening. Spinning rotors, jet blast and ordnance mounted on aircraft all add to the danger factor. Like any high-risk activity, training and practice prevent mishaps.

"With all the training and experience I have with my job," said Agostini, "I still consider motorcycle riding more dangerous than working on the flight deck."

While riding a motorcycle can be both peaceful and exhilarating, anything can go wrong in a matter of seconds resulting in an accident. While the rider and his or her bike are the main components of a ride, other outlying factors figure into the accident equation – excessive speed, poor road conditions, other drivers, weather, wind and debris. Motorcycle riders must

remain alert, always thinking several steps ahead of what they see on the road.

Even though Reagan is underway participating in Rim of the Pacific exercise (RIMPAC), it does not stop the command from planning its next ride to keep riding skills sharp.

"We are planning a big command ride after RIMPAC. Since Command Master Chief Call is a motorcycle rider, we are hoping to get more participation in the rides," said Agostini. "Our goal for the next ride is more

than 50 Reagan riders. We currently have 148 riders at the command."

Command organized rides allow fellow riders an opportunity to hit the open road

together and see new places.

"It's very scenic up by Pala and Mt. Palomar," said Logistic Specialist 1st Class (SW/AW) Joseph Bell, a native of Baltimore. "You not only get that feeling of being free, but you get the feeling of belonging when you ride with a group. Sure, riding alone is cool; however, when you have a group with you it's more fun. You end up enjoying yourself more and a shared experience can be a good thing."

"I STILL CONSIDER MOTORCYCLE RIDING MORE DANGEROUS THAN WORKING ON THE FLIGHT DECK."



Through The Lens





PRESENTED WITH THE PAST

MIDWAY (CV-41) AVIATION MUSEUM CENTER

STORY BY MC3 TORRIAN NEEMAN



The faded gray paint felt cold as he placed one hand on the old fighter plane. Fifty-years ago, this A-1H Skyraider was alive and burning hot as it tore through the skies over the Caribbean, Indian Ocean, Arabian Sea, Vietnam and Korea.

Wartime fighting machines now sit in the still hangar bay of the aircraft carrier USS Midway (CVB/CBA/CV-41). In 2004, the combat proven ship was moored in downtown San Diego where it earned museum status and draws more than 1 million visitors per year. Until 1955, Midway was the largest ship in the world and served our country for 47 years before being decommissioned in 1992.

While today's Sailors constantly train for current and future warfighting, there are a few USS Ronald Reagan (CVN 76) Sailors who also work to preserve the Navy's storied history and proud heritage. Nearly every Saturday, Aviation Electronics Technician 2nd Class (AW/SW) Colin Smith an Austin, Texas native and Aviation Electronics Technician 2nd Class (AW/SW) Adam Beach a Durango, Colorado native, can be found working on the nearly 70 aircraft inventory of USS Midway.

Most of the people who volunteer at the Midway Museum are veterans and some have actually served on the carrier. When Smith and Beach volunteer their time, they pair up with a veteran who shows them how to repair corrosion, rebuild wing parts, do air-frame work or paint.

Prior to enlisting in the Navy, Smith was a motorcycle technician for BMW.

"I didn't have these skills before, I learned them just by doing. A lot of stuff we do involves sanding, drilling out rivets, they just tell you to

do something and there's a guy who teaches you how," said Smith. "It's like a mom-and-pop shop, it just happens to be an aircraft carrier."

Smith discovered the Midway when he was riding the trolley in San Diego and saw someone wearing a green USS Midway volunteer hat. He asked the man how he could become a volunteer.

As a kid, Smith and his dad would watch planes take off and land at the airport.

"I love airplanes, it's one of the reasons why I joined the Navy," said Smith.

This isn't his first experience with volunteering, while stationed at Pensacola, Florida, Smith volunteered at the Naval Aviation Museum repairing and restoring its retired aircraft.

"I WANT TO BE LIKE THEM; I WANT TO BE IN FARMER COVERALLS, WEARING A U.S. NAVY HAT WHEN I'M OLD."

"It makes me feel like I'm actually doing something that people enjoy; it's a big tourist attraction," said Smith.

More than 879,000 people came to see the carrier during its first year of operation.

Petty Officer Beach joined the Reagan team in 2011 and Smith was his mentor. Beach was eager to find volunteer opportunities in the

area and Smith suggested the Midway.

"It's pretty neat to meet some of the older military folks and get to know them and hear their stories," beach said. "Some are pilots from World War II."

Beach has been volunteering for more than three months and appreciates the relationship he has with Midway's corps of veterans.

"I personally don't have a lot of connections with people who were formerly in the military, so to meet retired military people who are still passionate about their service and the positive impact it's had on them is good to see," said Beach. "It's healthy for us, being active duty to see that."

Beach and Smith are doing more than restoring old wartime relics into museum displays. They are preserving a time in history and memories of a generation that served before them.

"I want to be like them; I want to be in farmer coveralls, wearing a U.S. Navy hat when I'm old," said Smith.

"I see these guys live that and I want to retire and do the same thing," Smith added. "I want to give my time and restore something that I knew and loved in my youth," said Smith.

Reagan teammates interested in volunteering can visit the USS Midway website, www.midway.org/Volunteers for more information.

The volunteer schedule is a casual one; volunteers can come in any time between 0730 in the morning to about 1300 on Fridays or Saturdays.

"Lady Cop"

SAILOR SPOTLIGHT: getting to know

name: Ornelia S Rains rate/rank: WOA1M/E9
 department: Security division: SF 01
 daily grind: Reagan's lady cop!
 hometown: Guthrie, Georgia
 inspiration: Family and motivating Sailors
 soundtrack (song): All of Me
 that special place: Home
 sports team: Oakland Raiders
 movie: Spartacus
 food: Salmon
 can't live without: God and family
 proudest moment: When daughter entered first year of college at Texas State Univ
 strawberry or grape jelly: strawberry
 best age, why: now - I have a purpose worth living for
 mentor: Master David Deane
 hobby: Volunteering - talking and gardening
 that perfect day: September 29 2000 - Day I married my husband

signature: 



National SAFETY Month



Gloves



Hearing Protection



Eye Protection



Boots

WARNING

Remember to wear the proper PPE to minimize your risk of injury when performing any task.



SIMMER DOWN THE SCIENCE OF CONFLICT RESOLUTION

FROM LT THOMPSON



Conflicts are disagreements resulting from people or groups having differences in attitudes, beliefs, ethics, values, needs, or desires. In many ways, conflict is a basic fact of life. When conflict occurs there are times that the situation can be destructive to the relationship. The fact that conflict exists does not mean that it is a bad situation. The key is to manage conflict effectively.

Your personal beliefs about conflict often determine how you will react when you are confronted with a situation that is filled with conflict. Often times the indicators of a conflicted relationship consists of factors such as distrust, dishonesty, differences in values, constant change, lack of respect, or desires for increased power, which results in breakdowns with communication.

Identify the situations that create conflict in your life. Determining where, when, and with whom it occurred will help you to determine the patterns that emerge. Identify what you wanted and what the other person wanted in the situation. Specify what your differences were and how you feel about the situation. Explain your reasons for what you and the other person wanted in the situation. Brainstorm potential agreements that would be beneficial to you and the other person. Keep in mind that it is important to suspend any judgment or criticism to help you through this process.

It's important to remember that conflicts CAN be beneficial. Conflicts clarify who you are, what you value, and what you care about. Conflicts can help you pay attention to potential problems in your life along with helping you to learn ways to be creative in problem-solving.

Ultimately, practicing conflict resolution will enhance your relationships. The practice of this skill will develop your character and cultivate empathy. Finding ways to cooperate with others by pursuing constructive problem-solving skills helps develop compromising tactics. This method promotes effective communication with others while allowing you to release emotions in healthy manner that ultimately reduces stress.

Active listening can settle personal conflicts with other people and help others settle their conflicts. Many times people in conflict are so worried about trying to win an argument, or get their point across, that they do not hear accurately what the other person is saying. Active listening helps you to manage and resolve conflicts with the purpose of communicating for true understanding.

Be mindful of your body language. Maintain eye contact with the person and keep your arms unfolded to maintain an open body posture. If you are sitting, lean forward toward the person without going into their personal space. Nod to show understanding and say things like "yes" or "uh-huh" and keep the distractions to a minimum. Start questions with "who, what, where, when, or how" to practice active listening. Avoid "why" questions as much as possible; this type of questioning forces the listener to make interpretations.

Listen actively by practicing paraphrasing, reflecting feelings, and clarifying. Paraphrasing lets other people know you are trying to understand their point of view. It clarifies communication, reduces emotional intensity, elicits additional information, and assures understanding of the conflict. When you paraphrase, restate in your own words what you think the other person just said. Reflecting feelings back to the other person is a strong skill to enhance conflict resolution. Effective reflection of feelings is responding much like paraphrasing, but with the focus on feelings. Clarifying is the art of you telling the other person what you thought you heard. This skill is used to determine whether you were right or wrong, and then ask questions for more clarification. This helps you to check your assumptions while verifying the meaning intended by the other person.

Remember, conflict is inevitable. Conflict can occur at home, work, college, and in the community. Strategies to resolve conflicts can be learned through effective communication and active listening skills. Your awareness that problems exist and your proactive involvement to solve problems will produce a sense of well-being. Taking action to promote conflict resolution enhances your ability to be interpersonally effective while strengthening respect, trust, and commitment to the relationship overall.



Wednesday, July 30, 0700-1700

Hidden Adventures of Oahu

Explore the lush Ko'olau Mountain Range of Oahu with our naturalist eco-guide, and hike to the hidden and spectacular Kapena Falls.

Wednesday, July 30, 1000-1300

Atlantis Submarine – Standard Tour

Experience a 45-minute tour of the beautiful ocean life off Waikiki. View shipwrecks, tropical fishes and a variety of other sea creatures while cruising underwater.

Thursday, July 31, 0800-1515

Patriot Tour

The ultimate Pacific Memorial tour. Includes a tour of the USS Arizona Memorial with audio headsets to guide you through the museums.

Thursday, July 31, Various Times

North Shore Shark Tour

Get up close and personal from inside a cage to witness the different species of sharks off the North Shore of Oahu.

Friday, August 1, Various Times

Go Kart Racing

The high speed go kart track is 1/3 mile long and these gas go karts can reach top speeds of 60 mph and have superb responsive handling.

Friday, August 1, 0900 – 1400

Snorkeling at Kiona Beach

This great location on the eastern side of Oahu is sure to bring a smile to your face as you experience one of our best kept secret snorkeling locations. Snorkel gear is provided.

Saturday, August 2, 0900-1400

Hike to Waimano Pools

Experience paradise in the lush jungle canopy. Traverse and descend through the beautiful leafy landscape of a strawberry guava forest dappled with ti plants. If the weather is right, you can hear the 40 foot waterfall in the background, This is a moderate to strenuous hike.

DON'T GET SLAMMED BY SAFETY

As we enjoy our port visit on the beautiful island of Oahu, we must take SAFETY into consideration. With all of the great off-duty recreational activities ahead of us, please consider the four principles of Operational Risk Management (ORM).

- Accept risk when the benefit outweighs the cost.
- Accept no unnecessary risk.
- Anticipate and manage risks by planning.
- Make risk decisions at the appropriate level.

Hawaii is known for its beaches and breath-taking views, many of us will be participating in hiking and water activities.

Stay hydrated, bring insect-repellant and sunscreen. Inform someone ahead of time if you plan to do a strenuous hike, as weather conditions may change; or the activity may become more challenging than anticipated.

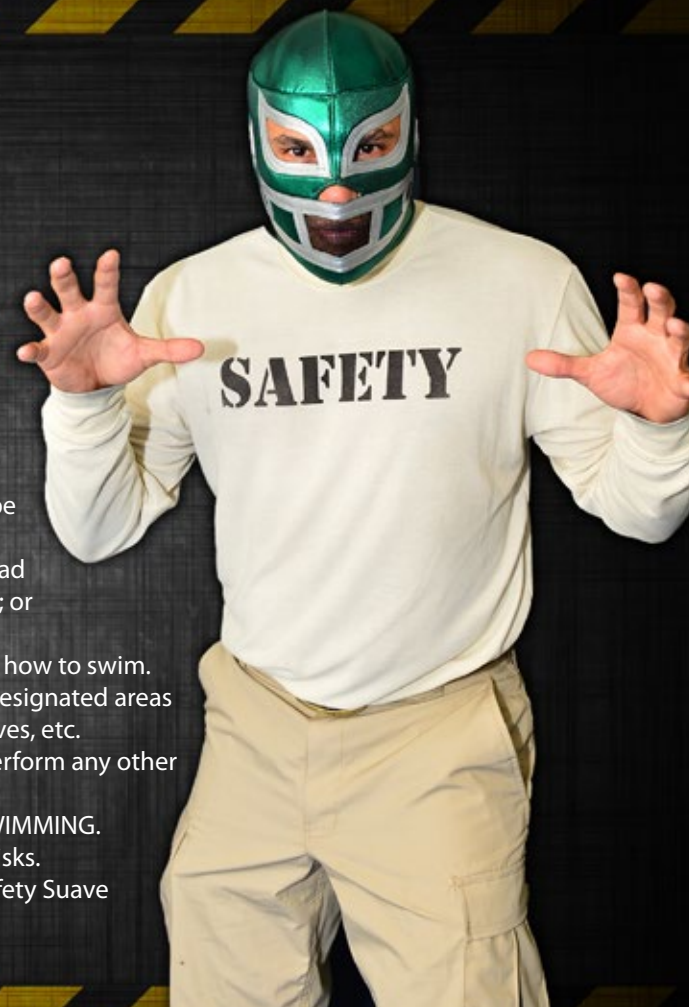
In order to prevent swimming mishaps or drowning, make sure you know how to swim. Wear personal flotation devices if it is required, swim with a buddy, swim in designated areas with lifeguards and pay attention to local hazards such as: currents, tides, waves, etc.

Know your limitations and do not over-estimate your ability to swim or perform any other strenuous activity.

Most importantly, DO NOT DRINK ALCOHOL OR TAKE DRUGS PRIOR TO SWIMMING.

Drugs and alcohol impair judgment and increase the willingness to take risks.

As always stay safe, enjoy the island, "And that's the bottom line, 'cause Safety Suave said so!"



Transformers: Age of Extinction

An automobile mechanic and his daughter make a discovery that brings down the Autobots and Decepticons - and a paranoid government official - on them

The Buzz:

Remember when major summer sci-fi movies opened over the Fourth of July holiday? Michael Bay shuffled his cast and restyled the vehicles for the fourth chapter of his global juggernaut, which will give new leading man Mark Wahlberg a second taste of international success after Ted's record-shattering run.

Director: Michael Bay
Stars: Mark Wahlberg, Nicola Peltz, Jack Reynor, Stanley Tucci
Genre: Action, Adventure, Sci-Fi

Director: Joe Berlinger
Stars: Stephen Rakes, James 'Whitey' Bulger, Tommy Donahue, David Boeri
Genre: Documentary, Biography, Crime

Whitey: U.S.A. vs James J. Bulger

Number 2 on America's Most Wanted list after Osama Bin Laden, James 'Whitey' Bulger terrorized the city of Boston for years without ever being charged with so much as a misdemeanor. Bulger was a monster, murdering over a dozen known victims, but did the FBI and local law enforcement give his reign of terror over South Boston a free pass?

The Buzz:

We hear Joel Berlinger's documentary on Whitey Bulger is quite clinical. So this is an opportunity for the uninitiated to share a row with crime buffs and dig into the myriad ways in which police forces and federal agencies work with organized crime operatives.



Director: Clint Eastwood
Stars: John Lloyd Young, Erich Bergen, Michael Lomenda, Vincent Piazza
Genre: Biography, Drama, Musical



Jersey Boys

The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960s rock group The Four Seasons.

The Buzz:

It's always a risk to pull a musical off the stage in attempt to make filmed entertainment, but it's also a no-brainer to hand over this particular story - essentially a four-character biography - to an established director. Does that mean we think Clint Eastwood was the right choice to helm the project? No. Do we think it's near impossible to market a musical with no stars? Yes. And if we're at all correct, we think this explains the lack of a push for this summer release, which might have done better in the fall.

Director: Roman Polanski
Stars: Emmanuelle Seigner, Mathieu Amalric
Genre: Drama

Venus in Fur

An actress attempts to convince a director how she's perfect for a role in his upcoming production.

The Buzz:

Roman Polanski's latest has been embraced by critics who love seeing him back in psychosexual territory with a stripped down two-hander that has no awards ambition and able to wipe away memory of Polanski's shockingly mechanical reproduction of the play Carnage.



WARRIOR ETHOS



PEACE THROUGH
COURAGE



“ There is at least one thing worse than fighting with allies - and that is to fight without them. ”

WINSTON CHURCHILL



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