

NAVAL MEDIA AWARD WINNER

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The 76er

November 2015



**REAGAN ARRIVES
IN JAPAN**

**MWR VISITS
MT. FUJI**

**JANAF WELCOMES
REAGAN**



CFL NOTE

I would like to thank all the ACFLs first and foremost for putting a GREAT program together. Reagan's Sailors must complete the following prior to participating in the Body Composition Assessment (BCA) and/or Physical Readiness Test (PRT), otherwise, they will be marked Unauthorized Absence (UA). Good news, NO one will fail the PFA if they fail the BCA. However, they will be enrolled into our effective Fitness Enhancement Program (FEP), where we will help them bring "Sexy Back!" We have a lot of motivated instructors on board teaching 20 classes a week. We have a CFL site (one-stop shop) on the Gippernet with our calendar, instructions, nutrition information, NAVADMINs, list of ACFLs and the 50/50 for the 2015 cycle two PFA. Please, utilize one of our outstanding ACFLs for a courtesy weigh-in prior to conducting your official weigh-in. Medical waivers must be turned in prior 10NOV15. The BCA and PRT schedule will be done by department ACFLs. It is imperative, due to the shortage of equipment on board our great ship that everyone reports on their designated PRT day.

Reagan's Fitness Team is promoting a culture of fitness, don't hesitate to reach out to any of us and get motivated about your health and life. If your motivation is lacking, you can borrow mine, I have plenty!! HOOYAH!! MOTIVATED!!!!



USS RONALD REAGAN

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Executive Officer
Capt. Brett Crozier
Command Master Chief
CMDCM Jason Haka

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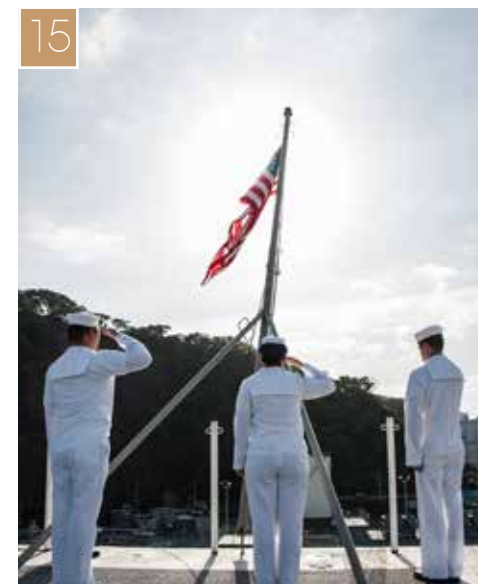
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Photo Illustration by MC3 James Mullen

On the back cover:
Photo by MC2 Paolo Bayas
Photo Illustration by MC3 James Mullen



Welcome Home!



RONALD REAGAN KANGAIKAI

USS RONALD REAGAN.(CVN-76)WELCOME RECEPTION

JANAFAs Hosts Reception for Ronald Reagan

Story by MC3 Beverly J. Lesonik

The Japan and U.S. Navy Friendship Association (JANAFAs) hosted a welcoming reception for the Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76) and her crew, Oct. 5.

Sailors, their counterparts from the Japan Maritime Self-Defense Force (JMSDF) and Japanese officials and delegates celebrated Ronald Reagan's appointment as the U.S. Navy's only forward-deployed aircraft carrier. The event also commemorated the ship's contribution during the emergency response after the great east Japan earthquake in March 2011, known as the humanitarian assistance and disaster relief Operation Tomodachi.

"USS Ronald Reagan responded very quickly as a part of the relief mission to the earthquake," said Yuto Yoshida, mayor of Yokosuka, Japan. "Now she is back and it feels like I am seeing an old friend. To the Sailors who were on USS George Washington (CVN 73), welcome back, and to those who are new here, welcome to Yokosuka. I hope that you will think of Yokosuka as your new home."

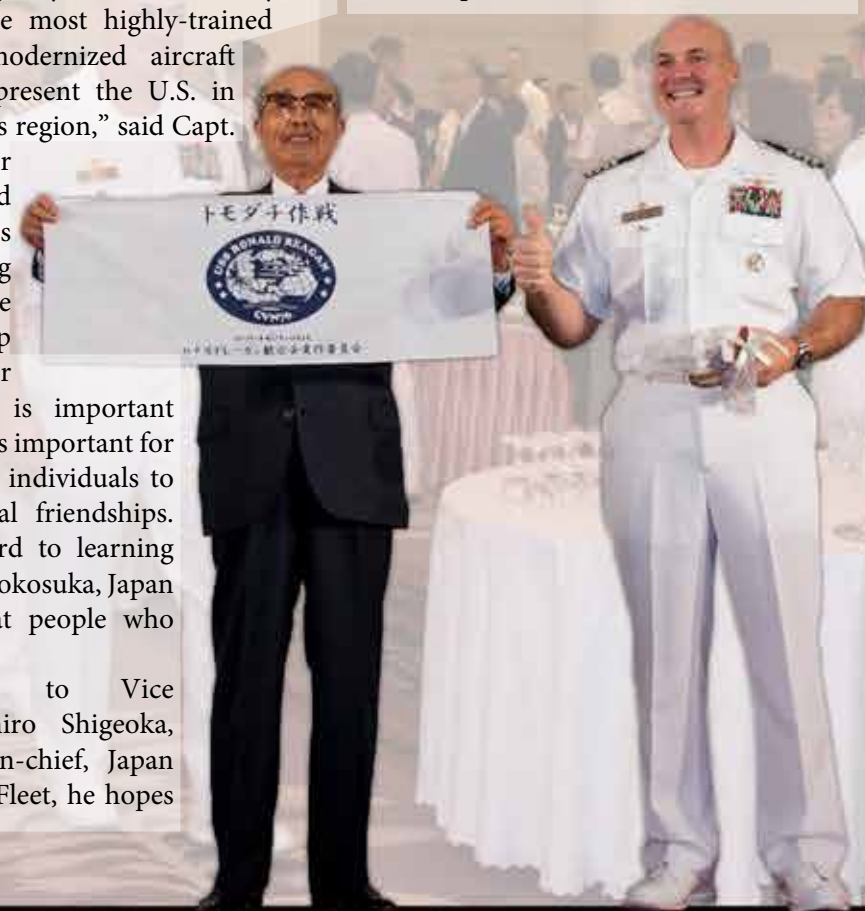
According to Vice Adm. Joseph Aucoin, commander, U.S. 7th Fleet, the reception showed the unrivaled warmth and generosity displayed by the

U.S. Navy's Japanese counterparts to American Sailors and represented the bond that makes their alliance strong. Aucoin added that together, these forces make up the core capabilities needed by the alliance to meet common strategic objectives.

"Over the past year, the U.S. Navy has assembled the most highly-trained crew and modernized aircraft carrier to represent the U.S. in Japan and this region," said Capt. Christopher Bolt, Ronald Reagan's commanding officer. "The partnership between our two nations is important and it is just as important for each of us as individuals to build personal friendships. I look forward to learning more about Yokosuka, Japan and the great people who live here."

According to Vice Adm. Yasuhiro Shigeoka, commander-in-chief, Japan Self Defense Fleet, he hopes

to re-create the relationship that former U.S. President Ronald Reagan and former Japan Prime Minister Yasuhiro Nakasone had between USS Ronald Reagan and JS Izumo (DDH-183). He added that similar to the former leaders' nicknames "Ron and Yasu", he looks forward to calling the sister ships "Ron and Izu". ■



Ronald Reagan Sailors Visit MT. FUJI

By MC3 Ryan McFarlane



Mt. Fuji is one of the most visited mountains in the world and attracts more than 100,000 tourists from around the globe each year. Recently, Sailors from the U.S. Navy's only forward-deployed aircraft carrier USS Ronald Reagan (CVN 76) were given the opportunity to visit the mountain during the Mt. Fuji Sightseeing Tour hosted by Morale, Welfare and Recreation.

"During the tour we traveled to historically important areas in the vicinity of Mt. Fuji," said Kaori Nishimura, tour guide for the Mt. Fuji Sightseeing Tour. "Each of the areas we traveled to have a significance in Japanese history or impact in our culture and way of life. They also give us a beautiful view of Mt. Fuji."

Standing 12,388 feet tall, Mt. Fuji is one of the tallest mountains in the world. It is not only the size of the mountain that attracts tourists; Mt. Fuji has a large role in many aspects of Japanese culture including religion and folklore.

"It was a great trip," said Capt. Jaime Quejada, oral and maxillofacial surgeon aboard Ronald Reagan. "It was nice to see Mt. Fuji, but it was also refreshing to visit surrounding religious shrines and see some beautiful ponds and landmarks. I would definitely recommend this trip

to anyone looking for something to do. I know I greatly enjoyed it and so did my family."

Temperatures can reach 2 degrees below zero Fahrenheit during the winter months. Because of this drop in temperature, the official annual Mt. Fuji climbing season begins July 1 and ends Aug. 26. During this time period, more services are available for people who wish to climb Japan's tallest attraction. Shuttle buses from the base of the mountain to various stations run at more frequent intervals and the temperature is at its highest of the year, averaging around 40 degrees Fahrenheit.

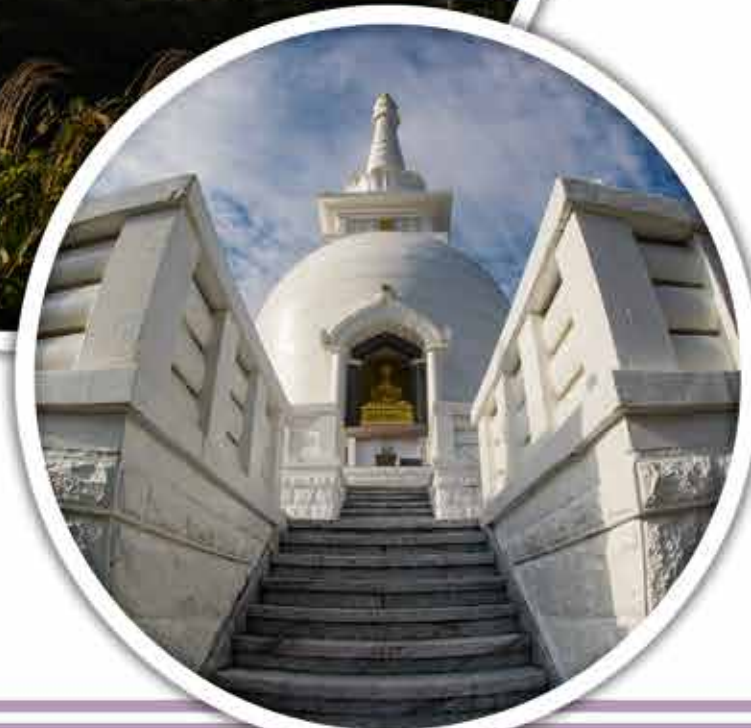
Although the mountain's climbing season is only two months long, Nishimura insists that tourists should visit the mountain outside of the season just to enjoy the mountains striking appearance.

"In 2013, UNESCO named Mt. Fuji a world heritage sight," said Nishimura. "Mt. Fuji is outstanding. The height is immense and the shape of the mountain is beautiful."

Sailors who are looking for opportunities to explore Japan with trained tour guides and discounted prices can reach out to the MWR office aboard Ronald Reagan for more information. ■



The mountain formed in four phases of volcanic activity which began 600,000 years ago. Mount Fuji's last eruption occurred from December 16, 1707 to January 1, 1708.



It is the 35th most prominent mountain in the world. It has a circumference of 78 miles and a diameter of 30 miles. Its crater is 820 feet deep and has a surface diameter of 1,600 feet.

The first known ascent of Mount Fuji was by a monk, in 663.

VIPs VISIT REAGAN



LT. SARAH BUSH

BECOMING THE SHIP'S NURSE

June 15, 2009, I was commissioned into the United States Navy as an Ensign in the Nurse Corps. My grandfather, a World War II Navy veteran and retired Army Chief Warrant Officer 5, did my commissioning ceremony for me in a moment full of nervous pride as I suddenly became a Naval Officer.

Shortly after the ceremony, my grandmother gave me a hug, and then asked me what ship I was heading to. I snorted back a laugh when I realized she was serious, cleared my throat, and informed her that I was on my merry way to Naval Medical Center Portsmouth in Virginia. Didn't she know, I asked myself, that nurses do not go on ships? Did she not realize that there was more to the Navy than gray hulls, Top Gun and a varied assortment of uniforms (Better question: did I know that? The answer is a resounding no).

When I went to inform her of this new-found Naval officer insight of mine, I was quietly and graciously corrected by the Commander who was present for the ceremony. "Actually", he said, his eyes smiling, patient with the rampant wisdom of a 3-minute old Ensign, "nurses do go on ships – the carriers have nurses!" Well, shut my mouth and call me salty – I had no idea that was an option.

Turns out, Navy Nurses have so many unique opportunities that I had no idea I could embark upon. When I looked into what being a carrier nurse took, I immediately told myself that was something I wanted to do. The Navy is known for many things, but perhaps the most recognizably awe-inspiring piece of Navy strength is the aircraft carrier. I wanted to be a part of that legacy.

So, I began my journey to becoming the Ship's Nurse. As I progressed through my first few years, navigating through learning how to be a nurse and a member of the military, I kept the idea of being on a carrier in the back of my mind. I wanted to experience the "real" Navy and get outside the walls of a hospital. I got to experience deployment, TAD, and being called in for hurricanes, and still I hungered for the cramped, hectic life of a carrier nurse.

I eventually got my certification in critical care and worked in an Intensive Care Unit for a few years, and then became a Division Officer over three clinics – clinical and leadership experience that would serve me well no matter where I wound up. Finally, one day in the spring of 2014, I was looking on the Nurse Corps detailer page, checking out the available hot fills and urgent billets.

Right there, under the Operational billets, was what I had been waiting for: carrier, fleet-surgical teams, and Marine Corps nursing openings. I checked the requirements, and saw that I fit every single one. I immediately called up the Director of Nursing of my MTF, and asked if she would be willing to write my recommendation letter for my Operational application. She said yes. I was on my way.

I had to choose my top three choices for my Operational package. Easy: I wanted a carrier, and I wanted to live overseas. Which one fit that description? USS George Washington, home-ported in Yokosuka, Japan. CVN 73 went into the number one slot on my application, followed by another carrier and a fleet surgical team.

A few months later, the detailer called me. I was sitting in my office, slurping away at an iced coffee, when I picked up the phone. Upon realizing it was the detailer, I immediately felt a lump in my throat and had to tell myself to sound cool and collected (I was neither). When she informed me of the board's decision to send me to USS George Washington, I was in a state of shock – would you believe that, I had finally done it!

The rest, of course, is history – my orders changed upon news of the unprecedented hull-swap that was to take place, and I learned that it was not CVN 73 I was heading to, but CVN 76 – USS Ronald Reagan. Not only was I going to a carrier, in Japan, but I was going with it to change homeports after a historical event between it and my original ship – I was incredibly excited and eager to get going, not to mention supremely naïve and wet behind the ears.

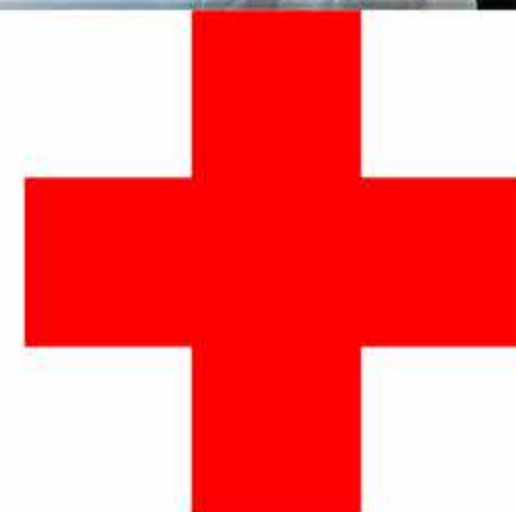
August 1 of this year, I found myself walking across the brow for the first time in Coronado, concentrating on walking and not falling, and reminding myself of what I had learned six years ago in Officer Development School about how to properly board a ship. I entered this gray, industrial maze that was to double as my home and work center for the next two years, feeling very small and a little overwhelmed (I immediately forgot where Medical was within five minutes of being shown to it). This wasn't Kansas anymore – I was definitely outside the hospital walls and the comfort zone I had grown accustomed to.

I have now been here for three full months, and a lot has changed. Most notably, I can get to and from Medical

with my eyes closed (as proven by recent egress training), and I now feel at home on this great spirited vessel. I am still constantly amazed at the awesome power of the ship, and especially her crew – it is no wonder that the United States Navy is so great. With the unequaled innovation, creativity, and just plain dedication to duty contained within these bulkheads, it is no wonder we remain the most advanced military on the planet.

The best part of it all is that in between the numerous drills (I now know how many "beeps" are in the General Quarters alarm – 25), the never-ending briefs, and the days that seemingly run together, I still get to be a nurse. I still get to interact with people, treat patients, and I get to be in the thick of the hustle and bustle of what we medical types refer to as the "real" Navy.

And, to quote a man who regales us daily with how amazing it all is, "that's pretty cool". ■



HOISTING THE COLORS

By MC3 Nathan Burke



“As a symbol of freedom, the Ensign has a history that we can all be proud of; a present and a future that many of us will be part of. As long as young men and women continue to serve for the cause of freedom, peace and democracy around the world, she will always be a symbol of hope to all those who see her.”

-QMCS Ira Watkins

We fly it. We protect it. We celebrate it. We pledge allegiance to it, salute it and render it honors. We shroud ourselves in it, paint ourselves with its colors and tattoo it on our skin. We use it to mark the graves of our nation’s veterans and with it we pall our fallen soldiers. It is our flag, the Ensign of the United States of America.

In 1776, America’s founding fathers gathered in Philadelphia to draft the Declaration of Independence. The United States of America was born; a new nation free and independent. Shortly following, the Second Continental Congress passed the Flag Resolution of 1777, which stated: “resolved, that the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation.”

“The Ensign reflects the entire idea behind symbolism,” said Quartermaster Seaman Ian Ferguson, from Bend, Oregon. “With the founding of the American colonies we had 13 stars. Now we have 50. Not only does it show the growth of America

but it also represents the hundreds of thousands of people who have died for the flag and the ideals of America – the word we like to use is freedom, but it’s much more than freedom, it’s also the idea of sacrifice.”

During the Siege of Fort Stanwix, August 3, 1777, when Continental Army soldiers heard news of the adoption of the official flag by Congress they used local resources to make the first official Flag of the United States to be flown during battle. Pieces of their white shirts, scarlet material from red-flannel petty coats worn by officers’ wives, and material from Capt. Abraham Swartwout’s blue cloth coat were used.

Hundreds of years later it is now the responsibility of quartermasters

of Ronald Reagan’s Navigation Department to tend and manage the colors of America’s Flagship.

“As a quartermaster aboard Ronald Reagan, we are in charge of the safe keeping of the Ensign to ensure it is well maintained and always flying on the highest trunk on board,” said Senior Chief Quartermaster Renante Ochoa, a Navigation Department chief petty officer. “The Ensign symbolizes freedom as it’s flown on the Ronald Reagan. When I see it flown I think of the those men and women that sacrificed their lives for our freedom.”

“It’s an honor to work with it,” said Quartermaster 3rd Class Jakorre Jackson from Miami, Florida. “My grandpa and his dad were in the military. When I was a young girl



my grandpa passed away. During his funeral, my family had me give my grandma the flag. I didn't really understand it at the time, but when I joined the Navy I learned about the Ensign. I now know, it was an honor to do that. It means much more than just the piece of material it is."

While at sea, day or night, rain or shine, the American Ensign remains upon its mast aboard the U.S. Navy's only forward-deployed aircraft carrier, to signal for all to see a U.S. Navy warship. Ronald Reagan has more than four acres of sovereign American territory that is home to more than 5,000 Sailors who are bound by an oath to protect and defend the Constitution of the United States of America and are able to extend the hand of liberty to all corners of earth. In their veins pulse the ideals of freedom, sacrifice and honor.

"A price has been paid and continues to be paid for the freedoms that we enjoy; some have made the ultimate sacrifice," said Senior Chief Quartermaster Ira Watkins, Navigation Department leading chief petty officer. "As a symbol of freedom, the Ensign has a history that we can all be proud of; a present and a future that many of us will be part of. As long as young men and women continue to serve for the cause of freedom, peace and democracy around the world, she will always be a symbol of hope to all those who see her." ■



SAILOR SPOTLIGHT: getting to know

name: MITCH LAMBKE
 department: HSM-77
 duty grind: AUSA/BA/ GWR UNDER
 hometown: ST. LOUIS
 inspiration: THE HOAX SPIRIT
 soundtrack (song): JUST... ME... AT... BETHEL'S... MUSIC IS... REBORN... GREAT!
 that special place: GWR SW... AND... JB... FAME
 sports team: ST. LOUIS... BLUES... HOCKEY
 movie: ABOUT... TIME
 food: THAT... BY... THE... GORILLA... SO... GOOD!
 can't live without: JESUS... CHRIST
 proudest moment: WHICHEVER... ONE... CAUSA... MY... GREAT... PA
 dream job: THE... NEW... SYSTEM... ONE
 best age, why?: THE... AGE... I... AM... AT... THE... TIME... OF... MY... DEATH
 hobby: READING... WAITING... LISTENING... WATCHING... PLAYING... LAUGHING
 mentor: CHRIS... BRIAN... SAYS... LOW... MY... FATHER... AND... MY... FATHER
 the perfect day: A... DAY... WITH... MY... SENIOR... WORK... BEING... WITH... OUR... FIRST... LOVE

Sailor Spotlight

WARRIOR ETHOS



USS RONALD REAGAN

SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.