

NAVAL MEDIA AWARD WINNING

The Anchor

April 24, 2013

**WELCOME
ABOARD!**

Miss World Sweden
Tours the Reagan

Master Chief Brady's Guide to

CAREER 101 COUNSELING

**ABOVE
AND BEYOND**
Senior Chief Harrison



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TEAM REAGAN,
We hope that the incredible weather, fantastic outdoor recreation, and amazing beaches have been keeping your quality of life high, your morale boosted, and your loved ones happy.

All are important factors in maintaining a balanced home/work life. In fact, these are essential components to something the Naval Special Warfare (NSW) Community has dubbed, "The Warrior Development Paradigm". "The Warrior Development Paradigm" is the result of a very intensive study in which the NSW community tried to uncover what it took to make the best possible warriors. Not surprisingly, they learned that in order to have the most focused and effective warriors downrange, each person must meet three basic needs:

1. **Trust in your Loved Ones** – trust that your family will be able to function and thrive in your absence, and that they have a solid support network and information flow
2. **Trust in your Teammates** - trust that your leadership and peers (the person standing to your left and the person standing to your right) will be there to help you in times of need
3. **Trust in Yourself** – trust in your own abilities and training; confidence that you will perform when called upon

These are seemingly basic truths, but when one is not met, it becomes a distraction and source of stress. In other words, it keeps you from focusing upon the mission. The basic tie among all of these tenets is a need for information, which, coincidentally, is the leadership principle we are focusing on in this issue.

Enjoy . . . and remember that what you do is important. YOU are important.
V/R,
YOUR Media Department

**PRINCIPLE OF NAVAL LEADERSHIP #4:
KEEP YOUR SUBORDINATES INFORMED.**

- Whenever possible, explain why tasks must be done and any pertinent amplifying instruction.
- Arrange to get sufficient feedback to assure yourself that immediate subordinates are passing on necessary information.
- Be alert to detect the spread of rumors. Stop rumors by replacing them with the truth.
- Build morale and esprit de corps by publicizing information concerning successes of your unit.
- Keep your unit informed about current legislation and regulation affecting their pay, promotion, privileges, and other benefits.



USS Ronald Reagan

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Executive Officer

CAPT Michael McKenna

Command Master Chief

CMDCM David Lynch

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ATTENTION: Inside this magazine is a chance to win \$25 for anything MWR has to offer! The first person to find the logo within our magazine and report down to the media shop on the ship wins the prize!

* Color may vary. Only one prize per issue. Prizes must be claimed in person at Graphics Media, 3-180-0-Q.

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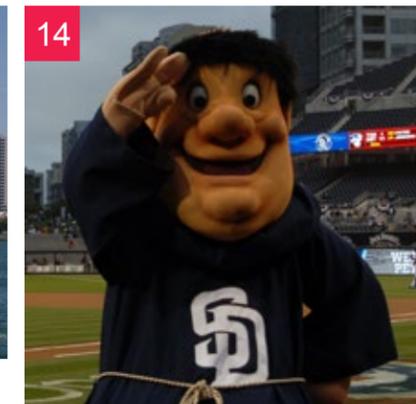
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MASTER CHIEF WANTS YOU TO BE SUCCESSFUL!

A Profile of Ronald Reagan's Command Career Counselor

Story and Photos by MCSN Timothy Schumaker

Providing career advice, mentorship and instruction are essential traits for any leader. For most, they are peripheral disciplines that an individual develops in addition to their primary job. For Master Chief Navy Counselor Jake Brady, USS Ronald Reagan's Command Career Counselor, that advice, mentorship and instruction are more than just leadership skills – they're his job too.

A self-proclaimed farm boy from Union City, Pa., Brady's plans as a kid didn't include staying in his home state.

"I just wanted to travel," said Brady. "There were all these other worlds and things, and I was just a kid from a small town in Middle America."

His father, having previously served two tours in Vietnam as a Seabee, played a role in Brady's eventual decision to join the Navy as an undesignated Airman Recruit in September 1991. He started off working on the flight deck of the USS Inchon (LPH 12) and immediately deployed for the first time, hitting 14 ports in eight different countries during a six month deployment.

"I got to see things like Jesus' tomb, and be baptized in the Jordan River," said Brady. "As an Irish-Catholic kid, that's a pretty amazing thing to write home to Mom about."

Two years later, he struck into the Aviation Boatswain's Mate (Handling) (ABH) rate. In 2000, as an ABH2 in Iceland, Brady's Chief gave him the collateral duty of Departmental Career Counselor.

He was initially upset because of the administrative nature of the job, and because he had grown a strong sense of pride as an ABH. That resentment soon passed when he began to notice how gratifying it was to inform his shipmates of their career options, and make a real positive impact on them.





In a program that requires a thorough knowledge of the Navy's personnel and administrative procedures and policies, Master Chief Brady considers the simple act of caring as the true foundation of its success.

In 2001, he officially cross-rated to Navy Counselor (NC) and dedicated himself entirely to helping and counseling Sailors.

"As an NC, we have to understand that it's a lifestyle change," said Brady. "We give our lives up to our Sailors, and it becomes a selfless service. Everything else we've done in our career is set aside. When doing our job it's not just paperwork, it's someone's life...it's someone's husband, wife, or kid."

Before taking orders to the USS Ronald Reagan, he served as an NC for six years with the Seabees. First was Navy Mobile Construction Battalion (NMCB) 1 based out of Gulfport, Miss. With NMCB 1, he served one tour in Okinawa and a tour to Iraq where he ran convoys as an Intelligence Specialist and operated a Combat Operation Center. He later served a tour in Afghanistan as the senior watch officer for a joint combat operations center with the 25th Naval Construction Regiment,

where he monitored and provided intelligence to Army, Navy, Air Force, and Marine troops on the ground. This broad palette of experiences has given him a wealth of knowledge to draw from when counseling a Sailor.

"The more you're exposed, the more you experience, and the more you experience the more you can give back," he said. "I've got a lot of experience, and I think that can help people move in the direction they need to go."

Established in 1973, the NC rate's primary goal is to ensure Sailors are provided with quality career information to allow them to make sound career decisions. NCs offer career guidance in programs like Perform-To-Serve, reenlistments, permanent change of station orders, and they also provide counseling on veterans benefits and relocation programs.

"Some of what we do is a lot like human resource management," said Brady. "We look at manning and the ability of the Sailors, and then we try to mold that and put them in the place they need to be."

Brady has combined his breadth of experience as a Sailor and as an NC with a keen ability to give Sailors the "straight talk" on their careers.

"If you want to come down and have somebody chart multiple pathways and viable options to help you progress in life and in your career, then we're the people you want to come see," said Brady. "But if you want somebody to sell you dreams, rainbows and sunshine...that's just not my job."

Navy Counselor 1st Class Chanitra Mitchell, who works for Brady in the Ronald Reagan Career Counselor's Office, has a front-row seat to watch and learn as Brady provides counseling for Reagan Sailors.

"He doesn't sugar coat anything," she said. "He's straight and to the point, but at the end of the day, we're trying to make better Sailors and better individuals."

Brady said that getting potential pitfalls out of the way is the first thing he and his team will do when counseling a Sailor.

"The first thing I start going after are the hurdles they have to clear, because I need to know if they're qualified right off the bat," said Brady. "Nobody should come out of my office saying 'Master Chief said...,' because I will have shown them in black and white. I think it's important to establish that credibility and trust."

When asked who he has modeled his leadership style after, his answer was multi-faceted. While he said that he'd gained a vast amount of knowledge and experience from his greatest leaders, a bad leader can also affect a Sailor in a positive way.

"Sometimes the worst leaders in the Navy are ironically the ones that you learn the most from, because you learn what not to do," said Brady. "When you have a leader that has done some things that you didn't agree with, or it wasn't effective for you, it can sometimes be the best leadership lesson you can get."

In a career field that requires a thorough knowledge of the Navy's personnel and administrative procedures and policies, Brady considers the simple act of caring as the true foundation of the success of the counseling program. He credits everyone who counsels on the ship from Chiefs to divisional counselors, and deflects praise to them whenever possible.

"I have two great NCs, but three people can't run 3,000," he said. "Even more integral is the Chief's Mess and the entire career development team of departmental and divisional counselors. Without them there'd be no way that the three of us would be able to take care of that many people. I'm just the guy in front of the orchestra, the composer."

Brady's leadership style has proven infectious among not only the rated NCs who work for him, but among his team of collateral-duty career counselors as well.

"He knows it's all about the team, because without the team, nothing else is going to work," said Personnel Specialist 2nd Class Kadya Smetana. "I think it's something that can only be gained through years of working with people. Honestly, I look at him as someone with a fresh point of view who cares about his people."

Brady said there's not a day that goes by that he doesn't make an effort to learn something. While he admittedly learns a lot from his seniors, the innovation and fresh ideas that junior Sailors bring to him are his most abundant resource of information, and that keeps him loving his job every day.

"How could you not love helping and learning from people every day?" asked Brady. "I'm excited to come to work every morning when I wake up. I don't think everybody on the ship can say that."

Beneath the wealth of knowledge, the straight talk of a salty Master Chief, and the policies and procedures of his rate is the humility of a Pennsylvania farm boy who just wants to give back and help put Sailors on the best path forward for success.

"I don't really look at being the lead person or head career counselor," said Brady. "I'm someone that has received a lot of exposure, has a good bit of experience, and I'm just trying to pay it forward."

Miss World Sweden Visits USS Ronald Reagan



Story and Photos by
MC2 Richard L. J. Gourley

Current Miss World Sweden, Sanna Jinnedal, visited USS Ronald Reagan April 5 while touring the United States.

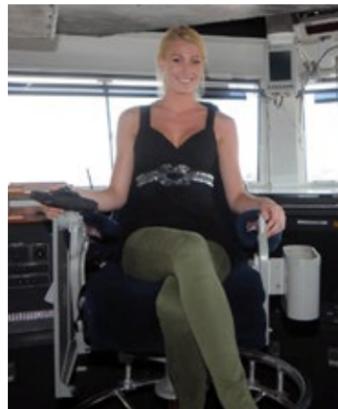
Jinnedal toured the ship, visiting spaces from the hangar bays to the ship's foc'sle and bridge. She also used the opportunity to meet with Reagan Sailors, sign autographs and take pictures.

"I really enjoy it when celebrities take the time out of their busy schedules to come and see all the hard work we put into our ship," said Fire Controlman 2nd Class Anthony Tellez. "I think it boosts morale for everyone and gives us a great deal of pride to show off our ship."

Jinnedal and her guests were highly impressed with the ship and the many stops during the tour.

"The ship is really cool," said Jinnedal. "I am very happy we were given the opportunity to see such incredible sights and to meet such interesting people."

Miss World Sweden is one of many guests scheduled to visit the ship in celebration of her return to San Diego.



"We were very grateful to have had Miss Jinnedal aboard. The men and women were really excited to meet her and our team's morale was boosted exponentially," said Lt. Cmdr. Frank Magallon, the ship's Public Affairs Officer. "It really excites us to show off the greatest combat ship in the fleet and we cannot wait to continue showing her off in the coming months."

The Miss World Sweden, Inc. is a privately-owned competition tasked with identifying a Swedish delegate to compete in the global "Miss World" competition.

SEA CADETS Train Aboard USS Ronald Reagan



T Story and Photos by MC2 Timothy Black

Twenty Sea Cadets from the Escondido Battalion of the Naval Sea Cadet Corps visited USS Ronald Reagan April 13.

The purpose of the Naval Sea Cadet Corps is to give youth an opportunity to learn new skills and gain insight about the Navy and Coast Guard. The organization was founded in 1958 and is run by an all-volunteer force with support from the U.S. Navy and Coast Guard.

The visit included a tour of the ship and watching a firefighting drill in addition to taking part in their own training aboard the ship.

"The tours give them insight into what the Navy is really like, and what the life consists of so they can decide when they're older," said retired Chief Musician Ernie Encinas, father of two of the sea cadets. "They have seen Coast Guard ships and some will do SEAL (Sea, Air, Land) training."

Chief Sea Cadet George Mick, from Valley Center, Calif., has been a cadet for four years. This is not his first experience with the Reagan.

"It is nice to be back aboard," said Mick. "There aren't a lot of ships that sea cadets can go on twice."

Mick was one of the lucky few to get underway with Reagan in January 2011 to experience life at sea on board an aircraft carrier.

"I miss following someone around and learning their job," said Mick who was with Weapons Department on his last visit. "It helped when I got back to school because it made me realize that I should help other people as well and serve for a greater good."

The Sea Cadets received training about damage control and watched the in-port emergency team respond to a simulated casualty.

"Today, I hope to familiarize myself with the ship as much as possible," said Mick. "Then I am going to share my experiences with other Sea Cadets."

Along with the Sea Cadets were a few of their parents sharing the experience.

"For me it is for the discipline, showing up on time, and general respect," said Encinas. "I have seen a change in my son since he joined... he has more respect for other people."

After touring the ship's bridge, flight deck and foc'sle, the Sea Cadets were able to do some additional training to prepare them for a Sea Cadet Corps competition. Hospital Corpsman 1st Class Michael Price, Hospital Corpsman 3rd Class George Casasola, and Hospital Corpsman 3rd Class Robert Johnson gave the Sea Cadets stretcher bearer and basic first aid training.

"Life saving skills are important for everyone," said Price. "Training these Sea Cadets brings goodwill to the Navy and shows that Sailors take pride in our work."

Although some of the parents of the Sea Cadets have never served in the military, they want their children to have an opportunity to experience the military for themselves.

"I have never served but I have always respected the men and women in uniform," said Lt. j.g. Sea Cadet Tim Behnke, commanding officer of the Escondido Battalion. "I feel this is a way to get youth exposed and get them prepared to help serve the military."





USS Ronald Reagan

Story by USS Ronald Reagan Public Affairs

HOMECOMING

USS Ronald Reagan (CVN 76) departed Puget Sound Naval Shipyard & Intermediate Maintenance Facility (PSNS & IMF) in Bremerton, Wash., March 18, after completing a docking planned incremental availability (PIA) that lasted more than a year.

The ship is now heading to its homeport in San Diego. It was in January 2012 that Reagan executed an administrative homeport change to Bremerton, Wash.

“What we’ve been able to achieve over the last 14 months has been amazing,” said Capt. Thom Burke, Reagan’s commanding officer. “Our crew had a huge task laid before them, but, on every level, our Sailors met or exceeded expectation. I couldn’t be more proud of what they’ve accomplished.”

The primary purpose of PIA is to maintain the 50-year projected service life of an aircraft carrier by taking the ship off-line for an extended period to accomplish deep maintenance and modernization that would be impractical during a normal in-port period.

The repair period, which began in January 2012, involved more than 600,000 man days of work by PSNS & IMF employees, ship’s force Sailors and contractors.

More than 400 Ronald Reagan Sailors worked outside of their normal ratings and contributed to 14 DPIA teams that completed a variety of tasks. Cable, paint, deck, fire watch, valve, tank, and calibration teams were just some of the contributing forces that led to the ship’s successful year.

“I can’t say enough about the heart and soul of the men and women who make up this collaborative effort,” said Capt. Steve Williamson, PSNS & IMF commander. “This is more than just a job - carriers are a powerhouse in our national defense and the work these Sailors, civilians and contractors perform is vital to ensuring our Navy warfighting force is ready.”

Major repair items accomplished during this period include overhauls of all four propulsion engines and the propeller shafts, the rudders, preservation (blasting, repairing, and painting) of the entire hull and a multitude of modernization upgrades.

“The DPIA was successfully accomplished because of the dedication and willingness of the Ronald Reagan Sailors to learn something new,” said Lt. Cmdr. John Lalli, the ship’s maintenance officer. “Most of them were doing jobs for which they had no previous experience, but were able to execute flawlessly in partnership with skilled tradesmen from PSNS and IMF.”



The success of this availability stretched far beyond the DPIA itself. Sailors from all of the ship’s departments initiated more than 30 community service projects through the Kitsap County community.

“The Bremerton area and surrounding communities opened their arms to us the moment we arrived,” said Burke. “From the time and effort our Chiefs’ Mess spent helping to revitalize the Tomb of the Unknown at Ivy Green Cemetery to the weekends our junior Sailors volunteered at the local Veteran’s Homes, we made it a point to serve those around us. It was a great pleasure to become a part of Bremerton, and we can’t thank you enough for allowing us that opportunity.”

Now, as Reagan heads back to San Diego, the mission of operating at sea once again becomes the focus.

“Completing an availability like this ensures that Ronald Reagan reaches her 50-year life span,” said Burke. “I’m confident that the last 14 months have put us in the perfect condition to do our nation’s work.”

PSNS & IMF is one of four Naval Sea System Command’s public shipyards that play a major role in maintaining America’s fleet and providing wartime surge capability to keep the nation’s ships ready for combat.

Sailors are greeted by family members as Reagan completes its arrival from Bremerton, Wash. to San Diego. The return to San Diego is the capstone event for the ship following a year-long Docking Planned Incremental Availability at Puget Sound Naval Shipyard and Intermediate Maintenance Facility.

Reagan Sailor Nominated for Enlisted Woman of the Year

Story and Photos By MC3 Kristina Walton



USS Ronald Reagan’s Aircraft Intermediate Maintenance Department Leading Chief Petty Officer (DLCP), Senior Chief Aviation Electronics Technician Alicia Harrison, was nominated as the Navy League’s Senior Enlisted Woman of the Year late last month.

Harrison joined service members from other Navy, Marine Corps and Coast Guard commands around the San Diego area to attend the 53rd Enlisted Women of the Year Awards ceremony and luncheon in National City, Calif.

According to Reagan’s Command Master Chief David Lynch, every year Reagan is home in San Diego, the ship nominates a Sailor for the award.

“The Executive Officer, Commanding Officer, the master chiefs and I get together and hold a vote on who we will nominate,” said Lynch.

Lynch said that in addition to being the President of the Reagan Chief Petty Officer Mess, Harrison stood out because of her position in her department, where she leads nearly 190 Sailors.

“She’s a DLCP...that’s a master chief position,” said Lynch. “She always steps above and beyond, so she’s easily recognizable in our command, and not just as a female but as a senior enlisted person.”

Lynch explained that to be nominated, Sailors have to be the whole package, and Harrison fit that description.

“It’s about the whole picture,” said Lynch. “It’s how she represents herself, how she represents her command, her speaking ability, and obviously what we see in how she operates on the ship, in her department, and in the Chief’s Mess.”

Harrison said that she was surprised when she found out she was being nominated for the award.

“I’m always honored to be nominated for anything, but I feel like I come to work and just do my job,” said Harrison. “I felt a mix of emotions when I found out I was nominated. ‘Surprised,’ ‘happy,’ and ‘honored’ are all words that come to mind.”

When asked why she thought she was nominated, Harrison had a simple answer.

“As cliché as it sounds, if you do your best in whatever job you’re given you’ll be successful,” she said. “It’s such a simple recipe for success.”

Only 91 women were nominated for the award. Out of those 91, only one junior service member and one senior service member were chosen as the Enlisted Women of the Year.

While she wasn’t chosen as the Senior Enlisted Woman of the Year, Harrison and each of the other nominees received a congratulatory rose, a box of Girl Scout cookies donated by the Girl Scouts of America, and a letter of appreciation for her outstanding service, as well as a \$20 Navy Federal gift card for being nominated.

Lynch said he thinks it is important to acknowledge the accomplishments of enlisted females as they continue to serve in the military.

“Enlisted females have had a harder time due to being a minority,” said Lynch. “For them to go above and beyond and be recognized for that is a special achievement.”

The Navy League’s Enlisted Women of the Year Award, started to compliment the annual Navy League Convention in National City to honor service members in seagoing branches, continues to be celebrated by commands all over the San Diego area today.



Rancho del Cielo

Story by MCC Mike Miller

A Home, An Institution, A Monument

Northwest of Santa Barbara, Calif., atop the Santa Ynez Mountain range sits an adobe ranch house settled by descendants of Mexican explorers in 1871. A little more than a century later, it would become a home and retreat for an American legend.

Rancho del Cielo, or "Ranch in the Sky," is a 688-acre ranch bought by President Ronald Reagan and his wife Nancy in 1974 near the end of his second term as Governor of California. It was his refuge as he prepared to run for president and during his two terms as President. For the Reagans, it was love at first sight.

"From the first day we saw it, Rancho del Cielo cast a spell over us," said Reagan. "No place before or since has given Nancy and me the joy and serenity it does."

Rancho del Cielo was to Ronald Reagan what Monticello was to Thomas Jefferson, and Mount Vernon was to George Washington. Reagan, a Westerner at heart, felt most at home at the ranch – far more so than in the hectic bustle of Washington.

"There's such a sense of seclusion," said Reagan. "I suppose it's the scriptural line that, 'I look to the hills from whence cometh my strength.'"

Serving primarily as a retreat house for the Reagans during his presidential years, the ranch also became an iconic symbol of Western freedom and democracy for the 40th President, and it served as the Western White House from 1981 to 1989. During the eight years he was president, Ronald Reagan spent about 350 days — almost 1/8th of his presidency — at Rancho del Cielo. Reagan signed the Economic Recovery Tax Act of 1981 at the ranch and at various times hosted foreign dignitaries of all levels. He even hosted a barbecue for U.S. Navy Seabees there in 1981 – the very Seabees who built temporary security structures on the property which transformed it into the Western White House.

Visitors are usually surprised by its modesty and simplicity. It is no Hollywood designer house. The estate contains a pond called Lake Lucky, stables and a barn for horses, and a 1,500 square-ft. house decorated with 1970s-era furniture. It retains a rustic feel to this day, heated by one fireplace in the den and another in the living room. Often it is chillier in the house than in the sun outside. Even in its modesty, the home became a must-see for visiting dignitaries and heads of state.

Queen Elizabeth II and Prince Philip visited the ranch in March 1983. The day of the Royal visit was very rainy and the winding road to the mountaintop retreat was barely passable, yet the Queen insisted on making the journey. The visit was spent indoors by the warmth of the fireplace stoked with wood that Reagan himself had cut.

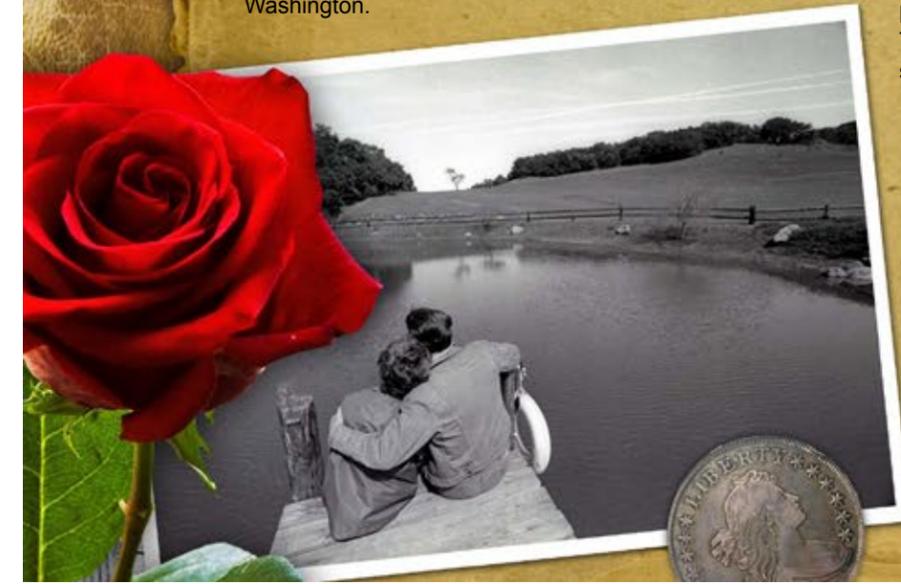


On a foggy day in February 1993 following the celebration of the President's birthday at the Reagan Presidential Library the previous evening, Lady Margaret Thatcher, the 71st Prime Minister of the United Kingdom, visited the Reagans at the Ranch. Thatcher was gracious as she toured the humble ranch home and paused in front of the fireplace to express her joy at finally being able to visit Reagan's beloved presidential retreat. As they chatted about the weather, the Reagans apologized for the foggy conditions, to which she remarked, "I love the fog."

In famed Reagan humility, the President simply saw these visits as hosting guests at his home. He constantly downplayed the ranch's role in international diplomacy. Reagan biographer Lou Cannon insisted that the 40th president never called Rancho del Cielo the Western White House. That's what the media dubbed it. Reagan once told Cannon, "There's only one White House, and that's in Washington, D.C."

On August 15, 1995 Reagan made his final visit to Rancho del Cielo during the hot days of late August. Where he had previously enjoyed physical activities such as horseback riding, cutting brush and fixing what needed to be fixed, the activities he could do with ease became fewer and fewer as the President battled Alzheimer's disease. Since he could no longer enjoy ranch activities as he once did, the time had come to say farewell to his beloved 'old friend' that had served him well for more than 20 historic years, spanning his governorship to his post-presidency.

Today Rancho del Cielo is owned and maintained by the Young America's Foundation, which takes great effort to preserve the ranch just as the Reagans left it. USS Ronald Reagan Chief Petty Officers have participated in work weekends at the ranch as well, as the ship's CPO Mess is named after the ranch.



E O A

CORNER

OSC CASTEEN • EM1 JONES



USS Ronald Reagan is committed to the promotion of power through being the leader in embracing our diversity and what it means for the future of the U.S. Navy. The value of our people impacts the way we meet our mission. The CNO's Diversity vision establishes guidelines as a tool to continue our success as the world's greatest sea power.

The CNO's Sailing Directions describe a vision of the contribution and characteristics of the Navy over the next 10-15 years. Today and in the next decade, ready Sailors and Civilians will remain the centerpiece of Navy's warfighting capability. To maintain our warfighting edge, it is essential that our people be diverse in experience, background and ideas; personally and professionally ready; and proficient in the operation of their weapons and systems. Diversity is not founded on statistics, percentages, or quotas. Diversity is about achieving peak performance. Our force will draw upon the widest possible set of talents and backgrounds to maximize our warfighting capability, adapt to address new threats and challenges, and take advantage of new opportunities. The unique personal characteristics and skills of each Sailor and Civilian will continue to add value to our Navy.

Our efforts to attain and sustain a force of diverse talent and experience will be an intrinsic part of recruiting, developing, retaining and employing our people. We will continue to be united by our shared commitment to the Nation and each other as part of one Navy team. Every Sailor and Civilian will adhere to a professional culture of fairness and respect, and value the contributions each one makes to the Navy's warfighting capability, forward operations and readiness.

RECRUITING A DIVERSE FORCE:

- The Navy will employ proven and cost-effective recruiting strategies and techniques to attract the best talent and imagination that America has to offer, wherever it may be.

DEVELOPING A DIVERSE FORCE:

- We will continue to ensure that every new Sailor and Civilian has an equal chance of developing his or her talents to their fullest potential in an environment free of discrimination, preferential treatment, or any manner of exclusion or intolerance.
- Each Sailor and Civilian will be inspired and empowered to contribute and to attain the highest levels of leadership based upon his or her sustained level of performance.

INSTITUTIONALIZING DIVERSITY:

- Diversity within our force will be viewed as an integral part of the Navy's effectiveness in warfighting, operating forward and being ready. We will evaluate ourselves accordingly.
- Leaders will be accountable for the performance of their communities and commands including the education, technical proficiency and professional development of their Sailors and Civilians – as well as ensuring that their Sailors and Civilians understand the cultures in which we operate.
- We will assess ourselves honestly and unambiguously and be transparent with the results. Our leaders will continue to evaluate themselves, their communities and commands, and report to me with tangible efforts to develop, retain and promote talented people based on ability and performance. We will share "best practices" and pursue continued improvement.

SAN DIEGO PADRES HOST "Ronald Reagan Night"

Story and Photos By MC3 Kristina Walton



The San Diego Padres welcomed USS Ronald Reagan Sailors to PetCo Park April 12th for "USS Ronald Reagan Night" during the team's sold-out game against their rivals the Los Angeles Dodgers.

As part of the festivities Sailors were able to purchase discount tickets to the game through the ship's Morale, Welfare and Recreation (MWR) department and watch their Commanding Officer, Capt. Thom Burke, throw out the ceremonial first pitch.

"I'm very excited to be doing it," said Burke. "I'm very excited to have a bunch of Sailors out here tonight. This is the third game of the year and we're already having USS Ronald Reagan night. It's pretty fantastic so I'm glad to be here."

The Ronald Reagan Sailors in attendance were excited and enjoyed the game as well.

"I thought the game was incredible," said Legalman 2nd Class Christopher Petrill, from Boston. "The Padres really rolled out the welcome mats for us. We felt like we were part of the family. The seats were fantastic. MWR did a great job setting that up, and it was pretty incredible watching the Captain throw out the first pitch and fire it right down Broadway for a strike. I really had a great time."

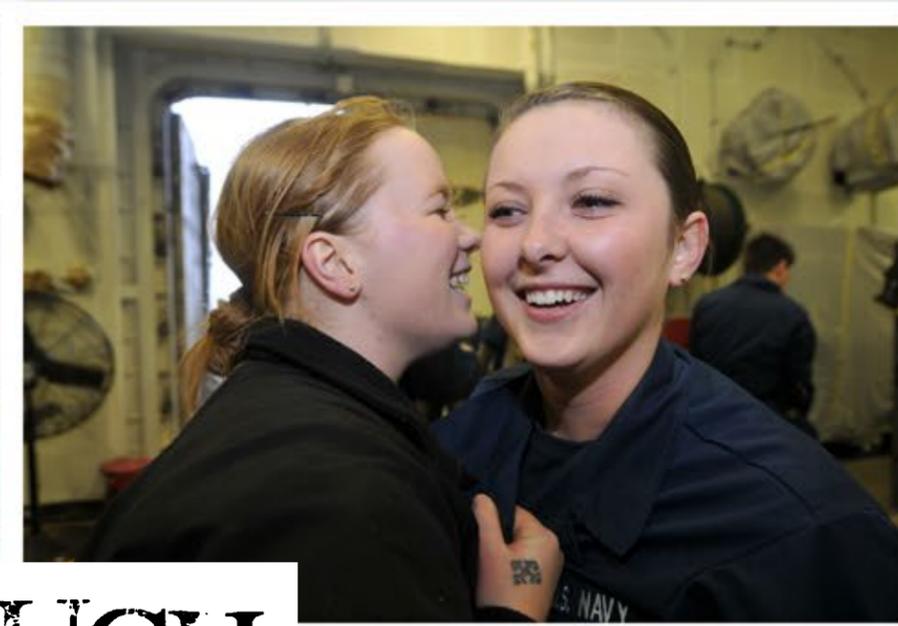
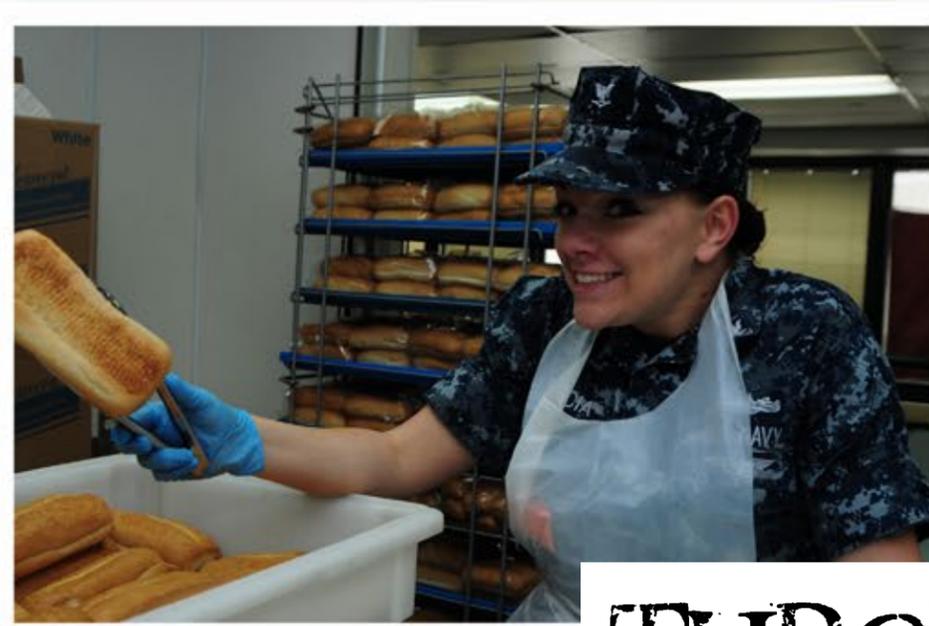
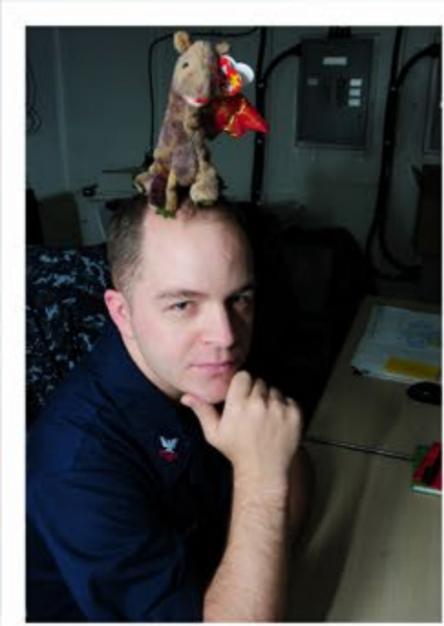
In addition to getting to watch the game, several Sailors were able to purchase VIP tickets allowing them access to attend batting practice for both teams, putting them right on the field, as well as seats featuring an all-you-can-eat buffet of ball park food and non-alcoholic beverages.

Reagan's Fun Boss, Emily Randell, said Sailors seemed to enjoy themselves at the game.

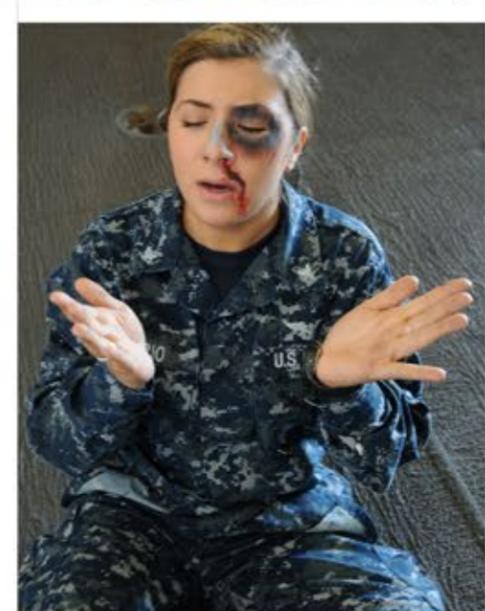
"I think Reagan Night went very well," said Randell. "All the Sailors that attended batting practice really enjoyed being able to go down on the field and watch the players bat. I know everyone enjoyed watching the Captain throw out the first pitch, and the color guard performing the colors, so overall I think the event was a huge success."

Unfortunately, the night wasn't as successful for the Padres as it was for the Reagan crew, since they lost to the Dodgers, 2-3.





THROUGH THE LENS



MWR

HAS ALL THE TICKETS YOU NEED

Aprils Events:

19	Surf Lessons	\$55
20-21	Learn to Sail Class	\$75 - \$125
21	LA Kings game	\$60
23	Balboa Park Hike	FREE
24	Learn to Make Sushi	35
27	La Jolla Bike & Kayak Cave Tour	50

LEARN TO SAIL CLASS

Learn to sail during this two day course and receive your U.S. Navy Sailing Certification. Course fee includes boat rental, instruction, textbooks and certification. Classes will take place at Fiddlers Cove. Fee is \$75 for E1 to E6 and \$125 for E7 & above and guests.

Register at MWR Ticket Office by April 19.

Limited spots are available.

BIKE RENTALS

Naval Base Coronado is proud to introduce its new bike rental program! Bikes now available at three locations:
Liberty Rec, NASNI, Bldg. 2000 • 619-545-2878
Q-Zone, NAB, Bldg. 337 • 619-437-3190
Fiddler's Cove Marina, Hwy 75 • 619-522-8680

GOLF

Golf Clinics at the Naval Base Golf Performance Center. Check out our great line-up of clinics for golfers of all levels! Sign up individually or as a group today! All clinics conducted by our professionally-trained golf staff.
 • FREE Active Duty Lunchtime Clinics
 • Welcome to Golf Clinic
 • Women Only Golf Clinic • Short Game Clinic
 • Putting Clinic • Junior Clinic
Call the Golf Shop at 619-556-7502.

MWR Movies are always FREE!

Movies are open to active duty, family members, retirees, DoD civilians and all other eligible MWR patrons.
Lowry Theater – NASNI, Bldg. 650
619 545-8479

"DO IT YOURSELF" AUTO SKILLS CENTER

Save money, get it done right and have the satisfaction of knowing you did it yourself at your base Auto Skills Center. We specialize in all your automotive needs from changing/balancing tires and lift rental to steam cleaning, diagnostic and code reading. We supply the tools and "know how," you provide the labor. Stop by or call today: **NASNI, Bldg. 825 • 619-545-7235** and **NBSD, Bldg. 3234 • 619-556-7008**. Plus, check out the newly-polished, lubed and overhauled Automotive Retail Store NOW OPEN at NBSD!

OUTDOOR RECREATION

Anytime is perfect for outdoor fun. Stop by the Outdoor Adventure Center or Outdoor Gear Rental today for all your sporting equipment needs such as mountain and road bikes, tents, stoves, sleeping bags, safety helmets, fishing equipment, kayaks, canoes, surfboards, scuba, snorkeling and sailing gear. And don't forget OAC for all your year-round outdoor and party-planning needs! (Items available vary per location.) **Outdoor Adventure Center at 619-556-7493**, **Outdoor Gear Rental at 619-524-6498** or **Party Rentals at 619-532-8466**

MONEY BACK reimbursement info

Each month Sailors can get financial reimbursements for fitness and recreational events not already held by MWR. **Fitness:** Sailors can attend up to 2 fitness events and be reimbursed up to \$100 a month. **Recreational:** Sailors can attend as many recreational events as wanted and will receive 20 percent of each event up to \$50 a month.



\$50

FUN HAPPENS WHEN YOU GO BOWLING!

Stop by your base Bowling Center for great deals everyday of the week! Here are just a few:

- Tax Break Bowling:** \$1 games and shoes Monday-Friday, 11 am-1 pm throughout March and April for all MWR patrons!
- Free Active Duty Bowling:** 11 am-1 pm, Mondays at Sea 'N Air Lanes, NASNI and Tuesdays at Admiral Robinson Bowling Center, NBSD (bowling and billiards)
- Monday & Tuesday Madness:** Hot dogs, sodas, games and shoe rentals ONLY \$1
- Prize Night:** Thursdays 6 pm to close, bowl and win great prizes!
- Learn to Bowl Classes:** Available at both Bowling Centers
- Saturday Night BINGO:** Doors open at 4 pm at Admiral Robinson Bowling Center, NBSD
- Ballroom Dancing:** Friday and Sunday nights, \$5, at Admiral Robinson Bowling Center
- Roll 'n Grow Bumper Bowling League:** Saturdays, 9:30 am, \$5 per week at Admiral Robinson Bowling Center call 619-545-7240 (NASNI) or 619-556-7486 (NBSD).



!

LA JOLLA BIKE & KAYAK CAVE TOUR

Come and enjoy a day of paddling and biking with us on the San Diego Bay. Explore beautiful sea cliffs and caves as you glide through the La Jolla Ecological Reserve filled with marine life. Paddle to Sunny Jim's Cave, the Arch Cave, the Clams' Cave and other sea caves for amazing close-ups of sandstone formations. Witness sea lions, garibaldi, leopard sharks, shovelnose guitarfish (rock on, man) and even the occasional dolphin on this sought-after La Jolla kayak tour. \$50.

SAN DIEGO PADRE ALL HOME GAMES

Tickets are now on sale for all of the home San Diego Padre Games. Various seats and tickets are available for each home game. Ticket prices per game range from \$16.50, \$24.50, and \$52 (depending upon the seat). Stop by the ticket office to see where the seats are located.

NAVY'S 27TH BAY BRIDGE RUN/WALK

Registration NOW Open
 Be one of 10,000 participants to cross the Coronado Bay Bridge on foot with The Navy's 27th Bay Bridge Run/Walk 2013 taking place on Sunday, May 19 at 8 am. All proceeds benefit the Quality of Life Programs for Navy personnel. Enjoy the scenic four-mile run/walk from downtown San Diego's bay front, across the Coronado Bay Bridge and into Coronado's beautiful Tidelands Park. Plus, included in your entry is a ticket to the June 1st San Diego Padres vs. Toronto Blue Jays game. To register visit www.navylifew.com/bridgerun



The Crews into Shape challenge, held every March in conjunction with National Nutrition Month, is sponsored annually by the Navy and Marine Corps Public Health Center (NMCPHC). The goals of the challenge are to spark and guide workplace-focused, team-oriented, physical activity and improved fruit and vegetable intake among the whole DoD family. Crews in' is not really about the score. Everyone who starts the challenge can benefit by becoming more aware of their own daily habits and maybe even improve upon them.

CREWS INTO SHAPE Challenge

MC2 Benjamin Dobbs
 Indianapolis, Indiana

I joined to undergo a physical transformation. I have 2 cousins who were in these types of competitions. One of my cousins who was in the strength competition passed away 2010. I want to dedicate this to him and for myself as well to get into better shape for boxing.

I look forward to a systematic training program to enhance my strength.

My goal is for strength and definition and a brand new body. I want to look stronger, feel stronger, and be stronger.

My plan is to workout 5 days a week and focus on building muscle.

PHYSICAL THERAPY CORNER

"KEEP IT CORRECT" *The squat and the lunge are excellent exercises because they increase lower body strength and endurance and because they are functional. They translate directly into everyday life, especially dynamic work like that of a USS Ronald Reagan Sailor. Whether you are lifting, bending or crouching, being able to execute a body weight squat and lunge with correct mechanics will protect your knees and back and prevent injury.*



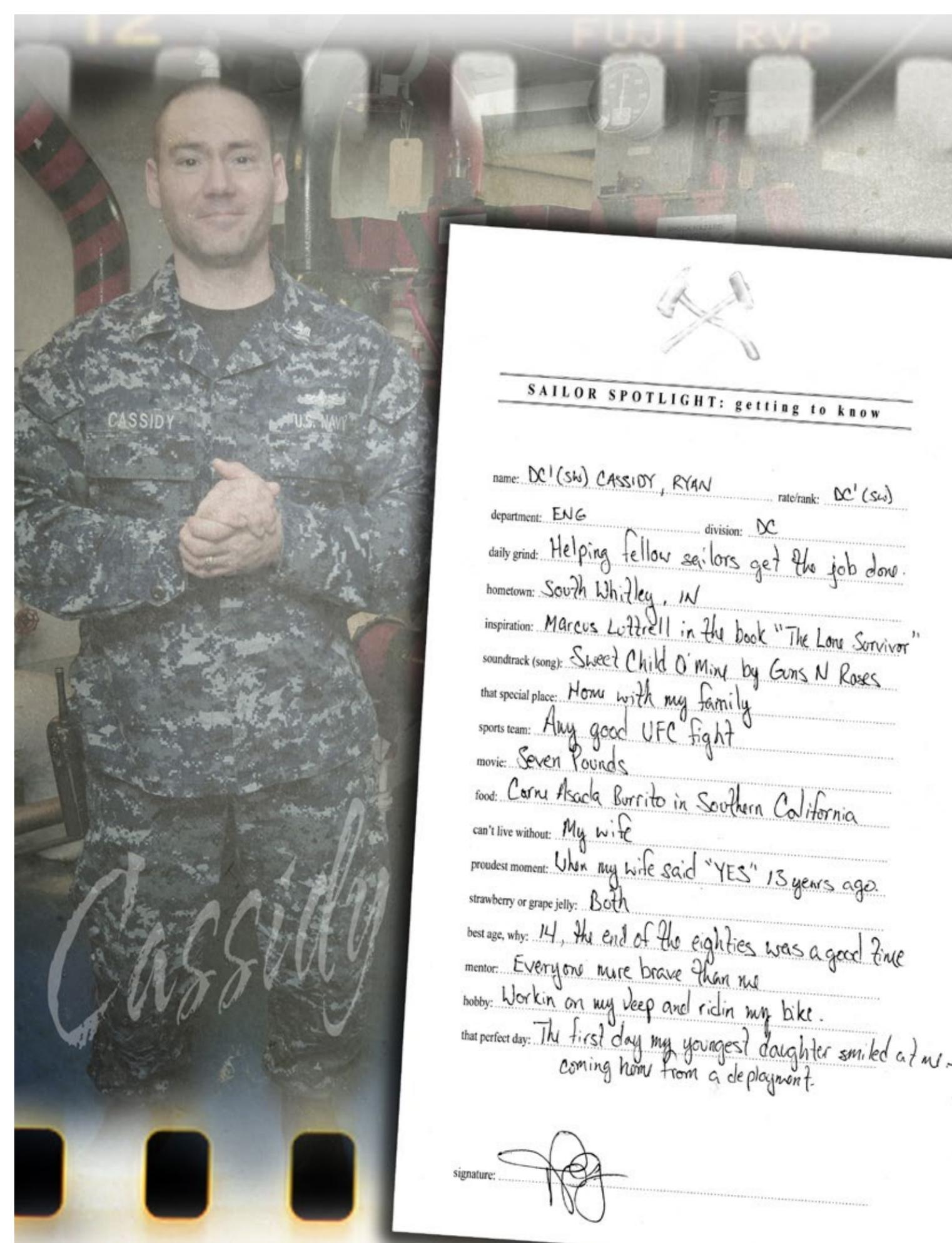
- CORRECT SQUAT**
- Stand with feet shoulder width apart and toes facing forward
 - Brace abdominals while maintaining an upright trunk and slowly lower into a full squat position with thighs parallel to the floor
 - Resist your knees crossing forward over your toes



- CORRECT LUNGE**
- Stand with feet shoulder width apart and toes facing forward
 - Brace abdominals while maintaining an upright trunk and lunge forward until your thigh is parallel to the floor
 - Resist your knee crossing forward over your toes

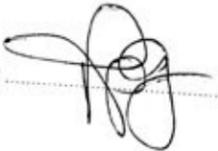
SHIPBOARD GYMS - IN PORT
 Gym hours are staffed by MWR watches from: 0500-0800 and 1600-1900 M-F as well as 0900-1300 Saturday. Gym are closed 2100-0500 Monday-Saturday and all day Sunday per MWR Instruction. You will be asked to leave the gym if found using the space during closed hours.

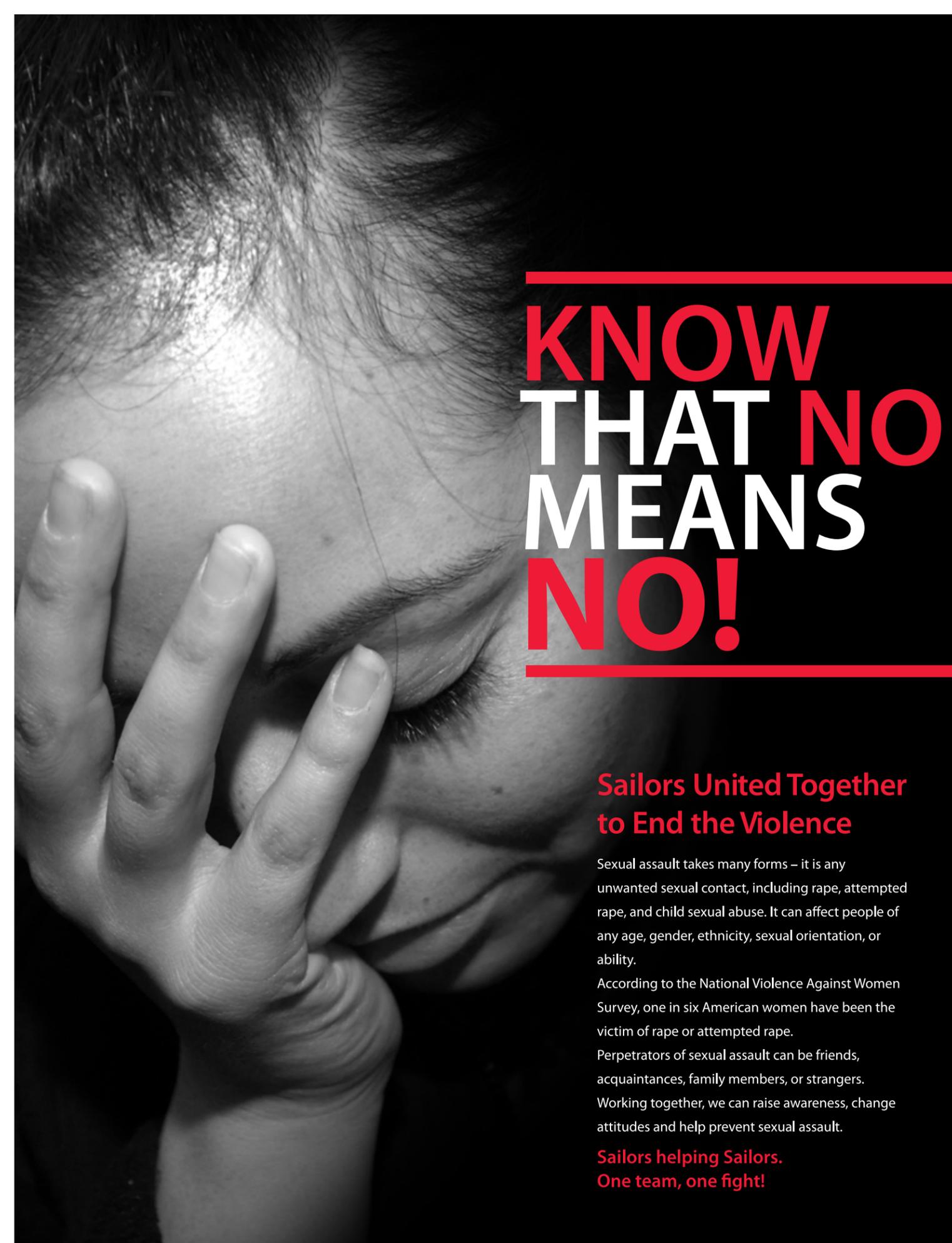
SHIPBOARD GYMS - UNDERWAY
 Gyms will be open nearly 24 hours a day, seven days a week. There will be three MWR gym watch periods Monday-Saturday, none Sundays. 0500-0800 • 1200-1500 • 1900-2100 • **Khaki Hours** 1400-1600.



SAILOR SPOTLIGHT: getting to know

name: DC1 (SW) CASSIDY, RYAN rate/rank: DC1 (SW)
department: ENG division: DC
daily grind: Helping fellow sailors get the job done.
hometown: South Whitley, IN
inspiration: Marcus Luttrell in the book "The Lone Survivor"
soundtrack (song): Sweet Child O' Mine by Guns N Roses
that special place: Home with my family
sports team: Any good UFC fight
movie: Seven Pounds
food: Carni Asada Burrito in Southern California
can't live without: My wife
proudest moment: When my wife said "YES" 13 years ago.
strawberry or grape jelly: Both
best age, why: 14, the end of the eighties was a good time
mentor: Everyone more brave than me
hobby: Workin on my Jeep and ridin my bike.
that perfect day: The first day my youngest daughter smiled at me - coming home from a deployment.

signature: 



**KNOW
THAT NO
MEANS
NO!**

**Sailors United Together
to End the Violence**

Sexual assault takes many forms – it is any unwanted sexual contact, including rape, attempted rape, and child sexual abuse. It can affect people of any age, gender, ethnicity, sexual orientation, or ability. According to the National Violence Against Women Survey, one in six American women have been the victim of rape or attempted rape. Perpetrators of sexual assault can be friends, acquaintances, family members, or strangers. Working together, we can raise awareness, change attitudes and help prevent sexual assault.

**Sailors helping Sailors.
One team, one fight!**

Crocodile Wrestling

To escape the grip of a crocodile's jaw, push your thumb into its eyeballs and it will let you go instantly.



Say Again

In Alaska it is illegal to whisper in someone's ear while they're moose hunting.

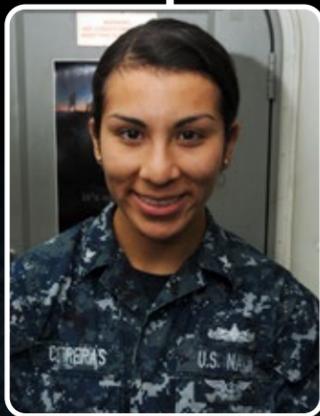


That's Nuts

Millions of trees are accidentally planted by squirrels that bury nuts and then forget where they hid them. It is estimated the squirrels forget about 50% of the nuts they've hidden.

Slow It Down

The slowest fish is the sea horse, which moves along at about 0.01 MPH.



IC3 Julia Contreras
from Asheboro, N.C.

Now that I am in San Diego I plan on doing more outdoor activities such as kayaking, camping, bungee jumping, sky diving, and water sports.



LCDR Brian Barrick
from Jeannette, Pa.

I look forward to going to Comic-Con, schedule permitting, and spending time with my wife and dog at Disneyland. We try to do something new every week whether it be restaurants, parks, concerts or events.



OS1 Brian Mitchell
from Jacksonville, Fla.

My goals now that I am in San Diego are to further my education using tuition assistance by obtaining my Master's in political science.

STRANGE BUT TRUE STORIES

Good Deal

In 1960, college dropout and former marine Thomas Monaghan borrowed \$900, bought DomiNick's, a failed pizza parlor in Ypsilanti, Michigan, and ran the business with his brother James. A year later, James traded his half of the company for his brother's second-hand Volkswagen Beetle. In 1965, Thomas Monaghan renamed his company Domino's Pizza. He sold it in 1998 for an estimated \$1 billion.

From the Land Down Under

In 1770, English explorer Captain James Cook landed in Australia and noticed a unique animal who moved by jumping on their hind legs. Cook asked the Aborigines what they called the large marsupials indigenous to the continent. He was told "kangaroo," which unknown to Cook, is Aborigine for "I don't know."



Mud

Two teenage boys encounter a fugitive and form a pact to help him evade the bounty hunters on his trail and to reunite him with his true love.

Director: Jeff Nichols
Writer: Jeff Nichols
Stars: Matthew McConaughey, Tye Sheridan, Jacob Lofland
Genres: Drama



Trance

A fine art auctioneer mixed up with a gang joins forces with a hypnotherapist to recover a lost painting. As boundaries between desire, reality and hypnotic suggestion begin to blur the stakes rise faster than anyone could have anticipated.

Director: Danny Boyle
Writers: Joe Ahearne, John Hodge
Stars: James McAvoy, Rosario Dawson, Vincent Cassel
Genres: Crime, Drama, Thriller



Oblivion

One of the few remaining drone repairmen assigned to Earth, its surface devastated after decades of war with the alien Scavs, discovers a crashed spacecraft with contents that bring into question everything he believed about the war, and may even put the fate of mankind in his hands.

Director: Joseph Kosinski
Writers: Joseph Kosinski (screenplay), Karl Gajdusek (screenplay)
Stars: Tom Cruise, Morgan Freeman, Andrea Riseborough
Genres: Action/Adventure, Sci-Fi/Fantasy



Scary Movie 5

Happily-married couple Dan and Jody begin to notice some bizarre activity once they bring their newborn baby Aiden home from the hospital. But when the chaos expands into Jody's job as a ballet dancer and Dan's career as an Ape researcher, they realize their family is being stalked by a nefarious demon. Together, with the advice of certified experts and the aid of numerous cameras, they must figure out how to get rid of it before it's too late.

Director: Malcolm D. Lee
Writers: Pat Proft, David Zucker
Stars: Simon Rex, Ashley Tisdale, Charlie Sheen
Genres: Comedy

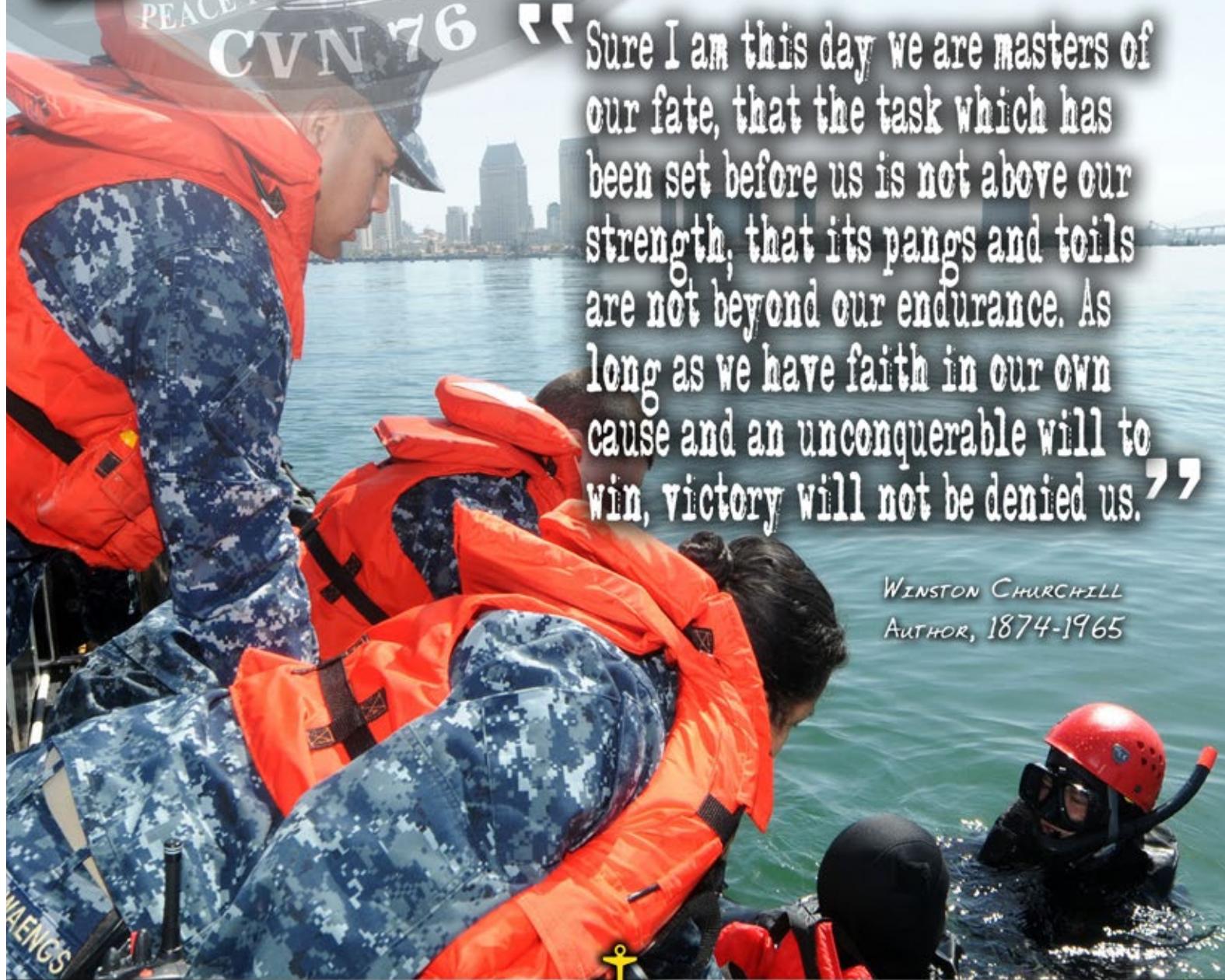
WARRIOR ESTHOS



PEACE THROUGH STRENGTH
CVN 76

“Sure I am this day we are masters of our fate, that the task which has been set before us is not above our strength, that its pangs and toils are not beyond our endurance. As long as we have faith in our own cause and an unconquerable will to win, victory will not be denied us.”

WINSTON CHURCHILL
AUTHOR, 1874-1965



USS RONALD REAGAN

SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.