

The 7

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**FAIR WINDS
AND
FOLLOWING
SEAS.**

REAR ADMIRAL HALL



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Five Things Sailors Need to Know About Bystander Intervention Training

From Chief of Naval Personnel Public Affairs

At various All Hands Calls across the Navy, Sailors continue to criticize the boredom and ineffectiveness of large-group, computer-based training. Instead, they ask for small group, peer-led, interactive training. Navy leaders have heard those requests and are moving forward with a new, assertive effort to prevent destructive behaviors and decisions.

Most Sailors are aware of what bystander intervention is, but how to execute it is a little more difficult in certain situations. The upcoming training will provide Sailors with the skills to act to help a shipmate.

Here are five things you need to know about Bystander Intervention Training:

1 - Sailor participation is crucial to making this effective. You wouldn't hesitate to intervene if you saw a shipmate about to fall overboard or walk into a propeller arc - why wouldn't you do the same when a shipmate is about to drive after a night of drinking? This training seeks to build on the same idea of being a shipmate.

2 - Bystander intervention training is often associated with sexual assault prevention training. However, this new training goes beyond just stopping a potential sexual assault. It covers the entire range of destructive behaviors, from alcohol abuse to hazing, harassment and suicide.

3 - The new bystander intervention training is a direct result of Sailor feedback - you asked for more interactive and hands-on training. It will be led by your peers in groups of no more than 30 Sailors. No more boring power points.

4 - The training is being introduced this summer and Sailors can expect to begin receiving it at their commands this fall. All Sailors must complete this training by September 2015.

5 - The skills you'll learn will enable you to help and protect your shipmates and prevent them from making a destructive decision that could end their career, or worse, their life.

Fleet problems demand fleet solutions - you, the Sailor, are going to be the solution to helping a shipmate in need. It's imperative to have the skills to do so.



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REAR ADMIRAL HALL LOOKING BACK



STORY BY MC3 TIMOTHY SCHUMAKER

We all know the cliché of the cowboy riding off into the Texas sunset at the end of a western film. Well, this particular western was 32 years long and the deep blue sea, roaring aircraft and flight suits replaced the backdrop of high plains, horses and ten-gallon hats.

The distinguished Naval career of Rear Adm. Patrick D. Hall will come to a close, when he hands the reigns of Carrier Strike Group Nine (CSG 9) over to Rear Adm. Pat Piercey on Aug. 14, during a change of command ceremony aboard the USS Ronald Reagan (CVN 76) in its homeport of San Diego.

He has taken an opportunity to reflect on his profession, as well as what's next for him.

Hall's Naval career began in a cockpit and for more than three decades, he never strayed too far from a flight deck if he could help it.

"From flying off an aircraft carrier, I worked my way up to commanding officer of a squadron, then to executive officer of a carrier," he said.

The appointment to lead CSG 9 was the next logical rung on the admiral's career ladder, assuming command in October of 2012.

At the helm of CGS 9 for nearly two years, Rear Adm. Hall and his staff overcame many obstacles and weathered a storm of uncertainty delivered by sequestration, which dramatically decreased military funding and operations. As a strike croup commander, Hall says the way his officers and Sailors responded to and operated in spite of intense budget cuts is the crowning achievement of his tenure.

"When sequestration hit us in 2013, there were a lot of questions on whether we would have enough money to be able to operate," he said. "I think the thing that I'm most proud of that Strike Group Nine accomplished in my time here was how we handled sequestration and the cancelling of a deployment. Going on deployment is a significant milestone in every Sailor's career and the rug got pulled out at the last minute."

He feels that the strike group's vigilance and ability to stay sharp during this time is what led to later success.

"I think the Reagan, air wing and all the other ships did

a great job of training with the time they had available to them and making sure they were getting the most they could out of every training evolution," he said.

Hall says the culmination of all their hard work and training came to fruition during the 2014 iteration of the Rim of the Pacific (RIMPAC) exercise, where 22 nations came together for the largest international partnership and trust building maritime exercise in the world.

"This has turned out to be one of the best events ever," said Hall. "This is as close to a deployment as we'll get for the next year. I think the ship and air wing did a great job of preparing, being safe and getting as much as we could out of the opportunity."

Hall says he is proud of how so many ships and nations planned and worked together for more than a year to execute complex, multi-national at-sea scenarios.

"It's fantastic to be able to work with all of these other countries to see how they operate and what their capabilities are," he said.

"What's special about RIMPAC is that we get to work with so many of them at the same time."

"When it gets down to it, Sailors are Sailors," he said. "It doesn't matter what country they're from. They all enjoy working together and telling sea stories about the ports they've been to, where they've been and what they've done."

Hall considers building strong alliances and relationships with other countries a major priority for large-scale events like RIMPAC.

"The real intent is to keep those relationships that are formed, because you're going to run into those guys again," he said.

When discussing the actual operations of RIMPAC, Hall said he feels the ship and especially the air wing showed a great deal of discipline and restraint during their training, but that he is not surprised at the level of professionalism exhibited.

"I expected the ship and air wing to perform well," he said. "You tend to expect it, because that's the way we train. It was not a surprise, but it's good to see it happen."

Hall says the multinational simulated warfare scenarios off the coast of Hawaii were exceptionally productive.

"It's been great training," he said. "It's a crawl-walk-run approach and for the first couple weeks we were doing very basic things. We then moved into some more complex events; from there we went into what we call 'free-play.' We were probed and attacked by ships and submarines and there were plenty of ships, subs and airplanes for us to shoot at, as well. We've done very well."

After several weeks of intense battle-driven scenarios, both at sea and ashore, maritime warriors from 22 countries joined forces for some fun. The closing reception for RIMPAC 2014 was in the elegantly carpeted hangar bays of Reagan, providing food, cheer, fellowship and suitable closure for all nations that came together for the congratulatory celebration.

"There's nobody who throws a better party than us and we've got the best platform in the world for it," said Hall.

"There was a lot of camaraderie, a lot of relationships have been built, and I'm glad to see it all finish safely."

Once all the work is done, the admiral is no different from the junior Sailors under his charge, when he says he is always excited to pull into port after time at sea.

"The funny thing about Sailors - no matter what pay-grade, while we're always ready to get underway and get done what we need to get done, we work just as hard to get back in port, too."

Even with the success of RIMPAC, Hall acknowledges that Reagan has quite a bit of work to do, particularly with the Planned Incremental Availability period prior to its permanent forward-deployment to Japan.

"It will be extremely challenging to meet the timeline that we have in the availability, but having watched the captain and the crew work, I know they'll be just fine."

While discussing his career, the topic turned to why he joined the Navy and centered the majority of his career on Naval Aviation. Hall boasts some impressive numbers: more than 4,000 flight hours in nine different military aircraft, more than 900 aircraft carrier traps and he spent a remarkable amount of time on and above the flight deck of a carrier. He has a multifaceted appreciation for each aircraft he has flown and admittedly has a few favorites.

While he says the Hornet is his aircraft of choice for combat missions, he admits that he had some of his most thrilling experiences as a lieutenant flying the F-16 Fighting Falcon, while simulating the tactics of Soviet Union aviators against F-14 Tomcats and Air Force aircraft that would try to adapt to and counter his actions during training.

"Nowadays I would say the F-18, just because there's more technology and capability; it's what I'd prefer to fly in combat," he said. "I flew the F-16 for a few years and it was the most fun airplane to fly, because of the role I was playing there."

His love for the Tomcat is also evident; he calls it the coolest plane he's flown.

"There's nothing like a supersonic Tomcat going by in full after-burner," he said, with a smile.

When asked what the gold wings on his chest mean to him, he took a historical perspective.

"While the wings symbolize that you've made it through the initial training, it's really about all the hard work that goes in after that," he said. "If you look back at the history of Naval Aviation and all the things they've done, you can't help but feel proud of the effort that people put in to earn those gold wings and then the effort they put in to keep them."

Hall believes the actions shown by Naval Aviators over the past decade, particularly during the wars in Iraq and Afghanistan, echo his sentiment of pride.

"Our Naval Aviators today are so incredibly talented," the admiral said. "They've shown so much restraint over the

**"WHEN IT GETS DOWN TO IT,
SAILORS ARE SAILORS."**

**"THERE'S NOTHING LIKE
A SUPERSONIC TOMCAT
GOING BY IN FULL
AFTER-BURNER."**

last 10 years and two wars. I say that because they've been flying over the Sailors, Soldiers, Airmen and Marines in Iraq and Afghanistan and they've been protecting them on a daily basis."

"Those are tough situations; when you've got Soldiers under attack and you're at 20,000 feet, you've got to figure out who's who on the ground. You could very easily drop a weapon on the wrong group if you're not careful. I'm incredibly proud of what Naval Aviation has done in those situations and the restraint it took to not drop when it wasn't right."

"As you saw in the press, anytime we had civilian casualties it was huge and a really bad deal, but the amount of credibility and goodwill we built up with the other services will last us quite a while," he said. "They know that we'll put bombs in the right place at the right time."

Hall says that the future is bright for current and prospective Naval aviators.

"The young Aviators today are smarter and more talented than we were, and have the tools to do whatever they need to do," he said. "We've got the best-trained aviators in the world. They are multi-talented and can go out and do everything they need to do. Then they've got to come back and land on an aircraft carrier at night, because that's where the food is. If you want to eat that night, you have got to land on a ship and it is the hardest thing anyone will ever do. I would tell you that even after 450 night traps, night landings still petrify me. So, I'll put my money on a Naval Aviator any day."

Hall's initial expectations in the Navy pale in comparison to what he accomplished. He says he did so by becoming an expert at his craft and seizing every opportunity to lead others.

"When I came in, I had no grand plan," said Hall. "I wasn't saying to myself that I'm going to stay in for 32 years and become an admiral. That wasn't even in the realm of possibility. I just started taking each opportunity at a time."

He is often asked what kept him motivated and performing at such a high level for the past 32 years.

"The challenge and the

opportunities are what kept me around this long," he says. "Early on, it's all about being the best at what you do. As you get into senior positions, you learn that you're now the expert and it's your leadership that you have to offer. You're empowering people to do the right thing and accomplish the mission."

He says the Navy simply kept presenting him with challenges and he kept accepting them. Whether it was learning to fly a new aircraft, attending nuclear power school or commanding an aircraft carrier, Hall never slowed in his ambition or commitment.

"I kept getting new opportunities in different fields that were completely out of my element, but I loved it, because it was a new challenge," he said.

All of Hall's experience and leadership culminated into what he calls the perfect final job, commanding Carrier Strike Group Nine.

"It's all a series of building blocks. You gain experience all the way up to the point that you're in charge of the whole 'kit n' caboodle'."

Hall is far from being done. Although his tenure with the Navy will conclude in a commemorative and inevitably bittersweet ceremony four days after Reagan pulls into San Diego, his plate will stay full afterwards.

The next challenge on deck is waiting in Hall's home state of Texas. He plans to begin a career in leadership development and executive mentoring at a major oil company in Houston. Sometime after Reagan's petty officer of the watch announces his final departure from the ship, Hall and his wife Gail will pack their bags and move back to the Lone Star State, where he begins work in the fall.

"I've been offered a very unique opportunity," he said. "I know that I'll never have the opportunities I have had in the Navy, but I still think that my experiences in this very complex environment relate to what a lot of other people in other industries do."

He acknowledges a common issue people in similar positions face after years of stressful and high-performance work; the sudden lack of near-constant physical -

and mental stimulation.

"In my opinion, the worst thing you can do when you retire is completely stop and quit. It's not my personality, and I'm only 54 years old," he laughed. "I think I'm pretty young!"

Hall says he plans to stay busy for quite some time and will eventually head east where he spent much of his Naval career.

"Right now my final retirement scenario would be to move to my house in Virginia Beach, where I could fish and consult part-time," he said. "I'm not ready to retire just yet; there are a lot of other things I would like to accomplish in life before I head to pasture."

Hall's two children have grown well into their twenties, and he says his family is and always has been a foundation for him. He has strong feelings on how junior Sailors should approach the time they get with the people they cherish.

"Take every opportunity that you have to spend with your loved ones," he said. "Don't waste or squander it. Do not forget at the end of the day, that we all get out of the Navy. The Navy isn't going to call you and ask you to come back, because they've trained someone to fill your position as soon as you leave. They won't be looking back and you shouldn't either. When you leave the Navy, you're still going to have your family. Don't take it for granted, especially if your children are young."

Hall is a strong advocate for veterans transitioning back to their communities after serving in the armed forces. He has spent a considerable amount of time encouraging prominent civilians to recognize that veterans are motivated, capable and technically savvy. All they need is a little bit of direction while transitioning back into their respective communities and looking for employment.

"Most of the [distinguished visitors] we bring out to the ship are influential businessmen, civic leaders, or CEO's of companies that have the ability to direct veterans in the right directions," Hall said. "It's tremendous for the Navy, because of the exposure that we give these people; it's an eye-opening experience for them. While they tend to hold the military in high esteem, most of these people don't exactly

know what it means to serve our country in the military. It shows them how motivated this generation is to do things right and with a smile on their face. They don't get to see that every day."

He says that there are steps that Sailors can take to be more appealing to potential employers once they've honorably fulfilled their respective contract of service to the nation.

"I would ask a 19-year-old kid that walked into my office how much education he or she has, because that's the key to entry to so many jobs and opportunities."

He says he encourages Sailors to capitalize on the G.I. Bill that service members are provided, and that they should seek opportunities to lead people whenever possible.

"You manage things, and you lead people," he said. "If you understand that, then every opportunity that you get to lead becomes a learning experience that you can build upon."

Rear Adm. Hall believes that certain leadership styles contribute to future success.

"You can go through life micro-managing people or you can go through life trusting, training and giving opportunities to people," he said. "If you do that, you'll leave a lot of leaders in your wake. That's what I like to think that I've done. I think I've left a legacy of empowering people and showing them a way of leadership that's conducive to making the organization better in the long run."

Hall admits that his success as a leader and fighter pilot wasn't a one-man show.

"Throughout my career I've had good role models and mentors," he said. "I've also had some very talented people working for me. Without all of them I wouldn't be here."

As he reflects on an all-star career highlighted by extraordinary milestones, Hall doesn't dwell on his past success, instead he is excited about future opportunities.

"There are all kinds of off-ramps you can take along the way, but I haven't regretted a single day in the Navy," he said. "It's been a blast, but I'm also looking forward to getting out and doing something different, too."

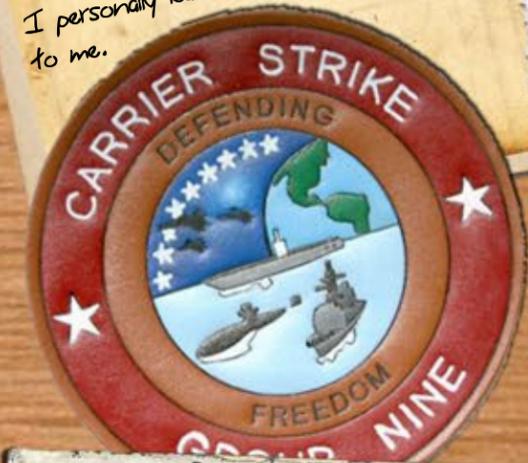


"THERE ARE ALL KINDS OF OFF-RAMPS YOU CAN TAKE ALONG THE WAY, BUT I HAVEN'T REGRETTED A SINGLE DAY IN THE NAVY."



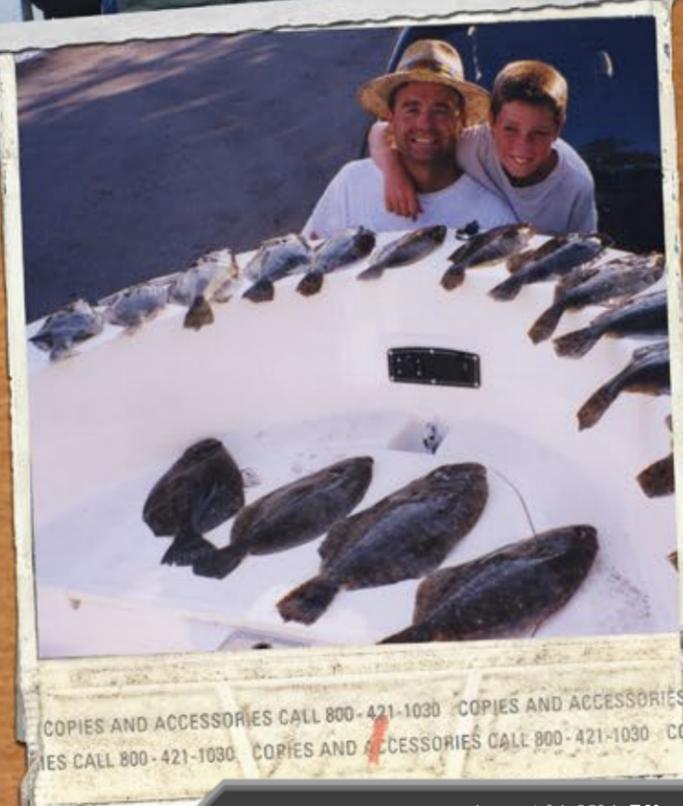
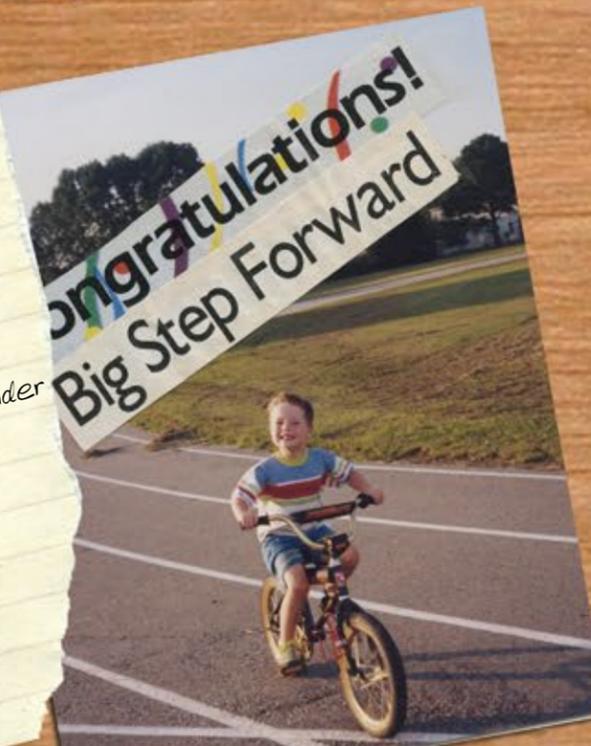
CAPT Will Triplett, Commander, Destroyer Squadron NINE

- 1. What was your first impression of RDML Hall when you met him?**
That he was highly motivated and had a lot of energy!
- 2. How has he influenced you as a leader?**
He has challenged me to always find ways to improve and to find ways to get the most out of my people.
- 3. What have you taken away from his leadership style?**
He leaves no one person behind. He finds a way to make the most out of his team through embracing their collective talents and diversity.
- 4. What do you think was his biggest impact on the strike group and crew?**
He was able to capably lead us through sequestration and the subsequent deployment cancellation. He didn't let us dwell on this, but challenged us to maintain our warfighting edge and to always be prepared. As such, we were highly successful during IDCERTEX, RIMPAC Group Sail and RIMPAC.
- 5. What would you tell the admiral in appreciation of his leadership during his command?**
I personally learned a lot from him, and I will treasure our frank discussions and the mentorship that he provided to me.



CAPT Bill Mosk, Chief of Staff, Carrier Strike Group NINE

- 1. What was your first impression of RDML Hall when you met him?**
This guy's not so scary.
- 2. What have you taken away from his leadership style?**
To be able to identify the strengths and skill sets of your subordinates, that everyone has different strengths, and task your subordinates with their strengths in mind.
- 3. What do you think was his biggest impact on the strike group and crew?**
Without doubt, provided a large measure of calm to the entire strike group during a period of intense uncertainty, enabling all strike group components to maximize readiness and excel through RIMPAC 2014.
- 4. What would you tell the admiral in appreciation of his leadership during his command?**
Speaking for the entire strike group, we could not have had a better boss and mentor. I was proud to serve under him.





Captain Chris Bolt, USS Ronald Reagan CVN76



- 1. What was your first impression of RDML Hall when you met him?**
Admiral Hall is a true leader that cares about people. He took the time upon first meeting me to talk about career paths, what ifs, and the things I should do to take care of myself while navigating through a demanding job. He truly leveraged his knowledge and experience and imparted them upon me.
- 2. How has he influenced you as a leader?**
He has caused me to trust my subordinates more, as a model of how he trusted me.
- 3. What have you taken away from his leadership style?**
His leadership style encouraged me to be myself. I had free reign to lead in my own style. He taught me that people are individuals and should be allowed to run their own show until you have reason to pull back on the reigns.
- 4. What do you think was his biggest impact on the strike group and crew?**
During a time of sequestration effects, and limited funding to conduct high quality training operations, he sought out ways to employ the USS Ronald Reagan and Carrier Air Wing Two and the many ships under his command. He managed to fill up our schedule with just the right amount of high tempo events to keep us sharp, but not tire us out. In an environment where we could have become demoralized, his strike group remained active and contributed at just the right pace.
- 5. What would you tell the admiral in appreciation of his leadership during his command?**
Thank you for valuing my opinion, trusting my judgment, and permitting my leadership style. Admiral, you are a great leader and I hope that I mature to become a strike group commander with the same laid back temperament that you exhibited while in command. Fair Winds and following seas to you and Gail. You are a terrific Navy family that made us better than we were.



CDR Lantz Rodgers, CSQ-9 N39

- 1. What was your first impression of RDML Hall when you met him?**
Since he was a fellow Texas EX and Longhorn Fan, I already knew he was going to be a great guy!
- 2. How has he influenced you as a leader?**
I benefited tremendously from having a very open and honest relationship with RDML Hall. He provided me outstanding counsel on my many areas of weakness. He is very focused on continuous personal improvement and his example has resulted in improved self-awareness on my part and a renewed focus on my own personal and professional development.
- 3. What have you taken away from his leadership style?**
He is the type of leader that other leaders enjoy working for. He is the absolute opposite of what we refer to as a "micro-manager". He gave his Warfare Commanders and other subordinates the full reigns to do their job. When you put your complete trust in your subordinates, I believe that they will respond and produce better results than if they felt like their boss was always looking over their shoulder. The other side of the coin that he also managed perfectly was that everyone knew they had the "rope" they needed, but we also knew we better get the job done or he will hold us accountable like successful Navy leaders do.
- 4. What do you think was his biggest impact on the strike group and crew?**
A. The morale and command climate of any unit or organization starts at the top. RDML Hall was extremely personable and likable and I believe his strong character and positive demeanor infected the rest of the leaders of the Strike Group and continued to permeate throughout all Strike Group units and commands.
- 5. What would you tell the admiral in appreciation of his leadership during his command?**
A. I would just tell him that I feel extremely blessed to have worked for such an outstanding Navy Officer and that I wish him and Gail all the best!

WAR & NAVY DEPARTMENTS V-MAIL SERVICE OFFICIAL BUSINESS





**CDR Trent Fingerson, CSQ-9 N2
and the N2 Enterprise**

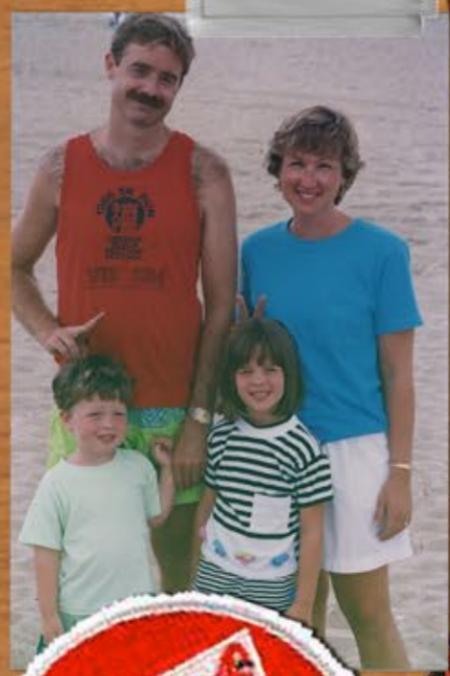
Trust and Empower. Words you spoke and lived by. Evident daily in your actions as our Strike Group Commander. Your empowerment of the RONALD REAGAN Strike Group Intelligence Enterprise enabled us to do more than we ever thought we could. Your trust fostered an environment of solid training and persistent mentoring which enabled us to fulfill our mission with pure purpose and clarity.

You challenged us to do more...so we did. Now a generation of Navy women and men are better prepared to tackle those unknowns that we may face over the horizon.



CAPT (SEL) Brett Crozier, Executive Officer, USS RONALD REAGAN (CVN 76)

1. How has he influenced you as a leader?
Although detail oriented, he didn't micromanage and was able to clearly focus the Strike Group on what's important.
2. What have you taken away from his leadership style?
He is always thoughtful in his decisions and willing to hear differing opinions.
3. What do you think was his biggest impact on the strike group and crew?
The Admiral always maintained a positive attitude that brought out the best in us. We are a better warship because of it!
4. What would you tell the admiral in appreciation of his leadership during his command?
Thanks for all your guidance Sir. It was a pleasure to serve with you and we wish you fair winds and following seas!



THE PROTECTOR

MICHAEL MURPHY
AND OPERATION "RED WINGS"
STORY BY MC3 ANDREW ULM



Michael Murphy



Think back to high school. Class ends and all of your classmates flood the school like the blood in your veins. As cliques circle around lockers, you shuffle through shoulder to shoulder in the crowded hallway. You hear a slam of a locker and you see a special needs teenager, not saying a word, but scared. There's a group of bullies trying to stuff him into a locker. You walk by and do nothing.

Michael Murphy is not like you.

As Maureen Murphy, Mike's mother, picks up the phone and hears the principle telling her the details of what happened in the hallway, she knows that's just like her son: the protector.

Lt. Michael Murphy moved to Patchogue, N.Y., when he was two years old where he would make lifelong friends. According to his mother, Michael grew up afraid of nothing and loved the water. His friends say he was the kid who got the skinned knee and kept going.

Murphy was a Penn State graduate with grades good enough to get into law school. But Michael had other plans. He collected military strategy books and information on Navy Sea Air and Land (SEAL) programs.

He finally mustered the courage to tell his father - a Vietnam Purple Heart veteran - he didn't want to follow in his footsteps and go to law school. He had decided to go to Officer Candidate School and end up at Basic Underwater Demolition School (BUD/S) to become one of the world's fiercest fighters, a United States Navy SEAL.

All of the traits Murphy possessed would culminate at the top of a mountain in Afghanistan.

Operation Red Wings involved the capture or killing of a highly dangerous target, who was known to be one of Osama Bin Laden's closest associates. The operation was to be an intelligence grab to be able to radio in an air attack to take him down.

Murphy and his three teammates - better known as brothers - Sonar Technician 2nd Class Matthew Axelson,

Gunner's Mate 2nd Class Danny Dietz, and Hospital Corpsman 2nd Class Marcus Luttrell,

received the word that "Red Wings is a go," and immediately packed up to do what SEALs do.

As the rotor blades of the Chinook 47 transport helicopter sliced through the Afghanistan sky, the team readied themselves for insertion. After three false inserts, the team finally hit the ground, silent without movement or communication as the Chinook trailed off into the dark distance.



The team laid there for 15 minutes, guns at the ready, listening and looking in total silence. Murphy rounded up his platoon and established communications with an AC-130 Spectre gunship that was monitoring them on their four mile hike into position.

In the moonless, cold, mountain night, rain stung their faces as they traversed the horrible terrain, until they reached their location about an hour before sunrise.

Their position overlooked the village where their target was suspected to be, but lacked cover for the group.

The team moved and wedged themselves between rocks and bushes for cover and waited for their target to materialize.

The silence of the mountaintop was only broken by the occasional exchange between the close-knit team, mainly about Dietz' privileged position in the shade.

"Hey, Danny, want to switch places?" one brother whispered to him. "Screw you!" Danny said back.

Footsteps were among them and Luttrell wheeled around his gun towards the tribesmen who suddenly appeared. The sound of bells rang toward the team as goats slowly surrounded them.

The goatherders stood there in shock as Luttrell asked them if they were Taliban. The older man replies in borken english "No, Taliban. No, Taliban."

Murphy and his team had a decision to make, either to let them go or to eliminate the compromise. They didn't know if the goatherders would run down the mountain to alert possible Taliban fighters or go on their way silently. As the minutes of discussion ticked by, they tried to communicate with

headquarters about their latest situation, the team decided to let the goatherders go.

The team doubled back to a previous position to continue their mission but remained on highest alert for Taliban fighters. They were safe for only an hour and a half.

**"WE CAN TAKE 'EM,
BUT WE'RE GOING TO
NEED A NEW SPOT,"**

"REDWINGS IS A GO!"

WALL OF HEROES

Sonar Technician 2nd Class
MATTHEW AXELSON



Hospital Corpsman 2nd Class
MARCUS LUTTRELL



Gunner's Mate 2nd Class
DANNY DIETZ



Lieutenant
MICHAEL MURPHY



"Pstttt, pstttt," Murphy whispered to Luttrell, pointing up the mountain where they were positioned. Axelson had his gun aimed up the mountain where almost a hundred Taliban fighters were. The fighters started down the mountain to take the teams flanks. Suddenly, Luttrell fired one shot, eliminating the threat moving directly toward him.

Dietz was firing with one hand and trying to get the communications to work. Murphy shouted, "Danny! Get that thing working! Marcus, no options now buddy, kill them all!"

The deafening noise of gunfire rang in the air as

the enemy advanced on their position. "We can take 'em, but we're going to need a new spot," Marcus yelled to Murphy.

"Fall back!" Murphy yelled to his team.

The only way for the team to go was down. Following orders, each SEAL jumped from the ledge banging their way down the mountain where they found more cover and continued the fight. Murphy was shot during the fall and blood was pumping out of his stomach, but there was no time to wrap the wound as the enemy continued to swarm their position.

Murphy and his team were picking the enemy off, but the onslaught didn't stop. Dietz was shot and again the team was forced

to jump from another ledge to find better cover and establish communications with headquarters.

While moving to better cover, Dietz was shot again as rocket-propelled-grenades rained down on the team. Rock splinters and ricocheting bullets were swirling around them. Axelson, Murphy, and Dietz were shot again leaving three of the four members with gunshot wounds.

Always thinking, Murphy had to find a way for his team to get out of this firefight. He groped his front pocket for the satellite phone and walked away from the cliff walls and into the open firestorm. Sitting on a rock, he punched in the numbers to headquarters.

"My men are taking heavy fire, we're getting picked apart," Murphy relayed. "My guys are dying out here. We need help."

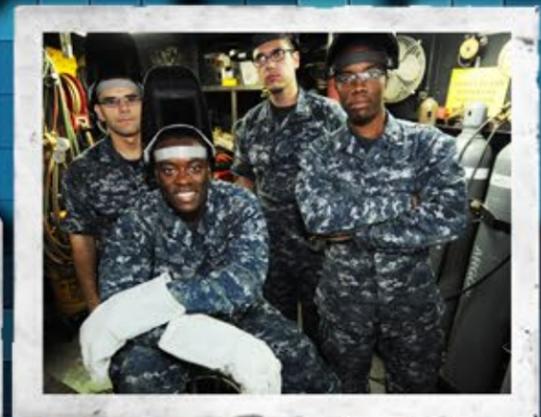
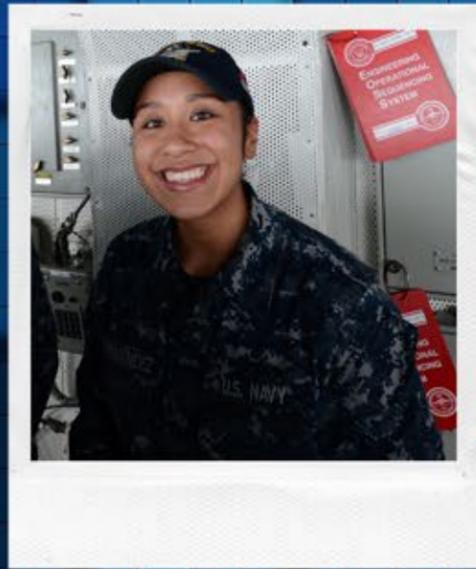
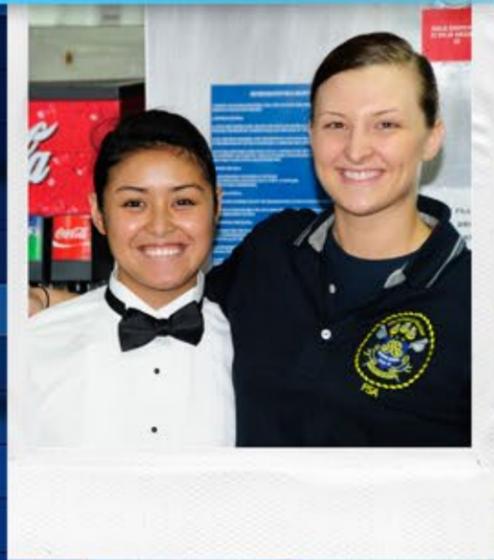
As he finished his sentence, Murphy caught a bullet in the back and dropped the phone. Bracing himself he picked up the phone and said "Roger that, sir. Thank you."

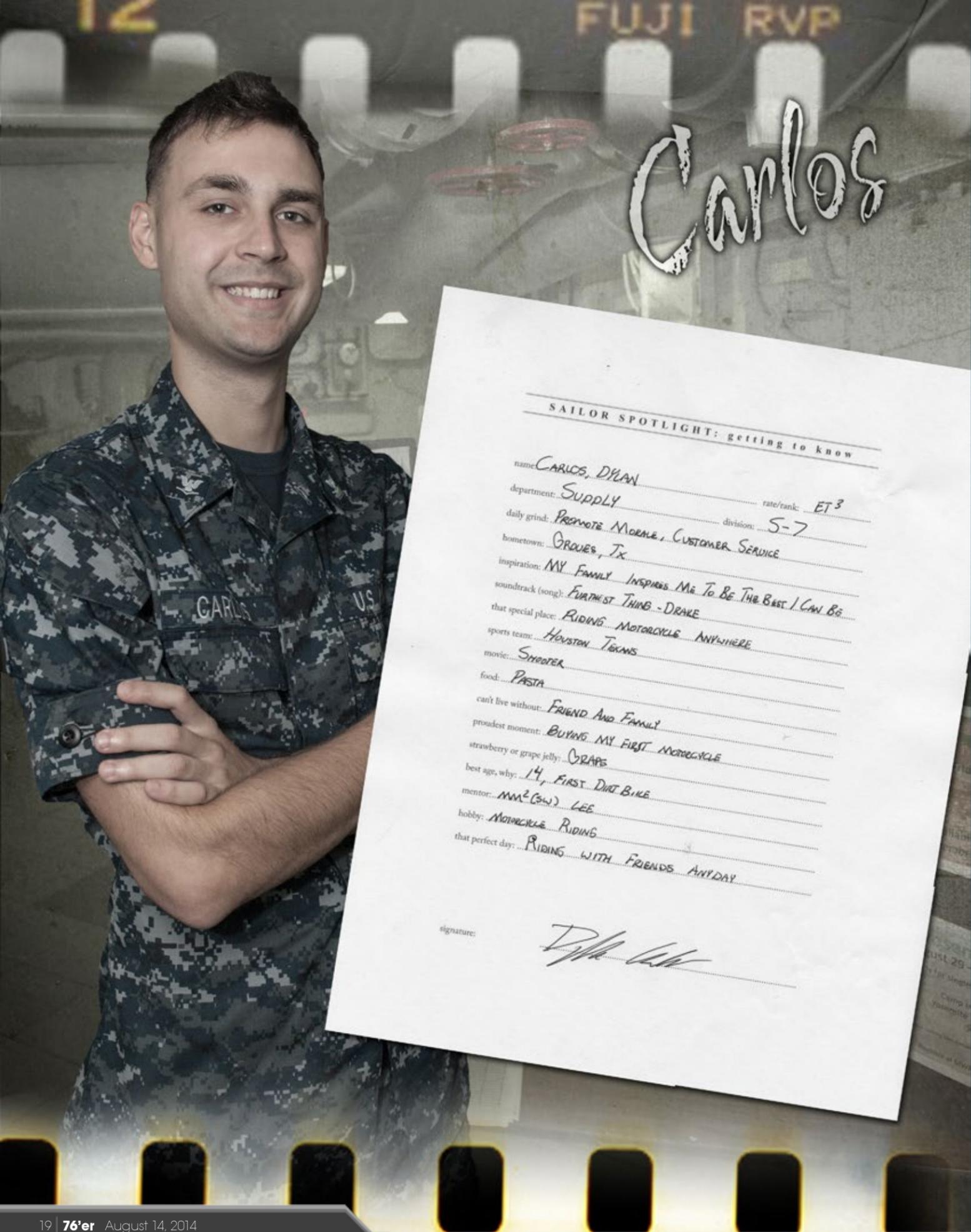
Staggering back to his team's position, Murphy started to fire again, trying to protect his teammates from the Taliban fighters. The protector succumbed to enemy fire giving his life for his brothers.

In the subsequent events that followed, a total of 11 Navy SEALs and 8 Army Night Stalkers were killed in action. Only Marcus Luttrell survived.



THROUGH THE LENS





SAILOR SPOTLIGHT: getting to know

name: CARLOS, DYLAN rate/rank: ET 3

department: SUPPLY division: S-7

daily grind: PROVOTE MORALE, CUSTOMER SERVICE

hometown: GROVES, TX

inspiration: MY FAMILY INSPIRES ME TO BE THE BEST I CAN BE

soundtrack (song): FURTHEST THING - DRAKE

that special place: RIDING MOTORCYCLE ANYWHERE

sports team: HOUSTON TEXANS

movie: SHOOTER

food: PASTA

can't live without: FRIEND AND FAMILY

proudest moment: BUYING MY FIRST MOTORCYCLE

strawberry or grape jelly: GRAPE

best age, why: 14, FIRST DIRT BIKE

mentor: MM2 (SW) LEE

hobby: MOTORCYCLE RIDING

that perfect day: RIDING WITH FRIENDS ANYDAY

signature: [Handwritten Signature]



Unsung Heroes

FROM CDR ZIELINSKI



In times of medical emergencies the USS Ronald Reagan looks to its Medical Department to do what needs to be done and win the day. In the event of so many life and death surgical situations, your Ship's Surgeon is just as likely to be looking to his shipmates to provide him with the life saving materials that he desperately needs and that only you can provide. Let me give you an example of what I'm talking about from my experience as a trauma surgeon in Afghanistan.

During a particularly busy day in the summer of 2010, the resuscitation bay of our Forward Surgical Team was overflowing with trauma activity. Among our most critical patients was a twenty-something year old Afghan National Army soldier badly injured by an IED blast. After our initial evaluation and having given him several units of banked blood, his condition was much improved, however, there were still some bothersome signs of ongoing internal bleeding for which an emergency abdominal operation was needed. At the time of surgery, in addition to finding bleeding from several major intra-abdominal organs, it was clear that, due to the severity of his injuries, the patient had lost the ability to clot his own blood. Doing all we could as a medical-surgical team, our patient was still barely hanging on to the thread of life.

As we helplessly stood around facing a fatal outcome for this patient, one of our nurses walked into the operating room with several units of fresh, whole blood from the walking blood bank. By the time one bag had infused we could tell that this soldier's abnormal bleeding was slowing down and that, for the first time, a clot was beginning to form. With the second unit of blood onboard, the vigor of this man's pulse was renewed and the drastic measures that we had needed to maintain his vital functions could be weaned off one by one. As the tide turned in our favor, no time was wasted; injured organs were dealt with expeditiously and the abdominal cavity was packed and dressed for emergency transport. With nearly normal vital signs and markedly improved values coming to us from our laboratory, we watched as he was whisked away on an evacuation helicopter to the Level 3 hospital in Kandahar where he recuperated uneventfully. What we had witnessed in that soldier's journey from near-disaster to "happily ever after" felt like nothing short a miracle to all involved.

Unlike stored blood products from a refrigerated blood bank which have been broken down into component parts (red blood cells for oxygen delivery, plasma for volume expansion, platelets, cryoprecipitate, and fresh frozen plasma for clot formation) which require slow re-warming before being given to a patient, fresh whole blood contains all of those life giving properties in a single infusion which is immediately available in the event of life and death emergencies. Throughout my experience in Afghanistan, the true miracle bringing about operative success was often times not what the surgeons did, but what was occurring outside the walls of our FST in the response of American fighting men and women to the needs of wounded soldiers and civilians. When the word for them to mobilize went out from us these folks just stopped what they were doing and headed straight to the transfusion point by the hundreds. The real heroes of these episodes asked few questions as they rolled up their sleeves, and then downed some Gatorade on the way out of the tent back to their units without fanfare or even a pat on the back. Except for this immediate response of our walking blood banks, the war in Afghanistan would certainly have claimed many more victims whose lives could have been saved.

Not a day goes by on the USS RONALD REAGAN without our rehearsing disaster drills of one sort or the other and rightly so. With thousands of us living between a busy military airport above and two nuclear power plants below, the potential for the unsuspected is always with us. In order for your medical team to be prepared to address whatever comes our way, **I strongly encourage you to sign up to be a member of our Walking Blood Bank.** Your contribution could well prove to be the key ingredient in bringing about a "happily ever after" for one of our shipmates instead of a "game over".



Bolt Up! Charger's Tickets

San Diego Chargers Football Tickets will go on sale Wednesday, August 13 for all home games. The MWR Ticket Office will be located on the Barge at 2-87-1 (1 level below Enlisted Mess Deck). Ticket Office hours will be from 0800 - 1400.

Tickets will be available on a first come first served basis. There will be a 2 ticket limit per person per game (*except for sections LF34 & LF39 where we have 3 seats together) until Thursday, Aug 14. Starting on Friday, Aug 15 there will be a 4 ticket limit per person per game.

General ticket prices and locations are as follows:

- 1.) \$110 per ticket- Field Level Seats (Sections LF34, LF39, LF3)
- 2.) \$100 per ticket-Plaza Level Seats & Loge Tickets (P59 & Lodge sections)
- 3.) \$95 per ticket-View Section 12-*Only for Denver Bronco Game
- 4.) \$75 per ticket-View 3 & 4, *Only for New York Jets Game & Kansas City Game.

To view a seating map and see the Chargers Schedule for the year check out the MWR Gippernet page.

DON'T GET SLAMMED BY SAFETY

The Safety Department will issue hard hats, safety glasses and rank decals for all hands from 18-20 August in the Ronald Reagan warehouse, Bldg 1, across from the ECP. Beginning 21 August, all hands shall wear hard hats and safety glasses when transiting industrial areas during PIA.

This policy applies to all personnel in uniform or in a duty status. Personnel arriving or departing the ship on liberty or to workout in authorized civilian attire are exempt. However, these personnel should make every effort to avoid transiting industrial areas and to minimize exposure to hazardous conditions.

Gear will be issued by department on their scheduled day. The Safety department will also be in charge of issuing PPE to new check-ins throughout PIA.

Stay Safe!



The Expendables 3

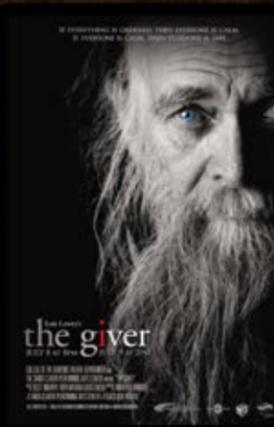
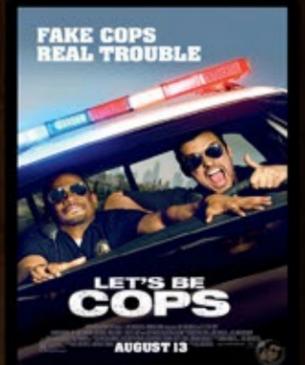
Barney augments his team with new blood for a personal battle: to take down Conrad Stonebanks, the Expendables co-founder and notorious arms trader who is hell bent on wiping out Barney and every single one of his associates.

Director: Patrick Hughes
Stars: Sylvester Stallone, Jason Statham, Jet Li, Antonio Banderas
Genre: Action, Adventure, Thriller

Director: Luke Greenfield
Stars: Jake Johnson, Damon Wayans Jr., Rob Riggle, Nina Dobrev
Genre: Action, Comedy

Two struggling pals dress as police officers for a costume party and become neighborhood sensations. When these newly-minted "heroes" get tangled in a real life web of mobsters, they must put their fake badges on the line.

Let's Be Cops



The Giver

In a seemingly perfect community, without war, pain, suffering, differences or choice, a young boy is chosen to learn from an elderly man about the true pain and pleasure of the "real" world.

Director: Phillip Noyce
Stars: Brenton Thwaites, Jeff Bridges, Meryl Streep, Taylor Swift
Genre: Drama, Sci-Fi

Sin City: A Dame to Kill For

The town's most hard-boiled citizens cross paths with some of its more reviled inhabitants.

Director: Frank Miller, Robert Rodriguez
Stars: Jessica Alba, Mickey Rourke, Rosario Dawson, Eva Green
Genre: Action, Crime, Thriller



WARRIOR ETHOS

PEACE THROUGH STRENGTH

CVN 76



“Shipmate...
the watch stands relieved.
Relieved by those YOU have
trained, guided, and led.
Rear Admiral Hall, you stand relieved.
We have the watch.”

ALL HANDS, USS RONALD REAGAN (CVN 76)



USS RONALD REAGAN

SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.