LEADERSHIP

Leadership is not Selfish

Naval Heritage: Chief Petty Officer

Wanderlust: Zoorasia
Leadership is not Selfish
8-11

Sailor Spotlight
4-7

Suicide Prevention Month
12-13
Table of Contents

CPO History
14-15

Leadership:

CO
CAPT Buzz Donnelly
	XO
CAPT Paul Lanzilotta
	CMC
CMDCM Jason Halka
	PAO
Lcdr David Levy
	APAO
ENS Rachel McMarr
	MCSN Ryan Delcore
	MCC Vander Gamble
	MC1 James Kimberly
	MC1 Greg Johnson

Media Department:

MC1 Woody Paschall
MC1 Glenn Slaughter
MC1 Timothy Black
MC2 Kenneth Abbate
MC2 Brandon Martin
MC2 Jamal McNeill
MC2 Janweb Lagazo
MC3 James Ku
MC3 Jamaal Liddell
MC3 Eduardo Otero Santos
MC3 Kaila Peters
MC3 Charles J. Soudelita III
MC3 MacAdam Weissman
MC3 Jessica Blackwell
MC3N Tyler John
MC3N Erwin Micano
MC3N Frank Speciale
MMFN Kevin Bryant
MCSA Randy Adams
AA Calisia Brockes

Media Department:

Wanderlust:
Zoorasia
16-19
When did you join the Navy?

July 2003

What advice do you have for junior Sailors?

Learn who you are and who you ultimately want to become. We should challenge ourselves to become better each day. Learning should never stop! Our Sailors also need to make sure that they take care of their families, their Sailors and themselves.
What does deckplate leadership mean to you?

Deckplate leadership is an action, not a position or rank. It is leadership which sets the tone and climate of the command. It also means never asking your Sailor to do something that you would not be willing to do yourself.
Are there any leaders that you’ve had in the past that have inspired you?

Matter of fact, on August 4, 2017, CMDCM Jason “Hurricane” Haka conducted a zone inspection on CRMD spaces and personally congratulated me on my selection to chief petty officer. I let him know that his leadership inspires me, and that I admired how he can energize the people around him. His response was “…you guys inspire me.” I think humility he displays is the key to his success. The way the CMC navigates a sense of purpose and direction in his Sailors is impressive. I hope to someday develop my skills to his level.
Chief selects swear in as chief petty officers at a chief pinning ceremony in the hangar bay of USS Ronald Reagan (CVN 76)/ Photo by MC3 Noah McFarlane
I’ve heard that you learn more about leadership from bad leaders than from good ones. I don’t know whether or not that is true.

I remember a lot of lessons I’ve learned from all the good leaders I’ve had the privilege to serve with. Things like patience, sacrifice, consistency, firmness, having a short memory for mistakes and a long one for successes, that time is the greatest gift both to give and to receive, and that ego is one of the hardest things to overcome. I couldn’t learn these traits from a book. I learned them by watching my leaders.

What have I learned from bad leaders? Not that much, actually: honesty is important. Doing right is better than being right.

You could do worse than to study Abraham Lincoln and Epictetus. Generally, philosophy and religion are great places to learn about being a leader. I have my favorites but I’ve found wonderful guidance from many disciplines.

It’s a cash cow for the publishing industry. You’ll find no shortage of advice from thousands upon thousands of authors.

But there’s no substitute for experience.

One of the lessons I’ve grappled with recently was framed beautifully by Aristotle more than a couple thousand years ago: “Anyone can become angry, that is easy…but to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way…this is not easy.”

I have been told it is inappropriate to become angry. I was yelled at about it on more than one occasion. I couldn’t wrap my head around it. I laughed at the irony, but there’s more to it than that.

Leadership, especially in the profession of arms, becomes more and more about finding that perfect combination that Aristotle referred to. It requires a practiced application. Too much anger: it’s comical. Too little: you’re ignored. Misplace your anger? Your credibility is shattered. If you carry the anger too long, it will steal your time and your joy. Rushing into anger too soon is impetuous. Becoming angry over small stuff makes you unapproachable. Ignoring the things deserving of anger ensures they will continue. Inflicting physical violence on another person without cause is unjust. Refraining from using necessary force could be a dereliction of duty.

All these considerations pass in a moment. To do well is not easy. If you make a mistake, there will certainly be consequences and they can be life changing.

We are all leaders. We all face these choices: to lie and protect our ego or be honest and suffer; to tear another person down so we appear taller or to let the person rise up and overshadow us; to horde our time or give it to those under our care; to be right or to do right; to stand and fight or to hide.

Look at what a leader is and is not. Look at your leaders. Decide who you want to be and go be that person. Today. The time to become a leader is not when you get promoted or when you get paid. The time is now.
Leadership is not selfish – it puts the mission first
Leadership is not egotistical – it sets aside its feelings and aligns with the team
Leadership is not dishonest – it is truthful in all its dealings
Leadership is not cruel – it raises others up
Leadership is not cowardly – it does what is right even at its own peril
Leadership is not ignorant – it studies constantly
Leadership is not selfish – it gives others the tools they need to succeed
Leadership is not fake – it speaks only with its authentic voice
Leadership is not negative – it demonstrates a can-do spirit
Leadership is not just words – it takes the best action
Leadership is not capricious – it consistently enforces the standards
Leadership is not threatened by ideas – it welcomes innovation
Leadership does not horde information – it gives away its knowledge
Leadership does not quit – it remains patient through adversity

Chief selects march into their pinning ceremony in the hangar bay of USS Ronald Reagan (CVN 76)/ Photo by MC3 Noah McFarlane
Between fiscal years 2011 and 2016, the Department of the Navy reported 298 active duty and 59 reservists committed due to suicide, an average of more than one report every week.

Inhabited by more than 5,000 Sailors underway, it is important for everyone aboard the Navy’s forward-deployed aircraft carrier to do their part to create a culture to help eliminate suicides.

Ronald Reagan’s ship psychologist, chaplains and deployment resiliency counselor are combating these statistics year-round by listening to Sailors and educating them on different ways they can step in and take action against a crisis situation.

“Every September, for Suicide Prevention Month, Reagan holds a suicide prevention and awareness week,” said Lt. James Larsen, ship psychologist aboard USS Ronald Reagan (CVN 76). “Last year, we had information that we gave out to the crew, a multitude of stress-relieving activities, as well as a video presentation made by the command chaplains. This year, we will have some similar events.”

One of the major points of suicide prevention month is to get people to help and think about our shipmates.

“September is all about being aware of each other and taking care of each other,” said Larsen. “We are trying to ingrain habits into our Sailors that will cause a lasting effect.”

Command Religious Ministries Department (CRMD) offers two suicide prevention classes to help Sailors respond to somebody in crisis. The first is the Safetalk program.

“Safetalk is a three-hour program for small groups of 24-36 people led by a trainer along with a video coach which helps all hands understand when a Sailor might be in crisis and considering a permanent solution to a temporary problem,” said Lt. Cmdr. Andrew Hayler, a chaplain aboard Ronald Reagan. “The program helps Sailors’ awareness of noticing when someone is considering suicide and how to go about asking difficult questions or reaching for help somewhere else.”

The second class CRMD offers is the Applied Suicide Intervention Skills Training (ASIST) class.

“The ASIST program is a two-day workshop with one or two highly-trained chaplains which helps, in a more advanced way, teach Sailors how to deal with someone who is actually in crisis,” said Hayler. “Therefore, if somebody is ASIST trained and finds somebody in that situation, the training helps them enter into that difficult space with the Sailor and help them make the choice to live.”

Knowing the resources Sailors have is one of the most important goals of September’s Suicide Prevention Month.

“There are always options for a person in crisis,” said Larsen. “A lot of people feel stuck, or trapped, or like there is nothing they can do, but there are always options. We can work with the chain of command to make changes at work. We have resources on shore we can tap into, there are administrative processes we can use, and there are so many ways to take care of people. Sailors don’t always know about the resource, or they seem inaccessible, but there is always a way.”

If you or someone you know is thinking about suicide you can call the military crisis line at 1-800-273-8255 or the “Be There” peer assistance line at 1-844-357-PEER for live, confidential, one-on-one help over the phone.
### Ideation
- Thoughts of suicide (expressed, threatened, written).

### Substance Abuse
- Increased or excessive alcohol or drug use.

### Purposelessness
- Seeing no reason for living, having no sense of meaning or purpose in life.

### Anxiety
- Anxiousness, agitation, nightmares, inability to sleep or excessive sleeping.

### Trapped
- Feeling as though there is no way out of current circumstances.

### Hopelessness
- Feeling hopeless about oneself, others or the future.

### Withdrawal
- Isolating from friends, family, usual activities, society.

### Anger
- Feelings of rage or uncontrollable anger, seeking revenge for perceived wrongs.

### Recklessness
- Acting without regard for consequences, excessively risky behavior.

### Mood Change
- Dramatic changes in mood, unstable mood.

---

**What to do:**

**ASK**
- Ask your shipmate questions that will help you get help: “Are you thinking about killing yourself? Do you have a plan to kill yourself?”

**CARE**
- Tell your shipmate that you are concerned about him or her. Without judgment, express why you’re concerned. They may not show it, but they likely appreciate that someone cared enough to say something.

**TREAT**
- Take your shipmate to get help immediately by seeking a Navy chaplain, medical professional or trusted leader. Call 911 if danger is imminent.

---

**You don’t have to see every sign to ACT.**

Help is always available through the Military Crisis Line. Call 1-800-273-TALK (press 1), text 838255 or visit www.militarycrisisline.net
After decades of informal titles to distinguish the most senior petty officer on any given ship, or even the top petty officer in a particular rating on a ship, the Navy finally created the pay grade and rank title of chief petty officer on April 1, 1893.

Who exactly was the Navy’s first chief petty officer? The answer is—drum roll—no one. On that date, most first class petty officers became chief petty officers and everyone else subsequently moved up a pay grade and rank. There were a couple of rates that were not allowed to advance, because just as it is doing today, the Navy was considering doing away with those rates. Some things never change.

The first official rates that carried the grade of chief petty officer from the seaman branch were chief master-at-arms, chief boatswain’s mate, chief quartermaster and chief gunner’s mate; from the artificer branch there were chief machinist and chief carpenter’s mate; from the special branch there were chief yeoman, apothecary and band master.

The Navy had allowed skippers to assign people to “acting appointments” as chief petty officers decades before and for “many years after” the official implementation of the grade to fill vacancies in the ships’ compliment. The chiefs’ titles then were designated with follow-on letters AA (Acting Assignment) or PA (Permanent Assignment). The acting chief would hold the position for six months to a year (again, some things never change) and if he did a good job, the skipper would recommend to the Bureau of Navigation (Changed to Bureau of Personnel BUPERS in 1942) that the advancement be made permanent. The practice of using the follow-on letters continued until Oct. 1, 1949.

There also used to be a pay difference between the acting and permanently assigned chiefs. Pay was about $50-$70 a month depending on specialty. In 1903, General Order 134 stated: “chief petty officer officers (sic) whose pay is not fixed by law and who shall receive permanent appointments after qualifying therefore by passing such examination as the Secretary of the Navy may prescribe shall be paid at the rate of $70.00 per month.”

After the passage of the 1958 Amendment to the Career
Compensation Act of 1949, the ranks of senior chief petty officer and master chief petty officer were established effective June 1 of that year. Chiefs who were permanently assigned with four years in rank and 10 years in service were advanced to the grade of E-8 and rank of senior chief. Six-year chiefs with more than 13 years in service were advanced to the grade of E-9 and rank of master chief.

Throughout that long period of bureaucratic maneuvering, however, chiefs were making a difference at sea and at war. Chiefs have been the recipients of more than three dozen Medals of Honor. Chief Aviation Ordnanceman (AOC) John W. Finn was awarded for his actions while manning a .50-caliber machine gun at Kaneohe Bay during the attack on Pearl Harbor; he recently died at the ripe old age of 100 years and one of the newest Arleigh Burke-Class Destroyers is named USS John Finn (DDG-113) in his honor. The most recent Medal of Honor recipient was Senior Chief Special Warfare Operator (SEAL) Edward C. Byers Jr., awarded on March 12, 2016.

In 1966, the upper echelons of the Navy decided to poll in the fleet concentration areas about the largest issue concerning the enlisted ranks. When the poll results suggested that Navy leadership was out of touch with the concerns of enlisted sailors, they formed senior enlisted advisor of the Navy on Jan. 28, 1967.

Master Chief Gunner’s Mate Delbert Black was selected by Navy leaders for a four-year term. They changed his title to Master Chief Petty Officer of the Navy (MCPON) on April 28 of that same year, finally catching up to the Marine Corps and the Army, who formed their senior enlisted positions in 1957 and 1966, respectively. There have been 13 MCPONs in total. On Feb. 15, 2016, we lost the third MCPON, Robert J. Walker, who among other things, pushed to begin the Enlisted Surface Warrior (ESWS) Qualification. Rest in peace, brother...

Chiefs have been respected as the backbone and anchor of the Navy for more than a century. It is widely and fondly known among retirees and other civilians whom I have encountered, that “chiefs run the Navy”. I accept the praise with humility and generally reply that it “is all in a day’s work.” Because I know the history and the mission of the chief: turning young, scared kids into fighting seafarers, to being the voice of reason when the wardroom is unanimously praising the executive officer’s “great idea.” The position and mission of the chief petty officer and the need for that differentiation and separation on afloat commands is unique in the armed services. Recent trends in training to square with those differences have largely been productive.

It is my firm conviction, however, that there is still a place for training new chief petty officers to handle stressful situations, often on little sleep, while completing the mission. We understand there are consequences for failure that impact the Sailors we have sworn to never forget. I hope the Navy never loses sight of that reality. It would be a travesty not only to the Navy, but also to the memory of those who have earned the title: Chief Petty Officer.
Zoorasia is one of Japan’s newest, largest and best-kept zoos. The zoo was established in 1999, and since then has been operating under the themes of “Symbiosis of Life” and “Harmony with Nature.” The animals are generally kept in spacious areas that mimic their natural habitat to a degree that is not usually seen in Japanese zoos.
Zoorasia is located outside central Yokohama and is easily accessible by Sotetsu Railways from Yokohama Station. Take a train from Yokohama to Tsurugamine Station (14 minutes, 200 yen) and transfer to a bus bound for the zoo (20 minutes, 220 yen).
Among the zoo’s highlights are the elephants, polar bears, black bears, okapi and proboscis monkeys. There are also a few restaurants and cafes, as well as nature trails and recreation areas for kids. The zoo is open 9:30 until 16:30 with an admission price of 800 yen.
DC2 Joseph Rutherford greets his daughter during USS Ronald Reagan’s (CVN 76), homecoming to Commander, Fleet Activities Yokosuka after a scheduled patrol. (Photo by MC2 Kenneth Abbate)