

====THE NUMBER CRUNCHER: MEET THE CREW STATISTICALLY====

THE FIRST CLASS ASSOCIATION BUILDS CAMARADERIE

The Number

HOW DID RONALD REAGAN HELP AMERICA?

CARRIER STRIKE GROUP 9 ARRIVING

MEET THE NEW COMMANDER

TEAM REAGAN FORGES A BOND TAKES THE CAPTAIN'S CUP

GETTING "IN REGS" FOR WINTER



November 30th 2012

FACEBOOK.COM/USSRONALDREAGAN

and much more inside

Team REAGAN,
Greetings and salutations, teammates!

This is an exciting issue you're holding in your hands right now. If you don't already smell it as you turn the pages, this issue reeks of WARRIOR!!!

From our #1 ranked REACTOR marathon team to the BEASTS from the championship REAGAN Football Team, this magazine is literally oozing with warrior ethos. We can't even begin to tell you how great a feeling that is.

What makes us even more FIRED UP is that we had the opportunity to sit down with our newest Strike Group Commander for several hours. From his combat missions flying F-18s in Kosovo to the Counter IED (Improvised Explosive Device) task force he led in Afghanistan, Rear Admiral Hall stands apart as a warrior who has literally "been there and done that."

The most inspiring piece, however, was just how modest and humble a man he was. As we sat there speaking to an officer who wears a bronze star and three combat valor awards on his chest, we realized that deep down inside, he is just another guy who started out pumping gas in Uvalde, Texas.

As you read his story and see photos from his early days, we hope you feel the same inspiration we felt when we left his office. Rear Admiral Hall is a man who believes in us and what we do. He earned our trust and respect and, for that reason, Rear Admiral Hall is "A Man You Want To Know".

We here in MEDIA wish you all a great holiday season and hope you remember that WHAT YOU DO MATTERS . . . YOU MATTER. And, together, we will be the most effective combat team on the west coast!

V/R,
YOUR Media Department

"Once more into the fray.
Into the last good fight I'll ever know.
Live and die on this day.
Live and die on this day"

- From the movie THE GRAY



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Executive Officer
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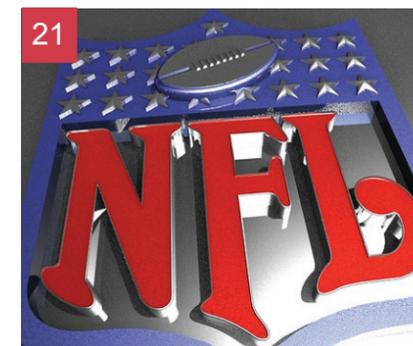
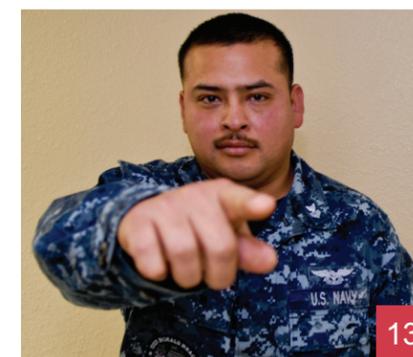
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ATTENTION: Inside this magazine is a chance to win \$25 for anything MWR has to offer! The first person to find the  logo within our magazine and report down to the media shop on the ship wins the prize! Better hurry, only one person can win per issue!

FEATURES



ADMIRAL HALL

THE MAN YOU WANT TO KNOW

story by Kristina Walton



1999: FLYING A COMBAT MISSION AS C.O. OF VFA-87

As a teenager pumping gas at an airport in Texas, Rear Adm. Patrick Hall may not have pictured a future as an accomplished U.S. Naval officer and pilot. It may not have even crossed his mind while studying civil engineering at the University of Texas in the early 1980's.

Yet here he stands with more than 900 carrier arrested landings, 4,300 flight hours, eight deployments, and 30 years of experience under his belt — a man who has become a fighter pilot, strike fighter pilot, executive officer, commanding officer, and, now, the new commander of Carrier Strike Group NINE.

Hall has had a wide variety of career experiences and has served on multiple ship platforms, including the aircraft carriers USS Theodore Roosevelt (CVN 71), USS Abraham Lincoln (CVN 72), USS Dwight D. Eisenhower (CVN 69), USS Saratoga (CV 60), USS Forrestal (CV 59), USS America (CV 66), and the fast combat support ship USS Seattle (AOE 3).

"My operational experience has certainly shaped my command style and warfighting beliefs," he said. "My career has been marked with many changes and new experiences. I've learned that new experiences and opportunities bring new challenges and growth as a warfighter and leader."

With all of the personal accolades and accomplishments, Hall still emphasizes that well-trained Sailors are the key to operational success.

"Our people are our most valuable resource," said Hall. "We must invest the time and energy in their training, education and preparation to produce officers and Sailors ready to operate and fight anywhere in the world."

To accomplish this, Hall has three guiding principles

for the commands that comprise Carrier Strike Group NINE: "Take care of yourself and your shipmate; be ready; take care of the ship/squadron."

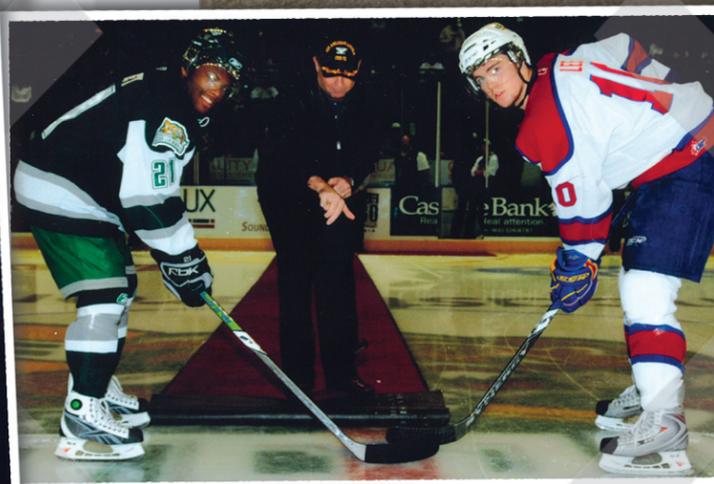
To do that, he said, Sailors must understand their rate and their role on the ship, as well as the roles they play in the lives of their shipmates. He added that Sailors also need to understand that they have a responsibility to take a leadership role when needed and maintain accountability of their shipmates to keep each other safe.

For Hall, this began with honing his skills as a fighter pilot, and then later on during his first shore tour as an adversary instructor. His role was to "simulate the bad guys" for new pilots so that they could experience what it would be like to fight enemy pilots in a real-life situation. Even then, Hall said he didn't picture himself being in the Navy for 30 years.

"In this squadron [of adversary instructors], we had about 25 officers," said Hall. "I guarantee you none of us looked at each other and thought 'he's going to be an admiral someday.' None of us ever pictured ourselves being flag officers. You've got to be kidding me; we were all hoping just to make lieutenant!"

Hall credits part of his success to the fact that he was able to work around officers who were very professional at that point in his career.

"You learn a lot from the people you work with," said Hall. "What kept me in the Navy was that I had such a good time with the people that I worked with and the people that I worked for. We were all about getting the job done. It's pretty phenomenal to think that six of those 25 officers became flag officers in the Navy, considering that the statistics say only 1 percent of Navy captains become flag officers."



2009: KICKING OFF A SILVERTIPS HOCKEY GAME IN EVERETT

Hall says his current leadership style has been shaped not only by his past experiences as a leader, but also by experiencing an assortment of leadership styles from those with whom he has served.

"I have had the pleasure to work with some extremely gifted leaders and mentors," he said. "I have also learned some valuable lessons from leaders that struggled. It's important to see both if we are to grow as individuals and leaders."

Hall believes he has learned equally important lessons from both the good and the bad.

"Early in my career, I had leaders that struggled with certain things," said Hall. "I watched them and how they dealt with certain situations, and I thought there was a better way of doing it."

Hall believes every leader, good or bad, can serve as an example for Sailors.

"You may not like the individual you work for at the time, but there is always something that can be learned from your situation, whether it's how to do things or how not to do them the next time around," Hall said.

He also recalled a commanding officer he had early on who had a great positive influence on his life and his career.

"He was not easy on me, but continued to push me in all areas, whether it was in the airplane or on the ground," said Hall. "He taught me to be ready for each and every opportunity that presents itself and make sure you take care of the people who make it happen every day."

Hall received positive guidance from another chain of command early in his career that also influenced his current style of leadership.

**TAKE CARE OF YOUR PEOPLE
AND EVERYTHING
ELSE WILL WORK ITSELF OUT**

"They knew how to take whatever phase of training we were in, or whatever operation we were in, and really motivate people to do or be the best they could be using each and every event that came up," said Hall. "There was never any event that was too small to be considered an important learning experience. By doing that, they developed an ethos in their squadron or their ship."

One thing he recalls taking from that chain of command and later incorporating at other commands was that leadership should take responsibility for everything—positive and negative—that happens with their crew.

"They took ownership of everything that was going on," said Hall. "If things went well, the credit belonged to the crew. If things went poorly, then the head person took responsibility for not being properly prepared for that evolution."

According to Hall, it is important for junior Sailors to see their bosses lead by example by taking responsibility for their mistakes and learning from them. He said it is not the lack of making mistakes that's important, but that leaders can show their Sailors how to move on from that mistake by owning up to it and planning a better way to do things in the future.

Hall said another ideal he believes is that a leader's role is to put people in a position to excel and then challenge them to exceed their own expectations.

"Honest, relevant feedback is required to ensure each individual understands how they are performing," said Hall. "It's the only way to grow. I was fortunate to have a CO early on in my career who took the time to give me relevant feedback and then show me the way to improve. I wouldn't be here today without that guidance 20 years ago."

Another important thing Hall learned as an officer and a leader was to listen to people with more experience, regardless of rank.

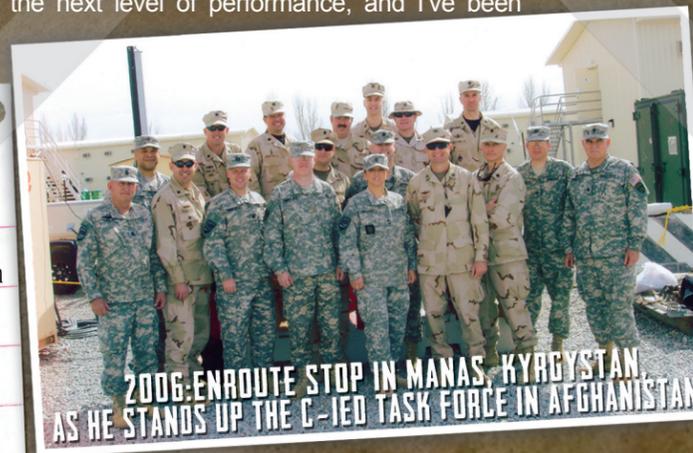
"Sometimes as officers, there's a thought process that says 'Everybody that is beneath me in rank works for me,

so I have to be able to tell them what to do,'" said Hall. "Sometimes, that's not how it works. That officer might be a lieutenant junior grade with five years in the Navy, when the Chief who works under him has 20. We have to remember to listen to experience."

Hall credits much of his leadership experiences to the chiefs he's worked with.

"There is no greater force multiplier than a chief petty officer," said Hall. "All my CPO's had a part in preparing me for future leadership roles. My command master chiefs have been the most talented leaders I have ever had the opportunity to work with. I feel I have learned more about leadership from them than they have from me. The Chief's Mess is the key to getting an organization to the next level of performance, and I've been

RDML Hall received a Bronze Star and three Combat Valor Awards during the Kosovo campaign while serving as C.O. for the Golden Warriors (VFA-87). He says it was one of his most challenging leadership roles to date as his unit engaged in immediate combat operations.

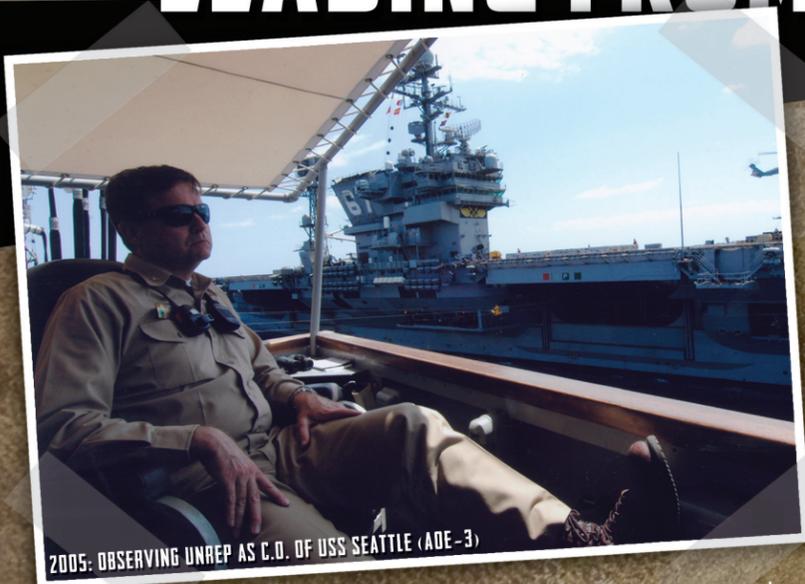


2006: ENROUTE STOP IN MANAS, KYRGYZSTAN, AS HE STANDS UP THE C-IED TASK FORCE IN AFGHANISTAN

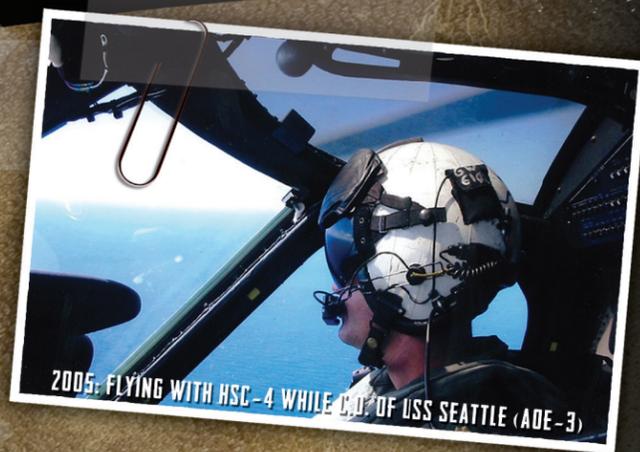
ADMIRAL HALL

— LEADING FROM THE FRONT —

— BUILDING MORALE —



2005: OBSERVING UNREP AS C.O. OF USS SEATTLE (ADE-3)



2005: FLYING WITH HSC-4 WHILE C.O. OF USS SEATTLE (ADE-3)



2010: RETURNING HOME FROM SHIPYARD AS C.O. OF USS ABRAHAM LINCOLN DURING OPTA



2009: THROWING OUT THE FIRST PITCH AT A MARINERS GAME WITH WIFE, GAIL

lucky to see it in action many times.”

In addition to working with leaders he could learn from, the opportunities Hall has taken advantage of have helped him continue to learn and grow as a warfighter and leader as his career progressed.

“One of the biggest things I had to learn to do in order to move forward was change,” said Hall. “I had to go back and re-learn things when I switched from fighter pilot to strike/fighter pilot.”

“As a fighter pilot, you have a very specific focus, but as a strike/fighter pilot you have a lot more to learn and specialize in,” he continued. “I didn’t assume I had all the answers, and I was willing to learn. I showed a lot of the junior officers that you can teach an old dog new tricks.”

New tricks are something Hall believes everyone in the Navy can succeed at as long as they put in the effort.

“You can be effective at everything you do by studying, gaining experience, taking everything as seriously as you can, and being the best you can be with the tools that you have. Use [the knowledge] you have and build upon it.”

A tour that influenced Hall greatly was his tenure as the commanding officer of USS Abraham Lincoln (CVN 72).

“One of the things you learn running such a large organization is that you can’t do it all,” he said. “You have to rely on other people to get your message out, so you have to understand what your message is and make sure you put out a clear message to your crew.”

Throughout his time in the Navy, while transitioning from fighter pilot to Commander of Carrier Strike Group NINE, Hall’s perspective

has continued to change and broaden along with his experiences.

During his time as chief of staff for Combined Joint Task Force 76 (CJTF-76), he participated in two major disaster relief efforts that helped him appreciate the Navy’s role in the safety and security of our people and people around the world. Hall led a team that assisted the victims of Hurricane Katrina in 2005 and those impacted by the 2005 Pakistan earthquake that killed more than 75,000 people.

“It was an incredible learning experience working with other government organizations and seeing how they operate,” said Hall about his Katrina experience. “After about a month doing that, we spent a few months at home before the earthquake hit Pakistan. We got to see first-hand what our Army brethren were doing to help with relief efforts. After that, we went home again, reset, and found ourselves on the way to Afghanistan a couple months later.”

Afghanistan presented yet another new experience, where Hall found himself setting up a Counter Improvised Explosive Device (C-IED) task force similar to one already in action in Iraq. During this time, he had the chance to meet a lot of people who had done multiple deployments in Iraq and Afghanistan, as well as witness what it was really like working in the field. Hall said this gave him a greater appreciation of what our fellow service members in other branches of the U.S. military do in the Middle East and also gave him a better understanding of what role Sailors play in their lives.

“I always tried to tell them that our culture was such a huge force multiplier for the guys over there,” he said. “Being the senior guy, a lot of times Sailors would come talk to me. Sometimes it would be for advice, other times it would be just because I was someone from the Navy to talk to.”

Hall explained that one of the most valuable things Soldiers and Sailors had in common was how pliable they both are. Hall said that

in both the Army and Navy cultures, people often get assigned a job they weren’t trained for and have to learn as they go. He explained that Sailors have the ability to be flexible and possess a willingness to work outside their usual comfort zone – which is a precious and valued commodity downrange.

“Many Sailors would show up to these C-IED units and not be assigned to the job they thought they were going to do,” he said. “They felt like they’d been forgotten by the Navy. Of course, they hadn’t been, but I told them, ‘Just do the best job you can. These guys need your help, and you’re hugely valuable. You can help any organization that’s here if you give enough leeway to how you do business.’”

Hall also credits his family for his success as a leader because they helped him understand and appreciate the sacrifices Sailors and their families make for our country.

“I’ve been married to my wife for 30 years,” said Hall. “We have two children—a daughter who is 28, and a son who is 25. I think in a way, it gave me a sense of stability that others didn’t have, knowing that I always had a family at home, no matter what. It gives you a greater appreciation of the sacrifices your children and your spouse make, with moving and separation, and all the other challenges that come with our lifestyle.”

Hall said that, as a leader, it’s important to understand things from a family’s standpoint and to appreciate the sacrifices people make. The way in which a family acclimates to the military lifestyle can potentially dictate the career paths of Sailors.

“It takes a very unique individual to put up with a Sailor, just because of the time they spend away from home,” he said. “They have to be a very strong individual to survive that, especially with children. Our families don’t get a paycheck to put up with what we do. They don’t train to become families. They have to deal with the situation as it comes.”

Hall said his wife’s volunteer work with the Family Readiness Group (FRG) and junior Sailors has helped him reach out to the families of his Sailors.

“My wife is a much more empathetic person than I am,” said Hall. “She has a much higher emotional IQ than I do, and she looks at things from a family perspective and tells me, ‘Hey, that’s not going to work because it’s going to have a lot of impact on the families.’ She’s also very good about letting families know that their input will get back to senior leadership, and she encourages me to come to many of the [FRG] meetings so families can hear things first hand. It’s very eye opening.”

Hall’s warfighting and leadership style has been molded by many people and events in his life, from his wife and children at home to the thousands of Sailors and servicemember she has been stationed with in his career. Whether it was participating in relief efforts around the world, flying combat missions in Kosovo, or even being an XO for a ship in dry dock, Hall conveyed that each and every job had been a new challenge for him and that every one of them has given him something to carry forward.

Sailors in Carrier Strike Group NINE can have the utmost confidence in their newest leader and warrior as they push ahead into future operations. Rear Adm. Hall’s vast experience, positive outlook and genuine concern for his Sailors give us much to look forward to in the years to come.



RX RUNNING POULSBO

Building upon a solid foundation of camaraderie and esprit de corps developed on board USS Ronald Reagan, four Reactor Sailors recently took 1st place in the team category at the Poulsbo Marathon, held Sept. 30th.

Working around the clock, the four Sailors and their team play a large part in providing power throughout the ship and ensuring we are able to enjoy certain comforts like hot water and electricity. Additionally, they also provide steam to mission-essential systems like the catapults while out to sea.

Working long hours with complex systems can be physically and mentally demanding. Sailors who operate in this kind of environment use different methods to build teamwork within the department, find different ways to combine building esprit de corps with having fun and make their work environment more enjoyable.

Electronics Technician 3rd Class Jarid Wessels is among several Sailors who use running to help stay focused at work, reinforce camaraderie between co-workers and stay in tip-top shape.

"Since we have been here, I've participated in different trail runs



"Getting a group of guys together to work toward the same goal is a powerful tool to bring people closer together"

and was able to see the beauty of the Northwest," said Wessels, a seasoned track and cross-country runner with numerous half marathons and 10k races to his credit. "I've been a runner my whole life—it's part of who I am."

Like many runners, Wessels often experiences moments where his body goes through a rush of endorphins and adrenaline creating a natural high.

"When I'm pounding the pavement, I just get in the zone. That runner's high gives me clarity of mind...it's really hard to explain how it feels," said Wessels.

Cooperation and trust are integral parts to achieving mission success in the Navy.

"Building camaraderie between shipmates helps make our work center better," said Wessels. "If someone asks help from a peer, it makes it feel like you're helping your friend, not just someone you work with."

Electronics Technician 3rd Class Josh Daco, another member of Reactor Department and the marathon team, believes that building teamwork outside of the work place makes for stronger bonds within the division.

"Getting a group of guys together to work toward the same goal is a powerful tool to bring people closer together," he said. "Having fun and building bonds improves the morale of our division which helps getting jobs like maintenance completed much easier."

When the liberty bells ring, Sailors always take advantage of having time off to decompress, recharge their batteries and get ready to continue working at the high standards of the Navy.

"Being in Reactor, any time we have off is sacred," said Wessels. "If we didn't have that time off to decompress, the mental fatigue would be overwhelming."

"Attitude plays a big part in the environment at work," Wessels added. "A positive attitude and using humor in a positive and constructive manner makes our work center better."

The trust that comes from being able to rely on a teammate to finish projects

in the workplace also bleeds over to the training that occurs outside of it. Daco saw this first hand during the preparations leading up to the Poulsbo Marathon.

"I've never participated in a race before the Poulsbo Marathon," said Daco. "Wessels gave me a lot of pointers and strategies on how to run the race. Helping each other is important and sharing that knowledge makes everything run smoother."

At the end of the day, these Sailors went above and beyond a regular PT session, competing in a difficult 26.2 mile relay race. Each leg had to do their part to ensure the team completed the marathon. They leaned on each other when they needed to. They never gave up, and their hard work was rewarded

with 1st place recognition among a crowd of veteran marathoners. The very next day, they set their running shoes aside and laced up their boots to begin another day of work in the world's finest Navy.



Story and photos by MC3 Kevin Hastings

TEAM REAGAN POSES WITH THE CUP



THERE IS NO "I" IN TEAM

WITH THE CAPTAIN'S CUP IN HAND, AND THE CHAMPIONSHIP ON THE LINE, TEAM REAGAN STANDS TALL

BY MC3 KEVIN HASTINGS

TEAM REAGAN PUSHES FOR A BIG FIRST DOWN DURING A CRUCIAL PLAY IN GAME

The Ronald Reagan flag football team wrapped up their season November 2, taking a second place finish in the base league at Naval Base Kitsap-Bangor.

The first of a three-game series was played October 29, with 'One More Time', a veteran team filled with former and prospective All-Navy flag football team members, keeping their undefeated season intact by beating the Reagan squad. Team Reagan then tied the series in the second game November 1, with a crushing 30-6 victory to hand 'One More Time' their first loss of the season. The highlight of the victory was two long touchdown receptions by Reagan's all-star receiver "Marvelous" Marvin Moss.

Unfortunately, the Reagan team couldn't keep the momentum going their way, as 'One More Time' won the third and final game with a heartbreaking 20-18 score.

Dave Adams, a wide receiver for 'One More Time', was amazed by the way Team Reagan

never surrendered during the series.

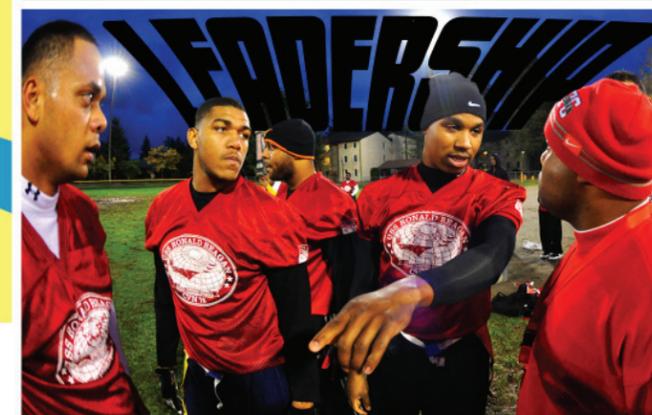
"I was very impressed by the way Reagan came out and played ball," said Adams. "We did come out with the victory, but those guys showed a lot of heart and never gave up."

Command Master Chief David Lynch concurred, "These guys came out in the bitter cold and played hard. Even with this loss, in tramural sports improve the crew's morale because these positive outlets give Sailors the opportunity to showcase their talents and to work as a team."

Lynch believes team sports foster a warrior mentality for all Sailors on an aircraft carrier.

"On a sports team, there will be natural leaders who emerge and take charge," said Lynch. "Leadership is one skill that can be taken back to the deck plates to improve our war-fighting capabilities."

The flag football tournament was the culminating event of a multi-sport competition commonly known as the Captain's Cup. The Captain's Cup, usually a large trophy, is presented by the commanding



"ON A SPORTS TEAM, THERE WILL BE NATURAL LEADERS WHO EMERGE AND TAKE CHARGE."

officer of a naval base to the tenant command that earns the most points throughout the year in designated events.

The Captain's Cup events included basketball (where Team Reagan took 4th place), dodge ball (2nd place), golf (1st place), and the Sweetheart and St. Patty's Day 5k fun runs, among several other sports.

Participation is key to attaining a win. Commands earn points based on numbers of Sailors participating and earn even more points for placing higher in the standings. The fun runs were graded by participation, with incentive points awarded for higher numbers of Sailors. Reagan stood out in this area as well, with approximately 165 Reagan Sailors braving the rain and snow during the St. Paddy's Day run.

Ronald Reagan had a staggering cumulative score of 487 points, easily beating out the closest competitors, the Marines, who had 382 points.

This Captain's Cup victory was the first for Ronald Reagan's Commanding Officer, Capt. Thom W. Burke.

"I've never won a Captain's Cup before," said Burke. "It's great! This area offers positive activities for our Sailors to participate in, and it's important for them to get up and out of their rooms to have fun."

For Lynch, being on the winning side of this Captain's Cup victory represented a change from earlier in his career when his participation on teams from the submarine fleet was marred with losses to aircraft carriers.

"I've lost the Captain's cup to four different carriers," said Lynch. "It feels pretty good to be on the winning side now."

WINTER REGS



NWU Parka and Hood

The parka and matching gortex trousers are authorized outer wear when worn with the navy NWU. They were designed to be worn with or without the detachable black fleece liner. Close zipper at least 3/4 of the way. During the winter or inclement periods, the parka hood is authorized for wear in addition to head gear. The hood must be stowed when not exposed to the elements.
 Article 3603.11

Watch Cap Navy Knit

When authorized by appropriate authority, The watch cap will be worn during cold weather conditions. The watch cap will be worn double folded approximately 2 1/2 inches, diagonally from the base of the back of the head, across the ears and on the forehead. Rank/Rate insignia is not authorized to be worn on the watch cap.
 Article 3603.2



NWU Black Fleece Liner

The only parka authorized to be worn with the Navy NWU. The black fleece is authorized to be worn as a stand alone outer garment. When wearing as an optional outer garment, the fleece will be worn over the NWU blouse, zippered at least 3/4 of the way and must have a sewn on center chest tab with rank insignia (E-4 and above only). The tab is stitched to the left side of the liner 3/4 inch from the center front fold and will be 4 1/8 inches in length.
 Article 3603.11

Umbrellas

Umbrellas will be plain, solid black and collapsible in length. Umbrellas are not authorized to be used with the NWU. Umbrellas are not authorized to be carried during military formations. During raining conditions the NWU parka hood is authorized for wear.
 Article 3501.99



Gloves in NWU

Black gloves are authorized to be worn with the NWU uniform over which an outer garment is worn. No other gloves are authorized for wear except those sold at the NEX. Black gloves are worn, never to be carried, and are removed to shake hands.
 Article 3501.24



Winter is inbound

Know the Cold Weather Regulations



For proper wear refer to U.S. Navy Uniform Regulation NAVPERS 15665 online at www.public.navy.mil/bupers-npc/support/uniforms/uniformregulations/pages/default.aspx

Refer to NAVADMIN 366/11 for expanded occasion of wear and revised manner of wear for NWU.

FIRST CLASS ASSOCIATION

WE WANT YOU!

“What’s the First Class Mess/Association Doing These Days?”

Some Sailors may or may not know what the First Class Mess & Association is all about. So, we wanted to highlight some of the outstanding efforts we’re doing for RONALD REAGAN Sailors and the community.

First, we want to talk about our Annual Children’s Holiday Party. This event, which has been spearheaded by AO1 Angela Derosa, is open to ALL hands and ensures the children of Sailors who have signed up receive a free gift as well as free food and drinks. There will also be multiple games and events for children to participate in. This year’s party will be held at the Bremerton Base Gym on Saturday, December 15th from 1000-1300. We encourage all Sailors to sign up!

AO1 Renaldo Collier, AO1 Jamell Pennell and CTM1 Reggie Mills have served as coaches of the RONALD REAGAN Men’s Basketball League with sponsorship from the Association. They have represented the command significantly in winning five games in the Sheridan Parks and Recreation League.

AT1 Ryan Lester organized a community relations project (COMREL) at the Bremerton Food Line. Sailors from the Mess, Association and RONALD REAGAN volunteered their time throughout a weekend to make Thanksgiving food baskets for the community. The baskets consisted of enough food to ensure a family had a Thanksgiving meal that they could not otherwise afford.

AT1 Abiodun Oguntala and YN1 Cindy Sepulveda also organized a First Class Mess Thanksgiving Dinner for RONALD REAGAN Sailors in the barracks. It was a great opportunity for us to give back to Sailors who weren’t able to go home for the holiday.

Finally, thanks to the valiant efforts of IT1 Josh Carmack and our fundraising volunteers, our Association has raised more than \$12,000 in funds through Century Link fundraisers. The money raised has afforded the Association and Mess the opportunity to contribute funds towards the Children’s Holiday Party, sponsor the RONALD REAGAN Men’s Basketball League, the Thanksgiving Dinner as well as the Mess Build-up.

So these days, the First Class Association is about organizing and executing events that are not only geared toward the First Classes on board, but also geared toward boosting morale, volunteering and camaraderie for ALL Sailors. We encourage all First Classes to join and be a part of the great accomplishments the Mess and Association are doing to help the command and the community!

Very Respectfully,
YOUR First Class Association

RONALD REAGAN: INSTILLING CONFIDENCE IN AMERICA

Story by

MCCS DEAN LOHMEYER



Many Sailors of my generation can remember the serious issues America faced during the late 1970’s—double-digit inflation, higher gas prices, people waiting hours in line just to get gas, rising unemployment, and much more.

America’s problems didn’t stop at our borders. The Soviet Union brought nine more countries under their communist influence. The Shah of Iran, who for years had been supported by America, was deposed and replaced by the radical Ayatollah Khomeini, leading to the Iran hostage crisis which humiliated the nation. Military servicemembers faced horrible morale problems during a period when military spending was drastically cut.

During his reelection campaign President Jimmy Carter stated that America faced a “crisis of confidence.” These issues and many more contributed to this perception, but one man felt differently:

Ronald Reagan.

“I found nothing wrong with the American people,” he said. “We had to recapture our dreams, our pride in ourselves and our country, and regain that unique sense of destiny and optimism that had always made America different from any other country in the world.”

Reagan began to instill hope in Americans during his campaign, and built momentum throughout the year by promising to change America. By doing so he brought back a uniquely American confidence and swagger. His ideas for change were simple yet drastic: a 30 percent tax cut across all income levels to bring the economy out of its doldrums; increased military spending to promote peace through strength around the world; and social policies that would ensure traditional American decency and common sense.

Reagan knew the changes he proposed weren’t going to happen overnight, and the America he envisioned wasn’t going

to be achieved with the snap of a finger. What he did know, however, was that Americans would support a leader who showed confidence in them and was confident in himself.

His hope for a brighter future for America and his platform of change paid off on Election Day 1980, when Reagan defeated President Carter by nine percentage points. Six months after taking office, Reagan signed into law the largest tax cut in American history, proving the confidence he had in himself as well as the confidence Americans showed in him was well placed.

Today, the crew of USS Ronald Reagan finds itself in a similar situation with the ship nearing the end of the Docked Planned Incremental Availability (DPIA). Many of our Sailors may be

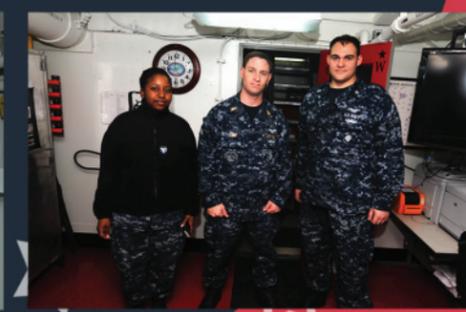
facing their own crisis of confidence. Those who have never been underway now have to prove their “book smarts” by performing their job in a real-world environment.

I’ve noticed this in a small way on my duty days. While many Sailors are quick to jump into action during a fire drill, a few are not quite sure of themselves, so they hang back. While this is somewhat to be expected, the only way to gain that confidence is to get involved and do it. Sure, we might make mistakes along the way and get frustrated, but as long as we are learning and improving during future drills, we are moving forward. More importantly, we will build that essential confidence in ourselves and our shipmates.

Just like Ronald Reagan had much he wanted to accomplish during his presidency and got started immediately upon taking office, USS Ronald Reagan’s crew also has a lot to accomplish in a short period of time. By building confidence in each other and in ourselves, we will soon reach our goals and rejoin the fleet as a war-fighting ship, taking the fight to our nation’s enemies.

BY BUILDING CONFIDENCE IN EACH OTHER AND IN OURSELVES, WE WILL SOON REACH OUR GOALS

PHOTOGRAPHS BY MCSN NOLAN KAHN



THROUGH THE LENS



MWR

has all the tickets you need

December Events:

- 3. Monday Night Football Free
- 4. Deck The Hall Ball Concert \$65
- 8. Christmas Trip To Leavenworths \$30
- 9. Nutcracker Ballet \$45
- 15. Snowqualmie Ski/Snowboarding \$55
- 18. Holiday Cookie Decorating Free
- 22. Mt. Rainier Snowshoe Trek \$30



USS Ronald Reagan Holiday Party 2012

*Semi-formal dress required

This event will be held December 13, 2012 from 5pm-10:30pm in the Westin Seattle Hotel at 1900 Fifth Avenue, Seattle WA.

E4 & Below	\$20
E5 & 6	\$25
E7-E9 & O1-O3	\$35
O4 & Above	\$40

*Link found on Gippernet



\$55 & \$99

MWR is offering up some serious deals for upcoming NFL games at the Century Link Stadium, ACT FAST, quantities are limited!



\$7

Sick of paying \$12 for a movie ticket? So is MWR! Next time you're about to hit up the theater, let MWR supply you with the cheapest tickets for AMC & Regal Theaters.



\$55

Shed some pow pow with MWR this December on the Snowqualmie slopes. Better act fast, San Diego is lacking in the snow department.



Better hurry!

Complete the Turkey Scavenger Hunt and be entered into a chance to win a free hotel room at The Westin, the evening of the Holiday Party. Obtain your scavenger hunt cards from the MWR office.



Nutcracker Ballet

This Pacific Northwest Ballet's famous Stonewell & Sendak *Nutcracker* is the perfect opportunity for ballet or Christmas enthusiasts! Not to mention it's a good reason to paint the town in your dinner best. The event will be held at McCaw Hall at 5:30pm.

Mt. Rainier Snowshoe Trek

Gear up people because MWR offers yet another great opportunity for you to capitalize on!



December 22 you're invited to attend the snowshoe trek through the beautiful mountain range that is Mt. Rainier. Enjoy the wildlife, exercise and the crisp mountain air for only \$30! Act fast!

MONEY BACK reimbursement info

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



RIPPED RUNNERS

push your physical limits

A 12 week running/fitness initiative for all command Sailors to partake in by competing in and training for state wide 5k, 10k, 15k runs, mud runs and half marathons throughout Tacoma, Seattle, Shoreline and other cities across WA state.

Races that have at least 6 Sailors looking to compete in the same event can enter as a team at discounted prices. Carpooling in MWR Vans can be organized for groups of at least 6.

Calculate before you Accumulate

indulge at your own risk! >>>

A Double-Double, fries and a chocolate shake is 1,760 calories. You would have to swim 3.7 miles, approximately 116 lengths in the gym pool to burn that off.



The Shoe Review: A6 Kyano 18

Highlights include the much acclaimed Impact Guidance System, which by building in a larger cushioning area on the heel of the shoe and increasing the angle of the rear foot lateral flex grooves, Asics claims that the new Kayano Sixteen shoe more effectively controls the tendency for the runner to pronate by dissipating the forces that are enacted upon, the runner when the runners heel strikes the ground. Priced at \$99-\$178, these running shoes are a great buy!



Try this:

Horizontal Band Row

Strengthen and tone your back and posture with this variation on a classic move: Hold the band handles with a neutral grip. Sit in a half squat with your chest out and up. Stand back to keep tension in the handles. Start with arms extended, then pull your elbows back along your rib cage and squeeze your shoulder blades at the back of the movement. Slowly extend arms back to starting position. Keep core tight the whole exercise. Repeat for the desired number of reps.

Fitness Tip: The benefits of working legs

Melt fat from your body:

Your legs are a large part of your body, so each exercise literally moves your whole body. This is precisely why you'll burn more calories while exercising your legs than any other body part.

Releases endorphins:

Leg workouts fuel the production of endorphins. These are natural hormones responsible for feelings of happiness and energy. If you've ever felt a buzz after a good workout or a long run, it's most likely endorphins at work. Just ask Wessels!



Runners choice to revitalize: Pancakes?

Mix quinoa and white flour [1:1 ratio] add lemon zest, cinnamon, nutmeg and blueberries to batter; dust with powdered sugar. Quinoa is a quality protein because it contains all essential amino acids. Loaded with energy-replenishing carbohydrates, flapjacks take center stage at a post run breakfast. Next time you take a run, try refueling with some unique pancakes.



SPRI Band NOFFS Band Kit available for check out through Fitboss and MWR

SHOP SMART! Organic or conventional

Not sure when to buy organic? If you're peeling or removing the rind (avocado, bananas, or onions), conventionally grown produce is fine. If you're going to eat the exterior (apples, peaches or bell peppers), buying organic will limit your pesticides exposures

THE NUMBER CRUNCHER

Airman

Jamie Medina



from Aurora, Colorado – “1 of my favorite things to do is salsa dance. I’ve been dancing for 3 years, it comes natural to me, I just feel the music.”

Aviation Boatswain's Mate Airman (Handling)
Jaemee Brown



from Sacramento, Calif. – “I collect Lion King memorabilia, toys, cups, rings, stuffed animals and movies. I have over 200 Lion King items from over the years; I even have a tattoo.”

Chief Aviation Boatswain's Mate (Handling)
Junior Ruiz



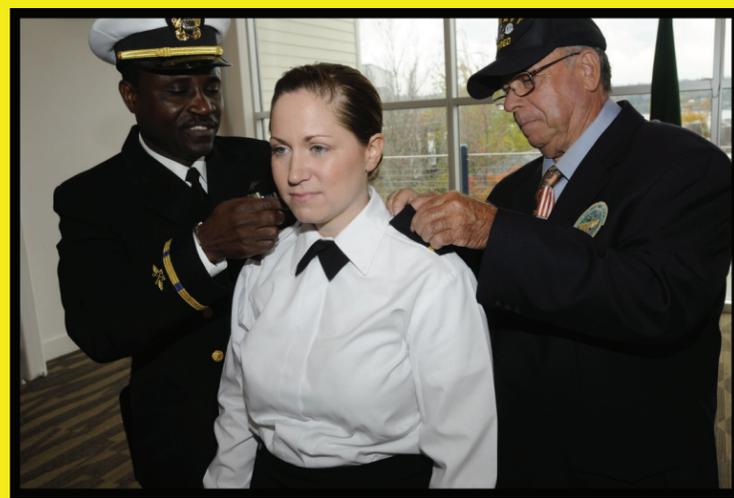
from San Fernando, Calif. – “For a hobby, I’ve been building fish tank stands for the past 8 years. It helps me keep my mind busy and to pass the time.”

Airman

Vincent Prosapio



from Chicago, Ill. – I’m 22; my birthday is May 24, 1990. I’ve been alive for 8,179 days, 196,306 hours, 11,777,760 minutes and 706,665,600 seconds.



Update: ABE1 Hazle, the 1st Woman ALREA, had a successful commissioning ceremony on November 1, 2012, CONGRATULATIONS!

facebook.

From 2009 to 2012, Facebook’s population went from 197,000,000 to 901,000,000.

1,000,000,000,000
0,000,000,000,000
0,000,000,000,
000,000,000

What comes after a trillion? A quadrillion, quintillion, sextillion, septillion, octillion, nonillion, decillion and undecillion.



Setting the record of world’s largest turkey in 1989, “Tyson” weighed in at 86 lbs., selling for an amazing \$6,692!



The idea of time travel was thought up, November 5, 1955 by Doc Brown.



STOIC STACHE



POWER STACHE



DAPPER STACHE



HAPPY STACHE



CHIEF STACHE



DOPEY STACHE



BUSHY STACHE



REGAL STACHE



SUPERIOR STACHE

INFERIOR STACHE



COLD STACHE



CONSTIPATED STACHE



FAIL STACHE



PENCIL STACHE



THINKING STACHE



TOM SELLECK



DOCILE STACHE



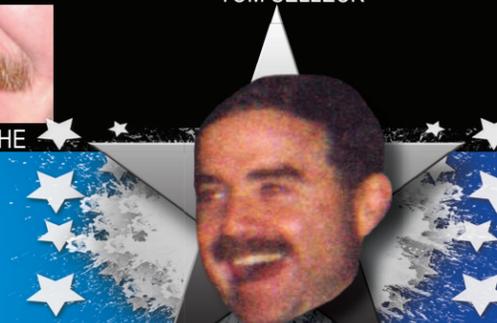
GRUMPY STACHE



CATERPILLAR STACHE

MOVEMBER

PROSTATE CANCER AWARENESS MONTH



REAR ADMIRAL HALL
CIRCA 1999

THE OFFICERS VS THE CHIEFS

JR. Enlisted



CWO4
CORPUZ

Week 13	Week 14
Thursday, Nov. 29	Thursday, Dec. 6
5:20pm	5:20pm
Sunday, Dec. 2	Sunday, Dec. 9
10am	10am
1:05pm	10am
1:15pm	1:05pm
1:15pm	1:15pm
1:15pm	1:15pm
1:15pm	1:15pm
5:20pm	5:20pm
Monday, Dec. 3	Monday, Dec. 10
5:30pm	5:30pm

Question of the Week

Tony Romo



LSCS
JOVEN

Week 13	Week 14
Thursday, Nov. 29	Thursday, Dec. 6
5:20pm	5:20pm
Sunday, Dec. 2	Sunday, Dec. 9
10am	10am
1:05pm	10am
1:15pm	1:05pm
1:15pm	1:15pm
1:15pm	1:15pm
1:15pm	1:15pm
5:20pm	5:20pm
Monday, Dec. 3	Monday, Dec. 10
5:30pm	5:30pm

Question of the Week

Michael Vick



FC2
GILLUM

Week 13	Week 14
Thursday, Nov. 29	Thursday, Dec. 6
5:20pm	5:20pm
Sunday, Dec. 2	Sunday, Dec. 9
10am	10am
1:05pm	10am
1:15pm	1:05pm
1:15pm	1:15pm
1:15pm	1:15pm
1:15pm	1:15pm
5:20pm	5:20pm
Monday, Dec. 3	Monday, Dec. 10
5:30pm	5:30pm

Question of the Week

Tom Brady

Question of the Week

Who's the worst starting QB in the league

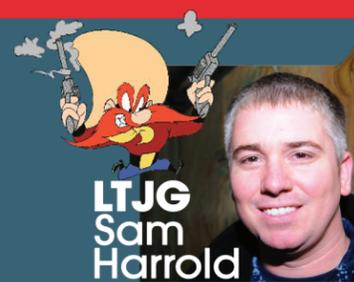
Indicates a selection

who is your favorite cartoon character?



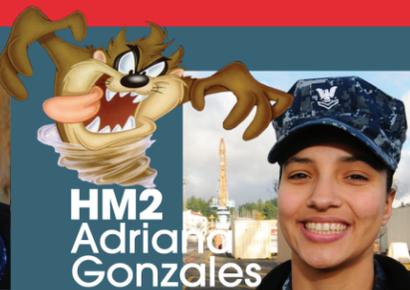
SHSN
Kyarroah
Breamsley

Ren from Ren&Stimpny



LTJG
Sam
Harrold

Yosemite Sam



HM2
Adriana
Gonzales

Taz

Hot In November

from Tablets to the hottest video games we got you covered.

Nexus 7

Price Release Date
\$250 (32GB) Out now!
Should i get it?

The first impression you may have after using the Nexus 7 is "Wow, only \$200?" It has a bright screen, and packs solid performance. Perhaps best of all, is the inclusion of a "Pure" build of Google's latest Android operating system "Jelly Bean". From a pure hardware standpoint this machine beats out the Kindle Fire and Ipad Mini. The bottom line is if you are thinking about an Ipad Mini or a Kindle Fire, just forget them. This is easily the best small tablet on the market.

Wii U

Price Release Date
\$299 Out Now
Should i get it?

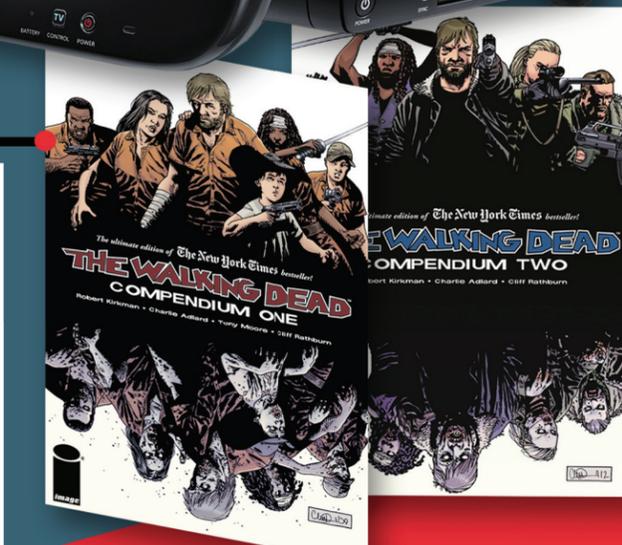
The Wii U is Nintendo's successor to the Wii. Featuring a touch-screen tablet controller and sporting a processor slightly more powerful than an Xbox 360. The tablet controller will allow users to play on the screen as long as they are within range of the console. However the Wii U Gamepad is not a portable device, and it has no real internal power on its own. The controller will allow Netflix, Hulu and Net surfing, but it won't replace your Ipad, Nexus 7 or Surface as a preferred tablet. The base Wii U model comes in white, has a 8GB hard drive and will run you \$299.99. The "Deluxe" Wii U model is black, comes with a 32GB hard drive, a copy of Nintendo Land and some other bonuses and will cost \$349.99.



New Super Mario Bros. U

Price Release Date
\$50 Out now!
Should i get it?

New Super Mario Bros. U is Nintendo's latest take on the classic side-scrolling adventure featuring Mario, Luigi, Toad and even your Mii character! The game received a 9.1 rating from IGN.com and will feature new power-ups (check out Mario's flying squirrel outfit) and new ways to play with the Wii U tablet controller. Nintendo developers were hard pressed to bring challenge back to the Super Mario Brothers and by all early indications this is a must buy for fans of the Super Mario Brothers franchise.



The Walking Dead Compendium 1-2

Price Release Date
\$30 Out now!
Should i get it?

The Walking Dead franchise began as an independent comic book which eventually blossomed into a New York Times Best Seller series and an Emmy Award-winning T.V. series. The compendiums will expose fans to the original story and shouldn't be missed. The first book features comics #1-48 which will run you far ahead of where the characters in the show currently stand. The second book presents book #49-96. The books hold no punches, the "original" story is both visceral and intelligent. If you currently watch the series you will be shocked and surprised at the situations creator, Robert Kirkman puts his characters through.

WARRIOR

P E T H O S



“Every warrior virtue proceeds from this - courage, selflessness, love of and loyalty to one’s comrades, patience, self-command, the will to endure adversity. It all comes from the hunting band’s need to survive.”

STEVEN PRESSFIELD



USS RONALD REAGAN

SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.