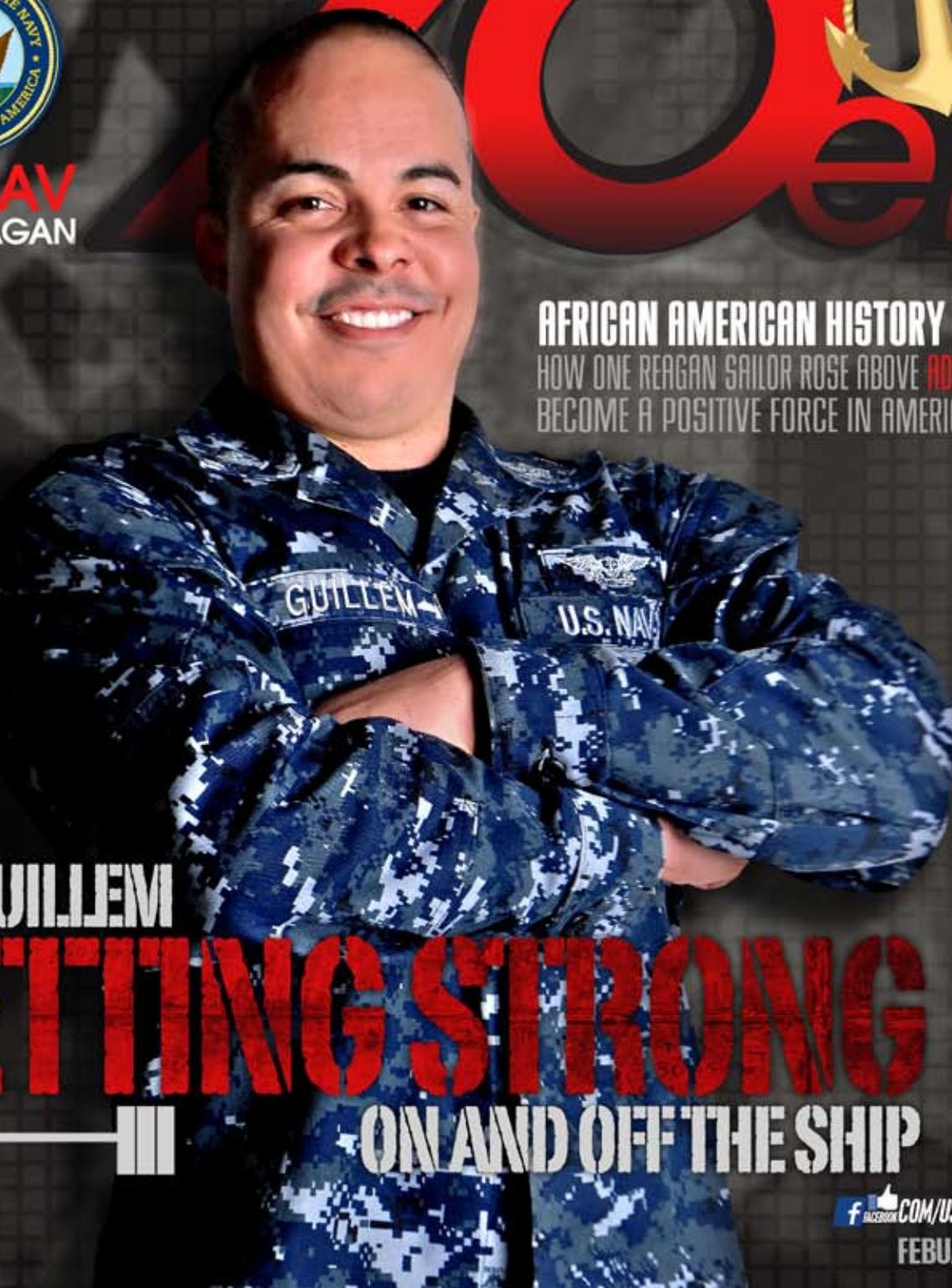


RONALD REAGAN AND STARWARS

The 16er



SECNAV
VISITS REAGAN



AFRICAN AMERICAN HISTORY PROFILE
HOW ONE REAGAN SAILOR ROSE ABOVE **ADVERSITY** TO
BECOME A POSITIVE FORCE IN AMERICA'S NAVY

AO1 GUILLEM

GETTING STRONG

ON AND OFF THE SHIP

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FEBRUARY 15 2013



HEAVY LIFTING

RONALD REAGAN SAILOR USES COMPETITION TO STAY

FIT AND FOCUSED

Story by MCSN Jacob Estes Photos by MC2 Timothy Black

Sea duty can be a tough adventure. It's a life full of long hours, hard work and being away from your loved ones – all things that can be mentally and physically challenging. Managing stress is a task all its own. For Aviation Ordnanceman 1st Class Giovanni Guillem, harnessing that stress and pressure has led to success both on and off the ship.

For five years, Guillem has been translating stress into success; competing in body building competitions up and down the West Coast.

"Once I learned how to utilize the energy I felt from stress, I then had the motivation and energy to engage in my daily workout," said Guillem. "I've learned that the frustrations I felt at work could help me zone out and excel inside the gym."

His love of fitness began when he joined the Navy 10 years ago, but it began unsuccessfully. He would work hard on repetitive exercises training the same muscle groups. After years of blind work and no real improvement, he decided to make a change.

Guillem
beasting some
shrugs at the
base gym.



Spotting his
lifting partner
as he puts up
255lbs on the
bench press



Curling
with
intensity



Machine
Leg
Raises

"It wasn't until I met with a serious body builder, 'Big' Israel Briseno, that I started to see improvement" said Guillem. "He opened my eyes by teaching me about the hard work not just in the gym, but outside of it as well."

By practicing healthy life habits, Guillem began seeing changes. He disciplined his diet, ate on a schedule and made sure he got maximum sleep for promoting muscle growth. These habits combined with harnessing the stress of a day on the ship were a recipe for success.

"Working out always brings a calming sensation over my body and mind, and makes me feel great," said Guillem. "Thankfully I was able to slowly watch as my body changed and my size went up."

Guillem added 57 pounds of muscle mass in five years, growing from 127 pounds to 184 pounds, and has placed in the top 10 in three bodybuilding competitions.

"I'm in the best shape of my life," said Guillem. "But it wasn't easy getting here. It has taken me a lot of time, effort, and dedication."

It hasn't just been a one way endeavor for Guillem. The success in the gym has given back to him on the job as well.

"Working out helps me push myself in nearly every aspect of work as well," said Guillem. "Just like in the gym, I set my goals high in the workplace, and when I obtain those goals, I create new, higher goals."

The competitive nature that he has built through his body building competitions has crossed over into his life as a Sailor as well. It fuels him to push harder to ultimately obtain his goals.

"I'm always striving to be the best. In the gym I can look around and assess myself based on my competition. The same goes for the workplace," he said. "I compare myself to those around me; asking myself, 'what can I do to separate myself from peers, how can I stand out to be the best?'"

Working out has also helped Guillem see himself in a more positive light. In a working environment where Sailors can often be less than positive, Guillem says confidence can play an important role in how efficient a Sailor can be.

"I see it all the time," said Guillem. "Sailors come in the gym out of shape, but start coming more frequently. As their body changes, often does their confidence as well. They begin to be more social and just seem much happier."

Guillem has struck a healthy balance of fitness routine, diet, rest and stress relief to meet his bodybuilding goals. By practicing all of these disciplines as part of his routine, he's found himself to be a healthy person and a fit Sailor.

"When you look good, you feel good, and when you feel good you're a more efficient Sailor," said Guillem. "Satisfaction is a great thing."

"Just like in the gym, I set my goals high in the workplace, and when I obtain those goals, I create new, higher goals."

SECNAV VISITS REAGAN, REENLISTS SAILORS

Story by MC3 Terry Godette Photos by MC3 Shawn Stewart

BREMERTON, Wash. (NNS) -- Secretary of the Navy Ray Mabus visited Naval Base Kitsap Bremerton and the USS Ronald Reagan (CVN 76) Feb. 6.

Mabus reenlisted 25 Sailors from all over the region, including 15 Reagan Sailors, at a reenlistment ceremony on base. The ceremony was a chance for Sailors to renew their commitment to the Navy and the country while also giving them a chance to be reenlisted by the Navy's top leader.

"It was exciting to be reenlisted by the Secretary of the Navy," said Electronics Technician 2nd Class Joseph Rogers. "It's not every day you get an opportunity like this and I'm very grateful to have this experience."

After administering the oath of reenlistment to the Sailors, Mabus held an all-hands call where he talked about the current status of the Navy. He covered a wide range of topics including budget solutions, sexual assault prevention, and the Navy's future, but he made sure he stressed how proud he was of the Navy and its Sailors.

"I and America can't be more proud of you," said Mabus. "You have never slowed and you have never faltered."

Following the reenlistment ceremony, Mabus headed to Reagan to visit with the crew and to have lunch with some Sailors. The visit ended with a cake-cutting ceremony commemorating the birthday of the ship's namesake, President Ronald Reagan.

"It was a moving experience to sit down right next to Mr. Mabus and have a normal conversation with him," said Aviation Boatswain's Mate (Equipment) 3rd Class Elizabeth Irby. "I was able to ask a couple of questions I've had on my mind for a while and I was able to get answer directly from someone who could answer my questions."

Reagan is currently homeported in Bremerton, Wash., while undergoing a Docked Planned Incremental Availability maintenance period at Puget Sound Naval Shipyard and Intermediate Maintenance Facility.



Ray Mabus cuts the first piece of cake with Captain Burke and CS2 Estrella to celebrate Ronald Reagan's 102nd birthday.



Ray Mabus takes the stage to reenlist 15 Ronald Reagan Sailors on base in front of an American Flag background.



Ray Mabus sits down and gets to know Reagan Sailors on a personal level, while celebrating the birthday of our ship's namesake, President Ronald Reagan.

WARRIOR ETHOS



PEACE THROUGH STRENGTH
CVN 76

“I can imagine no more rewarding a career. And any man who may be asked in this century what he did to make his life worthwhile, I think can respond with a good deal of pride and satisfaction: 'I served in the United States Navy.'”

JOHN F. KENNEDY
UNITED STATES PRESIDENT, AUGUST 1, 1963



USS RONALD REAGAN
SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.