

TNR

THE NAVY RESERVIST

APRIL 2013

Reserve Submarine Force (SFRC)

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The Navy Reservist is always looking for good action photos of Navy Reservists (minimum 300 dpi) that tell a story of Reserve training or support to the fleet. Please provide full identification of all individuals in the photograph, including their respective rating, rank and command. Photos should also include a visual information record identification number or VIRIN. Information about VIRINs is available online at www.navy.mil/photo_submit.asp. Submissions should be received eight weeks prior to publication month (i.e. October 1st for the December issue). Material will not be returned.

NEWS ONLINE ... The Navy Reservist current and past issues can be accessed online at <http://www.navyreserve.navy.mil>. Navy Reserve News Stand, a Web site featuring Navy Reserve news and photos, plus links to Navy fleet pages, can be viewed at www.news.navy.mil/local/nrf.

CHANGE OF ADDRESS ... Selected Reservists with address changes need to provide updates to the NSIPS (Navy Standard Integrated Personnel System) via their NOSC Personnel Office.



SUBFOR Reserve: TNR presents this month's series on the Reserve Submarine Force. (Page 10)



Seaman to Admiral: Retired Rear Admiral Garry J Bonelli talks about his journey from Seaman to Admiral. (Page 14)



Diving deep to reach goal: Master Chief Michael Bross (MDV) discussed the intense training to acquire his Master Diver designation. Bross, a 21-year veteran, is the first Navy Reserve Master Diver. (Page 24)



This is SFRC: The Submarine Force Reserve component stands ready to be as stealthy as the best undersea warriors out there. (Page 12)



SARP: Sexual assault awareness training is more than recognizing the impacts of sexual assaults in April. (Page 22)



Expedition Maintenance: EM Sailors perform their annual training aboard the USS Frank Cable (AS 40). (Page 26)

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focus on



Vice Adm. Robin R. Braun

Shipmates,

Recently, I was in San Diego and attended a retirement ceremony honoring our shipmate Rear Adm. Garry Bonelli for his 45 years of dedicated Naval service. One of our longest serving Navy SEALs, Bonelli enlisted in the Navy in 1968 and served as a Frogman in Vietnam. After transitioning to the Navy Reserve, he was commissioned and rose through the ranks serving as the only selected Reserve officer to command an active-duty SEAL team. Selected for Flag rank in 2007, Bonelli served as Deputy Commander and Commander of Naval Special Warfare Command, leading more than 8,500 men and women during a period of unprecedented operational tempo. During the past few years, he and his wife Marti have had an incredible impact on Sailors and their families. On behalf of the Force, I want to thank Garry and Marti for their incredible dedication and service. We wish them fair winds and following seas.

While in San Diego I was able to visit several commands and hear about the important work our Sailors are doing around the globe. At Helicopter Sea Combat Squadron 85, I enjoyed meeting with the chief's mess, and later recognized the Sailors of the year Naval Aircrewman 1st Class Evin McDonel (Senior Sailor), Naval Aircrewman 2nd Class Kiernan Beresford (Junior Sailor), and Information Systems Technician 3rd Class Marissa Hupe (Blue Jacket). We also toured the Fleet Logistics Support Squadron 57 spaces and met with Sailors, the chief's mess and officers. At Coastal Riverine Squadron 1, and we saw first-hand the exciting mission their Sailors execute. During a familiarization ride on their 34-foot Patrol boat, we re-enlisted Senior Chief Electrician's Mate Johnnie Meyer and Chief Engineman Guillermo Montes in San Diego Harbor with the USS Midway as a backdrop. Montes, Meyer, Lt. Cmdr. Sean Fisher, Information Systems Technician 1st Class Thomas Hunter and Master-at-Arms 1st Class Christopher Jordan

provided a fantastic overview of the patrol boat and mission. The day included a visit to Naval Special Warfare Group 11 and SEAL Team 17 where we also received operational briefs from commanders in the field. Additionally, we recognized Sailors of the year Yeoman 1st Class Christina Dipaola and Personnel Specialist 2nd Class Kimberly Sedlak. I am continually impressed by the professionalism and hard work of our Sailors on the water front.

My husband Mike and I also recently attended a Returning Warrior Workshop (RWW) in Atlanta hosted by Capt. Greg Smith, commander, Reserve Component Command Southeast, his former Deputy, Capt. Tom Marotta and Warrior Family Support Program Specialist Matt Davis. A total of 160 Sailors and guests attended the weekend event. The workshop was highly motivating, and gave attendees the opportunity to be recognized for the sacrifices made by both deploying Sailors and their loved ones left behind. Facilitators presented examples of challenges, successes and inspirational experiences that put the Sailors at ease and allowed them to relate and share their own experiences. The uplifting weekend was focused on recognition and reintegration for both Sailors and their guests. Many Sailors and significant others approached me after the event and were appreciative of the opportunity to reconnect and discuss challenges that had developed as a result of being deployed. I encourage all Sailors who mobilize individually or as a unit to take advantage of the fantastic opportunity to attend an RWW. It was a truly inspiring event.

Vice Adm. Robin R. Braun, Chief of Navy Reserve

the force

Force Master Chief (AW) Chris Wheeler



Hello fellow Navy Warriors,

One of the challenges we all face is finding time to accomplish all that we need to do. Whether at home or at work there is always more to do and seemingly less time to do it in. In the Navy Reserve, general military training (GMT) is one of those items that we sometimes struggle to complete.

I often hear Sailors question whether GMT courses are really necessary. Part of the argument is that we cover the same topics every year. The bottom line is that GMT is not only necessary but extremely relevant and should be taken seriously — by everyone. GMT topics address our well being and those of our shipmates, as well as contribute to force readiness. So being redundant by reviewing the same topics every year is good for everyone.

No one will argue that topics like suicide prevention, information security or operational stress control are not important. We read every week where Sailors make choices that negatively impact their life and the lives of their loved ones. All too often the wrong decision or a lack of awareness by one Sailor can also hurt a command's mission readiness. GMT courses were created to improve understanding on important topics to help Sailors make the right choices for the right reasons.

As leaders and as shipmates we need to recognize the value of GMT. We need to value what these courses bring to the Navy Reserve and our ability to execute our missions. So make time to complete GMT and encourage others to do so as well. When we do this, we are setting our Sailors and our commands up for success. Remember — every Sailor matters.

A handwritten signature in black ink that reads "Chris T. Wheeler". The signature is stylized with a large, sweeping "C" and "W".

Navy Reserve Force Master Chief (AW) Chris Wheeler

Annual General Military Training

- Government Travel Credit Card: October
- Information Assurance: October
- Personally Identifiable Information: October
- Responsible Use of Alcohol: November
- Sexual Assault Prevention Refresher: December
- Responsible Personal Behavior Equal Opportunity, Sexual Harassment, Grievance Procedures: January
- Ask-Care-Treat (Suicide Awareness and Prevention): February
- Improving Personal Financial Management: March
- Operational Stress Control: April
- Anti-Terrorism/Force Protection: May
- Trafficking in Persons: May
- Security: June

Letter from the Editor



Shipmates,

This month's TNR focuses on the great work accomplished by the people of the Submarine Force Reserve component. The men and women of the "Silent Service" are doing great things out there supporting submarines and tenders. They are also ready at anytime to rescue submariners in distress. The submarine rescue and escape capability they have is unique as it is not limited to U.S. Sailors. They train with other nations to ensure submarine rescue capability is available to international partners.

I hope you enjoy learning about your shipmates in our submarine force.

My intro is short this month because I wanted to save some space to bid all my shipmates a fond farewell. This is my final edition as editor of TNR so I wanted to thank all the people I have worked with over the years. I started out at TNR when I was a selected Reservist way back in 2007. Since then I retired from the Reserve and transitioned into this rewarding job as a civilian. I have enjoyed every day working with you all. I have made many friends while here and I hope to continue to read your stories in future issues of TNR.

Thanks for all you do. I will miss telling your stories, but TNR magazine will certainly continue showcasing your great work.

VR/R/WR

Jim

Jim Vorndran
Editor-in-chief
The Navy Reservist Magazine

PROFILE IN PROFESSIONALISM

careers, skills and services they provide to the fleet. To nominate a Sailor, email the editor, james.vorndran@navy.mil, for a submission form. Please include a high-resolution (300 dpi) 5"x7" digital photo of the candidate.



Joanna Dunn

HOSPITAL CORPSMAN 2ND CLASS

Hometown: Brandon, Miss.

NOSC: Tucson, Ariz.

Unit: Full-time-support staff

Brief description of your Navy job:

To ensure selected Reservists are medically qualified to mobilize. I also update and maintain medical and

dental records for Reservists.

Brief description of your civilian job: N/A. I am the medical department representative for the Navy Operational Support Center.

What has been your greatest Navy achievement? Cross rating to Hospital Corpsman and advancing to second class first time up. Also being acknowledged as the Blue Jacket of the Quarter twice at the NOSC.

Who has been your biggest influence since joining the Navy?

Navy Counselor 1st Class Richard Stewart and Senior Chief Navy Counselor Jillian Guy from Naval Station Pearl Harbor, Hawaii; Senior Chief Engineman Samuel Bernhardt and Chief Engineman Jason Cordero from NOSC Tucson and Logistics Specialist 1st Class Victor Griffith and Senior Chief Engineman Steve Kennedy. All of them have influenced me and have gotten me to be successful in every part of my Navy career.

What do you enjoy most about the Navy? I enjoy meeting new people and being able to experience new cultures and environments.

Most interesting place visited since joining the Navy: Pearl Harbor, Hawaii. I loved the relaxed environment and the chance to experience Hawaii.

Current hobbies: Listening to music, cooking and eating different types of foods, enjoying movies and spending quality time with my two children.



Eric Stacey

SENIOR CHIEF LOGISTICS SPECIALIST

Hometown: Sun Prairie, Wis.

NOSC: Madison, Wis.

Unit: Logistics Readiness Center, 3rd Fleet Headquarters, Point Loma, Calif.

Brief description of your Navy job:

I am the senior enlisted leader for the logistics directorate at NATO/Combined Security Transition Command Camp

Eggers, Kabul, Afghanistan. I am responsible for all manning, training, scheduling and administrative management. As a Master Driver, I train staff and coordinate convoys and security escorts. As a firearms instructor, I train U.S. and coalition forces so they maintain their readiness and in-theater weapons requirements.

Brief description of your civilian job: I am a sergeant for the Dane County Sheriff's office in Madison, Wis.

What has been your greatest Navy achievement? Mentoring junior Sailors and officers has been very rewarding. Having a part in the success of Sailors I serve with is one of my greatest achievements.

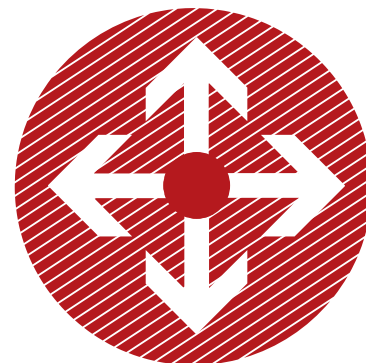
Who has been your biggest influence since joining the Navy? The many outstanding leaders who have mentored me throughout my career. The Navy's mentor program is an outstanding way to help build a successful career.

What do you enjoy most about the Navy? The camaraderie shared in the Navy and within the chief petty officer's Mess has been the most enjoyable aspect of my career.

Most interesting place visited since joining the Navy: I have traveled the world in my nearly 27 years in the Navy. It is hard to pinpoint a best place I've been. A shared experience with fellow Sailors while visiting a foreign shore makes a place memorable. Though it is fun to travel and experience different cultures, being away from home makes you appreciate what you have and where you are from. The United States easily remains the best place.

Current hobbies: I like to travel and do anything outdoors, such as hiking, biking, snow skiing, hunting and fishing.

CAREER COUNSELOR CORNER



CMS-ID for the Reserve Component Sailor

The latest upgrade to Career Management System-Interactive Detailing (CMS-ID) incorporates changes from the feedback of Sailors, command career counselors (CCC), command representatives and from other system users.

CMS-ID no longer provides mobilization functionality:

- To volunteer for mobilization, contact your CCC or visit the mobilization volunteer portal on the Navy Reserve Homeport.
- For annual training or active duty for training opportunities contact your CCC or visit the short-term contingency operations volunteer portal on the Navy Reserve Homeport.

To link to either of these portals:

- Log in to The Navy Reserve Homeport.
- Place cursor on the “Applications” tab at the top left of the page.
- Choose the desired portal from the drop-down.

New upgrades:

When submitting an application in CMS-ID, a “Gate” may appear when an issue exists with a Sailor’s application. The “Gate” which could appear for several reasons will not allow the submission to be successful, and it must be addressed and “fixed” before re-submission can be successful.

- A Projected Rotation Date (PRD) Gate has been activated to prevent a Sailor from submitting an application outside of the three-month PRD window. This is to ensure that those who need to find jobs within three months have priority. This does not apply to those in an assignment processing status.
- When a Sailor is moving to a new geographic location and needs to apply for a new billet,

CMS-ID now allows for submission of a change of residence notification. This allows applications to be submitted regardless of PRD.

- Sailors should also follow checkout procedures with their current command prior to moving locations to ensure that a training unit change to the new command has been initiated. This should be done prior to departing the command.
- Sailors wishing to retain their billet and are in need of a new training unit location only, should work with their unit career counselor to process a training unit identification code (TRUIC) change.
- Billets of mobilized Sailors are no longer advertised regardless of the mobilized member’s PRD status. This is to ensure that those who are mobilized will return to their same billet.
- The command contact list on a command’s information page has been expanded to provide an additional point of contact for researching jobs at a future command.

RC Sailor CMS-ID Checklist:

Update your duty preferences.

If you are relocating to a new geographic location, make sure you submit a change of residence in CMS-ID.

If an application gate window appears while submitting an application, review your application history and contact your CCC or assignment coordinator for more information.

When submitting an email to the Helpdesk, ensure that you complete the requested user information.

Questions may be directed to the CMS-ID Help Desk at cmsidhelpdesk@navy.mil, or 1-800-537-4617. ■

CULTURE OF FITNESS



Train Movement, Not Muscles

Written by American Council on Exercise (ACE)

How often is it that you squat to pick something up without engaging your butt? Or get off the couch only using your triceps?

Every day, movement occurs in more than one muscle group at a time, and more accurately, among tissues that connect those muscle groups (fascia). To move a bag of groceries from the trunk of your car to your house, you use your butt, your shoulders and most everything in between. You do the same when you pick your infant child off the floor. So why would you train isolating one muscle at a time?

Although the old-school method of sitting on a bench performing bicep curls still exists among bodybuilders, the reality is if you want to lose weight or get in better shape you won't get much benefit from improving the size of your biceps.

Movement-based training can help you strengthen muscles, and more importantly, strengthen and lengthen tendons and supportive structures throughout your body like the Achilles tendon or iliotibial (IT) band. That added strength can prevent knee and hip injuries, and build movement efficiency.

Think of the pinnacle of fitness. What type of athletes do you feel meet that mark? If your definition of fit is strength, power, agility, speed and reactivity — which it should be — then you probably think gymnasts meet that definition more than bodybuilders. Athletes like martial arts masters, professional dancers and acrobats rely more heavily on multi-planar movements train with equipment like medicine balls, cable machines, stability balls or sandbags.

Try incorporating these movement-based exercises next time you're in the gym:

Medicine Ball Lunge to Chest Pass – Stand in a ready position with your feet hip-width apart at least five to eight feet away from a partner or a wall. Firmly hold a medicine ball with both hands in front of your chest. Keeping your chest lifted, step forward with the right foot into a forward lunge. As your foot hits the ground, bend the left knee and allow the right hip to sink as you push the medicine ball away from your chest, throwing it directly to the target. Repeat on opposite leg several times.

Stability Ball Knee Tucks – Start in a plank position on a stability ball with your thighs resting on the top of the ball and your hands on the floor. Keeping your elbows straight, hands directly under the shoulders and core engaged slowly bend your knees toward your chest. The ball will roll forward as your knees tuck under your torso and your hips lift toward the ceiling. Hold for one breath and straighten the legs, rolling the ball back to plank position. Repeat several times.

Dumbbell Front Squat – Stand with feet slightly wider than hip-width, turned slightly outward. Hold a dumbbell in each hand, palms facing inward. Curl the dumbbells to a position where they rest on the front edge of your shoulders or just in front of your shoulders. Shift weight into heels and move into a squat position, ensuring that your feet don't move and knees stay aligned with your second toe. Exhale and return to start position by pushing your feet into the floor through your heels. Hips and torso should rise together. Repeat several times.

For more workout ideas, visit [ACEfitness.org/GetFit](https://www.acefitness.org/GetFit). ■

GETTING IT TO THE SAILOR

NRH Public Site Provides Improved Support

Written by Angela Schlein, CTR, CNRFC N6



Spring is coming and the Navy Reserve Homeport (NRH) is celebrating with a fresh new public site! The NRH public web site is designed to provide key information to Reservists without the need to log on to the private site with a Common Access Card (CAC). Recent improvements to the public site offer enhanced support to better serve you and your family.

Take a moment to visit the new public site at www.navyreserve.navy.mil and check out the changes:

Quick links to social media and other communication feeds.

Click the Follow Us icons to link up with the Navy Reserve on GovDelivery, Facebook, Twitter, Flickr, and YouTube and get the latest information on Reserve news and events.

An updated, modern look.

The new public site features a sleek design with eye-catching graphics and reorganized content. A bright blue banner differentiates the new public site from the private site and revolving displays present the photos and stories that matter to you.

Improved search functionality. Search errors encountered in the previous version of the public site have been corrected. You can now confidently query the site for specific information using key words entered into the search field.

Quicker access to the information you need.

The new public site streamlines the links and menus of the old site to make it easier to locate information. Dropdown menus along the top provide targeted information and tools for you and your family.

Crisis support, career building tools and other reference guides are featured along the left and right panes.

A SharePoint 2010 platform. Like the NRH 2.0 private site, the new NRH public site is built on the SharePoint 2010 platform. This upgrade improves speed and performance for a richer user experience.

Have questions or suggestions?

Contact the Customer Service Center (Help Desk) at 866-830-6466 or navyreservecsc@navy.mil.



Features of the Reserve Homeport Public Site

The “Hot Topics” section of the Navy Reserve Homeport will display the most recent and relevant information concerning your Navy Reserve. It could include important Navy administrative messages (NAVADMIN), news about career advancement, benefits that are important to you, or videos of interest.

Visit the Navy Reserve Homeport to stay current on breaking Navy Reserve news.

The “Around the Navy Reserve” section of NRH will take you to top stories about what Reservists are doing around the globe.

The “Images from the Field” section displays photographs of interest to the Navy Reserve force. This is where Navy Reservists who are budding photographers can

submit images for possible inclusion. If you have photos from your most recent annual training, or the community relations project your Navy Operational Support Center just completed. Send them to the Commander, Navy Reserve Forces Command Public Affairs Office.

As always, the Navy Reserve Homeport is the first place to go for direct access to Rear Adm. Bryan Cutchen’s Blog, Navy Reserve Facebook and TNR magazine. Take a look and see what is new.. ■

SUBMARINE FORCE RESERVE

Please let me introduce the first of a series of TNR issues focused on our various warfare communities, and as the Vice Commander of the Submarine Force and the leader of the Submarine Force Reserve Component, I am proud to speak up for the Silent Service!

On April 11, 1900 when the Navy purchased the USS Holland (SS-1) ushering in the birth of the Submarine Force, I doubt anyone could have imagined how widespread submarines would be 113 years later. Today nearly 50 countries from allies like the United Kingdom to potentially hostile nations such as Iran operate submarines of all sizes and with various capabilities, and the undersea threat to maritime security continues to grow as more nations invest in these complex weapons systems. You might be surprised to learn that North Korea has the capacity to put to sea almost the same number of submarines that we do albeit the technology, capabilities and expertise would not match up with the U.S.

Our Nation relies on the Submarine Force for the most survivable leg of the nuclear strategic deterrence

triad – the 14 ballistic missile submarines. We are heavily invested in strike warfare, anti-ship and anti-submarine warfare and special operations forces insertion and extraction with our fast attack and guided missile submarine fleet. These same platforms also stalk the future undersea battlefields conducting covert intelligence, surveillance and reconnaissance

preparing for tomorrow's uncertain future.

It is clear that the skills of our undersea warriors will continue to be in high demand as the threats evolve and the need for stealth and persistent presence increases. The Submarine Force Reserve

Component provides the operational surge support and strategic depth that our Navy and Submarine Force need to meet the CNO's "warfighting first" strategic aim.

Our mission in the Submarine Force Reserve Component is to be "Responsive and Ready –

Anytime and Anywhere!" But what does that mean to someone outside the Submarine Force? We occasionally go to sea – on aircraft carriers for Submarine Advisory Team support, and onboard commercial



RESERVE COMPONENT

vessels of opportunity for submarine rescue operations. There are no reserve force submarines or hardware units in the SFRC. We are uniquely organized under one umbrella directly associated with the active component

Submarine Force and the following article by Lt. Haney Hong, a fellow undersea warrior, tells our

story about what we do and how we are structured to meet our missions.

Suffice it to say, however, that as Reservists, we provide both the people and resources that the Submarine Force needs to provide ready forces for effective employment in the undersea domain. We go overseas on Annual Training to maintain our submarines, and we train to Navy Expeditionary Combat Command standards to protect our submarine forces during port visits and chokepoint surfaced transits. We are the majority of the Navy's Undersea Rescue Command, on call 24 hours a day, throughout the year, to respond to a distressed submarine. And we are the Fleet's theater anti-submarine warfare watch center experts.

When we drill, we construct bunks and tailor curtains for submariners, and maintain our pistol and rifle qualifications for force protection. We train on the tactical use of the ocean to know how best

to advise on employment of submarines and other anti-submarine assets against potential undersea threats. We are "Responsive and Ready – Anytime and Anywhere," and we are guided by the motto of

"The Submarine Force Reserve component provides the operational surge support and strategic depth that our Navy and submarine force need to meet the CNO's 'Warfighting First' strategic aim."

Rear Adm. Robert J. Kamensky

Submarine Force Reserve Component exhibits all the characteristics submariners have developed over 113 years. We are tactically creative; we exploit stealth while expecting the submarine to be self-sufficient. We demonstrate technical ingenuity while maintaining the highest standards of watch station integrity. The Submarine Force has developed a reputation as an elite force composed of our Nation's best and brightest, and this reputation applies equally to Reserve Submariners as it does to our active duty brothers and sisters.

I hope that you enjoy Lt. Hong's discussion on who we are, and on a separate note to my colleagues in the Submarine Force Reserve Component, happy birthday! See you in the Fleet!

Warmest regards,
R.J. Kamensky
Rear Adm., USN

the Submarine Force to be Semper Prociuctum - always prepared for battle.

Today's undersea warrior in the



Reserve Submariners: Who We Are



▲ Prospective Undersea Rescue Command Commanding Officer Cmdr. Andrew Kimsey observes Navy Diver 3rd Class John Yarmey taking atmospheric readings after opening the transfer hatch of the Pressurized Rescue Module. U.S. Navy photo by Mass Communication Specialist 2nd Class Sebastian McCormack.

Written by Lt. Haney Hong, Submarine Force Reserve Component Public Affairs

The Submarine Force Reserve component (SFRC) stands ready to be as stealthy as the best undersea warriors out there. Working hard to integrate seamlessly with their active-duty counterparts, SFRC's success may inadvertently mask its own value.

SFRC provides strategic depth and operational capacity for the submarine force without being a heavy paycheck in times of austerity.

The submarine force provides the U.S. with essential capabilities needed for the challenges that await in the future. With a geopolitical focus shift toward the Asia-Pacific region, the need to overcome anti-access/ area denial (A2AD) capabilities has increased. The submarine force, a critical piece in the A2AD puzzle, therefore becomes ever more important.

Essentially employed part-time, the Sailors are on-demand assets called for by the Design for Undersea Warfare (DUSW). SFRC supports DUSW, and as such, supports the submarine force in its ever-growing relevance in the nation's defense needs.

As the DoD shifts its strategic gaze towards Asia the military must look for ways to meet its mission with less funding. Against this backdrop, the submarine force has a history of doing so much with comparatively little. With times tough, and likely to get tougher, the submarine force will find itself in higher demand.

The Submarine Force is historically cost-effective - it is one of the Fleet's four major combatants but only requires seven percent of the Navy's manpower and 12 percent of the overall budget. SFRC provides a good deal of those savings, with high quality, low cost operational support.

Capabilities of the SFRC

SFRC's cost-effective operational support and strategic depth comes in four mission areas. The 1,500 men and women of SFRC divide up into 59 units spread all across the country, consistently providing tens of thousands of man-days of operational support each year.

and What We Do

In 2012, SFRC provided nearly 18,000 man-days of support all across the globe. This support is the combined work of the Reserve undersea warriors who work in the four competency areas of the SFRC: undersea warfare operations, submarine escape and rescue, force protection and expeditionary maintenance.

The largest contingent of SFRC's undersea warriors works in undersea warfare operations. These Sailors, of the 30 Reserve units, prepare for strike group operations and theater anti-submarine warfare missions. More than 7,000 man-days of operational support of undersea warfare last year were spent standing watch as submarine element coordinators and submarine advisory team watch officers, as theater anti-submarine warfare battle watch captains or watch officers, and as future and current operational planners and keepers of tactical plots. Whether at the strike group or theater levels, SFRC works water space management and prevention of mutual interference so that tactical assets can defend against and neutralize subsurface threats.

The smallest part of the SFRC is the submarine escape and rescue area, yet these men and women take initiative in work that makes regular international impact. The three Reserve units with expertise in this area provided more than 2,200 man-days of support last year.

They train in using the submarine rescue and diving recompression system, a pressurized rescue module operated off the coast of San Diego, Calif. These Sailors perform critical work vital to the safety of U.S. submariners and international partners. In locations including Indonesia and Malaysia, submarine search and rescue command controls training and tabletop exercises, called search for simulated submarine casualty exercises, or SMASHEXs.

Another of SFRC's smaller segments is the force protection units that protect submarines around the world. These self-sufficient Sailors were on duty supplying 2,128 man-days of support last year, providing physical security for attack submarines as they transited choke points like the Panama Canal or visited unprotected ports around the globe. These Reserve Sailors are trained to the standards of the Navy Expeditionary Combat Command and provided fleet ballistic missile submarines and guided missile submarines with added security at remote locations or during sensitive evolutions. These undersea warriors protect the most highly valued assets in the fleet.

Finally, the second largest segment within the SFRC is the people who work in expeditionary maintenance. These Sailors come from twenty-two different units around the country and apply their technical expertise in submarine maintenance. They



▲ Boatswains Mate 1st Class Johnathon C. Plemons, assigned to Navy Operational Support Center Knoxville, uses a power grinder inside the superstructure of the guided-missile submarine USS Florida (SSGN 728). U.S. Navy photo by Mass Communication Specialist 1st Class James Kimber.

integrate with the crew of the submarine tender USS Frank Cable (AS 40) in Guam, and last year provided nearly 6,400 man-days of work in the maintenance of submarines.

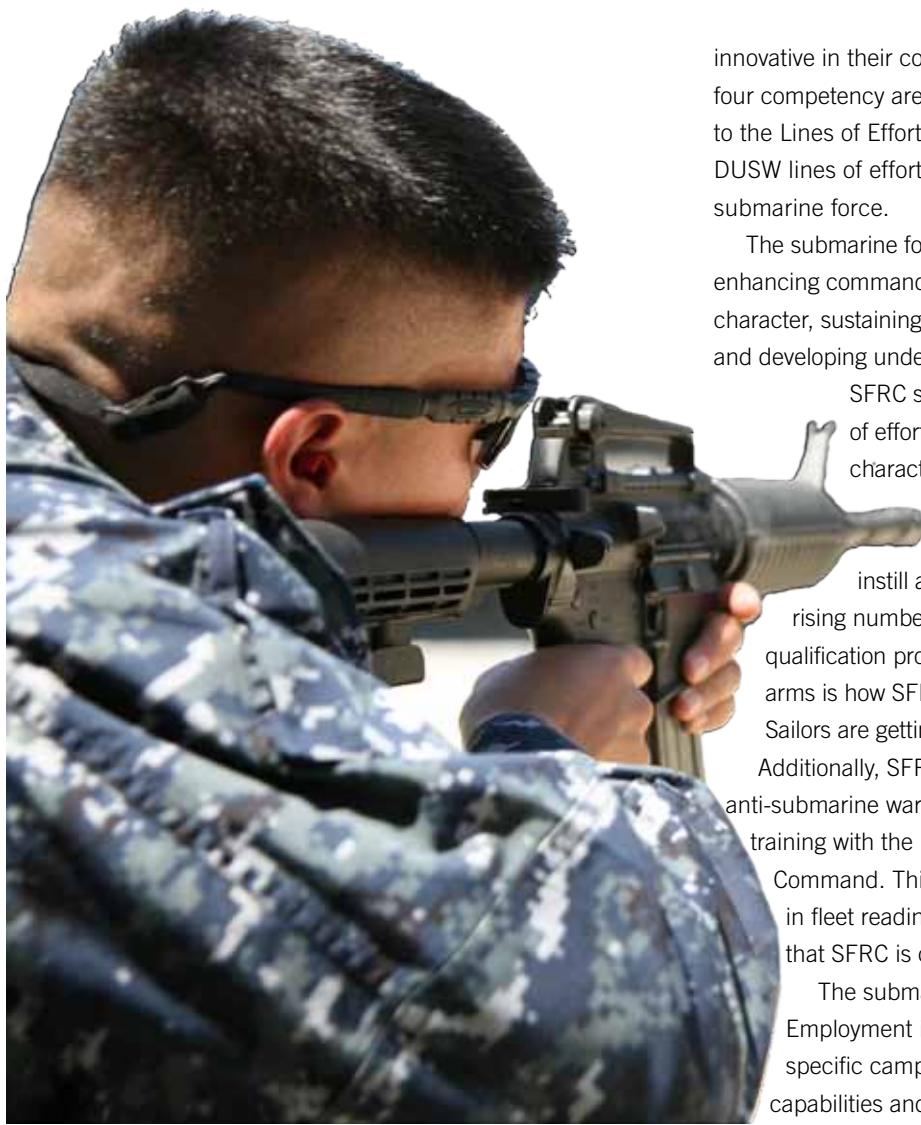
Their maintenance and material management (3M) and quality assurance qualifications bring added value to the submarine force while sailing and visiting ports abroad.

SFRC gives surge capacity to the submarine force's operations. The Navy Reserve's continuum of service initiative allows Sailors to retain skill sets for access by the Navy when needed. Many of the officers in SFRC, as former active-duty submariners, have nuclear training and were able to support Operation Tomodachi after a massive tsunami caused an accident at the Japanese Fukushima-Daiichi nuclear power plant.

SFRC Sailors are mobilized to provide individual augmentation, and these men and women have supported contingency operations all over the world.

The Criticality of the SFRC

As the DUSW is a call for creativity and a framework for action, SFRC Sailors are well suited to help meet the objective of undersea superiority. Bringing to bear the swath of undersea warrior characteristics developed on active duty, SFRC Sailors add the experiences gleaned outside of the Navy to be increasingly



▲ Yeoman 1st Class Antonio Ramirez, assigned to Submarine Group 9, Security Force Reserve Component Detachment 2, fires his M-4 service rifle during a weapon familiarization course. U.S. Navy photo by Lt. j.g. Pete Lee.

innovative in their contributions to the undersea enterprise. The four competency areas in the SFRC provide essential support to the Lines of Effort (LoE) in the DUSW. Supporting the DUSW lines of effort demonstrate how relevant SFRC is to the submarine force.

The submarine force focus on providing Ready Forces includes enhancing commanding officer initiative and character, sustaining warfighting readiness and developing undersea warfare doctrine.



SFRC supports the first two focus areas in this line of effort. Submarine commanding officers nurture character and integrity at every opportunity partially due to SFRC's careful management of the submarine culture workshops that help instill attention to the character of each Sailor. The rising number of SFRC Sailors getting qualified in standard qualification processes like 3M, quality assurance and small arms is how SFRC supports training. As Reservists, these Sailors are getting training through 'distance support.'

Additionally, SFRC works to provide better-prepared theater anti-submarine warfare watch officers through standardized training with the Naval Mine and Anti-Submarine Warfare Command. This collaboration ensures that at-sea training in fleet readiness and training is optimized — further proof that SFRC is critical in providing Ready Forces.

The submarine force focus towards Effective Employment includes developing coordinated theater-specific campaign plans, demonstrating warfighting capabilities and improving operational availability of undersea forces.

Whether it is during joint, combined or undersea warfare exercises, or coalition exercises like Key Resolve, Ulchi

SFRC FORCE BREAKDOWN



Freedom Guardian, and CHILEMAR III, SFRC is an integral part in theater undersea warfare teamwork and improving mission assurance. One hundred fifty expeditionary maintenance Sailors served as sentries and watchstanders for Frank Cable during her five month shipyard availability, increasing the availability of forward-deployed maintenance assets. SFRC is critical to the 'Effective Employment' LoE.

SFRC's four competency areas fit hand-in-glove with the six core capability areas of the "Cooperative Strategy for 21st Century Seapower," colloquially known as the Maritime Strategy. The expeditionary maintenance teams provide the key maintenance support to attack submarines in Guam which need to stay deployment-ready as a forward presence. They also ensure that guided missile submarines in voyage repair periods get out to sea on time to provide continuity in deterrence of destabilizing or otherwise aggressive behavior by other countries. The undersea warfare operations experts provide strike group and fleet commanders the sea control they need to operate freely at sea and safe from submarine threats with their anti-submarine warfare tactical capability. These same undersea warfare operations experts also facilitate the continued ability to sustain power projection ashore without fear of losing access to the littorals. The force protection Sailors are part of a wider and collaborative effort to keep strategic deterrence maritime assets safe from terrorism and other irregular and transnational threats. The submarine escape and rescue Sailors are ready at a moment's notice to assist other countries with submarine rescue operations — a form of humanitarian aid.

The President's strategic outlook for the DoD reinforces the importance of defeating anti-access and area denial capabilities, and this dimension of the future environment is one that SFRC has been planning for since the Quadrennial Defense Review of 2010. The DUSW was

built with this understanding, and as a submarine force, "expect to operate and fight far forward, independently, behind enemy lines, for long periods of time, without support."

The SFRC stands side-by-side supporting their active-duty partners in the submarine force through the DUSW. They work together to ensure a force that is always prepared for battle. In the words of submarine forces Vice Commander Rear Adm. Bob Kamensky, "We are ready and capable for executing." Just as the Submarine Force must be, the SFRC are always ready for battle.

The Partnership Endures

The members of the submarine force Reserve component support the submarine force write large in the shared desire for undersea superiority as "masters of the undersea domain." Their critical operational support and strategic reserve allows the submarine force to do more with less. ■

► The Virginia-class attack submarine USS New Mexico (SSN 779) transits the Thames River to Naval Submarine Base New London. U.S. Navy photo by Lt. j.g. Jeff Prunera.



BACK TO BASICS

CNRFC Public Affairs

Story by Mass Communication Specialist 3rd Class Timothy Newborn



THE ELEVEN GENERAL ORDERS OF A SENTRY

A sentry stands force protection watch aboard the USS Mustin (DDG 89).

U.S. Navy photo by Gary Nichols

One of the first and most important things we all learned in Basic Training were the 11 General Orders of a Sentry. This list includes everything a Sailor needs to know and do in order to stand an effective watch and keep their ship or station safe. However, how many people remember them as well as they did during training? This month, let's take a refresher.

1.

To take charge of this post and all government property in view.

2.

To walk my post in a military manner, keeping always on the alert and observing everything that takes place within sight or hearing.

4.

To repeat all calls from posts more distant from the guard house than my own.

5.

To quit my post only when properly relieved.

3.

To report all violations of orders I am instructed to enforce.

PULL-OUT

6.

To receive, obey and pass on to the sentry who relieves me, all orders from the Commanding Officer, Command Duty Officer, Officer of the Deck and Officers and Petty Officers of the Watch only.

Aviation Boatswain's Mate 2nd Class Dusty Winkler keeps a look out while standing sentry aboard the USS Harry S. Truman (CVN 75).

U.S. Navy photo by Mass Communication Specialist 2nd Class Arturo Chavez

9.

To call the Officer of the Deck in any case not covered by instructions.

7.

To talk to no one except in the line of duty.

Master-at-Arms 2nd Class Ronald Perez stands watch on the USS Tarawa's (LHA 1) flight deck.

U.S. Navy photo by Mass Communication Specialist 1st Class Marvin Harris

10.

To salute all officers and all colors and standards not cased.

8.

To give the alarm in case of fire or disorder.

11.

To be especially watchful at night and during the time for challenging, to challenge all persons on or near my post and to allow no one to pass without proper authority.



Rear Admiral Garry J. Bonelli

Seaman to Admiral

There are a finite number of Sailors who began their careers at the bottom of the rank totem pole, navigated their way through the enlisted ranks, earned a commission and rose to the top. One of the select few, who went from being the newest of new guys to earning ruffles and flourishes, walked among the Naval Special Warfare (NSW) ranks — actually leading the community he served for more than four decades.

Former Commander, Naval Special Warfare Command, Rear Adm. Garry J. Bonelli grew up in a predominately Catholic Italian/Irish neighborhood known as Woodlawn and McLean Heights in Bronx, N.Y.

Bonelli's career is full of occupational milestones and historical ones as well. He has served in every major U.S. conflict since Vietnam and has worn a variety of Navy hats over the years. He served as an undesignated Seaman, a Commissaryman, now known as Culinary Specialists, an enlisted SEAL, a public affairs officer and a SEAL officer. As he has watched NSW evolve during the last 45 years, his perspective, goals and outlook on life have changed as well, making him one of NSW's most diverse commanders.

"Ad astra per aspera" is Latin for "To the stars through difficulty." This is the motto of Mount Saint Michael Academy,

an all-boys high school in the Bronx where Bonelli spent his teen years. It serves as a maxim for a Sailor who chose a challenging path and became a Navy SEAL flag officer, although initial signs might have pointed to a life as a man of the cloth.

"The Marist Brothers who taught at the Mount had me seriously thinking about the priesthood; however, I discovered girls by my sophomore year," Bonelli said.

After high school graduation, Bonelli began college at Pace University in New York, and at the time, had never given the military much thought. He began college and after two semesters he, in his words, "flunked out" as an accounting major in 1968. By that time, the Vietnam War was raging and the U.S. had instituted the draft. Not knowing if he would be drafted or not, Bonelli decided to join the Navy. Years later he discovered that his number would not have been selected in the draft.

"I had two neighborhood buddies, Paddy O'Keefe and Bobby Geary, who enlisted in the Army. Both men made the ultimate sacrifice," he said. "So to avoid the Army, I decided to join the Navy to see the world."

After shipping off to boot camp in Great Lakes, Ill., he was there less than 24 hours before a chief showed his boot camp company a grainy 16mm film depicting Navy frogmen scuba diving.

"It never dawned on me that the Navy could teach a Sailor how to dive. I was into the frogman program hook, line, and sinker," he said. "I took the PT test and became a member of the first ever Underwater Demolition Team (UDT)/SEAL boot camp company. We graduated from boot camp in greens, jump boots, and black berets much to the consternation of our other boot camp company contemporaries who wore service dress blues. We all thought we were Navy SEALs. Little did we know the real and only test was BUD/S (Basic Underwater Demolition school)."

On the very first day of BUD/S, the instructors addressed the entire class and ordered all the members of Bonelli's former boot camp company to fall out and form up separately. Bonelli and his counterparts proudly strutted away from the rest of the class. Little did they know that the instructor cadre's only intention was to identify them.

"Being in that first ever UDT/SEAL boot camp company really kind of worked against us," said Bonelli. "The instructors went down the line and memorized every one of our names. Most of the guys dropped within a few weeks."

One week after completing "Hell Week," Bonelli broke his collar bone during an obstacle course mishap and was rolled back

a class. Much to his chagrin, after recovering from his injury and being deemed fit for duty, he was placed at the beginning of the training pipeline and had to survive Hell Week a second time.

"With solid student officer and enlisted leadership, I made it through training and graduated with Class 51. As it turns out, when I started day one again, I was in a lot better physical and mental shape the second time around," he said.

In the spring of 1969, Seaman Apprentice Bonelli reported to UDT 12 and immediately deployed to Vietnam. Once in country, he began asking questions about the Navy's promotion process. He remembers asking one of the petty officers how to earn a crow and chevron on his sleeve. The petty officer responded by saying, "Well, you got to make seaman first." After making the joke, he explained to Bonelli that he would have to pick a rating and test to advance. After looking at the three available rating manuals there, Bonelli picked the thinnest book and began studying to become a commissaryman.

By the end of 1971, Bonelli had completed two deployments in Vietnam and was proud of his service in the war.

"I listened to my leading chief petty officer and platoon commander and felt I had made a difference for my country. Many of my civilian peer group at that time, including some of my boyhood friends who completed college saw the world and the war in Vietnam quite differently," he said. "It took a lot of years

but most of my enduring childhood friends now have a deep appreciation and respect for the military service of Vietnam vets as well as today's vets."

After four years of active duty, Bonelli left the Navy in 1972 as a commissaryman 2nd class and returned to college using his Vietnam-era GI Bill to earn two undergraduate degrees in journalism and marketing. He would later earn a Master of Science degree in mass communications from San Diego State University.

"It never dawned on me before to be a Navy officer because officers had college degrees – something I had failed to achieve," he said. "Toward the end of my first enlistment that perspective changed. In fact, the responsibilities and decisions given to junior officers didn't seem much greater than those of senior enlisted – the only difference was the college degree."

In 1974, Bonelli volunteered for the first Reserve augmenting unit in NSW and began asking how he could get a commission to become an officer.

"I asked many times, to as many Navy people who would listen to me if I could get a direct commission as a Navy SEAL and the answer was always, 'No!' At the time, there was no such

"IT NEVER DAWNED ON ME THAT THE NAVY COULD TEACH A SAILOR HOW TO DIVE. I WAS INTO THE FROGMAN PROGRAM HOOK, LINE, AND SINKER. I TOOK THE PT TEST AND BECAME A MEMBER OF THE FIRST EVER UNDERWATER DEMOLITION TEAM (UDT)/SEAL BOOT CAMP COMPANY."



program; however, I kept asking,” Bonelli said. “Finally, a master chief at the Reserve center took me under his mentorship. The master chief told me that with my educational background and

experience, he could get me a direct commission as a public affairs officer (PAO). I was stupid enough to tell the master chief that I wanted to be a SEAL officer not a PAO. He took me by the scruff of my collar and let me know that once I became a PAO, he could change my designator to a Naval Special Warfare officer. That’s all I needed to hear, and in four months, I went from an E-5 SEAL to O-1 PAO to O-1 NSW officer in the Naval Reserve,” he said.

Bonelli’s aspirations as an ensign were very straightforward – he looked forward to drill weekends so he could dive, jump, shoot, blow things up, and most importantly, hang out with his teammates. Advancement however, was not the highest thing on his priority list.

“My goal was to be promoted to the rank of lieutenant and retire from the Navy Reserve with 20 years of combined active and Reserve service,” he said. “However, the world would change for all of us in 1990. Many of us Reservists were mobilized to join our active duty teammates for the first Persian Gulf War.”

In response to that crisis, Bonelli received a call to return to active duty and returned to SEAL Team 5 after leaving there 18 years earlier as an E-5. This time, as a commander, Bonelli would report as the commanding officer.

“I remember walking across the quarterdeck and then, Master Chief Radiomen (SEAL) Chuck Miller, handed me a big, ladies hat pin. I said ‘What’s this for master chief?’ He said, ‘to poke you in the head if it becomes too inflated,’” said Bonelli.



As a Navy captain, Bonelli was called upon once again. The Global War on Terror was in full swing and he was requested by Rear Adm. Joe Maguire to take the position as Naval Special Warfare Command's (WARCOM) chief of staff. That four-month job morphed into a seven-year tour that saw Bonelli promoted to rear admiral take over as WARCOM's deputy commander, and eventually force commander, and rise to the rank of rear admiral (upper half).

During the course of a 45-year career, Bonelli has much to be proud of, but he is most pleased by the evolution of NSW's Reserve component, which he helped shape into what it is today.

"Since 1990, our Reservists have answered the call time and time again," he said. "They have forgone their jobs and professions to man our ranks at all echelons. Our Reservists are combat proven, seamlessly integrated and value-added. The NSW Reserve is a model every Reserve component seeks to emulate."

As an officer, the time spent in command is often a special one. For Bonelli, it's no different.

"Two active duty command tenures truly standout - serving with teammates as the commanding officer of SEAL Team 5



during Operations Desert Shield and Desert Storm and having the Special Operations Command Commander, Adm. Eric Olson, fleet-me up from the deputy position to serve as the ninth force commander of NSW for a brief duration in 2008."

With four and a half decades of service before he retired, Bonelli is has no regrets. He has treasured his time spent in the community and the experiences that have shaped him.

"I wouldn't do anything different. Every day in the teams has been special.

Whether hot or cold, wet and sandy, exhausted, just plain miserable or scared out of my whits; it's been a blast," he said. "Few have felt the exuberance derived from a successful mission. Few have felt the depths of sorrow during a memorial service when handing an American flag to a mother who has lost her son in combat. It's been a lifetime of experiences few can truly understand and fewer can live guided by our SEAL Ethos." ■





S

EXUAL

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REVENTION

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ESPONSE PROGRAM

Navy Reserve Focuses on Assistance, Prevention of Sexual Assault

Written by Staff Sgt. Blair Heusdens, Florida National Guard and CNRFC Public Affairs

The Department of Defense's Sexual Assault Prevention and Response program (SAPR) was established in 2005 to improve prevention of sexual assault and enhance support to victims. Although the program is going on eight years of existence the word still needs to reach more servicemembers.

"Sexual assault is a crime that impacts victims, commands and missions," Chief Personnel Specialist Antonio Tate, Commander, Navy Reserve Forces Command SAPR coordinator said. "It is our responsibility for Sailors to have bystander awareness and to look out for their shipmates."

Tates' job is to provide training to units, leaders and victim advocates throughout the Navy Reserve and to coordinate resources and notification when a sexual assault takes place. Victim advocates work with a Sexual Assault Response Coordinator to assist and accompany a victim throughout the assistance process.

"Victim advocates provide assistance to victims by giving them resources, and if needed accompanying them when they meet with caregivers. Advocates guide victims through the healing process," Tate said.

The Navy Reserve has a goal to have one victim advocate for every Reserve command, however, many commands have multiple advocates.

Tate said sexual assault is one of the most underreported crimes. Because of this, statistics can be misleading and many people may not be aware of the scope of the problem. April is sexual assault awareness month and throughout the military, leaders are working to bring awareness to this issue.

To make Sailors more aware of the realities concerning sexual assault, Navy Reservists receive sexual assault training annually focusing on awareness and prevention of sexual assault, what it is, and ways that bystanders, Sailors or civilians can help to prevent it.

“The Chief of Naval Operations wants the Navy to get to the left of the problem,” Tate said. “What he means by that is we, as a force, must get into prevention mode.”

The way the Navy Reserve defines sexual assault leaves no room for interpretation. Some people may be unaware of the extent of the actions that constitute sexual assault.

“Sexual assault” is defined as intentional sexual contact, characterized by use of force, threats, intimidation, abuse of authority or when a victim does not or cannot consent. Sexual assault includes rape, forcible sodomy and other unwanted sexual contact that is aggravated, abusive or wrongful (to include unwanted and inappropriate sexual contact) or attempts to commit these acts.

“Consent” means words or overt acts indicating a freely given agreement to the sexual conduct at issue by a competent person. An expression of lack of consent through words or conduct means there is no consent. Lack of verbal or physical resistance or submission resulting from the accused use of force, threat of force, or placing another person in fear does not constitute consent. Also, the manner of dress of the person involved with the accused in the sexual conduct at issue shall not constitute consent.

Tate said this applies to people who are unable to give consent because they are intoxicated or unconscious. Alcohol is a significant risk factor which contributes to sexual assault.

Confidential support and services are available to Navy Reservists, regardless of their status, in two different categories – restricted reporting and unrestricted reporting.

A restricted report can be made where the victim is not required to file a report with law enforcement to seek prosecution of the perpetrator. The victim will receive confidential services and senior members of the chain of command will only be notified that an assault took place, but not given any identifiable information about the victim. To make a restricted report, the victim must only notify a SAPR, victim advocate or medical representative.

For an unrestricted report, the victim can notify anyone that the sexual assault has taken place. The victim will receive support and assistance and the SARC will ensure that information surrounding the case is provided on a need-to-know basis only.

“The most important thing to know about an unrestricted report is that an investigation will be conducted,” Tate said. “Investigation details will not identify the victim but will contain information regarding the details of the assault.”

Whether restricted or unrestricted, it is important to seek assistance as soon as possible after an assault takes place. Often victims use coping strategies as barriers to block out the feelings they have directly after an assault. Many victims don’t seek assistance until months down the road when they’ve reached a “breaking point.”

“The Navy wants to provide a safe environment so victims have no reservations about coming forward to report a sexual assault,” Tate said.

Sexual assault awareness training is more than recognizing the impacts of sexual assaults in April. The Navy has annual general military training in sexual assault awareness. There is also instructor led courses. SAPR-Fleet is for all E-6 and below and SAPR-Leader is for E-7 and above. ■





DIVING DEEP TO REACH A GOAL

Written by Mass Communication Specialist 1st Class Richard M. Wolff

Every Sailor has goals during his or her career in the Navy. Some strive to attain a college degree, attain higher rank or just improve upon their physical readiness. Sailors are, and always will be, striving to be their best. They know the road will be a difficult one, but the challenge is what drives them. To be the first in anything is an even greater achievement.

Master Chief Navy Diver (MDV) Michael Bross realized his goal of becoming a Navy Master Diver after many years of hard work and dedication. What makes his story different from other Master Divers is that he is the first Navy Reservist to become a Master Diver.

"I tried and didn't make it a few years ago, but that just made me want it even more. I think that helped me understand how important this was to me. So I made every effort to achieve my goal. To be the first Reserve Master Diver makes it that much more special to me and shows that just because you are in the reserves, it doesn't mean you can't achieve your Navy career goals, you just have to keep trying," said Bross.

The training is scenario-driven with students being placed in extremely difficult situations where lives are on the line and making the right decision is essential. You can't fail, or someone doesn't make it home.

"It was by far the most difficult evolution I have ever faced in the Navy over the years. You can't begin to understand how mentally stressful the whole challenge is until you actually go through it, but I am glad I did," said Bross, assigned to Navy Reserve Undersea Rescue Command Headquarters.

Bross, at 21 years in the Navy, has seen a lot. He's been involved in the Space Shuttle Challenger debris recovery, the USS Monitor expedition, and traveled around the world putting his skills to use as a Navy diver.

"It's been an extremely rewarding job, one that you have to be ready for at a moment's notice to go and help where you are needed," said Bross. "I never wanted to do anything else except be a Navy diver ever since I joined."

The Navy Master Diver course, held at the Naval Diving and Salvage Training Center in Panama City, FL, is open to qualified E-7 and above Sailors who are First Class Divers. The training focuses on underwater breathing



equipment, safety and support systems and recompression techniques. Students are responsible for knowing proper first aid and safety measures. Master Divers are responsible for requalification and training of divers at a command, supervising diving missions and providing their technical knowledge to commanding officers.

“What I say is never give up,” said Bross, a Senior Enlisted Academy graduate. “When you’re a diver, you always look at becoming a Master Diver someday. I never gave up, never took no for an answer, and I just kept pushing to achieve this goal.”

Bross’ love of diving started at a young age.

“I’ve been diving with my family since I was young, before I joined the Navy, and my brother was a Navy Diver before I joined the Reserve.”



“Sailors lives depend on the decisions we make as Navy Divers, it’s not a job that is taken lightly,” said Bross. “The scenarios in the Master Diver course stress the importance of every mission we do and how it will affect the fleet. That is what we were evaluated on, if we could make the right call.” ■



▲ Master Chief Michael Bross (MDV) discussed the intense training to acquire his Master Diver designation. Bross, a 21-year veteran, is the first Navy Reserve Master Diver. Photo by U.S. Navy Mass Communication Specialist 1st Class Richard M. Wolff.

Reserve Expeditionary Maintenance

Written by Cmdr. Roger Wilbur, Submarine Force Reserve Component

Patrolling the oceans and seas of the world for months at a time takes a toll on the stealth craft of the Navy's submarine force. When submariners finally reach port they rely on the support of the submarine force Reserve component (SFRC) for much of the maintenance and upkeep of the boats.

The 460 Reserve Sailors of the 20 Reserve expeditionary maintenance (EM) detachments provide manpower directly for the submarines, and indirectly while working with the submarine tenders or with various other submarine support commands.

EM Sailors performing their annual training aboard the USS Frank Cable (AS 40) contribute to submarine support by working in the various shipboard repair shops. The EM Sailors integrate with the ship's crew and are usually assigned to shops consistent with their rating skills.

"Working on the Frank Cable in Guam was a great experience for me," Engineman Fireman DeChryrian Moore said. "I enjoyed working on the dive boat getting it ready for the dive operations. I also had the chance to do a little line handling and coxswain training."

Sailors performing AT on Frank Cable can work while the ship is moored or underway. While underway, EM Sailors continue their maintenance work and qualify in different watch stations

supporting the underway watch bill. All EM Sailors are required to achieve the maintenance and material management (3M) 'Craftsman' qualification prior to reporting to the Frank Cable so they can perform work from day one.

"The direct work on tendered submarines supports the Frank Cable's mission to maintain and repair submarines deployed to the Western Pacific and Indian Ocean. The direct support to the shops, and the additional contribution as watch standers, frees up that active-duty Sailors with specialized skills to maintain and repair submarines," Cmdr. Roger Wilbur SFRC EM competency lead said.

EM Sailors also support the submarine force during voyage repair periods (VRP) on the Navy's four guided missile submarines (SSGN). Prior to a

forward deployed crew changeover of an SSGN, members of EM detachment J, from Bangor, Wash., and EM detachment K, from Orlando, Fla. meet with the crew leadership and determine what tasks will be assigned to the VRP team. A team typically will perform some hull preservation and maintenance, but it is not uncommon for EM Sailors to work inside the hull. Last year five EM Sailors got underway aboard an SSGN for a few days to avoid bad weather.



▲ Quartermaster Seaman Colin Graves, a Reservist temporary assigned to submarine tender USS Frank Cable (AS 40), pulls a small boat alongside the ship's dive boat for maintenance. U.S. Navy photo by Engineman Fireman Jessica Smith.

Not all EM is conducted at the tender or submarine locations. Nine EM detachments have a Reserve Intermediate Maintenance Activity (RIMA) where they work during drill weekends to maintain their own expertise on repair equipment including lathes, engravers and sewing machines. Using this equipment they are able to make products needed in the submarine fleet.

Lt. John Porco, commanding officer of EM det. R, located in New London, Conn., said his unit provides support during each drill weekend in a variety of ways from sewing curtains for the submarines assigned to the New London submarine base to creating engraved plaques and awards.

“Each activity manned by Reserve-component expeditionary maintenance Sailors works on these and other projects during their monthly drill weekends,” said Porco. “For that reason, projects that can be finished over several drill periods are well-suited for RIMA support. The best part is that we quickly respond to the needs of the fleet and can change products to meet those needs.”

Logistics Specialist 3rd Class Jaret Hornbeak, also assigned to EM det. R, sewed dozens of rack curtains during a recent drill weekend.

“I am proud to help outfit the fleet here in Groton with the new curtains,” said Hornbeak, who served four years on active duty before transitioning to the Reserve last year.

Sailors assigned to EM det. A located at the U.S. Naval Academy in Annapolis, Md. conduct weekend drills at the Academy’s small craft repair facility. They produce indexable bunks that can be set up in the torpedo room of Los Angeles class attack submarines that provide additional berthing for personnel on board.

EM det. C in Cincinnati, Ohio also has a RIMA that they use in conjunction with Wright-Patterson Air Force Base. The Sailors of EM Detachment C identified a need for a collapsible guard shack that could be easily assembled and disassembled for transport on ships to foreign ports, thus providing protection for pier side watchstanders from the elements. The first guard shack was delivered to submarine tender USS Emory S. Land (AS 39) in December 2012. Based on feedback, the Sailors of det. C continue to make improvements to another collapsible guard shack before the next scheduled delivery to the Frank Cable.

The SFRC supports the submarine force in a variety of ways, and the Sailors of EM detachments provide an excellent example of that inherent flexibility. They use their talents and adaptability to operate in a variety of environments and to create products for their active-duty counterparts. As Reservists, their services are a value to the fleet and ensure that the silent service continues to be prepared for battle. ■



▲ Boatswain Mate Seaman Jeanette Payne, aboard submarine tender USS Frank Cable (AS 40), works with Reserve Quartermaster Seaman Colin Graves in pulling a small boat alongside. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the 7th fleet area of responsibility. U.S. Navy photo by Engineman Fireman Jessica Smith.



Master-at-Arms 2nd Class Natiya Kazemi has been in the Navy for a little more than five years and recently began her first mobilization. Originally from Maui, Hawaii she relocated to Las Vegas in 2002. She is a member of Reserve unit Commander, Fleet Activities Yokosuka and drills at Navy Operational Support Center, Las Vegas.

SAILING IN THE SAND

CHAPTER 3: GOALS

Here in Kandahar everyone is diving into work with full force. The 593d Sustainment Brigade that I am attached to is on the last leg of their nine month deployment with less than 70 days left in theater. This means so many things: everyone from the 593d SB will be going home, we have to plan for the turnover of operations, and everyone seems anxious and home sick. Turnover, what does that mean? Everyone will be leaving and I'll be placed with a new sustainment brigade, the 43d. Does this mean I'll be moving again? I moved rooms three times in two months and was hoping I would finally be settled. Will I be doing the same job or will I be doing something different? I was focused on being flexible from the beginning and that isn't about to change, but I am a little nervous and curious to what the next leg of my deployment will be like.

I have been in theater for a little over two months and I realized fast that this deployment was an opportunity to make positive changes as well as achieve individual personal and professional goals. On a personal note I want to get in shape and be consistent. Luckily I created a routine with the help of my roommate and have been going to the gym six days a week at 4:30 a.m. It is something that I am determined to do and continue when I return home after my deployment. My routine has become a passion. I also made going back to church

a priority, it was something that I wanted to do without feeling pressured or uncomfortable. I was proud of being Catholic, but I was a little rusty when it came to tradition. Luckily the chapel on base provides night classes to refresh people with these traditions.

On a professional level I wanted to be a hard charger and take advantage of all the opportunities active duty had to offer. I immediately worked on getting my Enlisted Information Dominance Warfare Specialist (EIDWS) designation, I registered for college classes, I volunteered to work at the Role 3 hospital and I jumped on the idea of writing for the Navy TNR magazine. I am extremely busy which makes the time fly but the plan is to be proactive and productive, not overwhelmed and stressed out. Being deployed is already a lot to handle.

My number one priority is getting my EIDWS designation.



The only opportunity for a Reservist to obtain a warfare designation is by deploying and fulfilling the requirements. Unfortunately, I have a very small window to study and obtain the designation. I have four months to complete the classes and take the test. Sure, at first I thought four months was more than enough time but I didn't realize that during the first few months I was acclimating to my job and the environment. Our

work days are long and I already committed to school. I wasn't overwhelmed but the material for the exam is like reading a foreign language book. I couldn't believe how much information I had to study. I tried to schedule study groups but everyone's schedule is always changing. I finally realized I had to study after work for a few hours every night.

Now that I am on track with my personal and professional Navy goals I have to also remember that I am assigned to a joint task force. I realized fast that a joint task force was more than working with other branches of the military. I had to learn the different ways of operations, policies and procedures. Like all new things it is a growing experience. Sure at times things are frustrating but with all new things it takes time and effort.

Working in the hospitality industry for more than 15 years has given me the ability to work well with others. I understand different personalities and adapt quickly to change and leadership styles. Being from a transient population like Las Vegas, you're expected to meet many people and get accustomed to people moving out of the city.

It was only natural that after the first few months of my deployment I'd immediately build relationships and be flexible to change. Building these relationships in this environment is so different than in the civilian world. When you're deployed, trust is automatically given and implied. The thought behind that is that the servicemember on your left and right could possibly save your life. I've always been a very independent individual and as

easy as it has been to make friends, it's always been hard to trust or depend on anyone. Now, in a little less than three months I've made incredible friends. The types of friends that you think you've known your entire life. When you spend 24 hours a day with a

group of people and you open up about family, friends, life experiences, feelings, hopes and dreams you create these long lasting bonds.

What makes things even crazier is the fact that these friends were leaving shortly and for those of us staying back we were so happy for them.

Knowing that they could go back to their families, friends and a normal environment makes me think about how great that feeling is going to be when it's my turn to finally go home.

The next two months is going to be an on-going cycle of change. Not only with the sustainment brigade leaving and the new Soldiers coming in, but the school semester finishing and the EIDWS test around the corner. Everything seems to be moving quickly and I am looking forward to a few months from now when most of the changes will end, and the start of my rest and relaxation period (R&R). Should I go home to Hawaii and visit family and friends? Should I go back to Las Vegas and check on work, my house and my dogs? Should I take a vacation with friends and go sightseeing? Or should I find a peaceful location somewhere in the world and relax with no plans or schedules? I have so many places in the world to visit and so many options of how to travel and who to travel with. What should I do? ■

**MY NUMBER ONE PRIORITY IS
GETTING MY EIDWS DESIGNATION.
THE ONLY OPPORTUNITY FOR A
RESERVIST TO OBTAIN A WARFARE
DESIGNATION IS BY DEPLOYING AND
FULFILLING THE REQUIREMENTS.**

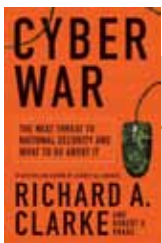


Read to be ready!

NAVY READING

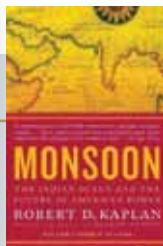
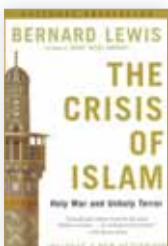
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books and publications, or the authors' or publishers' views or interpretations. Authors and publishers may submit other books for consideration for inclusion on future program lists to Accelerate Your Mind, Naval War College, 686 Cushing Road, Newport, RI 02841-1207.



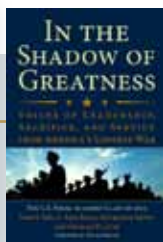
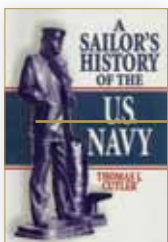
Warfighting First Essential

1812, The Navy's War
 Seal of Honor: Operation Red Wings and the Life of LT Michael Murphy
 Shield and Sword: The United States Navy and the Persian Gulf War
 Cyber War: The Next Threat to National Security and What to do About It
 The Gamble: General David Petraeus and the American Military Adventure in Iraq
 Wake off the Wahoo : The Heroic Story of America's Most Daring WW II Submarine, USS Wahoo



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 Monsoon : The Indian Ocean and the Future of American Power
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 The Man From Pakistan : The True Story of the World's Most Dangerous Nuclear Smuggler



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A Sailor's History of the U.S. Navy
 The Morality of War
 Navigating the Seven Seas
 Wired for War: The Robotics Revolution and Conflict in the 21st Century
 In the Shadow of Greatness : Voices of Leadership, Sacrifice, and Service from America's Longest War
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Read to be ready!

NAVY READING



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 Starship Troopers
 The Second World War, Volume 1: The Gathering Storm
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 Tried by War: Abraham Lincoln as Commander in Chief
 The Art of the Long View: Planning for the Future in an Uncertain World
 Shackleton's Way: Leadership Lessons from the Great Antarctic Explorer



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 On the Origins of War: And the Preservation of Peace
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 The Elephant and the Dragon: The Rise of India and China and What It Means for All of Us
 The Last Stand of the Tin Can Sailors: The Extraordinary World War II Story of the U.S. Navy's Finest
 Aircraft Carriers at War: A Personal Retrospective of Korea, Vietnam, and the Soviet Confrontation Hour

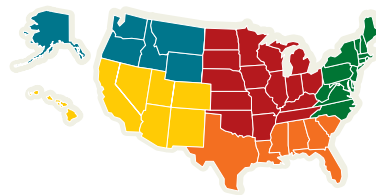


Be Ready Recommended

1776
 Integrity
 Two Souls Indivisible
 Leadership: The Warrior's Art
 Master and Commander
 The Innovator's Dilemma: The Revolutionary Book That Will Change the Way You Do Business
 The Tipping Point: How Little Things Can Make a Big Difference
 Longitude: The True Story of a Lone Genius Who Solved the Greatest Scientific Problem of His Time

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If any information in this Navy Reserve RC Phone Directory is in error, please Email the editor at james.vorndran@navy.mil with the correction.



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(703) 693-5757

Office of the
Chief of Navy Reserve
(703) 693-5757

Commander, Navy Reserve
Forces Command
(757)445-8500

Force Equal Opportunity
Advisor and EO Hotline
Chief Steven Sawyer
1-877-822-7629
(757) 322-5679

Naval District Washington RCC
(240) 857-4880

Region Mid-Atlantic RCC
(757) 444-7295

Avoca, Pa.
(570) 457-8430

Baltimore, Md.
(410) 752-4561

Bangor, Maine
(207) 974-1301

Buffalo, N.Y.
(716) 807-4769

Charlotte, N.C.
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Earle, N.J.
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Eleanor, W. Va.
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(888) 879-6649

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(315) 455-2441

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(910) 777-2510

Region Southeast RCC
(904) 542-2486 x123

Amarillo, Texas
(866) 804-1627

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(706) 733-2249

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(787) 707-2324

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Tampa, Fla.
(813) 828-1971

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West Palm Beach, Fla.
(561) 687-3960

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1-847-688-4916

Akron, Ohio
(330) 491-3450

Battle Creek, Mich.
(269) 968-9216

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(423) 698-8955

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Decatur, Ill.
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(515) 285-5581

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Green Bay, Wis.
(920) 336-2444

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(608) 249-0129

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Milwaukee, Wis.
(414) 744-9764

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(612) 713-4600

Nashville, Tenn.
(615) 267-6345/6352

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(405) 733-1052

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(402) 232-0090

Peoria, Ill.
(309) 697-5755

Rock Island, Ill.
(309) 782-6084

Saginaw, Mich.
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Sioux Falls, S.D.
(605) 336-2402

Springfield, Mo.
(417) 869-5721

St. Louis, Mo.
(314) 263-6490

Toledo (Perryburg), Ohio
(419) 666-3444

Tulsa (Broken Arrow), Okla.
(918) 279-3700

Wichita, Kan.
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San Diego, Calif.
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Kitsap, Wash.
(360) 627-2203

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(503) 285-4566

Spokane, Wash.
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Whidbey Island, Wash.
(360) 257-2922

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Reserve
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VP-62
(904) 542-4461

VP-69
(360) 257-6969

Fleet Logistics, Support Wing
(817) 825-6438

VR-1
(240) 857-3410

VR-51
(808) 257-3289

VR-53
(240) 857-9029

VR-54
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VR-55
(805) 989-8755

VR-56
(757) 433-4065

VR-57
(619) 545-6920

VR-58
(904) 542-2380 x110

VR-59
(817) 782-5411

VR-61
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VR-62
(904) 542-8557

VR-64
(609) 754-1890

ETD Pacific
808-448-9278

ETD Sigonella
011-39-095-86-5289

Tactical Support Wing
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VAQ-209
(240) 857-7828

VAW-77
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VFA-204
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VFC-12
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VFC-13
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VFC-111
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HSC-85
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HSC-84
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HSL-60
(904) 270-6906

VP-30 SAU
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VAQ-129 SA
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VAW-120 SAU
(757) 444-5072

VFA-125 SAU
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HSC-3
(619) 545-8196

HS-10
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VFA-106
(757) 433-9081

VFA-122
(559-998-3482

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Transformation (NATO)
(757) 747-4071

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011-81-98-954-1605

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(202) 762-3211

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(850) 452-9700

Comptroller of Navy
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(202) 231-4044

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Expeditionary Strike
Group Three
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Fleet and Industrial Supply
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Fleet and Industrial Supply
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Fleet Intelligence
Training Center Pacific
(619) 524-5814

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US Marine Corps
DSN: 278-9360

Joint Chiefs of Staff
(703) 693-9753
(703) 695-1033

Joint Transformation
Command for Intelligence
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Judge Advocate General
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Logistics Group Western Pacific
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Marine Forces Reserve
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Support Command
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Warfare Command San Diego
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Force US Pacific Fleet
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Surface Force US Pacific Fleet
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Liaison Officer Program
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Navy Expeditionary
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Command(NIOC) Maryland
(301) 677-0817

NIOC Misawa, Japan
011-81-3117-66-2834

NIOC Norfolk, Va.
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(850) 452-0400

NIOC San Diego, Calif.
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Navy Net-Centric Warfare
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(240) 373-3125

Navy Installations Command
(202) 433-3200

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and Southwest Asia
011-39-081-568-6777
DSN: 314-626-6777

Navy Region Guam
(671) 355-1110

Navy Region Southeast
(904) 542-2324

Navy Region Hawaii
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(202) 433-3963

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Office of Naval Research
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Sealift Logistics Command
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Sealift Logistics Command
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Systems Command
(619) 524-7323

Commander Submarine Force
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Commander Submarine Force
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Submarine Group Ten
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(860) 694-5683

Submarine Squadron Eleven
(619) 553-8641

US Africa Command
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US Central Command
(757) 836-4180

US European Command
011-49-711-680-113

US Fifth Fleet
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US Fleet Forces Command
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US Joint Forces Command
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011-973-724-383

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011-39-081-568-4634

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(619) 522-2825

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US Pacific Fleet
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US Second Fleet
(757)443-9850

US Seventh Fleet
011-81-6160-43-7440 x4090

US Sixth Fleet
011-39-081-568-4634

US Southern Command
(305) 437-1261

US Strategic Command
(402) 294-0246

US Third Fleet
(619) 767-4296

US Transportation Command
(618) 229-8269

Naval Reserve Intelligence
Command

Reserve Intelligence Command
Hdqtrs.
Fort Worth, Texas
(817) 782-7107

Naval Intelligence Reserve
Region Northwest
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Naval Intelligence Reserve
Region Southeast Det New
Orleans
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Region Southeast - Ft. Worth
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Naval Intelligence Reserve
Region Southeast -
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Naval Intelligence Reserve
Region Southwest Det Denver
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Naval Intelligence Reserve
Region Midwest
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Naval Intelligence Reserve
Region Midwest Det
Minneapolis
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Naval Intelligence Reserve
Region Southeast Det Atlanta
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Naval Intelligence Reserve
Region Washington
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Naval Intelligence Reserve
Region Midwest Det Millington
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Naval Intelligence Reserve
Region Midwest Det Detroit
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Group One
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Explosive Ordnance Disposal
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Naval Construction Forces
Command
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Maritime Expeditionary
Security Force

Maritime Expeditionary
Security Group One
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Maritime Expeditionary
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CAOSO
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SUBMISSION GUIDELINES

PHOTO SUBMISSIONS

Due 5th of the month. High-resolution 300 dpi photos. Set camera on the highest setting (TIFF, FINE and/or HQ). Shoot photos of action supporting the story. Posed shots or “grip-n-grins” are the least desirable. If the story is about people receiving awards, show us what they do that garnered said award. Send us the original image. Do NOT tinker with it in Photoshop™ or other image-editing software. We will edit it to fit into our page layout requirements. Include outline information identifying the subjects and what they’re doing in the photo. Also credit the photographer.

STORY SUBMISSIONS

Due 5th of the month. Monthly columns: at least 500 words. More is okay, we'll edit it. Feature stories: at least 600-700 words and need supporting photos. Feature-based stories will compel the reader to read the entire story. We do not want a straight-news story written in inverted pyramid newspaper style.

QUESTIONS AND SUGGESTIONS

Please contact the editor at james.vorndran@navy.mil or call (757) 322-5624



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WE are committed to the prevention of sexual assault
and **ARE** dedicated to the safety of our shipmates.

Encouraging Sailors to speak up and **EXECUTING A** proactive training regiment
will help accomplish this **MULTI-FACETED** outreach program.

The Navy has a zero-tolerance **APPROACH TO** sexual assault

and raising **AWARENESS** on the subject is everyone's duty.

Everyone, even you, can help in the **PREVENTION** of sexual assault.

www.sapr.mil provides **VICTIM** information, as well as details

on how to handle a first **RESPONSE** in the event a victim turns to you

for help **AND** guidance.

Each and every **OFFENDER** will

take **ACCOUNTABILITY** for their actions.

**We Will Not Tolerate
Sexual Assault**

AMERICA'S
NAVY
A GLOBAL FORCE FOR GOOD.™