

# TNR

THE NAVY RESERVIST

AUGUST 2012

## Joint Forces, From Peace to War

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**NAVY RESERVE**  
Ready Now. Anytime. Anywhere.

# Ready Now!



LS3 Class Daniel Trusty assists YN2 Allisandra Denson with the fit of her body armor. They are two of 240 Reserve Sailors on Enlisted Definite Recall to Active Duty with Navy Expeditionary Logistics Support Group.

Volume 4, Issue 9

## Changing Lanes

August 2012

Shipmates,

Take charge of your career! The Continuum of Service (CoS) gives you greater career choices. A variety of flexible service options provide you the ability to “change lanes” depending on your personal and professional lives. Today, you do not have to make an “all or nothing” career decision. CoS gives you the opportunities that allow a “Lifetime of Service” and support.

### RC to AC Lane Changes

Enlisted Definite Recall to Active Duty – Option to accept active duty recall orders for 1-3 years.

AC Augmentation Program – Will allow Sailors to accept long-term active-duty recall opportunities and fill AC manning shortfalls.

### RC to RC Lane Changes

Fleet Rating Identification Engine (FleetRIDE) for SELRES – Career Counselors and Sailors can discuss rating conversion based on manning levels and Sailor aptitude.

Variable Participation Unit – Provides flexible Individual Ready Reserve service option for members with targeted skills to muster at their assigned NOSC 2-5 days per year on paid ADT orders.

### AC to RC Lane Changes

Career Intermission Pilot Program – Allows AC Sailors to transition to the Individual Ready Reserve for up to a 3-years with a guaranteed return to active duty, to pursue personal or professional goals.

Enlisted Early Career Transition Program - Opportunity for eligible AC and Full Time Support (FTS) Sailors to transition to drilling Reserve Sailors status prior to their End of Active Obligated Service.

FleetRIDE and Perform-To-Serve with SELRES Option – Allows active-duty enlisted Sailors to request and receive approval for SELRES quotas. Once approved, Sailors select their Navy Operational Support Center and Reserve unit while still on active duty.

Depending on the needs of the Navy and personal circumstances, CoS provides all Sailors full-time and part-time service opportunities. The Navy is fully committed to providing transition assistance to Sailors whether a Sailor is departing the active component after just one term or a 30-year career. This is all part of the [21<sup>st</sup> Century Sailor and Marine](#) concept of recruiting Sailors once and retaining them for life through flexible service options. I invite you to read through this month's TNR for more information on how CoS can be applied to your personal situation.

VADM Dirk Debbink  
Chief of Navy Reserve

FORCM (AW) Chris Wheeler  
Navy Reserve Force Master Chief



# TNR

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The Navy Reserve 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](http://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 Reserve 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](http://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.

This Issue: **August 2012**

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**COVER PHOTO:** Navy and Air Force Reservists prepare to load an MH-53e Sea Dragon helicopter before loading it onto an Air Force C-5B Galaxy strategic transport aircraft. Photo by Mass Communication Specialist 2nd Class Maddelin Angebrand



# Letter from the Editor



Shipmates,

There have been many changes in our Reserve Force since our last issue. Some of the biggest changes are reflected in our masthead on the previous page. Vice Adm. Robin Braun assumed command as Commander, Navy Reserve Force and assumed the office of Chief of Navy Reserve.. Rear Adm. Bryan Cutchen came aboard as Commander, Navy Reserve Forces Command. On the air side, Rear Adm. Mark Leavitt became Commander, Navy Air Force Reserve. In the upcoming months, look in TNR to learn more about our leaders and our future.

Our Reserve Force is in good hands. And, to the people who have departed those positions, thank you for your leadership Vice Adm. Debbink, Rear Adm. Little and Rear Adm. Sadler.

This month TNR has a little bit of a flavor of joint operations. The Defense Logistics Agency recently conducted joint combat skills training that looks to have been a great success. Also, Reserve Minemen held an exercise with their counterparts from the Air Force. It was a great opportunity for the two services to share their different

skill sets and learn about their different missions. Our third story about joint operations tells how a Navy Reserve Air Terminal unit, and Reserve Seabees joined with the Air Force Reserve to practice air cargo loading and operations.

Until next month, keep up the great work.

VR/R/WR

Jim



Jim Vorndran  
Editor-in-chief  
The Navy Reserve Magazine

## CULTURE OF FITNESS

# Outdoor Workouts

Provided by the American Council on Exercise®



Whether you've trained all winter in the gym or braved the outdoor chill, warmer weather makes for a much more convenient workout. Now, you don't have to drive to a gym to get a good workout or worry so much about squeezing in your fitness routine before the sun goes down. Summer makes for longer days and a greater opportunity for you to take your exercise routine outdoors.

Most of the time, you can build a circuit workout that fits your intensity level just by using the equipment in your neighborhood courtyard, park or nearby parking garage.

It's important to keep in mind that regardless of how much exercise you have done in the gym, make sure you watch your intensity outdoors – at least at first. According to ACE Exercise Physiologist Pete McCall, even the most fit clients can have trouble making the transition.

"I once had a client who did indoor cycling classes two to three times a week and had an impressive level of cardiorespiratory fitness," McCall said. "However on her first outdoor ride of the spring she misjudged a turn and suffered a separated shoulder that set her training back a few months."

Start your outdoor training with the three basic exercises outlined below, and then build on them once you get accustomed to working outside.

**Stair runs** – Run your local high school stadium steps, use the stairs of a parking garage or visit your favorite two-story city landmark.

**Step-ups** – Use small walls or benches outside your home for this move. Start by placing your right foot on a platform, aligning your knee over your second toe. Then push off with your left leg to raise your body onto the platform, ending with that foot alongside the right foot. Step backward to place your left foot on the ground in its starting position. Repeat on opposite side.

**Modified pull-ups** – Find a handrail that's about waist high, ensuring it will support your weight. Grab the bar with a slightly wider than shoulder-width, overhand grip and slide under the bar. Extend your legs out in front with your weight on your heels. Start with arms fully extended, then exhale and pull yourself up by bending your elbows. Your upper chest or neck should almost touch the bottom of the bar. Inhale and lower yourself until your arms are fully extended. To lessen the challenge, pull feet closer to your butt.

Try slowly incorporating the three exercises listed above for a few weeks. Once you've mastered the movements, you can use them to sculpt a challenging circuit.

If you're just beginning a workout routine, stick with a low-intensity option that includes running up a flight or two of stairs five times for speed, rotating with walks down; 9-12 step-ups on each leg; and 8-12 pull-ups on a railing.

If you've been training frequently, ramp up your workouts with high intensity intervals. Add 8-12 triangle push-ups on the tail end, then do the entire circuit three times through with no breaks in between exercises. Periods of rest should only be for about 60-90 seconds between each circuit.

## FOCUS ON FAMILIES



# Where Does Time Go ?

Written by PAT NICHOLSON

Summer is almost over and it's time to start thinking about getting ready for the upcoming school year. For many children this can be a very exciting time. They want to get back and see some of the friends they were unable to see over the summer. Others might be scared or concerned because they will be going to a new school and not know anyone. For others, maybe their mother or father will not be home to help get things in order.

As you begin preparing for the school year, check to see that all required school forms have been completed. If your child is going to participate in various events, remember to get the appropriate medical documentation completed. If your children take certain medications, the school will probably have a form to be completed so the school nurse can administer it to them.

Preparing for the school year is like Family Preparedness. As you make sure all the appropriate forms are completed for school, dust off your own Family Preparedness Plan. Update your Record of Emergency Data (Page 2) form and Serviceman's Group Life Insurance (SGLI) election form with the correct beneficiary, and Defense Enrollment Eligibility Reporting System (DEERS) verification. Remember to have the appropriate powers of attorney completed to handle various situations that may occur while you are away from home. This includes those special medical powers of attorney to authorize medical care for minor children.

Some children may be coping with a parent preparing for deployment or currently deployed. Notify the school in advance if this situation occurs. Schools can provide support and assist children with a normal routine during the challenges of deployment.

One resource that may be useful as you prepare for school is Our Military Kids. This program provides grants for sports, fine arts and tutoring to children of deployed and severely injured Reserve and National Guard military members. This enables the children to start or continue participation in an activity while the parent is deployed or recovering. The program is open to children from 3- years- old through 12th grade.

Our Military Kids grants cover six months of an activity to a maximum award of \$500.00. Some children may be eligible to receive a second grant.

To date more than 3,000 children have received grants from Our Military Kids. For more information on the program or to download an application, go to [www.ourmilitarykids.org](http://www.ourmilitarykids.org)

If you need assistance finding resources in your area contact your command ombudsman. The ombudsman will have a vast amount of information and resources that can assist you and your family. The ombudsman is a trained volunteer who is dedicated to assisting and helping families with issues that arise due to the military lifestyle. Appointed by the commanding officer to serve as an information link between command leadership and Navy families, the ombudsman is ready to help.

## GETTING IT TO THE SAILOR



# Protecting your Privacy

Written by Lt. Cmdr. CHRISTINE BRASHEAR and Lt. JOHN GUZMAN

With social media, online financial transactions, e-mail and the ease of online shopping, computer users are able to accomplish quite a bit in little time.

There are many reasons to be cautious about online personal information. You should be most concerned with keeping personal information from cybercriminals and identity thieves. Here are some ways to keep your private information from prying eyes.

**Be Anonymous:** It is easy to give too much personal information online making the work of cybercriminals easier. To protect your online anonymity:

Disclose personal information only when absolutely necessary. Be cautious of fast friends you have just met online but ask you to reveal personal information.

Be cautious of social networking friends you have not seen or heard from in years.

Use a disposable, anonymous e-mail account for websites that require an e-mail address to register.

**Watch out for Cookies:** Cookies are files that websites use to store information about your browsing habits. Most of the time, these files are harmless. For example, a cookie may remember your username and password so you don't have to log into a website every time you visit. However, some cookies are used maliciously to track your browsing habits to build a profile of your interests and activities.

Set your browser to warn you when a cookie is installed.

Use an anti-spyware software that removes tracker cookies. Both Symantec and MacAfee suites offer this capability.

Opt to use a plain text e-mail display instead of HTML e-mail. This way, tracking files and cookies cannot be included in e-mails.

**Consider Eavesdroppers:** Unencrypted e-mail and most website interactions can be monitored by your employer, internet service provider or any company along the internet path between you and the e-mail or web server you are communicating with.

Assume anything sent without encryption can be read by third parties.

Always use encryption when sending e-mail containing sensitive information.

Spyware or viruses that install keyboard trackers can log the keys you press as you type and send them back to a hacker.

Only use secure (https) websites when shopping or banking online.

Never use a work e-mail address for personal use. Have a separate, private e-mail address for private business.

Be extremely careful when using public computers and public wireless networking hotspots as they are more susceptible to malicious behavior.

**Browse defensively:** Disable Java, JavaScript and ActiveX in your browser and only enable it on a site-by-site basis.

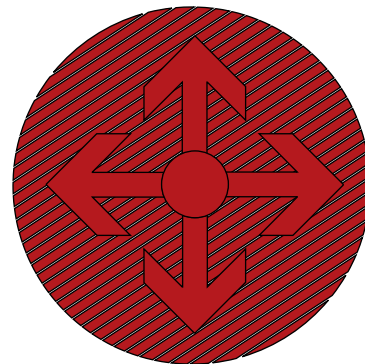
Read any privacy policy. Many are, in fact, grossly misnamed waivers of all privacy.

Remember that a secure link, with a padlock and https, doesn't say anything about the site's business practices or attitude to privacy.

## CAREER COUNSELOR CORNER

# SELRES Fleet RIDE Implementation

Written by Master Chief Navy Counselor (AW) MICHELLE BROOKS



**First of all, let me introduce myself. I am Master Chief Navy Counselor (AW) Michelle Brooks, Reserve Force Career Counselor. I am looking forward to working with each and every one of you in the months ahead.**

Currently, the Navy Reserve is incorporating the Fleet Rating Identification Engine (FLEETRIDE) system for selected Reserve (SELRES) Sailors. Fleet RIDE is a web-enabled career counseling tool that screens and guides the right Sailors to the right jobs.

Fleet RIDE assists career counselors, enlisted community managers and Sailors with reclassification and career guidance. It provides the best match of a Sailor's qualifications to meet Navy requirements for rating assignment and conversions.

Fleet RIDE lets users view and update rating eligibility criteria and identifies a Sailor's eligible ratings. Fleet RIDE has the most current qualification standards and SELRES career reenlistment objectives (CREO). This information allows career counselors and Sailors to identify career opportunities for non-designated Sailors or Sailors in overmanned ratings.

Fleet RIDE is not the same as Perform-to-Serve (PTS). It is a system used to screen Sailors for rating qualification. PTS is force management policy currently only used for active-component and full-time-support Sailors. The Fleet RIDE for SELRES rollout does not subject SELRES Sailors to PTS.

All Navy Operational Support Center and unit career counselors responsible for training unit identification codes (TRUICs) need to request a Fleet RIDE account by submitting a System Authorization Access Request (SAAR) form to [fleetrider\\_help\\_desk@navy.mil](mailto:fleetrider_help_desk@navy.mil) or e-mail Paul Martin at [paul.d.martin.ctr@navy.mil](mailto:paul.d.martin.ctr@navy.mil).

Career counselors who do not have a Fleet Ride account for their TRUICs should submit their SAAR form immediately.

All SELRES Sailors E-6 and below will be entered in the Fleet RIDE for SELRES database and are required to be qualified to enhance conversion opportunities. Career counselors should review Fleet Ride information with their Sailors to ensure its accuracy.

Active-component (AC) Sailors who received a SELRES quota from PTS are not exempt from Fleet RIDE for SELRES qualification. All Sailor information from the Sailor details page will migrate from AC Fleet RIDE to Fleet RIDE for SELRES, but Sailors must verify data migration with their career counselors. Sailors are not required to qualify in Fleet RIDE as a prerequisite to go on an individual augmentation, active duty for special work, mobilization or recall.

Any Sailors who qualify for a new rating in Fleet RIDE may submit a conversion package for the desired rating to PERS-8 in accordance with Military Personnel Manual (MILPERSMAN) section 1440-010. A printed copy of the qualified jobs listing obtained from Fleet RIDE must be included in a Sailor's conversion package. Sailors should review MILPERSMAN section 1306-618 for Armed Services Vocational Aptitude Battery (ASVAB) line score waiver information.

Frequently asked questions regarding Fleet RIDE for SELRES are posted on the Navy Personnel Command website at [www.npc.navy.mil](http://www.npc.navy.mil). On the website select "Career Counseling" under the "Career Info" drop down list. You will then see a "Fleet RIDE (SELRES)" link on the left side of the webpage.

Additional assistance can be obtained from the Fleet RIDE Helpdesk at 901-874-2102 (DSN 882) or [fleetrider\\_help\\_desk@Navy.mil](mailto:fleetrider_help_desk@Navy.mil).



# PROFILE IN PROFESSIONALISM

We have many talented people in our Navy Reserve. Each month we highlight our stellar Sailors and some of the unique 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.



**Erica M. Escobedo**  
CULINARY SPECIALIST 3RD CLASS

**Hometown:** Grand Prairie, Texas

**NOSC:** Jacksonville, Fla.

**Unit:** U.S. European Command 0130

**Brief description of your Navy job:** I currently serve as the mustering petty officer and the recall bill petty officer. I make sure everyone is accounted for at morning and afternoon meetings.

It is through this duty that the NOSC is able to ensure the members of our unit are properly accounted for and paid. I also confirm all Sailors update their contact information so in case of any questions, concerns or an emergency, we are able to get in contact with the members or their immediate family.

**Brief description of your civilian job:** As a civilian, I am a member of the Defense Logistics Agency Disposition Services; Central Demilitarization Division, located in Kaiserslautern, Germany.

**What has been your greatest Navy achievement?** My greatest Navy achievement has been my deployment. Through a deployment in Afghanistan in 2009-2010, I feel I have become more of an essential part of the Navy.

**Who has been your biggest influence since joining the Navy?** I would say; Master Sergeant Cline has had the most influential impact on my career. Like the majority of young Sailors coming into the Navy, I wanted to be an individual. I made mistakes and strayed off the path; however, she always stuck by me and pressured me to stay committed to my Navy career.

**What do you enjoy most about the Navy?** The open doors provided to me as a Sailor and a person.

**Most interesting place visited since joining the Navy:** The most interesting place I have visited since I joined the Navy is Hawaii. It was extremely fascinating to take a tour of the USS Missouri (BB-63).

**Current hobbies:** I like to sew. I am not a professional by any means, but it is fun to take fabric and make it into something and be able to say, "Yep, I made that!"



**James Harper**  
LT. CMDR.

**Hometown:** Fort Worth, Texas

**NOSC:** Joint Reserve Base, Fort Worth

**Unit:** 14th Marine Artillery Regiment

**Brief description of your Navy job:** I am serving as the executive officer and deputy commander of Provincial Reconstruction Team (PRT) Farah. We are stationed in Farah Afghanistan working to bring governance and stability to the province.

**Brief description of your civilian job:** I work for American Airlines at the Dallas – Fort Worth Airport. I load aircraft and sometimes act as crew chief.

**What has been your greatest Navy achievement?** My two years as commanding officer of Inshore Boat Unit 15 deployed to Kuwait in 2003. But, also making chief petty officer and then receiving my commission.

**Who has been your biggest influence since joining the Navy?** Two outstanding Sailors, Master Chief Fred Walker and Capt. Daniel Lutes, both of these gentlemen are perfect examples to emulate and set me on a good path.

**What do you enjoy most about the Navy?** The people I get to work with everyday. Not only during this mission, but also every other deployment I have been a part of.

**Most interesting place visited since joining the Navy:** I've been to Iraq and Afghanistan, but the most interesting place was the Joint Staff College in Swindon, United Kingdom. I attended a staff officer course in 2007 and worked with the British Royal Navy. It was a wonderful two weeks interacting with navy officers from other countries.

## SPIRITUAL NAVIGATION

# Spiritual Fitness

Written by Capt. MARK JOLIVETTE, Chaplain Corps (Ret.)



**You might hear a chaplain say something about Spiritual Fitness. That phrase makes sense to those who have religious sympathies or background. It might not be so clear to those not connected to a church, synagogue, mosque, temple or other center of spiritual worship. Why should Spiritual Fitness be part of our proverbial sea bag?**

As I have traveled to a number of Navy Operational Support Centers, I explain this concept includes everyone, church-goer or not, by sharing a story from my childhood. I was nine- years old, in the cold December of Iowa excitedly waiting for the Christmas gift exchange. One of my strong interests was baseball. There were regular summer pickup games across the street from our house. My first purchase out of personal savings was a Ted Williams model baseball glove. If I could have verbalized God's plan for my life, it was very clear: I'd be playing outfield for the New York Yankees.

It came time for Christmas presents to be opened. A 9-year-old cringes at the thought of receiving pajamas. I hoped for a model car or airplane, or more baseball gear. They were not the gift. The present came flat and small. I opened an envelope, thinking this was not going to be a very special holiday.

I was so wrong. In the envelope was this writing: "For your birthday, you will get to see the Yankees play baseball." My father, anticipating the first season of the new Minnesota Twins baseball team, had purchased tickets for the game on July 10th, Yankees versus Twins at the old Metropolitan Stadium.

**FAITH, SIMPLY DEFINED, IS TIME  
LIVED BETWEEN WORDS SPOKEN AND  
WORDS BEING KEPT.**

The story isn't meant to be about Christmas. It is about Spiritual Fitness. Specifically it is about faith. For six months, I could live expectantly telling friends I was going to see the Yankees play baseball. I had absolutely no doubt about that. Why?

For one simple reason: my father had promised, and my father would not lie about my gift.

Faith, simply defined, is time lived between words spoken and words being kept. Faith means clinging to the promise of the word. Faith is at the center of each core value: Honor, Courage, Commitment. Faith is at the heart of every relationship, whether in our marriages, our families, or with our shipmates. Will we keep our words? Will we live believing that people persons whose words impact our lives will keep them? That's the everyday experience of faith. Spiritual Fitness at its heart concerns promise keeping and promise making, and the faith we keep with one another and with God.

Any chaplain will gladly talk about faith in spiritual terms. Any chaplain will also gladly talk about the faith commitment necessary for all our Navy experience. We will talk and pray about how to keep faith in one another as well as with the Almighty. Let's do that.

# Creating Bonds Between Reservists and Employers



**When Navy Reservists have their retirement ceremonies a familiar story is frequently told. Often, the retiree will tell the ceremony guests how he managed to balance civilian work, family responsibilities and Navy duties. “I know I have a proper balance when the Navy, my wife and my civilian employer are all equally upset.” While this is a humorous message explaining the difficulty of balancing life’s responsibilities it is a testament to all the people responsible for a Reservist’s success.**

Balancing civilian employment however becomes much easier thanks to 4,800 Employer Support of the Guard and Reserve (ESGR) volunteers. One of these volunteers, Doyle Quisenberry stands out as he retires from his volunteer duties after 14 years.

“Volunteers are the strength of the ESGR team and vital to mission accomplishment,” said Steve Villalpando, ESGR State Chair for Virginia. “Volunteers like Doyle Quisenberry, enable ESGR to reach Guardsmen and Reservists across each state and help improve employer relations for the brave men and women who place themselves in harm’s way, leave their families and put their careers on hold as they preserve our way of life.”

During Quisenberry’s time with ESGR he has personally worked to get 2,500 statements of support signed by Virginia employers.

“Doyle’s real forte has been his aggressive work on ESGR’s Statement of Support Program,” Villalpando said. “His outstanding achievements were recognized last year when Doyle was presented the Secretary of Defense Superior Service Award. Retired Cmdr. Doyle

Quisenberry was also honored this year as one of Hampton Road’s 10 Outstanding Veterans and Still serving.”

Quisenberry joined the Navy Reserve in 1947 at age 17 when he was a senior in high school. At the time he drilled one night a week, got \$2.50 per drill and was paid \$30.00 once a quarter.

To get to his Reserve duties he took a six mile bus ride to drill and then walked four blocks to the Reserve Center. Bus fare was five cents each way. He advanced to BMG-3 (Boatswains Mate General Third Class) before being commissioned as an ensign in the ROC (Reserve Officer Candidate) program and was later selected for the Naval Reserve TAR (now called full time support) program.

As a Naval Reserve TAR officer he rotated to sea duty every third duty station. This sea time enabled him to qualify as a surface warfare officer and learn enough about Navy logistics to be selected as the U.S. Atlantic Fleet Logistics Plans Officer after his 20- year Navy career. He eventually became the Atlantic Fleet Senior Logistician.

After retiring as a civilian from the U.S. Atlantic Fleet, he volunteered for the ESGR where he has been a driving force in the Norfolk, Hampton Roads area visiting employers and eliciting their support for ESGR. This kind of support for the ESGR has no benefited countless Reservists as they have mobilized, de-mobilized, and returned to their civilian occupations. He has also escorted bosses of Reserve and National Guard employees to their mobilization sites to see their employed Reserve and Guard members performing their active duty mission.

“We’re going to have some mighty big shoes to fill when Doyle retires,” said Villalpando. Fair winds and following seas.

# Mobile Mine Assembly Reservists Essential to Navy's Mission

Written by Ensign Carl Zielman



▲ Chief Mineman (SW/AW) John Davis, Gunner's Mate 2nd Class Christopher Corley, Yeoman 1st Class Balance Bird, Mineman 1st Class Scott Landers and Mineman 2nd Class (SW) Frank Alvarado place an MAU- 91 fin assembly on a MK63 training mine. U.S. Navy photo

**Twelve Reservists from Mobile Mine Assembly Units (MOMAU) 3, 4 and 7 recently embarked to Barksdale Air Force Base to take part in a mine exercise with the Air Force 340th Weapons Squadron.**

As part of the exercise, the minemen spent nine days assembling mines and assisting Air Force personnel load 54 MK62 and eight MK63 ET mines aboard two B-52 bombers. Personnel from NR MOMAU 3, 4, and 7 augmented active-duty personnel from Navy Munitions Command (NMC) Charleston, S.C. to provide a resource for active duty commands to draw from to meet their mission.

"This exercise is exactly how Reservists and active-duty Sailors should work together," said Master Chief Mineman Thomas Mazza. "We worked side-by-side with our active-duty counterparts during this joint services exercise. There was a cost savings for the active duty's operations budget and some great real world training for us in the Reserve. That is a win-win for Navy."

There are approximately 80 Reserve minemen who make-up the mobile mine assembly units across the entire fleet. The units are tasked with supporting the NMCs around the world. With such a small community, Reserve minemen work closely with their active-duty counterparts.

"The mineman community is rather small so we get the chance to build relationships with our active-duty counterparts. It has gotten to the point that when we go on an exercise it is impossible to tell who is active and who is Reserve," Mineman 1st Class K. Scott Landers said.

Minemen perform their duties at sea aboard minesweepers detecting and neutralizing underwater mines. Ashore, minemen are technicians who test, assemble and maintain underwater explosive devices. They test various electronic components to ensure proper repair and make sure mines work properly. They are also responsible for safe storage, handling and loading of mines for transporting.

The primary mission is to maintain the material readiness of the Prepositioned War Reserve Mine Stockpile and to provide a reservoir



of trained personnel organized into mobile units, capable of rapid deployment for final preparations of mine stocks to support mining operations.

“Working with both the Air Force and civilians has been a great experience,” Landers said. “Since we are two different branches of service we do things differently at times. It is good to get the experience for both sides. The Air Force builds bombs and we build mines, so it gives them an opportunity to ask us questions about the mines they are tasked to load.”

Handling high explosives can be a stressful job, but Senior Chief Mineman George Kipp and his teammates love it and look forward to working in a joint environment.

“Working with other branches of service is always entertaining, as we really don’t speak the same language,” Kipp said. “On both sides everyone is always interested in learning what the others do, and what their terminology means. This exercise was a great learning experience as we got to see how the assets we build are transported and loaded in the B-52.”

Building assets, as Kipp calls it, can be detailed work and minemen find they gain their nerves of steel quickly.

“The first time I walked into a mine shop they were working on upgrading a submarine launched mobile mine,” Landers said. “Well any mineman that has built this system would understand why I thought ‘those guys are flat out crazy.’ I’ll just say that using a rubber mallet to install parts of the explosive section is a very interesting method.”

This small community of ordnance workers feels deeply fortunate for the work they do with their command.

“As a Reservist in a unit so deeply embedded with our supported command’s mission, it becomes a real source of pride and satisfaction to be able to provide the skills the Navy needs to protect fellow Sailors and be a real deterrent to our nation’s enemies,” said Mazza.

▼ Navy Minemen take part in a nine-day training evolution, assembling mines and helping Air Force personnel load 54 MK62 and 8 MK63 ET mines aboard two B-52 bombers. U.S. Navy photo



# Reserve Sailors Complete Joint Readiness Exercise

Written by Capt. Bryan Lewis, Defense Logistic Agency Joint Reserve Force

**Ninety-four Reserve Sailors, seven Marines and more than 80 additional Defense Logistics Agency Reservists from the Army and Air Force participated in the fifth annual Joint Reserve Training Readiness Exercise (JRTRX) at Fort Eustis, Va.**

The exercise was to enhance total force readiness while simultaneously completing service-required training and promoting teamwork.

“Our goal is to take every service and put them in a pseudo deployment environment; increase the operations tempo, increase their training, basically put them in an environment that is alien to them,” said Lt. Cmdr. Onofrio Margioni, Joint Reserve Force (JRF) deputy director of training and readiness and JRTRX director.

“The JRTRX mirrors exactly what our Reservists will be doing at the CONUS Replacement Center (CRC) and Navy Individual Augmentee Combat Training (NIACT). The reason why we offer JRTRX is to enhance the training for our troops.”

More than 110 JRF Reservists are deployed for combat logistic support at any given time. Prior to deployment Sailors, soldiers,

airmen and Marines attend stateside, theatre-specific trainings to prepare for the downrange demands and environment.

Much like CRC and NIACT the JRTRX provides Theater Specific Individual Requirements Training. This includes the Humvee Egress Assistance Trainer (HEAT), the Engagement Skills Trainer 2000, the Leadership Reaction Course, weapon familiarization and firing range for M-4 and M-9 qualification, IED identification and reaction, Distribution Service instruction and joint physical training.

“We hit every milestone that we set out with the objective of ensuring our Reservists get a taste, and sometimes a bit more than just a taste, of what they’d be experiencing at CRC and NIACT, including an increase in ops temp that would give a familiarization of what to expect in theatre,” Margioni said.

Adding flavor to the “taste” of the simulated deployment was the firing of more than 12,000 rounds of ammunition with M4s and M9s. Each Sailor, soldier and Marine had the opportunity to qualify with the appropriate weapon for his or her rank.



▲ Reservists divided into joint teams during the training to further demonstrate the nature of many deployed environments. U.S. Navy photo





▲ Sailors and Marines received Theater Specific Individual Requirements Training that included the Humvee Egress Assistance Trainer (HEAT). U.S. Navy photo

Leading the way was Navy Reserve Rear Adm. Ray English, director, DLA Joint Reserve Force, who reminded participants of the most important aspect of this exercise taking care of each other.

“Of all the experience and training you gained, the most important thing I hope you’ve learned and keep with you when you deploy is we take care of each other,” English said. “If we take care of each other, everything else will turnout right.”

The importance of team that English spoke about was lived out on the Leadership Reaction Course and the Humvee Egress Assistance Trainer.

The LRC challenges teams physically and mentally as they attempt to complete obstacles, such as maneuvering a wounded soldier across a barrier. Much like the reaction course, HEAT recreates the physical sensation of a rollover to train personnel how to respond safely and quickly when exiting a compromised vehicle.

The participants were intentionally divided into joint teams during the training to further demonstrate the nature of many deployed environments, especially those DLA members find themselves in.

“This is more opportunity to hone your skills, and give you that confidence, so that when you are that DLA representative in theatre, you can do your best to provide that mission success; that difference helping the warfighter be successful,” said Celia Adolphi, JRF deputy director. “You have the confidence in your combat skills to make your functional mission easier.”

**“OUR GOAL IS TO TAKE EVERY SERVICE AND PUT THEM IN A PSEUDO DEPLOYMENT ENVIRONMENT; INCREASE THE OPERATIONS TEMPO, INCREASE THEIR TRAINING, BASICALLY PUT THEM IN AN ENVIRONMENT THAT IS ALIEN TO THEM.”**

Upon completion of the JRTRX, members completed surveys about the training. A common theme among the comments was the high quality of the training and they wished it was longer.

“In the end this was all about bringing people together and teaching them how to work together,” said Margioni. “In the joint world if you can achieve that, you’ve done your job.”

# Take Advantage of Your VA Benefits



▲ Commander, Navy Reserve Forces Command chief petty officers play Texas Hold'em with retired service members at the Hampton Veterans Affairs Medical Center. Photo by Mass Communication Specialist 2nd Class Ernesto Hernandez Fonte.

**As a Navy Reserve member, you may qualify for a wide range of benefits offered by the Department of Veterans Affairs (VA). The VA will help you and your family understand the benefits for which you are eligible and how to apply for them. VA benefits include disability compensation, education, health care, home loan guaranty, insurance, burial, pension, and vocational rehabilitation and employment.**

**Active Service.** Eligibility requirements for most VA benefits include a certain amount of time of active service. Active service in the Navy Reserve includes:

**Active duty (Title 10)** - full-time duty in the Armed Forces, such as a unit deployment during war, including travel to and from such duty, except active duty for training.

**Traditional.** Traditional Reserve members typically serve one weekend a month and two weeks a year. Traditional members may become eligible for some VA benefits by fulfilling a service commitment. Eligibility for disability compensation requires that a disability was the result of an injury or disease incurred or aggravated during active duty or active duty for training. For inactive duty training, the disability must have resulted from injury, heart attack, or stroke. Other benefit programs require a specified number of days of active service.

**Home Loans.** VA's Home Loan Guaranty Program connects Reserve members with home loans that have favorable terms. Private lenders



provide the loan, but the VA guarantees a portion of it, allowing lenders to provide you with benefits such as no down payment or mortgage insurance premiums. To qualify for the VA's home loan guaranty, you must meet one of the following conditions:

Served for 90 days or more on active duty during a wartime period, or

Were discharged or released from active duty for a service-connected disability, or

Have six years of service in the Selected Reserve, and

Were discharged honorably, or

Were placed on the retired list, or

Were transferred to the Standby Reserve or an element of the Ready Reserve other than the Selected Reserve after service characterized as honorable, or

Continue to serve in the Selected Reserve

**GENERALLY, ALL RESERVE MEMBERS QUALIFY FOR SOME VA BENEFITS. THE VA MAY CONSIDER VARIOUS FACTORS TO DETERMINE YOUR ELIGIBILITY FOR BENEFITS. THESE FACTORS MIGHT INCLUDE YOUR LENGTH OF SERVICE, WHETHER YOUR SERVICE INCLUDED A CERTAIN AMOUNT OF ACTIVE SERVICE UNDER TITLE 10 OR TITLE 32, WHETHER YOU SERVED DURING A WARTIME PERIOD, OR WHETHER YOU INCURRED A DISABILITY AS A RESULT OF YOUR SERVICE.**

Education. VA provides valuable education and training benefits to Reserve members, including financial support for undergraduate and graduate degrees, vocational and technical training, licensing and certification tests, apprenticeships, and on-the-job training. You may be eligible for one or more of the following programs if you meet certain service requirements.

#### Post-9/11 GI Bill

You:

Were honorably discharged from active duty for a service-connected disability after serving at least 30 continuous days after September 10, 2001, or

Have at least 90 aggregate days of service consisting of active duty (Title 10) supporting named contingency operations

#### Montgomery GI Bill-Selected Reserve (MGIB-SR)

You:

Have a six-year obligation to serve in the Selected Reserve, and

Completed your initial active duty for training, and

Served in a drilling unit and remain in good standing, and

Have a high school diploma or equivalency

#### Reserve Educational Assistance Program

You:

Are a member of a Reserve component and served on active duty for at least 90 consecutive days after September 10, 2001

Health Care. VA health care benefits include all the necessary inpatient hospital care and outpatient services to promote, preserve or restore your health.

Eligibility for VA health care requires that you served on active duty by a Federal order and completed the full period you were called or ordered to active duty. If you served on active duty in a theater of combat operations after November 11, 1998, you are eligible for an extended period of free VA health care benefits, with enrollment allowed up to five years from the date of discharge or release.

Burial. The VA offers burial and memorial services to honor our Nation's deceased Veterans. For example:

The VA can furnish an inscribed headstone or marker at any cemetery, or a medallion in lieu of a headstone, or marker to affix to one that is privately purchased

The VA can provide a burial allowance to partially reimburse the burial and funeral costs of a Veteran

The VA can provide a Presidential Memorial Certificate for the next of kin and loved ones of a deceased Veteran

The VA can provide an American flag to drape the casket of a Veteran

A Veteran and his or her dependents can be buried in a VA national cemetery.

Generally, all Reserve members qualify for some VA benefits. The VA may consider various factors to determine your eligibility for benefits. These factors might include your length of service, whether your service included a certain amount of active service under Title 10 or Title 32, whether you served during a wartime period, or whether you incurred a disability as a result of your service.

# BACK TO BASICS

## TRICARE Time Line

The DoD recently released a Compensation and Benefits Handbook outlining benefits you may be eligible for as a Navy Reservist, two of which are TRICARE Reserve Select (TRS) and the Transition Assistance Management Program (TAMP). Although the handbook was compiled for the wounded, ill and injured, it also serves as a TRICARE reference guide for Reserve members.

TRICARE Reserve Select is for members in a paid drill status.

Reserve members are eligible for TRICARE Standard 180 days prior to a mobilization in support of a contingency operation.

The Transition Assistance Management Program (TAMP/TA-180) provides TRICARE coverage for 180 days following a mobilization in support of a contingency operation.

TRICARE Retired Reserve/TRR is for retired Reservists.

To ensure you have a seamless transition as you move between pre-mobilization, mobilization, and demobilization there are several key areas to keep in mind.

Ensure your status has been updated in the Defense Enrollment Eligibility Reporting System (DEERS) as soon as your orders are effective.

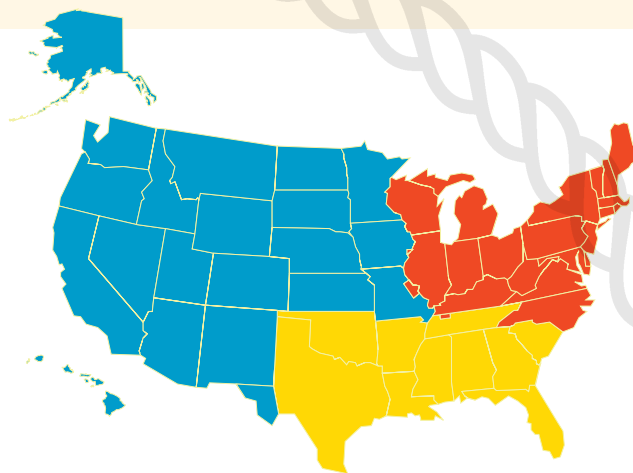
Once your status is changed you have to enroll in TRICARE Prime or Prime Remote for you and your dependents.

You will also be eligible for TRICARE dental care. If you are not within 50 miles of a military Dental Treatment Facility, ensure you receive authorization from TRICARE Dental and approval to see a network provider. This is to avoid charges greater than the authorized amount for outside care. For dependents, you have to enroll them and there is a monthly premium associated.

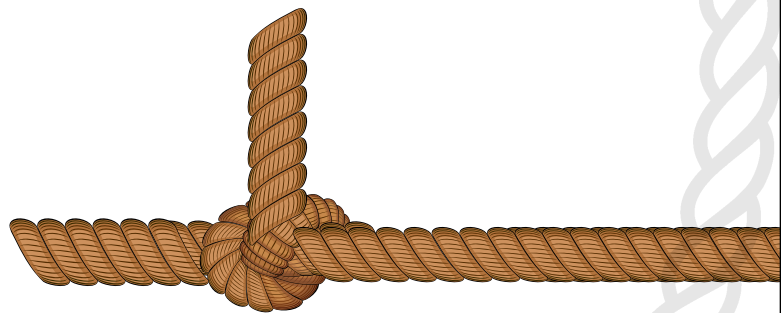
After a mobilization, ensure your status is updated to be eligible for TAMP.

To avoid a lapse in coverage, reapply for TRS 60 days prior to TAMP eligibility expiration.

Contact a Navy Reserve TRS Policy Coordinator at 757-322-2641/2642 for assistance.



Receive Mobilization orders  
Update status in DEERS  
Enroll in TRICARE Prime

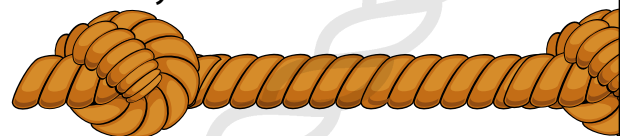


TRS Coverage

Pre Mob TRICARE

180 Days Out

Mob



Pre-Mobilization

# Tricare West

Regional Contractor:  
TriWest Healthcare Alliance Corp.  
(TriWest)  
888-TRIWEST (888-874-9378)  
[www.triwest.com](http://www.triwest.com)

Alaska, Arizona, California, Colorado, Hawaii, Idaho, Iowa (excluding Rock Island Arsenal area), Kansas, Minnesota, Missouri (excluding the St. Louis area), Montana, Nebraska, Nevada, New Mexico, North Dakota, Oregon, South Dakota, Texas (the southwestern corner, including El Paso), Utah, Washington and Wyoming.

# Tricare South

Regional Contractor:  
Humana Military Healthcare Services, Inc.  
(Humana Military)  
877-298-3408 or 800-444-5445  
[www.humana-military.com](http://www.humana-military.com)

Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, Oklahoma, South Carolina, Tennessee (excluding the Ft. Campbell area) and Texas (excluding the El Paso area).

# Tricare North

Regional Contractor:  
Health Net Federal Services, LLC  
(Health Net)  
877-TRICARE (874-2273)  
[www.healthnetfederalservices.com](http://www.healthnetfederalservices.com)

Connecticut, Delaware, the District of Columbia, Illinois, Indiana, Kentucky, Maine, Maryland, Massachusetts, Michigan, New Hampshire, New Jersey, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, Vermont, Virginia, West Virginia, Wisconsin and portions of Iowa (Rock Island Arsenal area), Missouri (St. Louis area) and Tennessee (Ft. Campbell area).

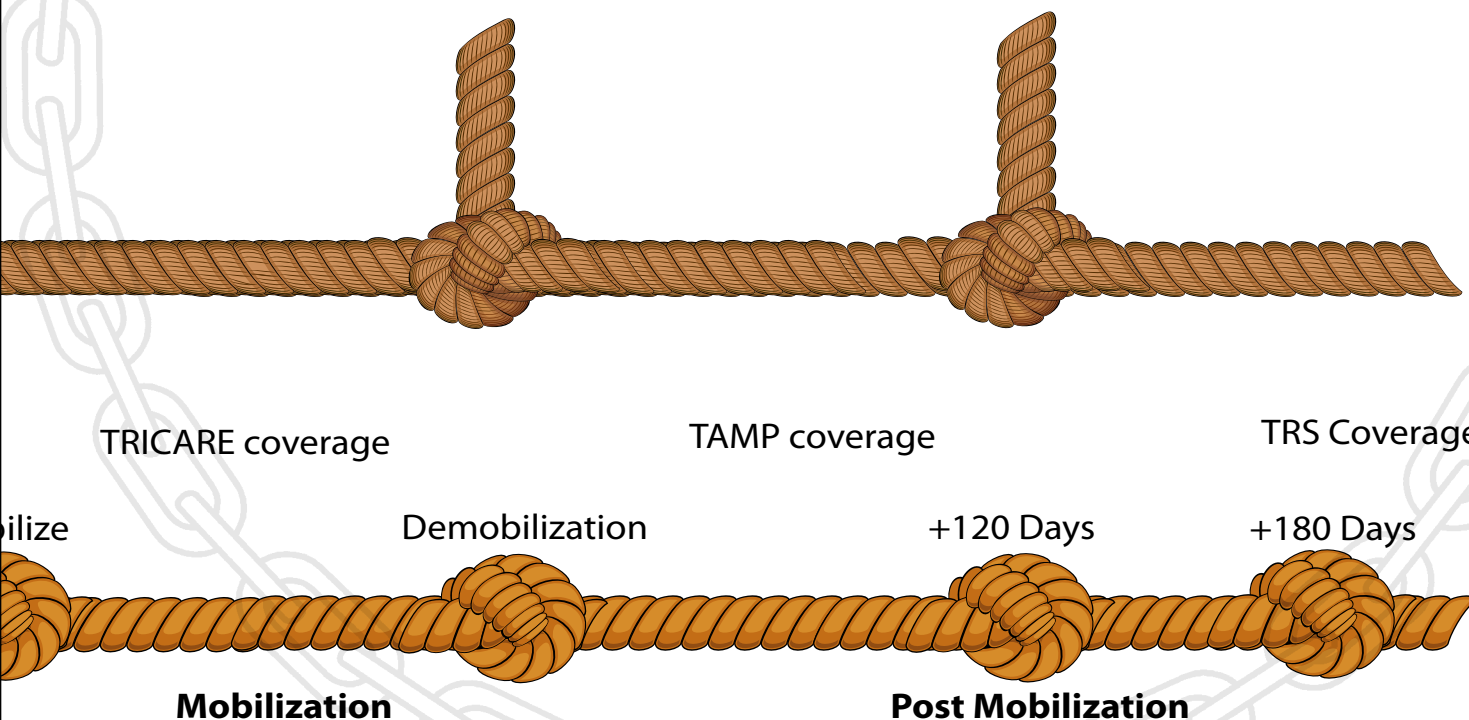
# Tricare Overseas

Regional Contractor:  
Humana Military Healthcare Services, Inc. (Humana Military)  
877-298-3408 or  
Overseas: 888-777-8343  
[www.humana-military.com](http://www.humana-military.com) or  
Overseas: [www.tricare.mil/overseas](http://www.tricare.mil/overseas)

The TRICARE overseas areas include TRICARE Europe, TRICARE Latin America and Canada (TLAC), and TRICARE Pacific. The TRICARE South Region contractor, Humana Military, handles enrollment, billing and customer support services for these overseas areas.

Update DEERS to reflect demod status  
Enroll in Transition Assistance  
Management Program

Re-apply for  
TRICARE Reserve Select





# EXPEDITIONARY MEDICAL FACILITY MEMBERS BUILD 50-BED FIELD HOSPITAL PROTOTYPE

Written by Cmdr. Carl Bergren, Medical Corps

A photograph showing a medical team in a field hospital prototype. Two surgeons in blue scrubs and white surgical caps are performing a large, open surgical procedure on a patient lying on a table. The patient's torso is open, revealing internal organs and structures. The background shows medical equipment, including a large overhead light and a cabinet with drawers. The scene is brightly lit, emphasizing the clinical environment.

Approximately 120 Navy Reservists from Navy Reserve Expeditionary Medical Facility (EMF) Dallas One, Navy Seabees from Construction Battalion Maintenance Units 202 and 303, Navy Expeditionary Training Institute (NEMTI) trainers and Naval Expeditionary Medicine Support Command (NEMSC) members participated in field training and classroom courses at Camp Pendleton, Calif.



The exercise, the first of its kind, provided training in constructing a prototype 50-bed Expeditionary Medical Facility (EMF).

Deployed in three phases, the EMF is based on a building block concept. While module one can stand up a 10-bed unit, module two is capable of deploying a 50-bed hospital, and module three augments with a 150 bed facility. The modules originate from Naval Medical Logistics Command in Fort Detrick, Md., in consultation with the Naval Expeditionary Medicine Support Command. Together, they are contained in approximately 170 International Standardization Organization (ISO) containers, about the size of semi tractor-trailer trucks. In addition to TEMPUR (Tent, Extendable Modular Personnel), the hospital uses reinforced ISO containers that unfold to three times their size for the operating room, pharmacy, kitchen, laboratory and radiology.

The training began with lectures on the logistics and supply process and videos for constructing TEMPUR. These tents are a modular, soft-walled, aluminum framed supported tent made of vinyl coated polyester duck cloth that is fire, mildew and water resistant. They are designed to grow and set up in multiple configurations.

The training concluded with the construction, and stocking the hospital with supplies in preparation for a full-scale casualty exercise.

“The AT provided me with knowledge on how an EMF field hospital is constructed and run from the ground up and inside out,” said Hospital Corpsman 3rd Class Anthony DeCicco. “What we learned can translate into constructing a field hospital of any size.”

The Seabees prepared the EMF site with electrical and mechanical support. Heavy equipment operations also provided material transport to move and organize the ISO structures and supply containers.

After the site was constructed and supplies were in place, EMF Dallas One prepared for casualty exercises. A triage receiving area was established to provide initial care and resuscitation. This enabled rapid transport of patients directly to the operating room or for further treatment in the intensive care unit or general care ward.

The exercise included training in many aspects of what these unit members would experience in the field.

“Experiencing a build was beneficial so that I know what is expected. The improvised explosive device training, and the hands on medical training was especially helpful to me because I have never worked in this environment,” said Information Systems Technician 2nd Class Reynaldo Vela, EMF Dallas One, DET HQ, N6 Communications/INTEL. “Experiencing these in a field environment and with hands-on training lets you have a better understanding if you had to deal with these situations while deployed.”

In a real world scenario, full medical capability is available including two operating rooms and acute care wards as well as clinics for ophthalmology and other specialties. During the exercise, more than 40 patients were triaged and managed through the system. Special emphasis during the exercise was placed on patient flow patterns as well as communications and responses to various scenarios. Scenarios included mortar attacks and infiltration by enemy.

The staff became familiar with constructing, maintaining and operating an EMF in any contingency and the time it takes to build and become operational.

“Aspects of the training that I got the most benefit from were learning how to set up the tents and ISO containers, then learning how each

▼ Team members work to raise a tent structure to form a Hospital wing during field training at Camp Pendleton Calif. U.S. Navy photo



section played an important role in the care of injured soldiers or Sailors,” DeCicco said.

The training held during the exercise was tailored to meet the billet specific requirements for manning an EMF, including physicians, nurses, allied health professionals, corpsmen and non-medical personnel, such as master-at-arms and culinary specialists. The IED detection and mission oriented protective posture gear training for chemical, biologic and radiation exposure is training few of the participants had experienced prior to the exercise. The instructors also offered classes in trauma care and in combat casualty care in the field.

The participants found the exercise gave them important skill sets they would use when mobilized.

“You need a variety of experiences because you don’t know what you are going to have to do or where you will be going for future assignments,” said Hospital Corpsman 2nd Class Sarah Eves

**“OUR MISSION IS TO ASSURE THAT WHEREVER OUR MARINE AND NAVY COLLEAGUES DEPLOY, THEY CAN KNOW THEY HAVE THE VERY BEST STAFF AVAILABLE TO CARE FOR THEIR MEDICAL NEEDS.”**

assigned to Naval Hospital Camp Pendleton. “It was good training because it gets you used to working in the field and you have an idea of what to expect.”

On the final day, Rear Adm. Thomas E. Beeman, deputy director of the Medical Service Corps and deputy commander, National Capitol Area for Reserve Integration; and Rear Adm. Charles Harr, deputy to the Medical Officer of the Marine Corps and deputy director, Medical Corps, Reserve Component (RC), inspected the exercise during the casualty exercise phase and were impressed.

“NEMTI provided our RC Sailors with the most realistic environments and they proved up to the challenge. The numerous scenarios allowed our medical personnel to hone their skills and the NEMTI team was impressive,” Beeman commented.

“Our mission is to assure that wherever our Marine and Navy colleagues deploy, they know they have the very best staff available to care for their medical needs. I believe the entire team walked away more motivated and energized than before they came. I want to personally thank the leadership of NEMTI and EMF Dallas for their incredible engagement and expertise that made this undertaking so successful.”



▲ Team members from EMF Dallas ONE NEMTI Staff and Seabees work together to build TEMPUR tent frames.





▲ Members from Expeditionary Medical Facility Dallas discuss medical treatment techniques using a realistic mannequin. U.S. Navy photo

Pleased with the evolution, Capt. Thomas Sawyer, officer in charge of NEMTI, stated, “We are using this training to further refine and develop our future training exercises.”

Overall, the exercise was well received by all participants.

“The best part of the exercise was being able to watch a group of individuals come together and in very short order become what only can be described as a high performance team,” Capt. Christina Alvarado, commanding officer of EMF Dallas One said.

“The group was ahead of schedule from the start because every individual was all-in,” Alvarado continued. “It was easy to lead a group

that wanted to exceed expectations every day.” As a result, the team was able to complete the build phase in about five days, nearly half the time that was allotted.

NR EMF Dallas One members were honored by NEMTI by becoming plank owners which solidifies their standing as pioneers in the evolution of expeditionary medicine training.



**NAVY RESERVE**  
*Ready Now. Anytime, Anywhere.*

# Air Mobility is a Joint Effort

Written by Mass Communication Specialist 2nd Class Maddelin Angebrand



▲ Air Force crewmembers assigned to the 167th Air Lift Wing from Martinsburg, W.Va. prepare an Air Force C-5B Galaxy strategic transport aircraft to load a Navy MH-53e Sea Dragon helicopter during exercise Patriot Partner at the Norfolk Air Mobility Command (AMC). Photo by Mass Communication Specialist 2nd Class Maddelin Angebrand.

Terminating freight, special handling and ramp are all familiar terms to a Sailor or airman working at the Norfolk Air Mobility Command (AMC) Terminal, but to most, checking in for a flight and boarding a plane is the extent of their knowledge of air operations. Everything going on behind the scenes is virtually invisible to passengers, but little do they know — they too are considered cargo and must be handled with care.

Each department of any military air terminal is equally vital to a plane taking off and arriving on time, making Patriot Partner 2012 a critical training evolution for the Navy Reserve. This two-week training affords Navy Reservists the opportunity to work side-by-side with their Air Force counterparts in all aspects of aerial port operations.

Navy Air Terminal 207 is the Reserve unit that augments the Norfolk AMC making them the lead group on the exercise. Lt. Cmdr. Brian Huckaby, commanding officer of NAT 207, said his unit seamlessly integrated with Navy Cargo Handling Battalion (NCHB) 8, a Reserve unit from Ft. Dix, N.J. and two Air Force Reserve Units, the 80th Aerial Port Squadron from Dobbins Air Force Base Georgia, and the 42nd Aerial Port Squadron out of Westover, Mass.

“The overall objective of Patriot Partner is for Reserve units, regardless of service, to jointly operate an air terminal to the point where at the end of the exercise they’re pretty much self-sufficient,” Huckaby explained. “For the most part, we operate the equipment, process passengers and handle cargo, which go downrange to Guantanamo Bay, Kuwait and pretty much anywhere there is an AMC flight.”



All departments of the AMC must function efficiently in order for operations to be executed. Each performs a vital role to support AMC's mission.

The Air Terminal Operations Center (ATOC), known as the brain of the airport, is where air traffic is monitored and organized.

The cargo department is another key element known for their expertise in handling and organizing a variety of items for shipment.

"The cargo section is where cargo is built and palletized for transport onto different types of cargo aircraft," explained Air Force Senior Master Sgt. Lorenzo Lewis, senior enlisted advisor for Patriot Partner assigned to the 80th Aerial Port Squadron. "Also in cargo is terminating freight, where cargo comes into the port to be packaged and shipped to any destination or port of debarkation."

Lewis noted the cargo department does not handle every piece of material slated for shipment, because some are dangerous and require careful attention.

"We have special handling which deals with hazardous materials from blood or anything you could think of that is not a normal type of issued cargo," said Lewis. "It could even be the bodies of fallen service members."

The Ramp department, although it sounds like an acronym, simply means loading. This is where cargo is loaded and unloaded to and from various aircraft.

Another department, known as Transient Line or Transit Alert as the Air Force refers to it, is responsible for safely directing aircraft to parking zones.

Lastly, no AMC would be complete without passenger services where baggage and people are checked in.

Logistics Specialist 2nd Class Curtis Cronk assigned to NCHB 8 worked in passenger services during Patriot Partner and said it was helpful to work with the Air Force.

"We're checking in customers and issuing boarding passes, it's relatively simple," said Cronk. "The Air Force came here and already knew a lot of the stuff; so they are able to teach us what they know."

Lewis said the exercise showcased the skills that Reservists can add to an operation.

"We bring more punch to the fight, because we have people with multiple skill sets," said Lewis. "They come here and put the Reserve hat on and bring those skills with them to assist, to enhance, and augment. You must have people trained and ready, if you don't you're going to have problems. Everything that we do here we do in theater."

During Patriot Partner Sailors and airmen were involved in actual operations, not simulated evolutions. One flight arrival put all their training to the test. An Air Force C-5B Galaxy aircraft arrived ready

to transport a Navy MH-53 helicopter to a new destination. All departments took part in completing this process.

Air Force Master Sgt. Joseph Powell, Patriot Partner's non-commissioned officer in charge, said loading the MH-53 together was a great way to test the effectiveness of Air Force and Navy Reservists teaming up.

"I think the greatest benefit is getting the chance to work with the Navy and find out how they do things and incorporate what they do with what we're accustomed to doing."

After the safe loading evolution Huckaby addressed a key point to wrap up the success of Patriot Partner 2012.

"We know that whether they're a Sailor or an airman, they are both able to function at the same output with the same performance and that's why we mixed them together. So, if it weren't for the differences in uniforms you wouldn't be able to tell who is who."

▼ Navy and Air Force Reservists load an MH-53e Sea Dragon helicopter before loading it onto an Air Force C-5B Galaxy strategic transport aircraft. Photo by Mass Communication Specialist 2nd Class Maddelin Angebrand.



# NOSC Baltimore Supports War of 1812

Written by Commander, Navy Reserve Forces Command Public Affairs

Planning and executing a War of 1812 commemoration event requires months of planning and preparation to deal with hundreds of moving pieces, but in Baltimore, one of the most important pieces had already been in place for years. Navy Operational Support Center Baltimore provided support services and working spaces for the Navy's War of 1812 command center.

NOSC Baltimore sits between Fort McHenry and the pier where eight warships from the United States and partner nations — including USS Fort McHenry (LSD 43) — were moored for the historic celebration of Baltimore Navy Week and the city of Baltimore's Star Spangled Sailabration.

In addition to the gray hulls of navy ships, dozens of tall sailing ships from around the world moored in Baltimore's inner harbor as part of Operation Sail. The Navy flight demonstration team the Blue

Angels performed an air show over Fort McHenry and the harbor where Francis Scott Key penned The Star Spangled Banner two centuries ago.

"We had nearly 100 Reservists that came in for this event," said Chief Yeoman Linda Lewis, NOSC Baltimore's senior enlisted leader. "Our boat unit was transporting VIPs from the inner harbor to Fort McHenry, and our other Reservists served as duty drivers, translators and liaison officers for the ships in port."

By using spaces in the NOSC and its existing communications infrastructure, Carrier Strike Group 2 and Naval District Washington did not have to secure a temporary space or arrange for telephone and internet to be delivered to the site.

"All communications flowed in and out of here," said Cmdr. Jamie Achee, assistant chief of staff for the strike group and lead planner for the event. "We were the nerve center for county and state law







▲ The U.S. Navy Concert Band performs at Baltimore's Inner Harbor amphitheater during the Star-Spangled Sailabration, which coincides with Baltimore Navy Week 2012 and commemorates the War of 1812. U.S. Navy photo by Senior Chief Mass Communication Specialist Susan Hammond.

enforcement, U.S. Coast Guard, and fire department interaction. We also ran our anti-terrorism and force protection cell here.

"The NOSC was augmenting our command staff with Reservists. They brought them in and put them to work. We did not have to find them."

Not only did NOSC Baltimore occupy a strategic location for these historic events, it occupies a historic, three-story brick building that has played many important roles over the years.

"This was originally used as a main immigration hub, second only to Ellis Island," said Achee. "After that, the building was turned into a hospital, then it was turned over to the Marine Corps before it became a Navy facility."

As the event neared its end, Rear Adm. Greg Nosal, Commander Carrier Strike Group 2, called all the Reservists together to thank them for their contributions.

The first question he asked was, "was it worth your time?" After a very long week, the answer from all present was still an enthusiastic 'yes sir.'

One of the Reservists who came to support the War of 1812 commemoration was Intelligence Specialist 1<sup>st</sup> Class Vista Gillespie, a senior probation officer from Stafford, Va. A friend told her about the opportunity and she volunteered.

"I worked the transportation desk, making sure the duty drivers got to where they needed to be," said Gillespie. "We made sure each shift got clear passdown and that they had keys, cellphones and maps as needed. We also made sure the eight vehicles and two golf carts were refueled every night.

"Another job I received was driving the bus for the teacher of the year breakfast. I went out and shook hands with everyone and drove them to the event. It meant a lot to all those people to have a member of the Navy greet them and take them to their function."

Speaking to the many drivers, Nosal said, "duty driving is probably the most stressful job, but you are invaluable when we

take a staff to places they have not been. We don't know our way around, and we need to have locals like you."

"I could not have asked for a better location," said Nosal. "The layout of the building allowed more than adequate space for our command center and for the other sections, like protocol, public affairs and our community relations. The best thing though was working with NOSC Baltimore Sailors in their own building."

**"THIS WAS ORIGINALLY USED  
AS A MAIN IMMIGRATION HUB,  
SECOND ONLY TO ELLIS ISLAND.  
AFTER THAT, THE BUILDING  
WAS TURNED INTO A HOSPITAL,  
THEN IT WAS TURNED OVER TO  
THE MARINE CORPS BEFORE IT  
BECAME A NAVY FACILITY."**





▲ Master-at-Arms 2nd Class Jeffrey Grimes stands a force protection watch during Operation Sail 2012 in downtown Norfolk. Photo by Chief Mass Communication Specialist William Lovelady.

**Written by Chief Mass Communication Specialist William Lovelady**

After working 14-hour days at Fleet Week New York, the Commemoration of the War of 1812 Naval Security Force (COMWAR 1812 NR NSF) rolled back to Norfolk aboard USS Wasp (LHD 1) to regroup and remount. Bowling and barbecue were the order for the next few days.

The team's unofficial fun boss, Master-at-Arms 1st Class Robert Liquori put together an outstanding catered event with barbecued chicken, pork and ribs — lots of food with no need for fire. No one had to cook so there was time for games and conversation and general unwinding. Some local team members brought their families to see who they would be working with for the next few months.

"MA1 Liquori and several other petty officers did an outstanding job with the barbecue. It was a great thing to see the team come together on and off duty," said Senior Chief Master-at-Arms (EXW/AW) James Curby, the team's senior enlisted leader. "We got to know each other better as we moved forward with the mission. Everybody got a chance to relax and unwind while enjoying some well-earned liberty."

"This party was nothing," said Liquori. "You should see what I can put together when I've got some time to plan." But everyone left ready for the next mission.

Well-fed and rested, team members packed their seabags and left Wasp and Naval Station Norfolk to move aboard USS Ft. McHenry (LSD 43), which would be their home for the next three weeks.

Ft. McHenry tied up in downtown Norfolk for Operation Sail 2012 and team members fell in again with security personnel from Maritime Expeditionary Security Squadron 14 (MSRON-14) to provide pierside security to U.S. vessels participating in OPSAIL.

Operation Sail is a national organization that promotes sailing and international goodwill. They have helped bring dozens of sailing ships from around the world — many of them training ships for various naval academies — like the Indonesian tall ship Dewaruci, Cisne Branco from Brazil, Guyas from Ecuador to War of 1812 commemoration events from New Orleans to New York and into the Great Lakes.

In Norfolk, the tall ships were the main attraction, but thousands of visitors toured Ft. McHenry, Patrol Craft Shamal and Patrol Craft Monsoon and a half dozen training vessels from the United States Naval Academy at Annapolis — known as the 'Yard Patrol.'

Team members set up temporary fencing and portable lighting around their perimeters and at entry control points. They set up a communications and dispatch center and began patrolling their

portion of the Front Street Park. Once tours opened to the public, they monitored visitors going through security screening and onto the piers. They also inspected vehicles making deliveries to the ships.

While in Norfolk, the team got a visit from the U.S. Fleet Forces Command Director of Navy Security Forces Fleet Anti-Terrorism, Capt. Tito Arandela, the first limited duty security officer to be promoted to the rank of captain in the Navy. With the senior officer in the security community coming for a site visit, the team was starting to draw some attention to their efforts.

"The mission we've given our Reservists speaks volumes to the importance of the Reserve component and to their capabilities," said Arandela. "From my viewpoint as the senior security guy in the Navy, it's really satisfying to see Reservists volunteer and perform the mission that otherwise we would have to scramble to find active-duty folks to fill.

"That's the point of having a Reserve component, that those Sailors can step into any mission area and take up the slack," Arandela continued. "Many of our Reservists work in civilian law enforcement and have experience in this kind of event management, crowd control, access control and deterrence.

"For big events and multiple events like the War of 1812, the Reserve team concept is the wave of the future. The core team brings continuity from event to event and you use non-core augments as force multipliers."

In order to give members some down time, the watchbill shifted to a three-section watch with 12-hours on and 24-hours off. Members had a chance to visit Harborfest events and members that lived in the Norfolk area were able to spend some time at home.

At most War of 1812 events Sailors are required to be in uniform when on liberty — usually service dress whites with ribbons for E-6 and below. Because OpSail and Norfolk Harborfest were not official War of 1812 events, everyone was able to go on liberty in civilian attire unless attending an official function.

For many team members, the highlight of their time in Norfolk was the fireworks show. Three barges on the Elizabeth River in downtown, fired in sync for 30 minutes.

"Opsail Norfolk was fantastic," said Master-at-Arms 1st Class Robert Evans. "The fireworks show was the best I've ever seen."

As the grand finale wrapped up, all eyes were pointed skyward and as they were showered in cinders and gunpowder, everyone was smiling.



▲ Members of Maritime Security Squadron 14 and Commemoration War of 1812 Naval Security Force muster for a security brief prior to assuming the watch. Photo by Chief Mass Communication Specialist William Lovelady.





*Navy Reservist Lt. j.g. Jeff Strong is mobilized to Forward Operating Base Airborne, in the Wardak Province of Afghanistan. He is a Human Resources officer with 25 years in the Navy, more than 20 of which were spent as a gunner's mate. Assigned as a combat advisor for the 3rd Kandak (Battalion), 1st Brigade, Afghan National Civil Order police, a highly specialized police force with advanced combat training*

*and firepower, Strong also holds the positions of administrative and intelligence officer within Security Transition Team 6 (STT6). Strong serves on a small team composed primarily of U.S. Army military police.*

**When I originally received a call from a captain within my community asking me about taking on this deployment opportunity, I was excited and curious. It wasn't until I arrived at Fort Polk that my understanding of what combat advising began to expand.**

After arriving in country, I thought I had a solid understanding of what combat advising entailed, but I couldn't have been more wrong. It was a classic example of standardized military training. What most people from Fort Polk are told when they arrive is simply, "I know you were trained and received a ton of doctrine. Now that you are here, let me tell you how it really happens." Even that did not prepare us because the group we had been assigned to advise had never had advisors before. So no one knew "how it should be."

Our assignment entails being embedded combat advisors for the 3rd Kandak Battalion, 1st Brigade Afghan National Civil Order Police. As I have written before, these are para-military police located within Wardak Province, Afghanistan. They have a compound where the 464 members of the Kandak live, eat and sleep. One of the huge strengths of the ANCOP is they agree not to serve within the province they are originally from. This eliminates any fear of retribution on their family or friends.

Advisor is defined as someone who gives a recommendation about what should be done. Being an advisor to someone who has been doing their job for more than 20 years can be difficult to say the least. Add to that the fact that the culture, the environment, and a structure completely different from anything you have experience with and you have a challenge that can be incredibly contrary to theories and doctrine.

Our particular Kandak is led by Col. Haji Khawani, a former Mujahedeen fighter from Northern Afghanistan. At 40, the colonel is very young for his rank, but has more experience than any other member of the Afghan National Security Forces I have met. He has been fighting for his country since he was 14. In previous combat he was shot seven different times which has resulted in disfiguring

# SAILOR STRONG

## CHAPTER 6: COMBAT ADVISING

scarring all across his abdomen. He is currently struggling with liver failure due to one of those past injuries, however, he remains focused on fighting the insurgent threat to his country and I believe he will do so until he dies.

There are several others within the Kandak who have spent the vast majority of their lives fighting for freedom and peace within Afghanistan. That is what keeps them going and is exactly why we are here to help them.

The Kandak has a great deal of knowledge in the ways of war within this country. What they don't have is much knowledge of the best way to get supplies, pay their people, and establish systems that will make them self-sufficient. This lack of knowledge limits their ability to sustain or even increase the peace and control. More than once I have heard the phrase, "life isn't valued here in Afghanistan." I don't believe that is accurate at all. I believe that life is valued, but duty and honor appear to be vastly more important to the average soldier.

As an example, let me tell you about a recent experience. Our unit and the ANCOP were on patrol in a village controlled by an insurgent group. This group used intimidation and fear to control the villagers. The presence of Afghan and coalition forces there would negatively impact that control. Approximately 45 minutes into our patrol insurgents began firing small arms, mortars and rocket-propelled grenades into the area. Training immediately kicked in and our unit moved into defensive positions to gain positive identification of the insurgents and return fire. The ANCOP reaction was vastly different. Many never ducked down or moved, having experienced this several times in their career. After a brief fire fight and with more indirect fire coming in, the decision was made to break contact and leave the village. Although a very tactically sound decision in terms of U.S. military training and doctrine, the ANCOP were upset that the order came to break contact.



They saw it as being cowardly and not doing their job. It is difficult to advise someone on combat tactics who would rather push a bad position than save themselves to fight for another day.

When I think about this advising experience and people ask me how I accomplish what I do, the only things I can say are that I am fortunate to work with an outstanding team of American service men and women along with a team of Afghan National Civil Order Police who are just as incredible, but in different ways. I can talk about how cultural

differences challenge us at almost every turn, but by taking the time to listen and talk to our counterparts, we are able to overcome cultural challenges and move forward to accomplish our mission.

Until I get a chance to write again: stay positive, watch out for your shipmate, and beyond all stay safe!



# Navy Reserve Resources for Life

## Health and Fitness

### TRICARE

As a member of the military community, one of the most important benefits you've earned is comprehensive health care coverage. TRICARE is the Department of Defense's health care program for members of the uniformed services, their families and survivors.

<http://www.tricare.mil>

### Quit Tobacco--Make Everyone Proud

Sponsored by the DoD, Quit Tobacco is a program dedicated to helping service members become tobacco free. Go to this site to chat with a coach, read about quitting, and create an account, which allows you to develop a customized quit plan.

<http://www.ucanquit2.org/>

### The President's Challenge

The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. Create your own personal profile for free and log your daily activity. There are individual categories for seniors, adults, teens and children, educators, or create your own group and compete against your friends and family.

<http://www.presidentschallenge.org>

### Hooah4Health

This Web site offers resources and tools to help service members and their families achieve good health and wellness. Using interactive tools such as a customizable food pyramid and various health calculators. There are healthy recipes and tip sheets on a wide range of topics--dietary supplements, cancer prevention, sun safety, and more.

<http://www.hooah4health.com/>

## Finances and Relief

### NMCRS

The mission of the Navy-Marine Corps Relief Society is to provide financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need. The Society provides financial assistance to eligible recipients in the form of: interest-free loans for educational purposes and budget counseling services.

<http://www.nmcrs.org/index.html>

### Hire Vets First

This Web site was created to help employers find qualified veterans, and to help veterans make the best use of a national network of employment resources. This site includes links and resources for veterans to search jobs, find information about one-stop career centers, and translate their military skills into current civilian workplace needs.

<http://www.hirevetsfirst.gov/>

### Hope Now

HOPE NOW is an alliance between counselors, mortgage companies, investors, and other mortgage market participants. This alliance will maximize outreach efforts to homeowners in distress to help them stay in their homes and will create a unified, coordinated plan to reach and help as many homeowners as possible.

<http://www.hopenow.com/>

### Veterans Affairs Home Loans

VA can guarantee part of a loan from a private lender to help you buy a home, a manufactured home, a lot, or certain types of condominiums. VA also guarantees loans for building, repairing, and improving homes. If you already have a mortgage, VA may be able to help you refinance your loan at a lower interest rate.

<http://www.homeloans.va.gov>

# Services that make Reserve life easier!

## Family

### Naval Services Family Line

Naval Services Family Line is a volunteer, non-profit organization dedicated to improving the quality of life for every sea service family. Their aim is to provide an introduction to Navy life and to increase family members' understanding of the Navy's mission.

<http://www.nsfamily.org>

### Military HOMEFRONT

A DoD Web site for official Military Community and Family Policy (MC&FP) program information, policy and guidance designed to help troops and their families, leaders, and service providers. Whether you serve the military lifestyle or support those who do, you'll find what you need.

<http://www.militaryhomefront.dod.mil>

### American Academy of Pediatricians

The American Academy of Pediatricians Military Youth Deployment Support Web site was designed to support military youth, families, and the youth serving professionals caring for this population. Parents can download a PDF version of the Parent's Guide to the Military Child During Deployment and Reunion booklet.

<http://www.aap.org/sections/uniformedservices>

### National Military Family Association

The National Military Family Association's primary goals are to educate military families concerning their rights, benefits, and services available to them. This Web site includes information and resources for deployment, education, family life, family member benefits, health care, and money management.

<http://www.nmfa.org>

## Education

### GI Bill

The Department of Veterans Affairs Web site contains information about the Montgomery GI Bill and the Post-9/11 GI Bill. Service members can decide which program is right and determine eligibility.

<http://www.gibill.va.gov/>

### Navy COOL

A developing product for active and Reserve Navy service members. It allows the service member to obtain civilian credentials that relate to their rating, job, occupation, or designator. Navy COOL also works with programs that can help the service member pay for credential fees.

<https://www.cool.navy.mil>

## One Stop Websites

### Commander Navy Reserve Force

Ready Now. Anytime. Anywhere. The mission of the U.S. Navy Reserve Force is to provide strategic and depth and deliver operational capabilities to our Navy, Marine Corps Team throughout the full range of operations from peace to war.

<http://www.navyreserve.navy.mil/>

### Military OneSource

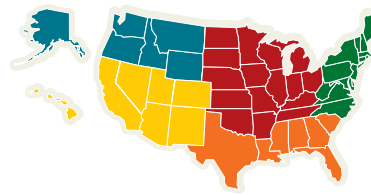
Military OneSource is a 24-hour, 7-days-a-week, toll-free information and referral telephone service available worldwide to active-duty, Reserve, and National Guard military members and their families. Military OneSource provides information ranging from everyday concerns to deployment-related issues.

<http://www.militaryonesource.com/>



# RC PHONE DIRECTORY

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.



Chief of Navy Reserve (703) 693-5757	Norfolk, Va. (757) 318-4500	Harlingen, Texas (956) 425-0404	Green Bay, Wis. (920) 336-2444	Denver, Colo. (720) 847-6205	Spokane, Wash. (509) 327-3346	HSL-60 (904) 270-6906
Office of the Chief of Navy Reserve (703) 693-5757	Pittsburgh, Pa. (412) 673-0801	Houston, Texas (832) 380-7400	Indianapolis, Ind. (317) 924-6389	Fort Carson, Colo. (719) 526-2964	Springfield, Ore. (541) 915-2391	VP-30 SAU (904) 542-3060
Commander Navy Reserve Forces Command (757) 445-8500	Plainville, Conn. (860) 747-4563	Jacksonville, Fla. (904) 542-3320	Kansas City, Mo. (816) 923-2341	Guam (671) 339-6724	Whidbey Island, Wash. (360) 257-2922	VAQ-129 SAU (360) 257-2276
Force Equal Opportunity Advisor and EO Hotline Chief Steven Sawyer 1-877-822-7629 (757) 322-5679	Quincy, Mass. (617) 753-4600	Meridian, Miss. (601) 679-3610	Knoxville, Tenn. (865) 545-4720	Las Vegas, Nev. (702) 632-1455	VP-62 (904) 542-4461	VAW-120 SAU (757) 444-5072
	Raleigh, N.C. (866) 635-8393	Miami, Fla. (305) 628-5150		Lemoore, Calif. (559) 998-3778	VP-69 (360) 257-6969	VFA-125 SAU (559) 998-1841
	Richmond, Va. (804) 271-6096	New Orleans, La. (504) 678-8205	Little Rock, Ark. (501) 771-0880	Los Angeles, Calif. (323) 980-7131	Fleet Logistics, Support Wing (817) 825-6438	HSC-3 (619) 545-8196
	Roanoke, Va. (866) 527-6595	Orlando, Fla. (407) 240-5939 x 2117	Louisville, Ky. (502) 375-3329	Moreno Valley, Calif. (951) 656-1199	VR-1 (240) 857-3410	HS-10 (619) 545-6600
Naval District Washington RCC (240) 857-4880	Rochester, N.Y. (585) 247-6858	Pensacola, Fla. (850) 452-1341	Madison, Wis. (608) 249-0129	North Island, Calif. (619) 545-2610	VR-46 (817) 782-3420	VFA-106 (757) 433-9081
Region Mid-Atlantic RCC (757) 444-7295	Schenectady, N.Y. (518) 399-2134	Puerto Rico (787) 707-2324	Memphis, Tenn. (901) 874-5256	Pearl Harbor, Hawaii (808) 471-0091	VR-48 (240) 857-6814	VFA-122 (559-998-3482)
	Syracuse, N.Y. (315) 455-2441	San Antonio, Texas (210) 225-2997	Milwaukee, Wis. (414) 744-9764	Phoenix, Ariz. (602) 484-7292	VR-51 (808) 257-3289	Operational Support Offices and Reserve Force Operations Allied Command Transformation (NATO) (757) 747-4071
	White River Junction, Vt. (802) 295-0050	Shreveport, La. (318) 746-9657	Minneapolis, Minn. (612) 713-4600	Point Mugu, Calif. (805) 989-7559	VR-52 (609) 754-0908	Expeditionary Strike Group Seven 011-81-98-954-1605
	Wilmington, Del. (302) 998-3328	Tallahassee, Fla. (850) 576-6194	Nashville, Tenn. (615) 267-6345/6352	Port Hueneme, Calif. (805) 982-6106	VR-53 (240) 857-9029	Bureau of Medicine and Surgery (202) 762-3211
	Wilmington, N.C. (910) 777-2510	Tampa, Fla. (813) 828-1971	Oklahoma City, Okla. (405) 733-1052	Reno, Nev. (775) 971-6289	VR-54 (504) 678-3061	Center for Naval Aviation Technical Training (850) 452-9700
	Region Southeast RCC (904) 542-2486 x123	Waco, Texas (254) 776-1841	Omaha, Neb. (402) 232-0090	Sacramento, Calif. (916) 387-7100	VR-55 (805) 989-8755	Comptroller of Navy (202) 685-7000
	Amarillo, Texas 1-866-804-1627	West Palm Beach, Fla. (561) 687-3960	Peoria, Ill. (309) 697-5755	Salt Lake City, Utah (801) 736-4200	VR-56 (757) 433-4065	Defense Intelligence Agency (202) 231-4044
	Atlanta, Ga. (678) 655-5925	Region Midwest RCC 1-847-688-4916	Rock Island, Ill. (309) 782-6084	San Diego, Calif. (858) 537-8040	VR-57 (619) 545-6920	Defense Logistics Agency (866) 204-4850
	Augusta, Ga. (706) 733-2249	Akron, Ohio (330) 376-9054	Saginaw, Mich. (989) 754-3091	San Jose, Calif. (408) 294-3070	VR-58 (904) 542-2380 x110	Destroyer Squadron Two (757) 444-1452
	Austin, Texas (512) 458-4154	Battle Creek, Mich. (269) 968-9216	Sioux Falls, S.D. (605) 336-2402	Tucson, Ariz. (520) 228-6289	VR-59 (817) 782-5411	Employer Support of the Guard and Reserve (ESGR) (800) 336-4590
	Bessemer, Ala. (205) 497-2600	Chattanooga, Tenn. (423) 698-8955	Springfield, Mo. (417) 869-5721	Region Northwest RCC (425) 304-3338	VR-61 (360) 257-6595	Expeditionary Strike Group Two (757) 462-7403 x 110
	Charleston, S.C. (843) 743-2620	Chicago, Ill. (847) 688-3760	St. Louis, Mo. (314) 263-6490	Anchorage, Alaska (907) 384-6525	VR-62 (904) 542-8557	Expeditionary Strike Group Three (619) 556-1470
	Columbia, S.C. (803) 751-9251	Cincinnati, Ohio (513) 221-0138	Toledo (Perryburg), Ohio (419) 666-3444	Billings, Mont. (406) 248-2090	VR-64 (609) 754-1890	First Naval Construction Division (757) 462-8225 x 222
	Columbus, Ga. (706) 322-4670	Columbus, Ohio (614) 492-2888	Tulsa (Broken Arrow), Okla. (918) 279-3700	Boise, Idaho (208) 422-6236	ETD Pacific 808-448-9278	Fleet Activities Chinhae, Korea 011-82-55-540-2852
	Corpus Christi, Texas (361) 728-5506	Decatour, Ill. (217) 875-1733	Wichita, Kan. (316) 683-3491	Cheyenne, Wyo. (307) 773-6500	ETD Sigonella 011-39-095-86-5289	Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1000 x144
	El Paso, Texas (915) 565-3993	Des Moines, Iowa (515) 285-5581	Youngstown, Ohio (330) 609-1900	Everett, Wash. (425) 304-4777	VAQ-209 (240) 857-7828	Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1610
	Fort Worth, Texas (817) 782-1805	Detroit, Mich. (586) 239-6148	Region Southwest RCC (619) 532-1842	Helena, Mont. (406) 449-5725	VAW-77 (504) 390-6288	Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808) 473-7928
	Greenville, S.C. (864) 432-5889	Fargo, N.D. (701) 232-3689	Alameda, Calif. (920) 814-2623	Kitsap, Wash. (360) 627-2203	VFA-204 (504) 678-3491	Fleet and Industrial Supply Center San Diego, Calif. (619) 556-6234
	Gulfport, Miss. (866) 502-1271		Albuquerque, N.M. (505) 853-6289	Portland, Ore. (503) 285-4566	VFC-12 (757) 433-4919	Fleet Air Mediterranean 011-39-081-568-4184
					VFC-13 (775) 426-3644	Fleet Forces Command (757) 836-3644
					VFC-111 (305) 293-2654	
					HSC-85 (619) 545-7218	
					HSC-84 (757) 445-0861	

Fleet Intelligence  
Training Center Pacific  
(619) 524-5814

Headquarters  
US Marine Corps  
DSN: 278-9360

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

Joint Transformation Command  
for Intelligence  
(757) 836-7000

Judge Advocate General  
(202) 685-5190

Logistics Group Western Pacific  
011-65-6750-2645

Marine Forces Reserve  
(504) 678-1290

Strategic Sealift  
Readiness Group  
(800) 535-2580

Military Sealift Fleet Reserve  
Support Command  
(202) 685-5155

Mine and Anti-submarine  
Warfare Command San Diego  
(619) 524-0114

Naval Air Force US Atlantic  
Fleet  
(757) 444-2928

Naval Air Forces/Naval Air  
Force US Pacific Fleet  
(619) 545-2017

Naval Construction Forces  
Command  
(757) 462-3658

Naval District Washington  
Headquarters  
(202) 369-7683

Naval Education and  
Training Command  
(850) 452-4000

Naval Facilities  
Engineering Command  
(202) 685-9499

Naval Health Care  
Newport, RI  
(401) 841-3771

Naval Hospital  
Bremerton, Wash.  
(360) 475-4000

Naval Hospital  
Camp Lejeune, N.C.  
(910) 451-3079

Naval Hospital  
Camp Pendleton, Calif.  
(760) 725-1288

Naval Health Clinic  
Charleston, S.C.  
(843) 743-7000

Naval Health Clinic  
Great Lakes, Ill.  
(847) 688-4560

Naval Hospital  
Jacksonville, Fla.  
(904) 542-7300

Naval Hospital  
Lemoore, Calif.  
(559) 998-4481

Naval Hospital Naples Italy  
011-39-081-811-6000/1

Naval Hospital  
Oak Harbor, Wash.  
(360) 257-9500

Naval Hospital Pensacola, Fla.  
(850) 505-6601

Naval Hospital  
Yokosuka, Japan  
011-81-46-816-5137

Naval Inspector General  
Hotline  
(800) 522-3451

Naval Medical Center  
Portsmouth, Va.  
(757) 953-5000

Naval Medical Center  
San Diego, Calif.  
(619) 532-6400

Naval Medicine Manpower  
Personnel Training and  
Education Command  
(301) 295-2333

Naval Meteorology  
and Oceanography Command  
(228) 688-4384

Naval Network  
Warfare Command  
(540) 653-5001

Naval Network Warfare  
Command  
(757) 417-6750

Naval Operational  
Logistics Support Center  
(717) 605-5790

Chief of Naval Operations  
(703) 697-5664

Naval Operations Office of the  
Chief of Chaplains  
(504) 678-1394

Naval Operations  
Office of Naval Intelligence  
(504) 678-1394

Naval Personal Development  
Command  
(757) 444-2996

Naval Sea Systems Command  
(202) 811-1748

Naval Training Support Center  
Great Lakes, Ill.  
(847) 688-3536

Naval Special Warfare Command  
(619) 437-2848

Naval Special Warfare  
Operational Support Group  
(619) 522-3232

Naval Station Rota Spain  
011-34-956-82-2222

Naval Supply Systems  
Command  
(717) 605-3565

Naval Support Activity, Bahrain  
011-973-39-14-6793

Naval Surface Force  
US Atlantic Fleet  
(757) 836-3057

Naval Surface Forces/Naval  
Surface Force US Pacific Fleet  
(619) 437-2950

Naval War College  
(401)-841-3304

Navy Criminal Investigation  
Service Espionage Hotline  
(800) 543-6289

Navy Emergency Preparedness  
Liaison Officer Program  
(504) 678-4264

Navy Expeditionary Combat  
Command  
(757) 462-4316

Navy Expeditionary  
Logistics Support Group  
(757) 887-7639

Navy Information Operations  
Command(NIOC) Maryland  
(301) 677-0817

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

NIOC Norfolk, Va.  
(757) 417-7112

NIOC Pensacola, Fla.  
(850) 452-0400

NIOC San Diego, Calif.  
(619) 545-9920

Navy Net-Centric Warfare  
Group  
(240) 373-3125

Navy Installations Command  
(202) 433-3200

Navy Munitions Command  
(757) 887-4834

Navy Personnel Command  
1-877-807-8199

Navy Region Europe, Africa,  
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  
(808) 473-4505

Navy Region Japan  
011-81-46-816-3155

Navy Region Korea  
011-822-7913-7251

Navy Region Mid-Atlantic  
(757) 322-2800

Navy Region Singapore  
011-65-67-50-2531

Navy Region Hawaii  
(808) 473-1168

Navy Region Midwest  
(847) 688-2884

Navy Region Northwest  
(360) 315-5123

Navy Region Southwest  
(619) 532-2925

Navy Support Activity,  
Washington, D.C.  
(202) 433-3963

Office of Naval Intelligence  
(301) 669-5557

Office of Naval Research  
(703) 696-5031

Puget Sound Naval Shipyard  
(360) 476-7683

Sealift Logistics Command  
Atlantic  
(757) 443-5758

Sealift Logistics Command  
Europe  
011-39-081-568-3568

Sealift Logistics Command  
Pacific  
(619) 524-9600

Space And Naval Warfare  
Systems Command  
(619) 524-7323

Commander Submarine Force  
US Atlantic Fleet  
(757) 836-1341

Commander Submarine Force  
US Pacific Fleet  
(808) 473-2517

Submarine Group Nine  
(360) 396-6530

Submarine Group Ten  
(912) 573-3733

Submarine Group Two  
(860) 694-5683

Submarine Squadron Eleven  
(619) 553-8641

US Africa Command  
011-49-711-729-4484

US Central Command  
(757) 836-4180

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

US Fifth Fleet  
011-973-724-383

US Fleet Forces Command  
(757)-836-4180

US Joint Forces Command  
(757) 836-6555

US Naval Forces Africa  
011-39-081-568-4634

US Naval Forces Alaska  
(907) 463-2248

US Naval Forces Central  
Command  
011-973-724-383

US Naval Forces Europe  
011-39-081-568-4634

US Naval Forces Japan  
011-81-46-816-1110

US Naval Forces Korea  
011-822-7913-5795

US Naval Forces Marianas  
(671) 339-7133

US Naval Forces Southern  
Command  
(904) 270-7354 x4304

US Naval Special Warfare  
Command  
(619) 522-2825

US Northern Command  
(719) 554-5920

US Pacific Command  
(808) 477-9138

US Pacific Fleet  
(808) 474-8415

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

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

Navy Intelligence Reserve  
Region Northwest  
(360) 315-6001

Navy Intelligence Reserve  
Region Southeast Det New  
Orleans  
(504) 678-3411

Navy Intelligence Reserve  
Region Southeast - Ft. Worth  
(817) 782-6464

Navy Intelligence Reserve  
Region Southeast -  
Jacksonville  
(877) 882-7396

Navy Intelligence Reserve  
Region Southwest San Diego  
(800) 873-4139

Navy Intelligence Reserve  
Region Southwest Det Denver  
(720) 847-6240

Navy Intelligence Reserve  
Region Midwest  
(847) 688-6273

Navy Intelligence Reserve  
Region Midwest Det  
Minneapolis  
(847) 688-6273

Navy Intelligence Reserve  
Region Southeast Det Atlanta  
(678) 655-6380

Navy Intelligence Reserve  
Region Mid-Atlantic  
(757) 444-1352

Navy Intelligence Reserve  
Region Washington  
(240) 857-7878

Navy Intelligence Reserve  
Region Midwest Det Millington  
(847) 688-6273

Navy Intelligence Reserve  
Region tMidwest Det Detroit  
(847) 688-6273

Navy Expeditionary Combat  
Command  
(757) 462-4316

Explosive Ordnance Disposal  
Group One  
(619) 437-3700

Explosive Ordnance Disposal  
Group Two  
(757) 462-8453

First Naval Construction  
Division  
(757) 462-3658

Naval Construction Forces  
Command  
(757) 462-3658

Maritime Expeditionary  
Security Force

Maritime Expeditionary  
Security Group One  
(619) 437-9808

Maritime Expeditionary  
Security Group Two  
(757) 396-0513

Chief of Naval Air Training

CAOSO  
(361) 961-3386

CNRF CNATRA/FRS PM  
(757) 322-6751

## 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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