

TNR

THE NAVY RESERVIST

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Reserve Support For Fleet Exercises

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

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

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



Escaping the Trap: Reserve Sailors played important roles in exercise INDIAEX 2012. (Page 10)



Retired CMDCM Veronica Tutt Master Chief Tutt still helping shipmates. (Page 14)



2013 Warrior Games: Five Navy Reservists selected for 2013 Warrior Games. (Page 10)



Seabees Develop Southern Partnerships: Seabee's help build a training platform in El Salvador. (Page 18)



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FOCUS ON THE



Vice Adm. Robin R. Braun

Shipmates,

Over the past decade, the Department of Defense has created or enhanced several programs designed to help Navy Reserve Sailors and their family members across the spectrum of service, from wounded warrior care, family resiliency initiatives, sexual assault prevention and victim care, to personal financial planning. The good news is that these resources are available to help you and your family. Sometimes the hard part is communicating what's available, and connecting Sailors to those resources. That's where the Ombudsman program really makes a difference.

Just about every weekend Michelle Harvey drives more than an hour from her home in Port Townsend, Wash. to NOSC Kitsap in Bremerton, Wash. As the NOSC Ombudsman, Michelle received official Navy training on DOD and Navy-specific programs that are pertinent to Sailors and families. As a Navy spouse herself, she remembers what it is like to be in need of advice or aid but not know where to start. She also knows how important it is to stay in contact with deployed Sailors to let them know there is someone stateside who they can rely on.

"We want to be there for that spouse or Sailor so that they know there is a person they can call on in their time of need. We are building strong and resilient families to last a lifetime," said Michelle.

On one day Michelle may help a Reserve Sailor with problems at home connect with the Navy's Family Advocacy Program, while another day finds her helping a group of deployed Sailors take care of pay problems or travel claims. Like all ombudsmen, Michelle knows how to use all the available resources and benefits to help Sailors and their spouses address their needs.

Last year, because of her incredible dedication, Michelle was recognized as one of the top three ombudsmen in the Navy Reserve.

A key resource for Michelle is the Psychological Health Outreach Program (PHOP). This program provides licensed counselors that Reserve Sailors, regardless of their status, can access to assess their personal or family needs and refer them to available services. In addition, PHOP maintains contact with Sailors to provide follow-up support to ensure they are getting the right care. PHOP has a broad list of resources that can address a wide range of issues.

Another great resource is Military OneSource (www.militaryonesource.mil). This one-stop website provides Sailors with an immediate connection to crisis, financial, and health and wellness counseling. In addition, the website provides links to resources and information on military life and deployment, family, recreation, health, career and education opportunities, financial and legal issues and disaster assistance.

I encourage you to take advantage of these programs to ensure that both you and your family are ready and resilient. There's an ombudsman at your NOSC who can connect you to the resources you need to enhance your physical, emotional and financial well being. Your readiness to serve is our highest priority!

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

THE FORCE

Force Master Chief (AW) Chris Wheeler



Hello fellow Navy Warriors,

I know many of you have been on many exercises in the past and may or may not have enjoyed them, today I want to drive home the importance of exercises and why we need to constantly train.

Below is an excerpt from a Wounded Warrior Flight Report. As you read it think back on your own experiences and how your participation in an exercise can make a difference.

A 23-year-old Wounded Warrior (WW) with burn and fracture injuries described an improvised explosive device (IED) attack on his vehicle. Two friends were killed in action. In the hellish seconds after the blast, he found himself stuck inside the burning truck, struggling with self-survival instincts and wanting to help crewmates. Flames and smoke obscured visibility, but he groped around looking for his buddies. Ultimately, "I couldn't stay inside anymore," he said. He got out through a broken hatch. Later, he learned that his buddies were actually no longer in the truck — the explosion had blown them from the vehicle.

On this flight there was also a young officer with a gunshot wound to his leg. His unit was ambushed during a raid on a drug compound. He was shot while assisting in the emergency extraction of another WW. "We put the bird down quickly, in an area we thought had some smoke concealment, but the fire was heavy and the bullets kept coming," he explained. The other warrior didn't make it. He'd been shot in the neck and died of his injuries. This KIA was known to his unit as "the gentle giant."

Two WWs were hurt in the same enemy attack on a forward operating base. Both took shrapnel injuries from suicide vest IEDs. Three SVIEDs hit them that day. One of the men was in a guard tower. The other had responded to the sound of guns when he was hit. One of these men explained that the movie "Blackhawk Down" started him on the trail to military service. The other WW has a "13 year old daughter who he described as being spoiled to death by her grandparents."

One elite WW returned with a gunshot wound in his back. He was part of a team of five Americans and 20 or so Afghan partners. He was wounded during an operation following a successful high-value-target kill. "We got him," he explained matter-of-factly, "but then we hid in the area overnight, hoping to catch more of the bad guys doing their own battle-damage assessment." Unfortunately their hide-out got blown and they were hit by 50-60 Taliban. This is this warrior's third gunshot wound (three separate deployments). When I asked him how a man gets so tough, he answered "it's all luck." I then responded: "no it isn't." But he again answered: "Yes it is." This WW has three children, including a seven-day old. His wife went into early labor when she heard he was wounded again. "I had hoped to keep it 'cooking' a few days longer," he cracked.

When I read that question "how a man gets so tough" and the answer "it's all luck" I thought yep luck definitely plays a part, but I'll bet he would go on to say that when the bullets started to fly, he automatically fell back on the training he received. That is why we do exercises; it is intense training, real, meaningful and necessary.

The Sailors in the Navy Reserve have been providing our Navy with Warriors for over 98 years; we train so we can bring them back and to keep our Navy Strong. Thank you for your many sacrifices especially over the last 11 years. As we look to the future, let's draw upon our experience and the lessons learned from the exercises we participate in and carry that knowledge forward so we can be prepared when the next conflict or crisis arises.

Navy Reserve Force Master Chief (AW) Chris Wheeler

Letter from the Editor



Shipmates,

Welcome back to the first TNR of the year. We decided to begin 2013 with a focus on the different ways Reservists train and participate in exercises. As we were putting the magazine together I took some time to reflect on all the different annual trainings (AT) I went on during my time in the Reserve. What I came to realize, is that of the 26 ATs and dozens of active duty trainings (ADTs) I completed, the ones which involved actual exercises were by far the most rewarding.

Don't get me wrong, each AT or ADT had value, but the ones that were exercises stand out. During exercises a Sailor has an opportunity to do valuable work for the Navy and at the same time learn their craft in a safe environment. We are all warfighters, and participating in exercises gives you the skills you need when it is time to go forward and defend our Nation.

In this issue we have put together a small snapshot of some of the exercises the Navy will be executing this year. I encourage all of you to check it out and consider participating in one.

Also in this issue I would like to welcome aboard our newest columnist in what is planned as a 10-part series. Master-at-Arms 2nd Class Natiya Kazemi has graciously volunteered to document her mobilization throughout her deployment to

Kandahar, Afghanistan, for our readers. Kazemi, attached to Navy Operational Support Center, Las Vegas, is the fifth person to contribute this type of series for TNR. It started five years ago with Capt. Larry Jackson (now Rear Adm. Jackson) with his "Boots on the Ground" series; followed by "Anchors in the Dirt," written by Chief Mass Communication Specialist Brian Naranjo; then third was Chief Mass Communication Specialist Terrina Weatherspoon with "Bees in the Box;" and most recently Lt.j.g. Jeff Strong with his series titled, "Sailor Strong." Go to page 28 in this issue to read Kazemi's first piece titled "Sailing in the Sand."

With that, we hope you enjoy our latest version of TNR. Good things are ahead for our Navy Reserve this year. My best wishes to you and your families.

VR/R/WR,

Jim Vorndran
Editor-in-chief
The Navy Reservist Magazine

PROFILE IN PROFESSIONALISM

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



Krystle Monroe

AVIATION ELECTRONICS TECHNICIAN 3RD CLASS

Hometown: Orange County, Calif.

NOSC: North Island, Calif.

Brief description of your Navy job: I am the manpower clerk for the NOSC North Island. I execute personnel moves and transfers and manage local billeting. I also serve as the command

equal opportunity manager.

Brief description of your civilian job: I am full time support so I do not have a civilian job as I work full time at the NOSC.

What has been your greatest Navy achievement? I have done plenty of amazing things while being in the Navy. But, as far as I am concerned, reaching one person, being able to lead one Sailor down the correct path and seeing them succeed is extremely rewarding.

Who has been your biggest influence since joining the Navy? I draw most of my influence from the selected Reserve Sailors at NOSC North Island. They have the hardest job I can think of. Having a full time job, supporting a family and being a mobilization asset at anytime is a hard commitment to make, so I admire and draw strength from their drive and ambition.

What do you enjoy most about the Navy? I love that we are a strong team made up of all different kinds of backgrounds and nationalities. A culture of diversity enables us to have different viewpoints and ideas that, when combined, enable us to accomplish anything.

Most interesting place visited since joining the Navy: Being on the USS Carl Vinson (CVN 70) during the Carrier Classic was an amazing experience.

Current hobbies: Basketball, knitting, artwork and playing with the kids.



John O. Carter

ELECTRONICS TECHNICIAN 1ST CLASS (SS)

Hometown: Mauriceville, Texas

NOSC: Kitsap, Wash.

Unit: Undersea Warfare Operations Detachment Kilo

Brief description of your Navy job: I am the assistant leading petty officer of a submarine force unit that supports anti-submarine warfare command task forces

around the world. We train to augment and assist the active component with water-space management in theatre.

Brief description of your civilian job: I work at Puget Sound Naval Shipyard in Bremerton, Wash. I certify the work packages and paperwork from the engineers to ensure safety, efficiency and quality of work on U. S. aircraft carriers and submarines.

What has been your greatest Navy achievement? Singing the National Anthem at the retirements of some good friends and shipmates.

Who has been your biggest influence since joining the Navy?

Military service is exactly that — a service, and Chief Electronics

Technician Robert R. Rivera is a walking model of a servant. He expects greatness from his Sailors, and they in turn receive nothing less from him. I don't expect I will ever find a less selfish chief.

What do you enjoy most about the Navy? I enjoy being around people. I like to try to leave everyone better off than they were before we met. One day I might actually be good at it.

Most interesting place visited since joining the Navy: Yokosuka, Japan. I have only visited Japan once, and I thoroughly enjoyed it. The culture and food was great, but the degree of mutual respect shared by the locals and offered to visitors is admirable. The ancient tradition of bowing, for example, is a greeting that begins every relationship on even ground.

Current hobbies: Playing guitar and singing, writing fiction, working at my church, volunteering at a halfway house, and raising two beautiful daughters (ok, not really a hobby).

TRAVEL SMART



Treasury Announces Mandatory EFT for All Payments

A Department of the Treasury mandate requires the Defense Finance and Accounting Service (DFAS) to pay its customers by electronic funds transfer (EFT) and not by paper check by March 1. Due to this change the DFAS is urging travelers to set up direct deposit to their bank accounts prior to the deadline.

Travelers who currently receive paper checks as reimbursement for travel costs must save bank account information in their Defense Travel System profile, or submit a waiver through the Treasury Department before the deadline. To qualify for a waiver payees must meet one of the following conditions:

- 1) have a mental impairment (doctor's note recommended but not required); or
- 2) live in a remote location where the infrastructure does not support use of electronic payment products.

Advantages of Direct Deposit

1) On time: Checks sent through the mail take time to reach you. Foul weather, misrouted mail and other events can make your wait even longer. If your check becomes lost or stolen, that time increases as you wait for a replacement check and your bills go unpaid. Direct deposit eliminates the wait. Your money is in your bank account on payday.

2) More secure: Your mailed check goes through many hands before it reaches you. From printing to transport to your mail box, the more stops it makes the more opportunities there are for it to get lost or stolen. Even when you visit your bank to deposit it, your check can be handled by many more people before it is processed. Eliminate the risk and take control of your money. Direct deposit is a sure and easy way to do this.

3) More convenient: Eliminating the need to drive to the bank to deposit your check means less gas and time. You'll have more time to enjoy the things you really like to do. And if you cash your check at a grocery or retail store, or if you use a check cashing service, direct deposit saves on fees you might otherwise pay.

4) Easy: Don't have a bank account? Find a bank or credit union in your area that is reputable and provides the services you need at little or no cost. Make sure they offer Federal Deposit Insurance Corp. coverage of your account and accept direct deposit. It's the best way you can take control of your finances and protect yourself at the same time.

As of March 1, those travelers who have not saved bank account information into their DTS profile or who have not qualified for a waiver will be issued their reimbursement through another form of payment such as a Direct Express Debit MasterCard. Travelers without direct deposit who are used to receiving a paper check should be alert to not throw away the debit card reimbursement.

Please don't wait for March 1. Make the switch today. For more information on mandatory EFT requirement including information on submitting a waiver, go to: www.dfas.mil/MANDATORYEFT.html.

CULTURE OF FITNESS



Size it Up

Written by Lt. Cmdr. Wil Wooten and
Chief Mass Communication Specialist Paul Scherman

Maintaining or losing weight often comes down to how we eat, not what we eat. You can exercise with weights and do cardio for hours but if you eat more than you burn you will still gain weight. The First Law of Thermodynamics states that energy can neither be created or destroyed; it can only be transformed. So if we look at calories as energy: energy in is the food we eat and energy out is our daily activities, including exercise. So if you are trying to maintain your weight, you have to burn what you eat. If you are trying to lose fat, you need to burn more than you eat. It's that simple. Really.

If energy in = energy out, then there is no change in mass.
If energy in > energy out, then there is an increase in mass, or weight gain.
If energy in < energy out, then there is a decrease in mass, or weight loss.

Understanding the First Law of Thermodynamics makes it very clear that carbohydrates, fats and proteins by themselves are not behind anyone's growing waistline – excess calories are. The reason people gain weight is because there is an energy imbalance. It's not the type of food you eat, it's how much.

An excess of 500 calories a day adds up to 3500 calories at the end of the week – that's one pound of body fat. So if you are eating healthy you still may be getting too many calories.

What is a serving of (lean) protein? Can you look at a scoop of rice or bowl of pasta and tell how many servings of grain there are? A typical restaurant meal is two to four times larger than the government's recommended serving size and often has at least 60 percent more calories than the average meal made at home.

The number of servings you need each day from each food group depends on your caloric needs and is based on age and sex. Check out www.choosemyplate.gov to

determine your caloric needs and servings. Below are some general daily recommendations.

Focus on Fruits: 2-3 cups of a different variety of fruits
Example: 1 cup = small apple, 8" banana, or ½ cup orange juice

Vary your veggies: 2.5-3 cups of dark leafy greens, orange veggies, beans and peas
Example: 1 cup = baked sweet potato, ½ cup cooked black beans

Calcium rich foods: 3 cups low-fat or fat free milk low-fat yogurt, low-fat cheese
Example: 1 cup = 1.5 oz cheese, or 8 oz yogurt

Whole grains: 3 oz whole grain cereals, breads, rice, pasta
Example: 1 oz = 1 slice of bread, 1 cup cereal, ½ cup rice or pasta

Lean protein: 5-6 oz meat, poultry, dry beans, eggs and nuts
Example: 1oz = 1 oz meat, poultry, fish, 1 egg, 12 almonds

- A medium apple or orange is the size of a tennis ball.
- A medium potato is the size of a computer mouse.
- A cup of rice is the size of a tennis ball.
- An average bagel is the size of a hockey puck.
- A cup of fruit is the size of a baseball.
- Three ounces of meat is the size of a deck of cards.
- A cup of pasta is the size of a tennis ball.
- Three ounces of grilled fish is the size of your checkbook.
- One ounce of cheese is the size of four dice.
- One teaspoon of peanut butter is the size of your thumbtip.





to Fleet Exercises
013

ESCAPING THE TRAP

Written by Capt. David M. Osen



▲ The U.S. and Indian navies conduct exercise INDIAEX 2012, a bilateral exercise designed to demonstrate interoperability between the U.S. submarine rescue system and Indian submarines. U.S. Navy photo by Mass Communication Specialist 2nd Class (EXW) Sebastian McCormack.

It's a submariner's worst nightmare — to be trapped beneath the sea in a disabled submarine. To alleviate these fears, the U.S. Navy has developed the capability to rescue trapped submariners, and the Reserve component plays an important role in this capability. In fact, an undersea rescue cannot happen without help from Navy Reservists.

Reserve Sailors played important roles in exercise INDIAEX 2012, the first submarine rescue exercise between the U.S. and Indian navies. INDIAEX took place off the coast of Mumbai, India. Five Indian navy submarines — three German-built Type 209 and two Russian-built Kilo class — participated with the U.S. Navy's Undersea Rescue Command (URC).

During the exercise the URC demonstrated its submarine rescue diving and recompression system (SRDRS) capability to rescue submariners.

URC is a small command with a global responsibility. Made up of a hybrid cadre of 120 active, Reserve, government civilian and contractor staff, URC is on call 24/7 to deploy worldwide. The Reserve component provides more than half of the manpower and includes specially trained divers, electronics technicians, medical staff, and officers who specialize in deep sea rescue.

Senior Chief Electronics Technician (SS) Jason Spinden, senior enlisted leader (SEL) for the Reserve component of URC, described the URC as a unique blend of officers and enlisted personnel. "We are

made up of Navy divers for intervention and chamber operations, dive medical technicians, corpsman for hyperbaric medicine and triage, electronics technicians for communications and navigation, machinist's mates and boatswain's mates for entry into the submarine and for mooring evolutions," Spinden said. "In addition, we have logistic and administrative support ratings. All personnel are cross-trained and qualified to support 24 hour watch rotations for submarine rescue."

URC Reserve Sailors served in key positions during INDIAEX. Members served as liaison officers onboard the submarines, internal attendants in the SRDRS pressurized rescue module (PRM),



▲ The U.S. Navy has developed the capability to rescue trapped submariners, and the Reserve component plays an important role in this capability.

rescue officers and internal rescue module support.

Chief Navy Diver (SW) Jeff Powers, the URC rescue division chief, served as an SRDRS internal attendant and a life support monitor. “Internal attendants maintain the internal atmosphere from inside the SRDRS’s PRM,” Powers said. “They open the hatches of the PRM, attend to the rescues, handle communications between the PRM and the submarine, and they handle any emergency or casualty that might arise inside the PRM. The life support monitor checks the PRM atmospheres from the surface and keeps a running log of everything that happens

during a sortie. When there is an emergency, the life support monitor ensures the rescue team is on track with necessary procedures.”

Electronics Technician 1st Class (SS) Nathan Beck of Portland, Ore., the URC navigation division leading petty officer (LPO) also served as a PRM internal attendant during the exercise. “It is a great opportunity to be able to train on submarine rescue with Sailors from other countries — to see how they handle some of the hurdles and refine our skills if we should ever have to work together. It is cool to visit another country but the exercise itself is the best part of the trip,” Beck said.

Submarine Rescue involves difficult evolutions and therefore needs

regular practice to maintain operational proficiency.

“The PRM is launched off the back of the support ship, and driven down with thrusters controlled through an umbilical tether by a pilot who remains topside,” Beck said. “The submarine hatch is located using lights and cameras. The pilot positions the PRM over the submarine hatch and uses pumps to remove water from a transfer skirt between the submarine and the rescue vehicle.”

Operations division LCPO, Chief Electrician’s Mate (SS) Timothy Bonomi added that, “sea pressure provides a hydraulic lock that holds the rescue vehicle on to the submarine. The internal attendants open the transfer skirt hatch and then pump the rest of the water out of the transfer skirt. Once the



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

water has been pumped down; the internal attendants and the submarine use manual tap codes to coordinate opening the submarine hatch.”

The exercise is one of the professional highlights of SEL Spinden’s career. “I was honored to participate in a gift exchange with the Indian commanding officer of a Kilo class Russian-built submarine during open hatch operation at 285 feet of depth,” Spinden said. “Another highlight was interacting with the divers and Sailors of the Indian navy. They are very inquisitive, and we shared many sea stories building submarine rescue camaraderie half way around the globe.”

Prior to 2005, the URC — then known as the Deep Submergence Unit (DSU) — was fully staffed by the active component. The Navy gradually shifted to the current hybrid manpower structure to minimize costs that would otherwise be associated with staffing all 120 billets with active-duty Sailors. In 2008, the SRDRS rescue module Falcon achieved operational capability and was showcased for the first time internationally in the submarine rescue exercise Bold Monarch in Norway. The URC operates the SRDRS regularly — at a minimum every six months — in the southern California operating areas to allow operators to qualify and maintain proficiency. The SRDRS has also operated during international submarine rescue exercises to include exercise Bold Monarch 2011 and two exercises with Chilean submarines. During Exercise Bold Monarch 2011, a historic milestone was achieved when the Russian submarine, SSK Alrosa, mated with the SRDRS 350 feet beneath the sea.

The sixty-six URC Reserve Sailors come from the Submarine

Force Reserve Component (SFRC). An additional 13 SFRC Sailors support the URC’s higher headquarters, Submarine Squadron 11 in San Diego, and the international submarine escape and rescue liaison office in Norfolk. In addition to the submarine rescue mission, the SFRC supports undersea warfare operations, expeditionary maintenance and force protection.

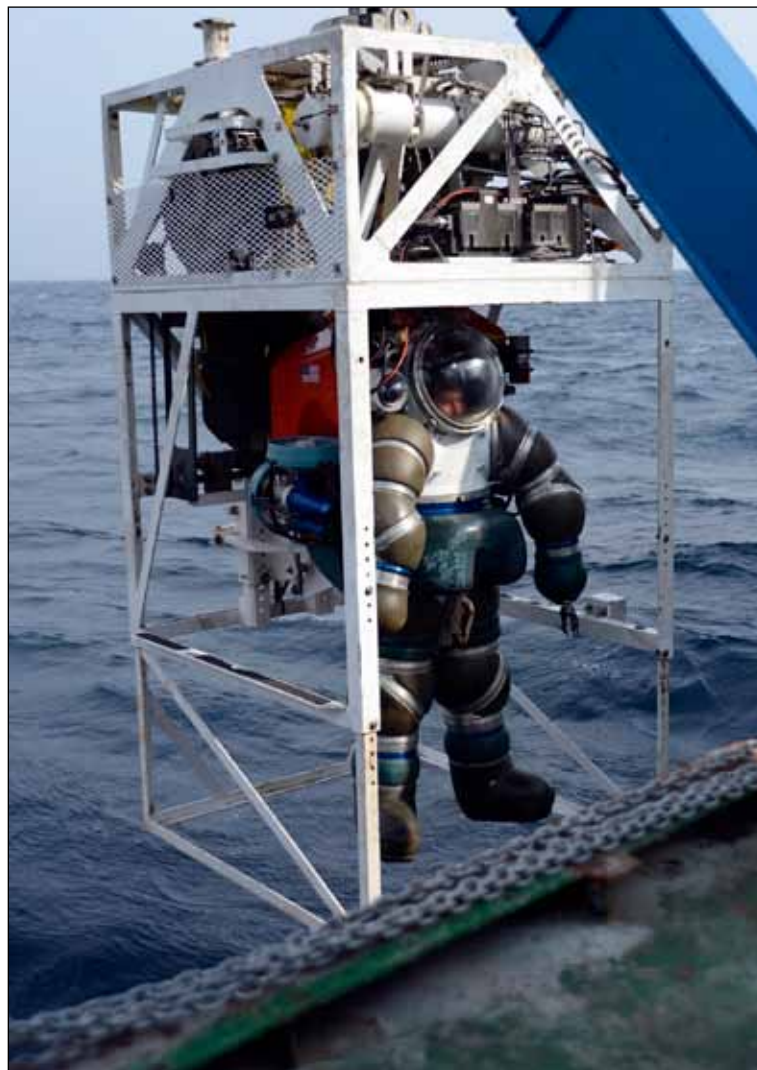
Should a submarine disaster occur, URC members, including

Reserve component Sailors, receive a text message and respond within four hours. Local drillers will meet at URC at North Island Naval Air Station in San Diego, and assist with equipment load-out for flyaway. URC travelers meet in the rescue port ready to offload the plane and load the SRDRS on a vessel of opportunity. Exercises like INDIAEX prove that the partnership between the active and Reserve components is essential. The Reserve component provides long-term subject matter expertise and watch bill support to the submarine rescue mission. The submarine rescue mission showcases the Reserve component’s ability to provide a very relevant and operational capability.

More than 40 countries are known to operate over 440 submarines world-wide, making the rescue abilities between nations vital. Submarine rescue exercises foster safety and the ability to work together by

providing an opportunity to practice the complex skills required for a deep sea rescue. Exercises like INDIAEX 2012 allow for bilateral training while exchanging both skills and cultures that enhance the dynamic compatibility between the U.S. and Indian naval forces of the future.

Submarine Rescue exercises enjoy worldwide interest as evidenced by the two major triennial multinational submarine rescue exercises: Exercise Pacific Reach and Exercise Bold Monarch. Exercise Pacific Reach 2010 took place in the South



▲ An Undersea Rescue Command Atmospheric Diving Suit Pilot is being launched into the Arabian Sea off the coast of Mumbai India during bi-lateral exercise INDIAEX to perform an assessment of an Indian Submarine at 285 FSW. U.S. Navy photo by Mass Communication Specialist 2nd Class (EXW) Sebastian McCormack.

China Sea in August 2010 and included observers or participants from 15 countries. Exercise Bold Monarch 2011 was held off the coast of Cartagena, Spain in June 2011 and included representatives from more than 20 countries.

The U.S. Navy's small but highly proficient submarine rescue enterprise augmented significantly by the Reserve component, appreciates the opportunity to practice its skills in a realistic and challenging scenario such as that provided by INDIAEX 2012 and other submarine rescue exercises.

Capt. Steve Young, the U.S. Navy's Reserve director for submarine escape and rescue, and the commanding officer of Naval Reserve Undersea Rescue Command Headquarters is responsible for overseeing the 79 Reserve Sailors who support the submarine rescue enterprise. During INDIAEX 2012, Young served as coordinator rescue forces (CRF), and he was the senior U.S. Navy officer for the exercise.

"The CRF was responsible for coordinating submarine rescue activities between the Indian Navy and United States Navy to ensure the safety of the rescue system within the operations area and other ships," Young said. "A key to the success of the exercise was close working relationships with the Indian navy."

The URC performed submerged open hatch operations with five different Indian navy submarines over four days including one day where URC conducted operations with two different submarines — a first for the command. In sum, the URC transferred — effectively simulating rescuing — 158 personnel during open hatch operations.

"This has absolutely been the best tour of my career. The ability to interact with our international submarine rescue partners has been a great opportunity. Serving as coordinator rescue forces during three international exercises was a great experience while doing a very unique job," said Young. ■



▲ The U.S. Navy's small but highly proficient submarine rescue enterprise augmented significantly by the Reserve component, practices its skills in a realistic and challenging scenario during INDIAEX 2012. U.S. Navy photo



▲ Undersea Rescue Command Commanding Officer Cmdr. Dave Lemly and Commander, Submarine Squadron 11 Capt. Ishee welcome visiting Indian Navy Submarine Officers onboard Rescue Ship Makassar for the first of five days of Submarine Rescue Operations. U.S. Navy photo by Mass Communication Specialist 2nd Class (EXW) Sebastian McCormack.

Retired Command Master Chief (SW/AW) Veronica Tutt as a Person and Sailor

Written by Mass Communication Specialist 1st Class Erica R. Gardner, Commander, Navy Reserve Forces Command Public Affairs



Mother. Grandmother. Mentor. Sister. Foster parent. Friend. Cheerleader. Each of these names describes retired Command Master Chief (SW/AW) Veronica Tutt as a person and Sailor.

"I was told I would not make chief my first time up because my eval was not 4.0," said Tutt. "I made chief my first time up and it was because I was doing what I was supposed to be doing as a Sailor."

Tutt has experienced a couple of significant firsts in her military career. She was one of the first African American females selected for the Broadened Opportunity for Officer Selection Training (BOOST) program in 1972 and she was the first female and African American Master Chief in the Training and Administration of Reserve (TAR) in 2003.

"The BOOST program afforded me a full scholarship and all I had to do was go to school," Tutt said.

Tutt retired in October 2006 from Navy Reserve Readiness Command Southeast as the command master chief after 30

years of service but she has not retired her dedication to Sailors and the community.

Tutt enjoys assisting the community with enrichment seminars; volunteering as a foster parent, providing children with a better standard of living; encouraging friends, family and Sailors to do better in every aspect of their life and being there to support anyone who needs her help.

"My dad was a Sgt. 1st Class in the Army with eight kids at the time I was due to graduate from high school," said Tutt, reflecting on the memories of wanting to attend college and not being able to. "I knew my family could not afford to pay for me to attend college so I decided to join the Navy."

At the time Tutt joined the Navy, she was fresh out of high school and ready for a challenge. Being selected as one of the first women to participate in the BOOST program was exciting for Tutt but she did not understand the impact of her selection to the program at the time.

"If I knew then what I know now," said Tutt, "things would have been different but I would not change anything about the decisions I made then — those decisions made me who I am today."

Through the BOOST program, Tutt set her sights on attending college at Marquette University, a Jesuit, Catholic university in Milwaukee, Wis. The school welcomed Tutt into their Naval Reserve Officer Training Corps as their first African American female in 1973. Life happens - Tutt was young and enjoying her time in college. She believes in having a good

time. Being in NROTC in the early 70s was just not for her at the time.

"It wasn't a big deal to me to be the first African American female in the NROTC program at Marquette, but then again I didn't appreciate the position I was in and I did not take it as seriously as I should have," said Tutt.

She will tell anyone that she lost sight of her role with the Navy which led to her losing her scholarship.

"I was working toward a career, my education was being paid for and I made choices that cost me this opportunity," Tutt said. "I learned from my mistakes and would make wiser choices if I could do it over but life does not work that way."

Tutt went to Transient Personnel Unit Treasure Island, Calif. to complete her obligation to the Navy and then transferred to the Reserve component as an undesignated seaman.

"Looking back at my Navy career, I met so many people willing to help me," said Tutt. "I have been blessed to be in the right place, at the right time with the right folks."

Tutt reported to Reserve duty where she met a storekeeper 1st class petty officer and he told her about the Training and Administration of Reserve (TAR) program. A transfer package was submitted for the TAR program and she was selected, preparing her for a better opportunity in the Navy as a storekeeper.

Tutt reflected on her career philosophy, "I like to have a good time wherever I go and I learned to work hard and do the best I could in each and every job — you could accomplish so much."

As Tutt matured in the Navy, she continued to excel in her professional and personal endeavors. Tutt tells her Sailors

and others, “You know, you have to be squared away in your uniform and in the work you do, because those are the things people base their opinions on.”

As Tutt continued her Navy career she still had not accomplished her initial goal for joining the Navy. She enrolled in Norwood University and graduated with a management degree.

“I emerged from obtaining my degree a better person,” says Tutt. “I had a better outlook on how I can help others meet their goals.”

Tutt was selected as the Readiness Command Region Seven’s storekeeper of the year and advanced to first class petty officer the same year. The hard work and dedication was paying off.

Understanding the path for success, Tutt used her early Navy experiences as a way to mentor people she worked with. Study sessions for in-rate training were created and useful to many as she witnessed the advancement rate of several storekeepers increase.

“I am known for being a strict leader,” said Tutt. “I believe in getting the job done and sometimes that does not mean having pleasant conversations.”

The leadership style Tutt embraced and used in her career helped her reach the top of the enlisted ranks. This enabled her and the team of storekeepers she worked with to meet the needs of the Navy with success.

“I remember the names of those I worked with in my career as I looked at the advancement sheets over the years,” said Tutt. “I have had people come up to me and tell me they did not like what I said to them but it was something they needed to hear and they are glad they paid attention.”

Tutt has pinned senior chief and master chief anchors on some of the Sailors she has mentored over the years and is proud of those moments.

As she has mentored Sailors, she also felt the need to mentor children in the many towns where she has been stationed.

“I have been a big sister to a child everywhere I have been stationed,” reveals Tutt. “The Big Sister, Big Brother program allows me to share my knowledge and time with children that do not have anyone to spend time with them.”

Today Tutt is the foster parent to a teen boy. She provides him with attention and understanding, she gives him an opportunity to excel without worrying about adult decisions like finding shelter and food to eat; he can focus on being a child.

“I worry about this young man and how he will grow up,” said Tutt. “Children are impressionable and will do what you do.”

New experiences are how Tutt excelled in her 30-year career. By being honest and true to herself, she enjoyed new challenges and thinking outside the box to accomplish the mission. The forward thinking used in her career was recognized across the services.

The Army Sergeants Major Academy chooses six people from other branches to participate in their six-month program. Tutt was selected and went to El Paso, Texas to work with other forces in this senior leadership training. It provided her with additional tools to mold Sailors.

Taking the mistakes and learning from them helped Tutt become the person and retired Sailor she is today. She continues to mentor Sailors with her second career as a DoD Yellow Ribbon Reintegration Program specialist. ■

A History of Sacrifice and Service

In December 1944, Lt. j.g. Harriet Ida Pickens and Ensign Frances Wills became the first African American officers in the WAVES (Women Accepted for Volunteer Emergency Service) program.

In August 1991, Gladys J. Commons became the first African American woman to be promoted to the Navy’s Senior Executive Service. Commons currently serves as the Assistant Secretary of the Navy, Financial Management and Comptroller.

Rear Adm. Lillian Fishburne became the first black female promoted to flag rank in February 1998.

Rear Adm. Michelle Howard became the first African American woman to command a warship when she took command of USS Rushmore (LSD 47) on March 12, 1999. She went on to command Expeditionary Strike Group Two and Combined Task Force 151, a multinational task force established to conduct counterpiracy operations in the Gulf of Aden.

BACK TO BASICS

United States Presidents

In honor of Presidents' Day on February 18, we present the names and faces of the men who have held the highest office in the land.



George Washington
1789-1797



John Adams
1797-1801



Thomas Jefferson
1801-1809



James Madison
1809-1817



James Monroe
1817-1825



John Quincy Adams
1825-1829



Andrew Jackson
1829-1837



Martin Van Buren
1837-1841



William Henry Harrison
1841(died in office)



John Tyler
1841-1845



James K. Polk
1845-1849



Zachary Taylor
1849-1850



Millard Fillmore
1850-1853



Franklin Pierce
1853-1857



James Buchanan
1857-1861



Abraham Lincoln
1861-1865



Andrew Johnson
1865-1869



Ulysses S. Grant
1869-1877



Rutherford B. Hayes
1877-1881



James A. Garfield
1881 (died in office)



Chester A. Arthur
1881-1885



Grover Cleveland
1885-1889



Benjamin Harrison
1889-1893



Grover Cleveland
1893-1897



William McKinley
1897-1901



Theodore Roosevelt
1901-1909



William Howard Taft
1909-1913



Woodrow Wilson
1913-1921



Warren G. Harding
1921-1923



Calvin Coolidge
1923-1929



Herbert Hoover
1929-1933



Franklin D. Roosevelt
1933-1945



Harry S. Truman
1945-1953



Dwight D. Eisenhower
1953-1961



John F. Kennedy
1961-1963



Lyndon B. Johnson
1963-1969



Richard M. Nixon
1969-1974



Gerald R. Ford
1974-1977



Jimmy Carter
1977-1981



Ronald Reagan
1981-1989



George H. W. Bush
1989-1993



William Clinton
1993-2001



George W. Bush
2001-2009



Barack Obama
2009-

Seabees Develop So



utthern Partnerships

Seabees from Naval Mobile Construction Battalion (NMCB) 27 set out in late July to participate in a variety of missions throughout U.S. Southern Command (SOUTHCOM) area of operation (AOR). These Seabees, many of them veterans of one or more tours of duty in Iraq or Afghanistan, mobilized to support U.S. Naval Forces Southern Command/U.S. 4th Fleet peacekeeping, multinational partnership, and humanitarian assistance missions throughout South and Central America.

NMCB 27 deployed an 85-person detachment's to Naval Station Guantanamo Bay Cuba (GTMO) this past summer, giving them the capability to deploy multiple task-tailored teams throughout the SOUTHCOM AOR. The deployment caps a three year rotation of Seabees to the area.

The first task-tailored team was deployed to Ilopango, El

Salvador in support of Special Operations Command South (SOC SOUTH) to rehabilitate a rappelling tower on the nation's Comando Especial Anti Terrorista base. The rappelling tower provides a critical training platform for U.S. and El Salvadorian Special Forces in their fight against Transnational Criminal Organizations in the region.

Over the ensuing six weeks, the physical and mental abilities of the Seabee team were tested as they completed structural and preservation upgrades to the 55-foot tower. Having to continually work at high elevations, the team spent hours training in fall protection and the handling of tools and materials aloft to ensure the safety and efficiency of the team members during construction.

"The first ones up were Builder 2nd Class Joshua Sipe and Equipment Operator 2nd Class Garrett Atty. It was a new experience for all of us," said Builder 1st Class Walter Papsedero, the project supervisor. "Knowing our mission and having the determination to do it allowed us to conquer any fears we had."

Once aloft the construction was underway.

"We spent countless hours grinding, painting, installing and re-installing to make the tower as close to perfect as possible," said Chief Builder Eric Stone, leading chief petty officer (LCPO) for the El Salvador detachment. "We all wanted to give them back a tower they could be proud of and use to better themselves. The host nation was incredibly kind and welcoming and we wanted to return the favor."

The hard work paid off a month later when the Seabees saw their work pass multiple load tests and follow-on safety inspections. The SOC SOUTH team was impressed with the quality of work and the level of expertise put forth by the Seabees.

"For my projects, all I need are Seabees," said U.S. Army Maj. Kyle Merolla, command engineer at SOC SOUTH. "Not only do they get the job done, but they do it better than anyone else."

A second task-tailored team traveled to Huaytará, Peru to take part in a subject matter expert exchange with Peruvian military engineers. Three Seabees worked alongside 24 of their Peruvian counterparts to construct an auditorium for the town. This project was developed as part of a larger cooperative military exercise



◀ A Seabee assigned to Naval Mobile Construction Battalion (NMCB) 27, lays concrete masonry as part of U.S. Southern Command's global peacekeeping operations initiative. NMCB 27 was deployed throughout South and Central America in support of U.S. Naval Forces Southern Command and U.S. 4th Fleet peacekeeping, multinational partnership, and humanitarian assistance missions. U.S. Navy photo by Lt. j.g. Keith Ferreira.

in support of U.S. Southern Command's Global Peacekeeping Operations Initiative (GPOI).

The 2,200-square-foot auditorium is the first of its kind in this remote Peruvian town. Able to seat 184 people, the building will be primarily associated with the local schools. Built from brick, masonry block, and 43 cubic yards of reinforced concrete, the building will also be capable of serving as an earthquake shelter. The shelter will provide critical protection for the town's residents in the event of a natural disaster.

In addition to adding construction expertise to their advisory role, the Seabees were also able to provide an assessment of the Peruvian engineers' ability to deploy independently to support future multinational exercises.

"These guys know how to build with few tools available," said Builder 2nd Class Jorge Gaitan. Reflecting on the Peruvians' limited experience with heavy equipment, he added, "I have to say, they are getting better with it. They have been quick to learn and have been able to show us a few things too."

Working in Peru did result in some challenges. The Seabees didn't have the luxury to go to a building supply store for their tools and materials.

"WE SPENT COUNTLESS HOURS GRINDING, PAINTING, INSTALLING AND RE-INSTALLING TO MAKE THE TOWER AS CLOSE TO PERFECT AS POSSIBLE."

"One of the biggest obstacles we've had to deal with is the remote location of the project," said Chief Builder Glenn Kohles, LCPO for the Seabees in Peru. "We are 9,000 feet above sea level in the Andes Mountains. Needless to say, getting materials up here has been a chore in itself."

The language barrier between the Seabees and the Peruvian team provided an opportunity for partnership and development.

"The Peruvians have been great on this," said Construction Electrician 1st Class Daniel Johnson. "They have been teaching us Spanish words and phrases and we have been teaching them

those phrases in English. We were amazed at how well some of the crew speaks English."

Meanwhile, a third task-tailored team left Naval Station GTMO for the Comando

Regional de Entrenamiento de

Operaciones de Mantenimiento de Paz (CREOMPAZ) military base in Cobán, Guatemala. The project was a collaborative effort between the Seabees from NMCB 27 and medical personnel from the Navy Environmental and Preventative Medicine Unit 5 to support another mission for U.S. Southern Command's GPOI.

The team performed extensive, critical infrastructure repairs at CREOMPAZ. By converting a 20-foot by 40-foot open-bay



▲ Utilitiesman 1st Class Andrew Duquette, assigned to Navy Mobile Construction Battalion 27, performs finish work on a concrete slab at a Guatemalan military base. U.S. Navy photo by Lt. j.g. Keith Ferreira.

barracks room into eight dormitory-style rooms, the base significantly increased its ability to house guests and visiting groups, independent of gender. A 15-foot by 18-foot addition to the base laundry facility effectively doubled its available throughput. Repairs and improvements to the food service, plumbing, and electrical infrastructures allow the base to safely house visiting peacekeepers for longer durations, and greatly augment the self-sufficiency of the base.

Paul R. Yorio, GPOI operations analyst at U.S. Southern Command, discussed the benefits to the region that resulted from the team's efforts.

"U.S. Southern Command GPOI is extremely grateful for the dedication and ingenuity displayed by NMCB 27 professionals in working important GPOI projects in Guatemala and Peru," said Yorio. "Their 'can-do' attitude produced quality, tangible results with long-term effects and saved the GPOI program thousands of dollars."

The extensive focus on peacekeeping efforts in the region wasn't lost on the Seabees with prior combat experience. The Seabee team in Guatemala made significant impacts to multinational partnerships via their construction efforts.

Guatemalan Infantry Colonel Ramirez Cañellas Marco Vinicio, acting commander of CREOMPAZ, said, "I am confident that you will maintain for the rest of your lives the memory of a professional relationship between our armies, mainly with CREOMPAZ, where your hard work, dedication, and the drops of sweat left on our grounds will always be valued as a pleasant memory of each of you."

Meanwhile, the remainder of the NMCB 27 detachment was working hard at Naval Station GTMO to complete construction projects for the base and Joint Task Force – Guantanamo. In addition to constructing two major concrete structures, repairing and upgrading base infrastructure, and making improvements for the Naval Station and its residents, the GTMO detachment was vital to reconstruction on the island following the damage from Hurricane Sandy.



▲ Seabees from Naval Mobile Construction Battalion 27 and peacekeepers at the CREOMPAZ military base pour a concrete pad as part of a renovation project in support of U.S. Southern Command's Global Peacekeeping Operations Initiative. U.S. Navy photo by Lt. j.g. Keith Ferreira.

With NMCB 27 constituting the final dedicated 85-person Seabee detachment in the U.S. Southern Command AOR, their retrograde of the Seabee camp at Naval Station GTMO was bittersweet.

"The contributions of the Seabees from NMCB 27 and the rest of the Naval Construction Force towards fostering security, stability and prosperity in the Americas over the course of these deployments have been outstanding," said Rear Adm. Sinclair M. Harris, commander of U.S. Naval Forces Southern Command and the U.S. 4th Fleet. ■

▼ (Left) Peruvian Navy official de Mar Primero Faustino Quispe presents a token of appreciation to Navy Construction Electrician 1st Class Daniel Johnson of Naval Mobile Construction Battalion (NMCB) 27. (Right) NMCB 27 muster prior to an awards ceremony. U.S. Navy photo by Lt. j.g. Keith Ferreira.



Providing Air Logistics Support



▲ The C-40 Clipper aircraft fulfills the U.S. Navy unique fleet essential airlift requirements by providing medium lift, intra-theater transportation of passengers, cargo or a combination of both. U.S. Navy photo.

The care and feeding of deployed assets around the world is the domain of the vast DoD logistics enterprise, which consists of multiple services working together to get people and their stuff where it needs to go. One small, but very important piece to that puzzle is the Navy's Fleet Logistics Support Squadron (VR) 58. This Reserve squadron brings the flexibility of the Navy Unique Fleet Essential Airlift (NUFEA) capability to deployed maritime assets anytime, anywhere.

When guided missile destroyer USS Forrest Sherman (DDG 98) deployed from Norfolk, Va. in 2012 it had everything it needed to steam to the Mediterranean and Arabian Seas and conduct maritime security operations, including counter-piracy around the volatile Horn of Africa. The ship's ability to perform this vital mission was jeopardized, however, only two months into their deployment when they experienced a catastrophic failure of a power supply.

The normal means of getting a replacement would have taken up to 45 days and cost as much as a half million dollars. Given the prohibitive cost and unacceptable delivery time, a better solution was needed. When the call to support Forrest Sherman came into Navy Air Logistics Office (NALO), VR-58 was tapped to

get the power supply from Naval Air Station North Island, Calif. to the Combined Task Force (CTF) 63 receiving office in Souda Bay, Greece. The power supply would then be delivered at sea to the waiting technicians. Less than three days later the ship had the needed part in hand at a cost under \$150,000.

"In all of the missions we fly, we demonstrate the value and flexibility of our Navy Unique Fleet Essential Airlift assists. We pride ourselves on responsive, flexible and efficient lift support to enable the warfighter," said Cmdr. Richard Shettler, VR-58 commanding officer. "I am so proud of our team and our community and am humbled when I witness our Sailors dedication and determination to our mission, our Navy and our Nation."

The VR community was established to operate NUFEA aircraft worldwide to provide the responsive, flexible, and rapid deployable air logistics support that commands like Forrest Sherman need to sustain combat operations at sea as well as air logistics support for all Navy commands.

"Our uniqueness lies in our ability to respond to fleet needs at literally a moment's notice," said Cmdr. Anthony Gutierrez, VR-58 executive officer.

"OUR UNIQUENESS LIES IN OUR ABILITY TO RESPOND TO FLEET NEEDS AT LITERALLY A MOMENT'S NOTICE."

In the case of Forrest Sherman's power supply, NALO sourced an airlift solution in less than an hour. The planning and coordination of resources with VR-58, Naval Operational Logistics Support Center and CTF-63 to combine airlift loads with an existing mission in the 6th Fleet area of operations, resulted in achieving an operational solution to satisfy the request.

With no active duty counterpart, the 12 Reserve squadrons that make up the VR community provide all of the short notice, medium lift capability in the Navy — much of it on short notice. Medium lift is the ability to carry up to 45,000 pounds of cargo per mission, using C-40 Clipper and C-130 Hercules aircraft.



▲ The guided-missile destroyer USS Forrest Sherman (DDG 98) conducts a berth shift during a port visit. Forrest Sherman is homeported out of Norfolk. U.S. Navy photo by Paul Farley.

"The VR community provides all of the Navy logistic lift capability," said Cmdr. Chuck Stoffa, NALO executive officer. "This is unique in that there is no active duty equivalent to the logistics model established by NALO and the Navy Reserve provides the aviation logistics capabilities for both active and Reserve components."

VR flight crews are comprised of full time support and selected Reservists as well as active duty Sailors, providing an extremely agile organization that responds with flexibility. If a last minute mission comes available, the squadron has a relatively large pool of available and trained manpower to carry out that mission.

"Just the other day we had a mission returning from Bahrain and somewhere over the North Atlantic the crew received a message from the operations department. NALO had modified the mission and redirected the flight to San Diego instead of home to Jacksonville. This dynamic flexibility further demonstrates the 'unique' in NUFEA," said Lt. Cmdr. Jeremy Judernatz of VR-58. ■



▲ Sailors guide a pallet aboard a C-130 Hercules. With no active duty counterpart, the 12 Reserve squadrons that make up the VR community provide all of the short notice, medium lift capability in the Navy. U.S. Navy photo by Chief Mass Communication Specialist Mark Schultz.



2013 Warrior Games Team

Written by Navy Wounded Warrior - Safe Harbor Public Affairs

Retired Navy Petty Officer 3rd Class Nathan DeWalt takes a warm-up lap around Earhart Field before track and field practice before competing in the first Wounded Warrior Pacific Trials. Department of Defense photo by U.S. Air Force Tech. Sgt. Michael R. Holzworth.



Wounded warrior athletes selected to be a part of Team Navy-Coast Guard at the 2013 Warrior Games were announced during a ceremony aboard USS Missouri at Pearl Harbor, Hawaii. Five of those athletes are selected Reservists or full time support (active and retired) service members from Navy Operational Support Centers around the country.

The team was chosen after a week of competition at the inaugural U.S. Pacific Fleet-hosted Wounded Warrior Trials in Honolulu, Hawaii. Forty-four athletes participated in archery, cycling, shooting, sitting volleyball, swimming, track and field, and wheelchair basketball events. They battled for one of the 35 slots on Team Navy-Coast Guard at the 2013 Warrior Games.

"It was great to be here, and I am really excited to compete in the Warrior Games next year," said Navy Reservist Mineman 1st Class Linda Simpson, from NOSC Kitsap, Washington. "Being a part of Navy Wounded Warrior-Safe Harbor has changed my life. For me, it's always been 'I need to go on.' I've had to recreate the life I had before the accident, and I've been able to do that through adaptive athletics and help from Navy Wounded Warrior-Safe Harbor."

Simpson suffered an above-the-knee amputation after a motorcycle accident on her way home from NOSC Kitsap in 2011. The wife of a sheriff's deputy and mother of two teenage children, she recently completed an arduous campaign season running for Kitsap County Commissioner. She will be competing in swimming, track and field, and volleyball. Simpson desires to remain in the Navy, and has just begun a medical board.

The Pacific Trials included wounded warrior athletes with upper-body, lower-body and spinal cord injuries; serious illnesses; traumatic brain injuries; visual impairment; and post-traumatic stress disorder. The other Reservists selected for the team include:

Retired Navy Builder Constructionman Roy "Daniel" Peters was based out of NOSC Chicago when he was diagnosed with a brain tumor on active duty that subsequently resulted in his blindness in 2007. "Moving forward is not about looking back with regret, it is about finding new ways to do things you love doing and pushing boundaries by trying new things," Peters said.



▲ Petty Officer 3rd Class Redmond Ramos works to improve his start time before competing in the Wounded Warrior Pacific Trials. Photo by U.S. Air Force Tech. Sgt. Michael R. Holzworth.

When Peters realized his blindness was permanent, he didn't ask, "Why me?" but instead he asked of himself, "How do I move forward?" Peters will compete in cycling and track and field at the Warrior Games.

Zachery Crites is a retired Navy Hospital Corpsman 2nd Class, who joined the Navy Reserve to serve his country, but more importantly to him, to serve the Marines. It was while deployed to Iraq that Crites was wounded during a mortar blast in 2006. He now suffers from a traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD). Working as a firefighter in Maryland, he recently became involved in adaptive athletics and will compete in track and field at the Warrior Games.

Retired Aviation Structural Mechanic 1st Class Andrew Johnson, was assigned to VR-59 out of Fort Worth, Texas, when he was diagnosed with brain cancer in 2009 during annual training in Hawaii. Following surgery, he lost the use of his right leg and arm. After relearning to walk, he began to make adaptive athletics a part of his recovery and has since been

medically retired. "I am looking forward to the new challenges that I am going to overcome in civilian life. I plan to continue to push my limits and never settle for just 'OK,'" Johnson said. He will be competing in shooting and volleyball at the Warrior Games.

Retired Navy Aviation Electronics Technician 3rd Class Kathleen Ray suffered a TBI following a fall from a moving motor vehicle while serving as full time support with VR-52 in August 2010. She had to relearn to walk and talk, and is now pursuing an associate's degree with the University of Phoenix. "Don't let anyone tell you what you can and cannot do," Ray said as she addressed a gym filled with athletes and spectators. "You know what you can do; prove them wrong." Ray will be competing in cycling and shooting at the Warrior Games.

NOSC Pearl Harbor took part in the activities surrounding the Pacific Trials by sponsoring one of the athletes, Navy Explosive Ordnance Disposal Technician 1st Class John Kremer. Kremer was deployed with Explosive Ordnance Disposal Mobile Unit 1 to Afghanistan in September 2010, where he stepped on a landmine.

Now a double below-the-knee amputee, he hopes to earn a spot on the U.S. Paralympic Biathlon team and compete in the 2016 Olympics. "We are thrilled to be able to support the Navy's wounded warrior population," said NOSC Commanding Officer Cmdr. Michael Joyner. "Sponsoring an athlete in these games who has sacrificed so much for their country reminds us why we serve; it was our honor to be a part of this great event."

NOSCS are no strangers to Navy Wounded Warrior adaptive athletic support. Navy Wounded Warrior-Safe Harbor held several adaptive athletic camps and the 2012 Warrior Games trials in Port Hueneme, Calif., and has received support from NOSC Ventura County.

During the past three Warrior Games in Colorado Springs, Colo., NOSC Fort Carson routinely provided a team of over 30 of its members to provide logistic, medical and action officer support.

Warrior Games is an annual competition among wounded warriors from all branches of military service. The games help participants discover new capabilities they can apply to everyday challenges and encourages them to reach and achieve a productive future. Warrior Games 2013 will be held in May. The team is sponsored by Navy Wounded Warrior - Safe Harbor, the Navy's wounded warrior support program.

Navy Wounded Warrior - Safe Harbor provides non-medical support to seriously wounded, ill and injured Sailors and Coast Guardsmen, as well as their families. There are currently more than 1,900 service members receiving assistance from the program. For more information about the program or Warrior Care Month, call 855-NAVY-WWP (628-9997), e-mail navywoundedwarrior@navy.mil or visit <http://safeharbor.navylive.dodlive.mil>. ■



▲ Prosthetic legs lay next to each other on the side of the court as Wounded Warriors participate in the sitting volleyball Wounded Warrior Pacific Trials. U.S. Air Force photo by Tech. Sgt. Michael R. Holzworth.



◆ Retired Boatswain's Mate 1st Class Jim Castaneda, wounded warrior, draws a bow with his mouth during archery practice during the Wounded Warrior Pacific Trials. Castaneda suffered a stroke and is unable to use the right side of his body. U.S. Navy photo by Mass Communication Specialist Seaman Diana Quinlan.



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

SAILING IN THE SAND

CHAPTER 1: GETTING THE CALL

There I was at work at the Venetian and Palazzo Hotel and Casino in Las Vegas on an extremely busy Friday afternoon. The time was flying by and I was in the middle of a group arrival. We had a little less than 2,000 check-ins, with over 4,000 pieces of luggage, more than six full buses at the group entrance and both drives were backed to the Las Vegas Strip. It was as if I was a fire fighter putting out fires all day long. I remembered the phone ringing, answering and hanging up. I was standing thinking, “oh my god I’m deploying!” I remember everything racing. Who should I tell first? What will happen to my dogs? Will my civilian job be mad? How dangerous is this and how will I ever get everything done in two months? I remember being excited because I could feel the butterflies in my stomach.

I must have looked flushed because every employee who walked past me asked if I was okay. I quickly walked to my office with my mind and heart racing. After about twenty minutes of gathering my thoughts, I realized I needed to tell someone before I went crazy. I immediately became paranoid thinking I would accidentally blab my news all over the internet before I could tell my family, friends and employer the old fashioned way. You know, with a text. “See you in a year, I’m getting mobilized to Afghanistan.”

Well, being that all of my family and most of my friends still live in Hawaii the announcement came quickly over the phone. I could hear the change in my grandmother’s voice and I knew she was concerned especially since I was an only child and she lost my mother, her oldest child, years ago. As the phone got passed around to the rest of my family — aunties, uncles and cousins — I was still fortunate to feel respected, supported and loved. It was at that moment I realized I had the strength and mind set to focus on this deployment.

Telling my boss was going to be hard. I started at the hotel and casino in January 2011, and since that time I’ve gone on two annual training exercises and one additional duty training

assignment. I knew that telling my boss I was about to deploy for a year wouldn’t be easy. I remember seeing him walk by and I decided to just walk up to him and tell him fast, as if it was a band aid that I would rip off quickly to avoid the pain. At first I didn’t know what to expect, I could feel the tension in the air with what seemed to be a long moment of silence, but after the shock wore off and the questions were answered I felt relieved. I was happy to work for a company that made every effort to support its team members serving in the United States military.

Life for the next two months became a process; I had to manage my civilian life while slowly transitioning into my upcoming military deployment. My number one priority at that time was having a checklist and checking it twice. Servicemembers Group Life Insurance? Check! Will and Power of Attorney? Check! Bank accounts and direct deposit Check! Dog sitter? Check! Thousand and one shots, Check! Then I had to answer the questions: What will I do with my car? Who’s going to check on my house, yard and mail? Should I turn off my utilities? How will I deal with my condo in Hawaii? I was amazed with how many things I had to manage and think about. I assumed being single would be easy, but I realized fast I needed help. Thank God I was blessed with amazing family and friends.

So, after the thirty plus Navy Knowledge Online Courses, medical/dental requirements, classes, briefs and numerous farewell parties, my departure was right around the corner. I was ready to start my adventure.

September 2, 2012 was the day I left Las Vegas for the Navy Mobilization Processing Site (NMPS) Norfolk. I remember getting on the plane and feeling so excited and thinking I would be flexible and ready for anything. I had my backpack and a little bag with minimal civilian clothing as directed. By the time I got to Norfolk Naval Base I was ready for a good night’s sleep.

The week at NMPS flew by with briefs, uniform issue, medical, dental and last minute incomplete requirements such as expiring ID cards and pay concerns. The process was smooth and flawless, everyone seemed willing to go above and beyond to ensure we all had our questions and concerns, answered and resolved.

Finally, processing was done and 34 of us were off to Fort Dix, a New Jersey Army base that would be our training facility for the next month. The Army! We all had questions about the training. Even though most of the Sailors had been deployed before they said it was different every time. The second we got off the bus it was a mad dash to our rooms, as a Reservist I had no idea what to expect. It was a relief that we had beds. Next the dash to the bathroom, two for two: we had enclosed showers. Wow! It was a Soldier's hotel. Already it was a great experience. I thought we would be in tents with an open bay shower. Unfortunately the guys did have the open bay shower.

After the first few days of Navy indoctrination at Fort Dix it was fair to say I was working with a sharp and motivated group of Sailors. Most of the group volunteered for the mission and wanted to deploy to Afghanistan. Since this was my first deployment I was unsure of how the group would blend together. I had heard a few stories about pre-deployment and the amount of stress that can come with leaving family, significant others, friends, jobs and responsibilities. I myself was worried about my responsibilities at home. Even though I was paying people to handle everything, the thought of something going wrong was still in the back of my mind. The first week was hard (death by Powerpoint.) Every NKO course completed before deploying was reviewed by Army facilitators and it was brutal. A few of the classes were combined with other branches such as the Air Force and Army.

The next few weeks were nonstop. I was ready for processing, medical, Powerpoint classes and weapon qualifications, but now I had combat training for three weeks. How different is Army combat training from Navy training? Staying at a forward operating base (FOB) for three days, what did that mean? Now I had Blue Force Tracker, improvised explosive device, combat life saver,

► Master-at-Arms 2nd Class Natiya Kazemi takes a break from Humvee training at U.S. Army Support Activity. Fort Dix is known as the "Home of the Ultimate Weapon."



► Master-at-Arms 2nd Class Natiya Kazemi and her training classmates mug for the camera during their Group Validation Day at Fort Dix.

modern Army combative program and Humvee roll-over training. Wow! So much in three weeks, reality immediately hit, I'm going to Afghanistan. When they say this is a joint mission does that mean all branches work together or is one branch over another branch?

At times the training seemed long and draining, especially since we trained from one week to the next without a day off. Most of the days were long but we always had free time to check e-mails or go to the PX to buy personal items. By week three the 34 of us had grown into a family, always looking out for the next Sailor, always making sure no one was left behind and always motivating that one Sailor who seemed a little behind for the day. So, it was disappointing when we found out everyone would be splitting up and transferring to different FOBs. When the last day of training rolled around we all had mixed emotions. We were all excited to be going to our new jobs. To use the skills we learned the past month and to end our training and start our boots on the ground period. ■



► Army Support Activity Fort Dix supports and conducts Reserve component training, mobilization/demobilization operations and facilitates the well being of Soldiers, their families and civilians in a safe and secure environment. The ASA plans and executes other Army directed support missions, and, on order, establishes and operates a Joint Mobilization site.

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

The mission of the Navy Reserve is to deliver strategic depth and operational capability to the Navy, Marine Corps, and Joint Forces.

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

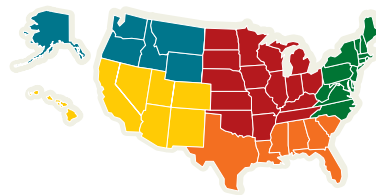
Military OneSource

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

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

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

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

Naval District Washington RCC
(240) 857-4880

Region Mid-Atlantic RCC
(757) 444-7295

Avoca, Pa.
(570) 457-8430

Baltimore, Md.
(410) 752-4561

Bangor, Maine
(207) 974-1301

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

Charlotte, N.C.
(704) 598-0447

Earle, N.J.
(732) 866-7288

Ebensburg, Pa.
(814) 472-5083

Eleanor, W. Va.
(304) 586-0326

Erie, Pa.
(814) 866-3073

Fort Dix, N.J.
(609) 562-1567

Greensboro, N.C.
(336) 254-8671

Harrisburg, Pa.
(888) 879-6649

Lehigh Valley, Pa.
(610) 264-8823

Long Island, N.Y.
(631) 264-2532

Manchester, N.H.
(603) 537-8023

New London, Conn.
(860) 625-3208

Newport, R.I.
(401) 841-4550

New York City, N.Y.
(718) 892-0312

Norfolk, Va.
(757) 318-4500

Pittsburgh, Pa.
(412) 673-0801

Plainville, Conn.
(860) 747-4563

Quincy, Mass.
(617) 753-4600

Raleigh, N.C.
(866) 635-8393

Richmond, Va.
(804) 271-6096

Roanoke, Va.
(866) 527-6595

Rochester, N.Y.
(585) 247-6858

Schenectady, N.Y.
(518) 399-2134

Syracuse, N.Y.
(315) 455-2441

White River Junction, Vt.
(802) 295-0050

Wilmington, Del.
(302) 998-3328

Wilmington, N.C.
(910) 777-2510

Region Southeast RCC
(904) 542-2486 x123

Amarillo, Texas
(866) 804-1627

Atlanta, Ga.
(678) 655-5925

Augusta, Ga.
(706) 733-2249

Austin, Texas
(512) 458-4154

Bessemer, Ala.
(205) 497-2600

Charleston, S.C.
(843) 743-2620

Columbia, S.C.
(803) 751-9251

Columbus, Ga.
(706) 322-4670

Corpus Christi, Texas
(361) 728-5506

El Paso, Texas
(915) 565-3993

Fort Worth, Texas
(717) 782-1800

Greenville, S.C.
(864) 423-5889

Gulfport, Miss.
(866) 502-1271

Harlingen, Texas
(956) 425-0404

Houston, Texas
(832) 380-7400

Jacksonville, Fla.
(904) 542-3320

Meridian, Miss.
(601) 679-3610

Miami, Fla.
(305) 628-5150

New Orleans, La.
(504) 678-8205

Orlando, Fla.
(407) 240-5939 x 2117

Pensacola, Fla.
(850) 452-1341

Puerto Rico
(787) 707-2324

San Antonio, Texas
(210) 225-2997

Shreveport, La.
(318) 746-9657

Tallahassee, Fla.
(904) 576-6194

Tampa, Fla.
(813) 828-1971

Waco, Texas
(254) 776-1841

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

Region Midwest RCC
1-847-688-4916

Akron, Ohio
(330) 491-3450

Battle Creek, Mich.
(269) 968-9216

Chattanooga, Tenn.
(423) 698-8955

Chicago, Ill.
(847) 688-3760

Cincinnati, Ohio
(513) 221-0138

Columbus, Ohio
(614) 492-2888

Decatur, Ill.
(217) 875-1733

Des Moines, Iowa
(515) 285-5581

Detroit, Mich.
(586) 239-6289

Fargo, N.D.
(701) 232-3689

Green Bay, Wis.
(920) 336-2444

Indianapolis, Ind.
(317) 924-6389

Kansas City, Mo.
(816) 923-2341

Knoxville, Tenn.
(865) 545-4720

Little Rock, Ark.
(501) 771-0880

Louisville, Ky.
(502) 375-3329

Madison, Wis.
(608) 249-0129

Memphis, Tenn.
(901) 874-5256

Milwaukee, Wis.
(414) 744-9764

Minneapolis, Minn.
(612) 713-4600

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

Oklahoma City, Okla.
(405) 733-1052

Omaha, Neb.
(402) 232-0090

Peoria, Ill.
(309) 697-5755

Rock Island, Ill.
(309) 782-6084

Saginaw, Mich.
(989) 754-3091

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

Springfield, Mo.
(417) 869-5721

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

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

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

Wichita, Kan.
(316) 683-3491

Youngstown, Ohio
(330) 609-1900

Region Southwest RCC
(619) 532-1842

Alameda, Calif.
(510) 814-2605

Albuquerque, N.M.
(505) 853-6289

Denver, Colo.
(720) 847-6205

Fort Carson, Colo.
(719) 526-2964

Guam
(671) 339-6724

Las Vegas, Nev.
(702)632-1455

Lemoore, Calif.
(559) 998-3778

Los Angeles, Calif.
(323) 980-7131

Moreno Valley, Calif.
(951) 656-1199

North Island, Calif.
(619) 545-2610

Pearl Harbor, Hawaii
(808) 471-0091

Phoenix, Ariz.
(602) 484-7292

Ventura County, Calif.
(805) 982-6106

Reno, Nev.
(775) 971-6289

Sacramento, Calif.
(916) 387-7100

Salt Lake City, Utah
(801) 736-4200

San Diego, Calif.
(858) 537-8040

San Jose, Calif.
(408) 294-3070

Tucson, Ariz.
(520) 228-6289

Region Northwest RCC
(425) 304-3338

Anchorage, Alaska
(907) 384-6525

Billings, Mont.
(406) 248-2090

Boise, Idaho
(208) 422-6236

Cheyenne, Wyo.
(307) 773-6500

Everett, Wash.
(425) 304-4777

Helena, Mont.
(406) 449-5725

Kitsap, Wash.
(360) 627-2203

Portland, Ore.
(503) 285-4566

Spokane, Wash.
(509) 327-3346

Springfield, Ore.
(541) 915-2391

Whidbey Island, Wash.
(360) 257-2922

Commander, Naval Air
Reserve
(619)-767-7379

VP-62
(904) 542-4461

VP-69
(360) 257-6969

Fleet Logistics, Support Wing
(817) 825-6438

VR-1
(240) 857-3410

VR-51
(808) 257-3289

VR-53
(240) 857-9029

VR-54
(504) 678-3061

VR-55
(805) 989-8755

VR-56
(757) 433-4065

VR-57
(619) 545-6920

VR-58
(904) 542-2380 x110

VR-59
(817) 782-5411

VR-61
(360) 257-6595

VR-62
(904) 542-8557

VR-64
(609) 754-1890

ETD Pacific
808-448-9278

ETD Sigonella
011-39-095-86-5289

Tactical Support Wing
(817) 782-5295

VAQ-209
(240) 857-7828

VAW-77
(504) 390-6288

VFA-204
(504) 678-3491

VFC-12
(757) 433-4919

VFC-13
(775) 426-3644

VFC-111
(305) 293-2654

HSC-85
(619) 545-7218

HSC-84
(757) 445-0861

HSL-60
(904) 270-6906

VP-30 SAU
(904) 542-3060

VAQ-129 SA
(360) 257-2276

VAW-120 SAU
(757) 444-5072

VFA-125 SAU
(559) 998-1841

HSC-3
(619) 545-8196

HS-10
(619) 545-6600

VFA-106
(757) 433-9081

VFA-122
(559-998-3482

Operational Support
Offices and Reserve Force
Operations Allied Command
Transformation (NATO)
(757) 747-4071

Expeditionary Strike
Group Seven
011-81-98-954-1605

Bureau of Medicine
and Surgery
(202) 762-3211

Center for Naval Aviation
Technical Training
(850) 452-9700

Comptroller of Navy
(202) 685-7000

Defense Intelligence Agency
(202) 231-4044

Defense Logistics Agency
(866) 204-4850

Destroyer Squadron Two
(757) 444-1452

Employer Support of the
Guard and Reserve (ESGR)
(800) 336-4590

Expeditionary Strike Group Two
(757) 462-7403 x 110

Expeditionary Strike
Group Three
(619) 556-1470

First Naval
Construction Division
(757) 462-8225 x 222

Fleet Activities Chinhae, Korea
011-82-55-540-2852

Fleet and Industrial Supply
Center Jacksonville, Fla.
(904) 542-1000 x144

Fleet and Industrial Supply
Center Norfolk, Va.
(757) 443-1610

Fleet and Industrial Supply
Center Pearl Harbor, Hawaii
(808) 473-7928

Fleet and Industrial Supply
Center San Diego, Calif.
(619) 556-6234

Fleet Air Mediterranean
011-39-081-568-4184

Fleet Forces Command
(757) 836-3644

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) 781-1748

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

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

Naval Intelligence Reserve
Region Northwest
(360) 315-6001

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

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

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

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

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

Naval Intelligence Reserve
Region Midwest
(847) 688-6273

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

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

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

Naval Intelligence Reserve
Region Washington
(240) 857-7878

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

Naval Intelligence Reserve
Region Midwest Det Detroit
(847) 688-6273

Naval 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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