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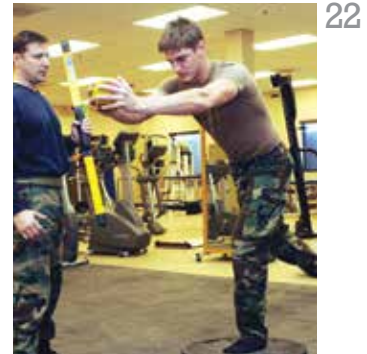


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◀ Front cover photo:
Hospital Corpsman 2nd Class Sibel Aydemir
engages with the local population in her role as
Female Support Technician, while
deployed in Afghanistan. (U.S. Navy photo)



▲ **Belize Navy SEAL candidates participate in cold-water conditioning** during the first Belize Basic Underwater Demolition/SEAL Class 001 'Hell Week!' Hell Week is a five-day evolution consisting of tactical, physical and mental training. (U.S. Navy photo by Mass Communication Specialist 2nd Class James Ginther)

TNR

THE NAVY RESERVIST

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or by email to cnrfc1@gmail.com.

The Navy Reservist is always looking for good action photos of Navy Reserve Sailors (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 www.navyreserve.navy.mil. Navy Reserve News Stand, a website 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 Reserve Sailors with address changes need to provide updates to NSIPS (Navy Standard Integrated Personnel System) via their NOSC Personnel Office.



FOCUS ON THE FORCE

Vice Adm. Robin R. Braun

Chief of Navy Reserve Vice Adm. Robin R. Braun visits deployed Sailors during an all-hands call at the International Security Assistance Force (ISAF) Headquarters in Kabul, Afghanistan. (U.S.

*Navy photo by Mass Communication Specialist
1st Class Kenneth Takada)*



Shipmates, this issue of TNR highlights the incredible contributions of our Navy Reserve Sailors in the Naval Special Warfare (NSW) community. Sailors from SEAL Team 17 and 18, our two Navy Reserve Teams, have been deployed alongside their active component counterparts, executing a wide variety of missions in every geographic area of responsibility. In addition to SEALs, these units employ many other designators and ratings that provide support to special warfare. Over the past decade they have performed brilliantly, completing countless deployments to Iraq, Afghanistan, and elsewhere around the globe.

Last November I had the honor of being the first Chief of Navy Reserve to speak at a SEAL Qualification Training graduation ceremony. At the graduation, 47 members of BUD/S Class 298 received their Trident, designating them as Navy SEALs. Following their graduation, these newly-pinned SEALs departed immediately and headed to their first operational NSW unit to begin preparing for their first deployment.

As you know, the Navy Reserve provides unique operational capabilities to the fleet and our combatant commanders. HSC-84 and 85, two Navy Reserve HH-60H helicopter squadrons, provide dedicated air support to NSW and special operations forces (SOF) around the world. Since 2003, HSC-84, based in Norfolk, Va. has executed over 16,000 flight hours in support of the Combined Joint Special Operations Air Component in Iraq as well as special operations requirements in the Arabian Gulf. HSC-85, based in San Diego, Calif. also provides critical support to special operations units and commanders in the U.S. Pacific Command area of responsibility. These squadrons are both comprised of Selected Reserve, Full-Time Support, and active component personnel, making them a model of active and Reserve integration.

In addition to SEALs, there are other opportunities within the NSW community. Female Support Technicians (FSTs) within NSW's Cultural Engagement Unit are a hand-picked group of female Sailors who deploy to strategic locations in order to conduct population engagement and other combat support activities for commanders, interagency, and host nation partners. These FST's are both active and Reserve Sailors, and must complete a demanding 41-week training program before being integrated with a deployable SEAL Team. The competition is keen and most FSTs selected for the program have experience ranging from Detainee Operations to medical training and participation in Provincial Reconstruction Teams. Women interested in this exciting opportunity within the NSW community should contact their Command Career Counselor for more information.

Every day I hear about Navy Reserve Sailors providing critical support to the Navy team, from the halls of the Pentagon to the waterfront and flight lines across the globe. Your service is inspirational. I look forward to seeing you in the fleet.

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

FOCUS ON THE FORCE

Force Master Chief (AW/SW) CJ Mitchell

Reserve Force Master Chief CJ Mitchell and Navy Expeditionary Combat Command Force Master Chief Jeff Covington visited Sailors throughout the 5th Fleet area of operation during Thanksgiving. (U.S. Navy photo)



Commitment to excellence, Happy New Year, Shipmates! First I want to say, good luck to all of you who are taking your advancement exam this month. I am hopeful that your planning and commitment to studying pay off. Considering that this is the season for New Year resolutions, I ask you to make another commitment – a commitment to excellence! More specifically, I want you to commit to personal and professional improvement. Sharpen your skills in your rating by studying, or consider and execute a change in rating.

Now that you have navigated the exam, let's talk about the next challenge – pursuing maximum readiness by focusing on mastering your rating. You should continue to study your rating bibliography (BIBs) for advancement, look at opportunities for A and C Schools, and plan for your annual training this year to focus on your rating. Also, one of your most valuable resources can be a senior mentor in your rating who can help you become more versed in your skills and knowledge.

If you are considering a change in ratings – and there are lots of reasons to do so – now is the time to look into that possibility. Whether you want to align your rating with your civilian occupation or degree, or increase your advancement opportunity, there are many tools out there that are available to you. One of those tools is the Career Waypoints (C-Way) system, within the Career Navigator program, which can help you explore and apply for rating changes. Active duty special warfare operators are also encouraged to use CTO/C-WAY to transition to the Selected Reserves (SELRES) where their skills are needed. For more information on these opportunities, contact your Command Career Counselor and request a Career Development Board.

The bottom line is that this is the time to take control and commit yourself to excellence in your rating, or in a new one. Take our Shipmates from the Naval Special Warfare (NSW) community. They embrace the next challenge and commit to excellence on a daily basis with a motto of “The only easy day was yesterday!” In this issue of TNR you will read about the diverse contributions of these Reserve NSW Sailors and units. Not all of them are SEALs or Special Boat Operators; they include GM, IT, LS, PR, PS, YN and other support personnel that come from ratings and areas all over the country.

You'll read about Seal Team 17 corpsmen giving Tactical Combat Casualty Care (TCCC) training to Republic of Korea SEALs that will have real-world applications. You will also read about your shipmate, PR1 Justin Watt, whose commitment to excellence ensures safe jumps, fast roping and rappelling missions for his SEAL shipmates. Another story tells about SO1 Beckhaus, a Project Manager for Navy Antiterrorism/Force Protection who is proud to lead his team as acting Platoon Chief. These Sailors and many more exhibit a commitment to excellence and improvement as their professional ethos!

Your SELRES NSW shipmates train very hard to maintain proficiency and to be ALWAYS READY to deploy and provide real time assets to special warfare missions around the world. They truly embody our motto of “Ready Now. Anytime, Anywhere.” And you should be proud!

Can you or your shipmate be a part of NSW? Yes! Whether or not you are eligible to change ratings, you can advance your career by investing in your personal and professional development and encourage and lead others to do the same. I am so proud of the work that you do and I look forward to seeing you! Make 2014 our best!

Are You Ready?

FORCM 15

FOCUS ON THE FORCE



Military Pay–Audit Readiness

In preparation for the Department of Defense (DOD) financial audit mandated by the FY2010 National Defense Authorization Act (NDAA), Reserve Sailors were recently informed that their Leave and Earnings Statement (LES) and Official Military Personnel File (OMPF) documents may be selected for audit. Although the congressional mandate requires that all DOD financial statements be fully auditable by 2017, the Secretary of Defense accelerated the requirement for the Department and the Navy to September 30, 2014. To help meet this requirement, all Sailors should do their part by reviewing their pay records, financial statements and personal records in NSIPS, ESR and OMPF. Ensure your LES and OMPF are correct. Audit readiness is everyone's responsibility.

Who has a stake in MilPay's audit readiness?

Everyone! MilPay audit readiness is a team effort and requires support from all Sailors as well as all civilian support personnel and Navy Command Leadership from all levels.

How can Commands help to ensure that they are audit ready?

- Review and validate personnel records for Sailors specific to their Command in accordance with current policies and procedures.
- Update personnel and pay records in NSIPS, ESR, and OMPF.
- Submit supporting documentation for all personnel actions impacting pay transactions in a timely manner.
- Retain all pay and personnel documentation indefinitely as prescribed by the Office of Financial Operations (FMO).
- Monitor gains, losses, and separations.
- Respond to requests for documentation in a timely manner.
- Restrict PII to authorized personnel only.

How can Sailors ensure that they are audit ready?

Review and validate payroll and personnel records in NSIPS, ESR, and OMPF in a timely manner:

- Agreement to Extend Enlistment (NAVPERS 1070/621)
- Agreement to Recall or Extend Active Duty (NAVPERS 1070/622)
- Enlistment/Reenlistment Document (DD 4)
- Immediate Reenlistment Contract (NAVPERS 1070/601)
- Officer Appointment Acceptance and Oath of Office (NAVPERS 1000/4)



- Statement of Service
- Dependency Application/Record of Emergency Data and Record of Emergency Data (NAVPERS 1070/602)
- Ensure transactions and activities are captured and transmitted with 100% accuracy.

Where can Sailors find additional information on MilPay, MilPay policy, and audit readiness?

More information about MilPay's current activities to achieve audit readiness can be found via the following links:

<http://comptroller.defense.gov/fmr/current/07a/index.html>

http://www.fmo.navy.mil/frequently_asked_questions.html

<http://www.public.navy.mil/bupers-npc/organization/bupers/Pages/default.aspx>

<http://www.public.navy.mil/bupers-npc/organization/bupers/Pages/default.aspx>

PROFILES 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.



Special Warfare Operator (SEAL) 1st Class
Lawrence Beckhaus

Hometown: San Diego, Calif.
Command: SEAL Team 17
Unit: SEAL Detachment

Brief description of your Navy job: Acting Chief Petty Officer for Alpha Platoon

Brief description of your civilian job: Project Manager for Antiterrorism/Force Protection at the Naval Center for Security Forces (Detachment San Diego)

What has been your greatest Navy achievement? My greatest Navy achievement is being given the trust and responsibility to lead warriors in hostile, austere, and challenging situations.

Who has been your biggest influence since joining the Navy and why? One of my biggest influences has been my first SEAL Platoon Officer in Charge (OIC). He was a prior enlisted Sailor "Mustang Officer" who was a squared away hard-charger. He was very approachable and always gave me good advice with regards to my career and my job. His example of leadership is what I have tried to emulate throughout my career.

What do you enjoy most about the Navy? I have always enjoyed my career, and I really enjoy being in the Navy Reserves. I'm a family guy and the Reserves provides me the flexibility to be a big part of my family while still being able to continue as a professional in the Navy. I still get to be a part of the Navy team.

Most interesting place visited since joining the Navy: I have been to many places since joining the Navy, but the most humbling trip was recently to Bangladesh. The area has a lot of social and economic challenges which helped me to appreciate being an American, and the health of my family.

Current Hobbies: As I said earlier, I'm a huge family man. So any activity that includes my wife and two kids are my hobbies (camping, hiking, hunting, fishing, and of course, surfing). ○

To nominate a Sailor send an email to cnrfc1@gmail.com for a submission form. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.



Chief Warrant Officer
Special Warfare
Combatant-Craft Crewman
Eric Sims

Hometown: Purcellville, Va.
Command: SEAL Team 18
Unit: Special Boat Unit 18

Brief description of your Navy job: I am the only Reserve SWCC Chief Warrant Officer and act as Training Officer for the Special Boat Unit for SEAL Team 18. I am also the Community Manager for all the SWCC Reserves. My job is to manage the career path for SWCC Reservists. I am qualified as a free fall Jump Master, Patrol Officer and 100 Ton vessel Captain.

Brief description of your civilian job: I am an operations integrator who helps to fuse intelligence into operations for special operations forces globally, who are trying to defeat organizations that use IEDs as a weapon of influence across the globe.

What has been your greatest achievement? Achieving the rank of Senior Chief and now Chief Warrant Officer. I am also a plank owner in both Special Boat Team 20 and SEAL Team 18.

Who has been your greatest influence since joining the Navy? My family has been an integral part of my ability to do my job. I refer to my wife and kids as my "management team". They are the ones that take care of everything while I am busy running around in service to my country.

What do you enjoy most about the Navy? I work in a very small, fast boat on the open ocean. It can be challenging at times and exciting. Everything I do is either training or in a real world mission. Each time I get back safely I know we just completed one of the most complicated and dangerous missions in all of special operations, and completed it without any harm coming to my teammates.

Most interesting place visited since joining the Navy: I can't tell you that, but it was amazing!

Current hobbies: I am an avid waterman; kayak, canoe, surf, paddle board, if it's on the water, I love doing it. ○



COMMISSIONING PROGRAMS FOR ENLISTED RESERVE PERSONNEL

There are a number of commissioning programs available to enlisted Reserve Sailors of all ranks and ratings, many of which include the opportunity to obtain a baccalaureate degree. The following guidance will be useful to the Reserve Sailor interested in these officer programs, as well as career counselors and other advisors or mentors in the chain of command.

1. U.S. NAVAL ACADEMY (USNA) AND NAVAL ACADEMY PREPARATORY SCHOOL (NAPS) PROGRAMS

USNA is a four-year military college that offers an outstanding opportunity for qualified young persons to embark on careers as officers in the Navy or Marine Corps after obtaining a B.S. degree. Upon graduation and initial appointment, the minimum service obligation is five years active duty and three years Individual Ready Reserve. NAPS provides intensive instruction and preparation for the academic, military and physical training at the USNA. The official website for the USNA is: www.usna.edu.

2. MEDICAL ENLISTED COMMISSIONING PROGRAM

The MECP is a program specifically intended to provide an advancement pathway to commissioned status in the U.S. Navy Nurse Corps (NC). MECP provides outstanding career-motivated enlisted personnel of all ratings, who have attained previous college credit, the opportunity to complete the requirements for an entry-level degree and ultimately a commission in the NC.

3. OFFICER CANDIDATE SCHOOL (OCS)/DIRECT COMMISSION OFFICER (DCO)

OCS is a commissioning program for individuals possessing a minimum of a baccalaureate degree

from an accredited institution. Applicants for OCS may request designation, depending upon individual qualifications, from available community designators within the Unrestricted Line (URL), Restricted Line (RL), and selected staff corps designators. DCO is an opportunity that allows eligible Reserve Sailors with a baccalaureate degree, who apply and are selected, to remain in a Reserve status as a commissioned officer.

4. LIMITED DUTY OFFICER (LDO) AND CHIEF WARRANT OFFICER (CWO) PROGRAMS

The LDO and CWO programs provide commissioning opportunities to qualified senior enlisted personnel (and CWOs). CPOs (E7 through E9), E6 personnel who are selection board eligible for E7, and CWO (applying for LTJG) may qualify for these programs. Qualified personnel may apply for both LDO and CWO simultaneously. A baccalaureate degree is not required, however, it is encouraged. Leadership ability, military qualifications, and technical expertise remain the key factors leading to selection.

5. SEAMAN TO ADMIRAL-21 (STA-21) PROGRAM

The STA-21 program provides an excellent opportunity for highly motivated enlisted personnel to complete requirements for a baccalaureate degree and earn a commission in one of more than a dozen different program options. Emphasis will be placed on the identification of those applicants who possess both the academic and leadership potential necessary to become outstanding Naval officers. The official website for STA-21 is: www.sta-21.navy.mil.

When researching commissioning opportunities; Reserve status (drilling, active, mobilized) eligibility can vary dependent on the program. Additionally, some programs will require an active duty obligation upon program approval, while some allow continuation in a Reserve status.

Sailors interested in seeking a commission are encouraged to talk to their career counselor and to thoroughly research program eligibility in OPNAVINST 1420.1, ENLISTED TO OFFICER COMMISSIONING PROGRAMS APPLICATION ADMINISTRATIVE MANUAL as well as all pertinent NAVADMINS and official websites.



DO YOU KNOW?

Classification of Hazardous Materials

Skull and Crossbones

Acute Toxicity (fatal or toxic)



Health Hazard

Carcinogen
Mutagenicity
Reproductive Toxicity
Target Organ Toxicity
Aspiration Toxicity



Flame

Flammables
Pyrophorics
Self-Heating
Emits Flammable Gas
Self-Reactives
Organic Peroxides



Exclamation Mark

Irritant (skin and eye)
Skin Sensitizer
Acute Toxicity (harmful)
Narcotic Effects
Respiratory Tract Irritant
Hazardous to Ozone Layer



Gas Cylinder

Gases Under Pressure



Corrosion

Skin Corrosion/Burns
Eye Damage
Corrosive to Metals



Exploding Bomb

Explosives
Self-Reactives
Organic Peroxides



Flame Over Circle

Oxidizers



Environment (Non-Mandatory)

Aquatic Toxicity





Reserve Naval Special Warfare

Rear Adm. Gary W. Rosholt, Senior Defense Official/Defense Attache
Abu Dhabi, United Arab Emirates

Welcome to the Reserve Naval Special Warfare community edition of TNR! As the senior Reserve officer in the Naval Special Warfare (NSW) community, I am proud to have this opportunity to provide the introduction to this special edition of The Navy Reservist magazine. This edition of TNR magazine provides a glimpse into the role that the Reserve NSW force plays within the United States Navy and United States Special Operations Command (USSOCOM). Of special note in this issue, you will be able to meet some of our stellar Sailors and read about the great work they perform.

The Reserve component of the NSW community is comprised of almost 1,000 highly talented and skilled NSW Reserve Sailors. These Reserve Sailors are SEALs, Special Warfare Combatant-craft Crewmen (SWCC), and combat service support personnel who represent nearly 10 percent of the

manpower in the entire special warfare community.

With the increasing global demand for Naval Special Warfare, our Navy Reserve Sailors are able to fill mission critical requirements around the globe for theater and special operations commanders. Our Reserve Sailors are trained to operate in complex environments often building partner nation capacity in areas where terrorism, crime or instability threaten regional and U.S. interests. The maturity, continuity and expertise of our Reserve force provide a unique capability for Commander, Naval Special Warfare Command.

Commander, Naval Special Warfare Command sets the priorities and determines the missions for the NSW Reserve Force. In many areas around the world, the NSW Reserve and NSW active duty forces are working side by side.

Our NSW Reserve Sailors are assigned to one of our two SEAL Teams – SEAL Team 17 in Coronado,



◀ Sailors assigned to Special Boat Team (SBT) 12 conduct boat operations in support of a West Coast-based SEAL team during their maritime operation training cycle. (U.S. Navy photo by Mass Communication Specialist 3rd Class Adam Henderson)



◀ Sailors from Special Boat Team 20 deploy a tactical maneuver using an 11-meter rigid-hull inflatable boat during a training exercise with service members from Chile, Colombia, Dominican Republic, Ecuador, Panama and Peru. (U.S. Navy photo by Mass Communication Specialist 1st Class Elisandro T. Diaz)

Calif. and SEAL Team 18 in Little Creek, Va. Overseen by NSW Group 11, our mission is to organize, man, train, equip and deploy Reserve SEAL platoons, boat detachments and combat service support teams on special operations missions in support of worldwide missions.

SEAL Teams 17 and 18 are organized differently than a standard active duty SEAL Team. In addition to performing the man, train and equip functions, each Team also provides all the Reserve management support typically found at a Navy Operational Support Center (NOSC). This “one stop shopping” creates great efficiencies for NSW and NSW Reserve Sailors.

Our NSW Reserve force continues to answer the call for the Nation, the Navy and USSOCOM. The NSW Reserve force is the most highly mobilized Reserve force within USSOCOM. Our

incredible people continue to step up time and again to answer the call to duty. We owe them a debt of gratitude for their service and sacrifice.

Speaking of people, we are continually seeking quality talent to meet challenging missions worldwide. If you have an interest in joining our force you can get information from SEAL Team 17, SEAL Team 18 or NSW Group 11.

Our Reserve community members are playing a crucial role in the global NSW mission. I’m proud of the contributions made by the men and women in the Reserve NSW community. ○



◀ Belize Navy SEAL candidates march while carrying logs during the first Belize Basic Underwater Demolition/ SEAL Class 001 “Hell Week”. Hell Week is a five-day evolution consisting of tactical, physical and mental training. (U.S. Navy photo by Mass Communication Specialist 2nd Class James Ginther)



▲ Female Support Technician candidates practice small arms marksmanship on the range. (U.S. Navy photo)

Prior to 9/11, U.S. special operations played a pivotal role in protecting the homeland from an invasion of another kind; illegal drugs. One of the key choke points to stem the flow of illicit drugs is sea-based operations, as nearly 80 percent of the cocaine traffic coming out of South America is transported via some type of seagoing vessel. From there, landfall is typically made in Central America with the goal of making overland delivery through the porous Mexican border and ultimately into the United States for distribution and sale.

Drug cartel influence has transformed Central American countries, such as Guatemala and Honduras, into some of the most dangerous countries in the world. The problem is very real and very dangerous not just to America, but also to partner nations. This shared crisis has led to a strong desire to combat the problem through the creation of partnerships.

After September 11th, deployment of operators like the SEALs was at an all-time high which left a major void in the capability to maintain the pressure on drug cartels. Once again the Navy Reserve was called on to fill the void and aggressively defend against this threat.

Under the direct training and supervision of the Reserve Sailors of Naval Special Warfare Group 11, SEAL Team 18

Throughout the training period, the eight students formed a cohesive unit.

The success of this training shows in the results. Two days after graduation, the Belize SEALs seized \$750,000 worth of drugs and stopped it from entering the U.S.

Hospital Corpsman 1st Class Martinez, medic for Belize BUD/S Class 001 noted, "As I watched them grow together as a team, I was impressed how much this mission will pay off for our country. It is close to home and it empowers Belize and area partner nations. It makes them stronger and more efficient in fighting the war on drugs."

The Belizean team's ultimate challenge will be to use their counter narcotics training in order to join other nations as partners in the interdiction of drugs while protecting their own nation from the growing influence of drug cartels.

Melime described the mission as "taking a partner nation unit from scratch and turning them into a major player. The goal has been not just to stand up a new unit, but empower the partner nation to be able to recreate itself."

Guatemala is a perfect example of this mission success. ST-18 initially spent eight months training a select few from their armed forces to run their own BUD/S selection course.

SEAL TEAM 18

Training the First Belizean SEAL Team

By Lt. Cmdr. James McLeod, Public Affairs Officer, SEAL Team 18

(ST-18) members, led by Central American Action Officer Lt. Patrick Melime, Chief Special Warfare Operator Brent Johnston, Chief Information Systems Technician Gino Rullo and Chief Builder Ron Davis, formed strong bonds with select Central American maritime units. Here, it was ST-18's job to qualify, train and support new partner special warfare units to gain the skills and proficiency to effectively stem the tide of inbound drug shipments from Guatemala, Honduras, El Salvador and most recently Belize destined for the U.S. The ability for ST-18 to send proficient, professional, highly experienced and mature members downrange to facilitate this instruction program, allowed active duty counterparts to focus on other hot spots worldwide.

ST-18 has been credited with training the first Belizean SEAL Team. From 18 original volunteers, the eight successful graduates of the Belizean Coast Guard Class 001 underwent a rigorous yet adapted version of the SEAL's Basic Underwater Demolition/SEAL (BUD/S) selection qualification course lasting three months, including the famous five-day "Hell Week." Training included visit, board, search and seizure, land warfare, over-the-beach operations and close quarter combat and assaults.

"Increasingly the goal is to work ourselves out of a job, and move into a support role to facilitate identifying suspects of interest and allowing the partner nations to take appropriate action on them," said Melime.

Additional advanced training is provided to teach small unit tactics, assist in the procurement of 32-foot or 37-foot Justice boats, and develop an ongoing maintenance plan to support these boats in sustained operations.

The success of this effort can easily be substantiated with the number of actual drug shipment interdictions. Since the partnership training program has been in place, graduates of the course in Honduras, Guatemala, El Salvador and Belize have interdicted more than 138,600 pounds of cocaine valued at approximately \$2 billion.

ST-18 has been able to handle over half of Southern Command's (SOUTHCOM) priority list of support for counter drug operations. They bring experience, maturity and often interagency experience from an established life resume making it easier for them to interface with other players in the fight including the Federal Bureau of Investigation, Drug Enforcement Agency and the like. ○



“AS I WATCHED THEM GROW TOGETHER AS A TEAM, I WAS IMPRESSED HOW MUCH THIS MISSION WILL PAY OFF FOR OUR COUNTRY.”

◀ **Belize Navy SEAL candidates** perform sit-ups in the ocean during the first Belize Basic Underwater Demolition/SEAL Class 001 “Hell Week.” Hell Week is a five-day evolution consisting of tactical, physical and mental training. (U.S. Navy photo by Mass Communication Specialist 2nd Class James Ginther)



▶ **Belize Navy SEAL candidates** cover themselves in mud during the first Belize Basic Underwater Demolition/SEAL Class 001 “Hell Week.” Hell Week is a five-day evolution consisting of tactical, physical and mental training. (U.S. Navy photo by Mass Communication Specialist 2nd Class James Ginther)

“ON TIME, ON TARGET, NEVER QUIT”

BOAT WARRIORS

SWCC AT THE TIP OF THE SPEAR

By Lt. Cmdr. James McLeod, Public Affairs Officer, SEAL Team 18



▲ Rigid-hull inflatable boats carry Special Boat Team (SBT) 12 Sailors and guests through San Diego Bay to an at-sea change of command. (U.S. Navy photo by Mass Communication Specialist Seaman Geneva G. Brier)

A

re you a Reserve Sailor who would like to do something that most people don't have the courage to try? It

comes as quite a surprise to many, even in the "Big Navy," when they learn that Reserve Sailors play an important "tip of the spear," front line role in the Naval Special Warfare (NSW) community; a community with a standing opportunity for members of the Navy Reserve Force to become a part of a brotherhood of elite boat warriors, while still maintaining their civilian career.

It's zero dark thirty somewhere in the world and America has an emergency brewing. Once again, the call goes out on our national 911 to bring the Navy's SEAL Teams into action. Arguably the best at what they do among special operations worldwide, the SEALs can get the job done, but they can't do it alone. It takes a team with specialized capabilities to support their efforts. One of those particularly important capabilities is the ability to deliver the SEALs to their mission, anywhere in the world, on short notice. This is where the U.S. Navy's elite Special Boat Teams (SBT), known as Special Warfare Combatant-craft Crewmen (SWCC), come into play.

These carefully chosen warriors are thoroughly trained to conduct special operations in many challenging situations, but they particularly excel in the riverine and maritime special operations environment. All Navy SWCCs must become experts in tactics, weapons, technical and mechanical skills, combat medicine, rescue, survival, communications, navigation, air operations and much more. When they go into action with the SEALs, they have to be able to handle themselves, while successfully accomplishing their mission, at the very front end of harm's way where the only backup they may have are their brothers standing beside them.

SWCC units support Navy SEALs from home bases in Little Creek, Va. and Coronado, Calif. There are three active duty special boat teams; SBT-12, 20 and 22. SBT-18 is an all Reserve unit and is a component of SEAL Team 18, a Reserve SEAL Team, in Little Creek, Va.

Of the total number of SWCC operators, more than five percent are actually part of the Navy's Reserve Force. They play an important role in filling manning needs for the active duty SWCC force so they can successfully maintain their steady operational pace. The Reserve SWCC Sailors have often been called on to mobilize parts of their capabilities on a regular basis.

Being a SWCC is a challenging and demanding job. It is an operational, action packed position with long deployments and high risk situations. The SWCC training process is designed to eliminate candidates that are not 100 percent committed.



▲ Sailors from Special Boat Team (SBT) 22 and service members from Chile, Colombia, Dominican Republic, Ecuador, Panama and Peru, participate in a hot extraction training exercise. (U.S. Navy photo by Mass Communication Specialist 1st Class Elisandro T. Diaz)

Approximately 50 percent of those who begin training will complete it and receive the SWCC warfare pin. SWCC training is physically demanding and successful Sailors must have a high level of comfort working in, around and underneath the water. The job is mentally challenging and built around teamwork.

The SWCC community's stellar performance, vital and unique skill set and increasingly significant role in supporting our nation's special forces has been recognized by the Navy with their very own rating of Special Warfare Boat Operator (SB). SWCC operators can rise to the rank of warrant officer but the rate does not have commissioned officers.

There are opportunities for Reserve members to join SBT-18 however the qualifications required for application to the SWCC program are rigorous. Sailors must not only show exemplary physical conditioning and keen mental sharpness, but must also possess an extremely positive attitude while working well in exceptionally challenging environments.

The training pipeline consists of a three week indoctrination course followed by eight weeks of basic crewman training. Successful candidates continue on to 21 weeks of crewman qualification training. From initial qualification to being totally action ready, the process will take nearly three years to complete.

When asked his top reasons for becoming a SWCC, Senior Chief Special Warfare Boat Operator Joey Lastimosa, a SWCC recruiter said, "In the Reserve SWCC community, there are only a few of us, so the camaraderie is first and foremost. Our training is full of action. We can shoot small arms, drive fast boats, and that is more than most Reservists can do in a two-week time frame. Finally, after 20 years in the community, I just love the boats. It's not been an easy job, but it has been very rewarding." For more information on SWCC check out <http://www.navy.com/careers/special-operations/swcc/> ○



CITIZEN SAILOR JUSTIN WATT

By Mass Communication Specialist 1st Class Tony Spiker,
SEAL Team 17

Aircrew Survival Equipment Technician 1st Class Justin Watt sits in the darkness of the CH-47 helicopter, cold and uncomfortable in the cramped and crowded space, thinking about the mission to come. He flips down his night vision glasses and scans the South Korean and U.S. Navy SEALs on the helo with him, getting the attention of one who has his strobe indicator switched on. While they are on the CH-47, these highly trained men are his responsibility. As the Helicopter Rope Suspension Training (HRST) Cast Master for SEAL Team 17, it is his job to make sure they arrive on the target safely.

▲ Aircrew Survival Equipment Technician 1st Class Justin Watt participates in close quarters combat training with SEAL Team 17 during Exercise Fowl Eagle on Chin Hae Naval Base, South Korea. (US Navy photo by Mass Communication Specialist 1st Class Tony Spiker)



▲ Aircrew Survival Equipment Technician 1st Class Justin Watt participates in a visit, board, search and seizure with SEAL Team 17 during Exercise Foal Eagle on Chin Hae Naval Base, South Korea. (US Navy photo by Mass Communication Specialist 1st Class Tony Spiker)

Looking at his career, Justin has been with SEAL Team 17 for three years. In that time he has supervised over 25 free fall jumps and 12 fast roping and rappelling missions. Serving as the jump supervisor frees up these special operators to train and work on the missions that they do best.

“It took me over two years to attend all the schools that are required to be a HSRT Cast Master,” said Watt. “It is not as effective to send a SEAL to get this training, with all the schools and training that they have to go through. If I can take that job for them, it allows them to work on what they do best.”

Watt lives in Los Angeles, where he is a special agent for the Drug Enforcement Agency (DEA). He specializes in breaking up methamphetamine and ecstasy labs. “Working the drug labs is very methodical, very detail oriented. We are piecing together seemingly unrelated information in order to get a full picture of what is going on. We really do have to pay attention to detail,” said Watt. The detail-oriented nature of his work translates well to the complicated task of being the jumpmaster for a special operation unit.

However, Watt is not just serving as jumpmaster on this trip. Because of the work that he has done with the unit over the years, the platoon has included him in their close quarters combat training evolutions, integrating him fully into the team as they practice clearing houses, moving from room to room.

“ This training allows me to bring skills that I learn in the Navy to my civilian job. It is a virtuous circle. I bring skills from my civilian job to the Navy, then bring skills from my Navy career to my civilian job. ”

The pilots let Watt know that they are approaching the target. He relays this to the SEALs on board and the team begins one last check of their equipment.

As the Helicopter flares over the target, Watt shoves the thick rope out of the helicopter door. It falls to the deck of the ship and the first of the SEALs jump out the door after it. After his charge is out the door and safely on the deck of the ship, Watt retrieves the rope, and the CH-47 flies away. ○

Back To Basics

WEAPONS SAFETY

By Chief Mass Communication Specialist Allison Pittam

“Be sure of your target and what is beyond it.”

Be sure of your target and what is beyond it. This will become clearer on the range when learning to sight the weapon. Also important to note is that each weapon has a calculated distance for the ammunition it fires. Ammunition can hit the intended target and then continue on to hit an unintended target. The shooter is responsible for anything hit by the ammunition fired from the weapon being used.

While there are many types of weapons, basic weapons safety rules apply universally. Never assume a weapon is empty and — before anything else — always follow the steps to make a weapon clear and safe.

This brief overview of the key elements of basic weapon safety outlines the steps Naval Special Warfare (NSW) personnel learn and practice before taking a weapon out to a weapons range.

Gunners Mate 2nd Class Daniel Barrios is one of the certified small arms safety instructors (SAMI) for SEAL Team 17 (ST-17). He is in charge of ensuring NSW personnel maintain their weapons handling skills and he also trains new personnel who have never used a weapon.

To ensure safety on the range, Barrios says the first step is getting to know your weapon. For beginners, that means starting at the ground level with classroom training.

“You need to know all the parts of your weapon before participating in any training on the range,” Barrios explained. “It is important for anyone handling a weapon for the first time to start with classroom training; learning to make a weapon safe and clear for disassembly and reassembly.”

WEAPONS SAFETY RULES

1. Treat every firearm as if it were loaded. (It cannot be said too much or too often and it is absolutely the most important concept and the very first safety rule for any weapon.)
2. Never point your weapon at anything you do not intend to shoot.
3. Keep your finger straight and off the trigger until you are ready to fire.
4. Keep the weapon on safe until you intend to fire.

Always keep weapons away from children and remember to treat every weapon as if it were loaded and make it clear and safe without exception.

SAFE AND CLEAR PROCEDURE Handling a weapon in the classroom, on the range or in your home should always be treated seriously. The first step of safety is to assume the weapon is loaded and then follow the steps to make it **'Safe and Clear.'**



RIFLE

1. Place the weapon on safe by ensuring the selector lever is pointed to the SAFE position.
2. Remove the ammunition source by checking the magazine well; if a magazine is inserted into the weapon, release it.
3. Lock the bolt to the rear.
4. Visually and physically inspect the chamber and magazine well to ensure there is no ammunition present.



PISTOL

1. Place the weapon on safe by ensuring the selector lever is pointed to the SAFE position. NOTE: Some pistols do not have an external safety lever and are made safe by de-cocking the hammer.
2. Remove the ammunition source by checking the magazine well; if a magazine is inserted into the weapon, release it.
3. Lock the slide to the rear.
4. Visually and physically inspect the chamber and magazine well to ensure there is no ammunition present.

EAR PROTECTION

INDOORS: When shooting indoors it is important to wear two forms of hearing protection; both internal, foam ear protection and external ear protection that fits over and covers the entire ear as sound is amplified indoors.

OUTDOORS: It is not necessary to have both forms of ear protection outdoors. For frequent weapons practice and training sessions, shooters will generally opt for external ear protection as it is more efficient to use. Foam ear protection applied into the ear is also effective outdoors as long as it is fitted into the ear properly. It is important to roll the foam into a tight cylinder, and then hold the top of the ear with the opposite hand, pulling the ear back to insert the cylinder into the ear and allowing it to expand before preparing to fire.

EYE PROTECTION

Always wear a minimum of polycarbonate protective eye wear to prevent injury from flying cartridge shells, debris or other possible mishaps that may occur while on the range. It is usually gunpowder, dirt and oil that can cause the most damage without proper eye protection.

PERSONAL WEAPON SAFETY AND OWNERSHIP

For anyone who is considering gun ownership, before you make your final purchase, make sure you have a secured place to store your weapon(s) so that they are locked up when not in use. ○

FST

FEMALE SUPPORT TECHNICIANS CRITICAL TO THE SEAL MISSION!

By Lt. Cmdr. James McLeod, Public Affairs Officer, SEAL Team 18

Intelligence indicates that there is insurgent activity in a distant village somewhere in Afghanistan. Navy SEALs are immediately mobilized to perform a direct action against the target. Neutralizing the identified threat is of vital importance to the mission's success, but beyond that, gathering information regarding enemy activities and capabilities is also a key planning factor for future missions.

In a culture which is segregated along gender lines, it is unacceptable for a male service member to engage female civilians who typically are witnesses. For that reason, cultural support teams comprised of Naval Special Warfare (NSW) Female Support Technicians (FST) are key to gaining credible and complete information regarding the security situation surrounding the target area.

With this goal in mind, the FSTs will see to the care of the women and children in the immediate area as well as gather atmospherics not otherwise available to a male member.

To create this specialized capability, NSW turned to the Reserve Force to find enlisted female Sailors capable of performing this mission. FSTs are screened and selected from the Reserve component, trained at the Naval Special Warfare Group 10 Cultural Engagement Unit (CEU), and deployed in support of SEAL Teams performing village stability operations in Afghanistan.

"A program like this has never been done before in NSW," said Lt. Jason Booher, officer in charge of the CEU and FST training program. "These female Sailors are not operators, but they are able to stand beside them. The mission is currently Afghanistan, but extends to any situation where a female can enhance mission effectiveness. It is about being able to gather information by questioning other females and children. What is being filled is an identified gap in SEAL capability, truly a value added to the team."

It takes time for a new capability like this to be accepted and FST members had to establish themselves as credible force multipliers. Time after time, their male counterparts have been impressed by the level of performance from the FST members.

"The women engage the female populace that the men are not allowed to engage," said Master Chief Operations Specialist Diane Tortora. "They soften the signature of the element. They don't soften the SEAL."

The cultural nuances of working in Afghanistan where it is unacceptable for males to speak to females present unique challenges. The FSTs are trained to be a unique and critical link in working with the indigenous population of women and children who find themselves, inadvertently or not, amidst missions that the SEALs are conducting.

Lt. Cmdr. Joe Bingham, Naval Special Warfare Group 10 Cultural Engagement Unit program director, summed it up this way, "The bottom line is that it is culturally unacceptable for a male operator to question a female civilian in this environment. It is for this reason that cultural support teams were created. Generally, it is not one engagement, conversation, or event that makes the difference. However, when you put them all together, you can build a pretty good picture of what security is like and what the local attitude is towards U.S. forces, the Afghan Government, and the Taliban. It's absolutely mission essential, if you want a complete picture, to include this information from the 50 percent of the population the guys aren't permitted to engage with."

In the selection process, the Navy Reserve shines. "It's the whole maturity thing. Reserve Sailors bring a level of life experience and maturity that makes them particularly well suited for this mission," said Bingham.

To become a Navy FST, it takes an incredible amount of commitment. Training is a rigorous

“We had a very strong team and everyone worked together very well. The training prepared us so when we got out there we set the bar very high.”



▲ Female Support Technician candidates learn teamwork under pressure during their training course prior to deployment. (U.S. Navy photo)

six month process for the candidates learning both field and technical skills. They are trained on a wide variety of skills to include an intense physical fitness program, small arms, heavy weapons, mobility, land navigation, communications, and survival, evasion, resistance and escape school. Additionally, FSTs complete regional studies, key leader engagement training, in-depth medical training and midwife training. This unique continuum allows them to integrate into SEAL maneuver elements and effectively engage the host nation population.

“You want them to see that you’re a woman while still in

operational mode. Seeing a female scarf or loose hair so they know that’s not a man is important to the signature of the capability. So some of this uniqueness is being incorporated in the training,” said Tortora.

The results of the program have given the greatest possible endorsement of the concept. This comes not only from the command structure, but also from the FST members themselves.

“From the most recent group that went out, we’ve had nothing but positive feedback from the team they deployed with,” said Bingham. “Initially, there were some questions as to

▼ **Female Support Technician candidates perform the “low crawl”** during a preparation course that pairs tactical, physical and mental training.” *(U.S. Navy photo)*



“I feel really good about what we did. In our particular area we could really call it mission complete. We were successful in accomplishing the goals set for us.”



“The women engage the female populace that the men are not allowed to engage.”

the legality of what they could do. For example, can they go outside the wire and what types of missions are they eligible for? The short version is that FSTs are not cleared to directly assault the target, but anything beyond that, the FSTs are good to go. We’ve seen overwhelmingly positive results to this point.”

Hospital Corpsman 2nd Class Sibel Aydemir, one of the FSTs recently back from Afghanistan said, “We had a very strong team and everyone worked together very well. The training prepared us so when we got out there we set the bar very high.”

Information Specialist 1st Class Lauren Gianinni, another FST member just returning from deployment said, “I feel really good about what we did. In our particular area we could really call it mission complete. We were successful in accomplishing the goals set for us. We were going out at least five times per week so we were utilized and our capabilities were fully recognized.”

Naval Special Warfare FSTs deployed in support of the cultural support team mission have demonstrated a level of tactical proficiency, physical resiliency, and professionalism that has been termed “exceptional” and have risen to the challenge. They provide a critical capability on the battlefield. ○

▲ Intelligence Specialist 1st Class Lauren Gianinni works with a local family in Afghanistan while carrying out the Female Support Technician mission. (U.S. Navy Photo)



▲ A Female Support Technician engages with the local population, while deployed in Afghanistan. (U.S. Navy photo)

Tactical Athlete Program

Mass Communication Specialist 1st Class John Scorza, Naval Special Warfare Command Public Affairs

It is commonly understood that over the course of a career, most war fighters will experience some type of injury. Naval medical experts have often compared war fighters, whom they call tactical athletes, to professional athletes. While a career tactical athlete will complete a minimum of 20 years active service before retirement, according to professional players associations the average career span of a pro baseball player is a mere 5.6 seasons, and the average professional football player lasts only 3.5 seasons.

Until now, tactical athletes serving their country have received less robust medical support in comparison to million-dollar earning professional athletes. That is about to change.

“If you compare SEALs to professional athletes, it’s as rigorous a lifestyle, if not more rigorous,” said Lt. Kirk Parsely, medical officer for Naval Special Warfare (NSW) Group One .

Lt. Cmdr. Jim Cowan, head of Basic Underwater Demolition/SEAL (BUD/S) physical therapy, said his patients today are regarded as “not just an injured military guy, but rather as an injured athlete.”

With that in mind, NSW medical professionals are investing in sports medicine and human performance practices, and specialized staffing for treatment and

preventative and performance types of programs,” said Cowan.

This year alone, Naval Special Warfare Command (WARCOM) is investing \$2.2 million on 15 civilian hires to aid tactical athletes in performance and injury recovery. These hires will include strength and conditioning coaches, nutritionists, rehabilitation experts, and sports psychologists at the team level. NSW budgeted \$15 million for the program over the next six years.

“Ultimately, this instruction will help us accomplish our goal which is to expand the functional lifespan of the SEAL,” said Parsely. “We want to make them able to withstand the rigors of the job for 20 years and still get out and be able to live a productive, healthy life.”

In addition to getting more help at the team level, BUD/S medical will also receive more staffing.

Currently, BUD/S medical has two physical rehabilitation personnel helping 900 students per month. BUD/S is slated for two strength and conditioning coaches to be hired this year. “We’re trying to get a well-rounded team,” said Cowan. Ultimately, he said, the staff will include “psychiatric, nutrition, rehab, and strength and conditioning experts.”

While Cowan admits BUD/S medical is good at treating many injuries to near-full recovery with its limited staff, he hopes the additional manpower will “help these guys achieve more than they were able to do before they were injured” with plenty of individual involvement.

The TAP model is broken down into two sections: human performance and sports medicine.

“The human performance model was designed to enhance the physical performance capabilities of healthy individuals,” said Jonson. “The sports medicine model was designed to diagnose and treat injuries and rehabilitate athletes.”

These two models, said Jonson, are designed to work together to individually tailor a road map for injury prevention and recovery.

NSW experts agree that preventive care is an essential part of keeping tactical athletes healthy.

“The way you’re going to get 20 years out of a SEAL is to prevent them from being injured, not to recuperate their injuries more quickly,” said Parsely. “There is a big difference between treating disease and maintaining health.”

“The human performance model was designed to enhance the physical performance capabilities of healthy individuals.”


prevention of injuries to special operations personnel. This approach is found in NSW’s new Tactical Athlete Program (TAP), which is designed to decrease the effects of wear and tear upon operator’s bodies, thereby improving their health and prolonging their careers.

“TAP is designed to combine sports medicine and human performance initiatives for NSW tactical athletes to optimize injury recovery, physical training, and overall continuous performance and longevity,” said Capt. Scott Jonson, NSW’s deputy force medical officer.

“Our new program model is more in line with a division one (collegiate) program or professional organization where they (SEAL Teams) will have sports medicine rehab personnel, a nutritionist, and really move toward



▲ Lt. Cmdr. Jim Cowan shows Seaman Drew Scott new rehabilitative exercises at the BUD/S rehabilitation center. (U.S. Navy photo by Mass Communication Specialist 2nd Class John Scorza)

A man is in a swimming pool, using a yellow and blue resistance band for exercise. The pool has a tiled wall with a grid pattern of blue and tan tiles. The water is clear and blue. The man is shirtless and wearing dark shorts. The resistance band is held in both hands, stretched out in front of him. The pool has a white edge with "5 FT." markings. A metal handrail is visible in the foreground.

“The sports medicine model was designed to diagnose and treat injuries and rehabilitate athletes.”

▲ Seaman Shaun Roberts and Hospital Corpsman 3rd Class Justin Richins, BUD/S candidates, train in the BUD/S state of the art swimming pool to help them recover from their injuries. (U.S. Navy photo by Mass Communication Specialist 2nd Class John Scorza)

Data collection is becoming a bigger element in injury prevention. NSW is collaborating with the University of Pittsburgh to gather data to detect trends of what injuries are caused on specific career paths. Currently, data is collected by all medical centers treating tactical athletes. Teams and centers are now working together to streamline the type of data to be tracked to help paint a clear picture of how injuries occur and where they occur.

“Maintaining health is all about prevention and as we get more educated on the mechanism and trends of what’s causing the injuries within the teams, we’ll be able to predict certain injuries,” said Parsely. “Once we can predict them, then we can prevent them.”

“We’re reaching out (to operators) through videos and documents on the website (www.sealswcc.com) which are mainly preventive strength programs,” said Cowan.

Prior to and during BUD/S, experts reach out to new recruits to stress preventive care. Once a recruit has been selected for the SEAL program, they are provided a mentor to help prepare them for training. The mentors are retired and former SEALs strategically located in each state to maximize contact.

As a result of the website and mentors, stress fracture rates at BUD/S have fallen from 16 percent to four percent in the last two years.

“Stress fractures are our most common injury at BUD/S,” said Cowan. “For every stress fracture, candidates will lose

roughly 110 days of training.

This year, nine out of the 15 hires will go to commands on the West Coast to help even out the staffing.

“Some groups have been doing the program for longer than others and because of that they’re at different stages,” said Jason Jadgechew, Group One head athletic trainer. “Some groups have already hired people. NSW’s initiative was to bring up to speed the groups that didn’t have the bodies to help catch them up, and as years develop, add more people on as needed.”

“We want the program to mirror and be the same program for the East and West Coasts,” said Parsely. “The East Coast already had more manpower at the inception of this idea so the West Coast will receive more people this year to help get caught up.”

Groups Two and Four have been using a version of the program for several years.

“The last two years we’ve been able to combine team and individual level training programs,” said Dallas Wood, Group Two human performance program manager. “We have designed performance enhancing programs specific to unit level training.”

Wood is proud of the progress Group Two has made and is optimistic about the TAP model’s future.

“We’ve received a lot of positive feedback from the operators and they seem to be really buying in to the program,” said Wood. “We’ve progressed a lot and things seem to be going pretty well, but we are still learning and still refining new programs and ideas. Things are only going to keep getting better.” ○



KOREAN SEALS



▲ Hospital Corpsman 1st Class (FMF) Semmie Rush demonstrates the “Hawes Carry,” an extraction technique where one rescuer is moving the casualty with their arms around his neck, allowing the use of a free hand to carry a weapon. (U.S. Navy photo)

IN TRAINING

By Cmdr. Cheol Kang, Public Affairs Officer, Naval Special Warfare Group 11

Since 2008, Reserve Sailors from SEAL Team 17 have been providing vital Tactical Combat Casualty Care (TCCC) training to their Republic of Korea (ROK) Navy SEAL counterparts during annual U.S. and South Korean military exercises.

Senior Chief Hospital Corpsman (FMF) Ferdie Santos coordinated this year's TCCC training, which took place during the joint exercise Key Resolve. For Santos, this is his fourth time teaching the course in a deployed environment. According to Santos, "TCCC is an invaluable training program that was originally developed for special warfare operators by retired U.S. Navy SEAL/Physician Capt. Frank Butler in 1996. TCCC is battlefield proven to save lives and the principles are universally acknowledged to be the standard of care by first responders in combat."

The importance of TCCC training for ROK Naval Special Warfare was demonstrated in 2011 when the South Korean commercial ship, Samho Jewelry, was hijacked by Somali pirates in the Gulf of Aden, off the coast of Somalia. The captain of the Samho Jewelry and his crew were successfully rescued by ROK Navy SEALs during a rescue mission. The captain of the Samho Jewelry had been shot multiple times by his Somali captors. He was initially treated and medically stabilized by ROK Navy SEALs who had previously received TCCC training from SEAL Team 17 Reserve Sailors.

This year, 50 ROK SEALs were able to train with their American counterparts during Key Resolve, enhancing interoperability and strengthening the alliance between both forces.

"The TCCC training is a vital piece of training for our SEALs and shows the continued partnership between South Korea and the United States," said Capt. Go San Oh, Commander, ROK Naval Special Warfare Flotilla.

Exercise Key Resolve is an annual combined and joint command post exercise that is executed under various scenarios with the purpose of honing the skills necessary to defend the Republic of Korea by improving ROK-U.S. combined forces operational capabilities, coordinating and executing the deployment of U.S. reinforcements, and maintaining ROK military combat capabilities. The exercise is designed to increase Alliance readiness, protect the region, and maintain stability on the Korean Peninsula. ○



▲ Republic of Korea (ROK) SEALs perform a final exercise where they simulate treating and extracting an injured team member from a combat area. (U.S. Navy photo)



▲ Hospital Corpsman 2nd Class (FMF) George Kenny demonstrates the two rescuer drag called "Hasty Harness" with the use of a heavy nylon strap, which is considered to be advantageous because it offers two rescuers with increased force and speed to move a casualty from the point of injury to a safer area to treat. (U.S. Navy photo)



SEAL OPERATOR POINT OF VIEW

By Mass Communication Specialist 1st Class Tony Spiker,
SEAL Team 17

▲ **Special Operators assigned to SEAL Team 17** practice a visit, board, search and seizure (VBSS), on a South Korean Navy ship during exercise Foal Eagle 2013. (U.S. Navy photo by Mass Communication Specialist 1st Class Tony Spiker)

Special Operator 2nd Class Dan C. reached out into the blackness and grasped the rope. He swung his feet out into the air and let gravity take its course, feeling the warmth of friction burn its way through his leather clad hands, slowing his decent to a manageable speed. His feet impacted the pitching flight deck and he ran to the closest bulkhead, unstrapping his weapon as he went to provide cover for his teammates following behind him. 14 special operators from the U.S. and South Korean Navy, as well as two Combat Controllers from the U.S. Air Force, boarded a ship in the East China Sea looking for components to Weapons of Mass Destruction and a scientist capable of putting it all together.

The HAF, or Helicopter Assault Force that Dan C. is a part of, moves swiftly, securing the Bridge, steering, and the engine room of the ship and linking up with a similar force that simultaneously boarded the vessel from a small boat. Within 10 minutes the ship is under their control.

It began two weeks earlier when a platoon and support staff from SEAL Team 17, the Naval Reserve SEAL team stationed out of Coronado, Calif. arrived in Chinhae, South Korea, as part of Exercise Foal Eagle 2013, an annual exercise designed to

enhance interoperability and strengthen the alliance between both forces.

“Operating in a joint and combined environment like this is crucial. We need to know that if we are called upon, that we can work together as a single unit. By doing exercises like this we are able to provide a strong deterrent to any nation who would be belligerent in the region,” said Cmdr. Andrew Schriener, Foal Eagle Task Force commanding officer.

Speaking through a translator, Dan C. explained how U.S. special operations deconflict, or meet up with, friendly forces who are clearing the same building. It is critical that both teams understand this, so they don’t accidentally shoot each other when they meet up onboard ship. After the message has been translated, they practice the technique inside the shoot house, both teams moving smoothly, quickly from room to room, hallway to hallway. The two teams meet at a doorway, and the lesson was successful. Then, Dan has them do it again.

Dan was the training petty officer for the SEALs on this exercise and worked to ensure that both the ROK and U.S. Navy SEALs were “speaking the same language” when it came to the tactical operations that they would be working on. While the goal of both



▲ **Special Operators assigned to SEAL Team 17** practice a visit, board, search and seizure (VBSS), on a South Korean Navy ship during exercise Foa Eagle 2013. (U.S. Navy photo by Mass Communication Specialist 1st Class Tony Spiker)

forces are the same, there are subtle differences in their execution, how they operate, that need to be covered in order to ensure that the two units can work together without confusion. “The missions that we are doing are not anything that we, or the ROK, could not do on their own. However, by training together and really getting good at working together when we do combine, we are better than either could be on their own.”

In the East China Sea, Dan C. and his platoon mates begin to search the ship. Somewhere on board are parts that can be used to construct a weapon of mass destruction. Methodically they begin to clear each of the ship’s many compartments. The Air Force Joint Terminal Attack Controller coordinates with the CH-47’s that brought them in, the Apache helicopters that are flying cover, and intelligence surveillance reconnaissance is providing eyes for the whole operation.

Arranging all these assets, and getting the assault team onto that ship in the middle of the East China Sea took considerable planning behind the scenes. Back at Chinhae, the Task Force Commander, Cmdr. Schriener supervised the entire mission from the Tactical Operations Center (TOC).

“The support staff Reservists at SEAL Team 17 are incredibly capable, because we train for this type of operation often. They are able to coordinate all of the assets that go into sustaining a mission like this, and that is complicated. However, when we do it, it is as effective as anything in the world,” said Schriener.

Dan C. and his teammates located the scientist hiding in a forward compartment of the ship. The U.S. and ROK SEAL teams were able to secure the weapons parts, and deliver intelligence to the TOC; they did so by working together. There in lies the true value of operations like Foa Eagle. One day these two groups of special operations forces might be called on to conduct real world missions. Without the relationships built through combined operations, special operators would lack the ability to interface with allied forces effectively. When the time comes for the ROK and U.S. Navy SEALs to conduct a real world operation, they will be prepared. ○



▲ **Special Operators assigned to SEAL Team 17** practice a visit, board, search and seizure (VBSS), on a South Korean Navy ship during exercise Foa Eagle 2013. (U.S. Navy photo by Mass Communication Specialist 1st Class Tony Spiker)

WHEN IS POV ADVANTAGEOUS?

By Personnel Specialist 1st Class (AW) Patrick Abiera

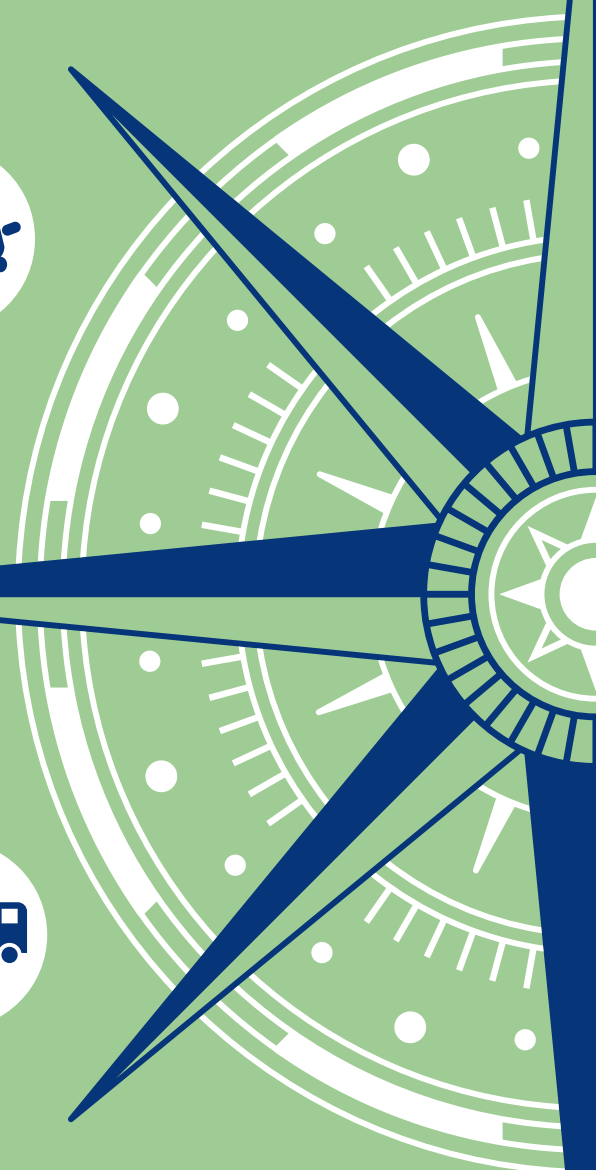
You are in the middle of writing your next set of Active Duty for Training (ADT) or Annual Training (AT) orders and you think to yourself, “should I drive my own Privately Owned Vehicle (POV) or utilize commercial air to get to my Temporary Duty (TDY) location?” Ah, the timeless question of which travel mode is advantageous strikes again.

The Joint Federal Travel Regulations (JFTR) requires that travel should be by the most expeditious practicable transportation mode that meets mission requirements. The JFTR also places the final decision of which transportation mode to authorize with the Approving Official (AO).

Typically, air transportation is the most advantageous mode of transportation because it is the most expeditious and practical mode that meets mission requirements. However there are circumstances in which a POV may be authorized for travel. Before one can travel on orders using a POV, a determination must first be made as to whether a POV is advantageous or non-advantageous to the government.

The JFTR defines a POV as advantageous to the government for TDY to locations within 800 miles (round-trip) of the permanent duty station (or for a Reserve Component (RC) member, the primary residence/home where the RC member resides and from which the RC member commutes to work before being ordered to active duty). The 800 miles is determined from the Defense Table of Official Distances <https://dtod.sddc.army.mil>. There is no requirement for any cost comparison. A command may authorize POV use for TDY travel of 800 miles or less round-trip (400 miles one-way) at its discretion. Effective January 1, 2014, the mileage reimbursement rate is \$0.56 per mile. Additionally, for POV advantageous travel, ferry fares, bridge, road and tunnel tolls, and parking fees are reimbursable.

If the distance from your home of record (HOR) to your TDY location is greater than 400 miles one way, JFTR defines this as non-advantageous. The AO may approve travel of over 400 miles one way, but reimbursement is limited to an amount not to exceed the cost the government would have incurred if the preferred mode of transportation had been utilized, usually via commercial air. These costs are contracted rate airfare, transportation to/



from residence and airport, and any extra airline fees such as a checked baggage fee. No other costs are added to the computation - including rental car. This limitation is calculated using a constructed travel worksheet in the Defense Travel System (DTS). The traveler is responsible for filling out the worksheet and uploading it as a substantiating document in DTS. City Pair airfares can be found at <https://www.defensetravel.dod.mil/Passport>. Reimbursable expenses associated with driving a POV (e.g. parking, tolls) incurred during travel between the PD/RC member's primary residence and TDY location are not authorized. Additionally, your maximum entitlement and portal to portal medical coverage is for the one day prior to the start date of your official orders, regardless of the actual number of days needed to drive to the TDY location.

Other factors to take into consideration if considering POV travel include:

- A rental vehicle cannot be authorized even if your POV breaks down.
- Airline travel delays can be accounted for by an order modification if necessary; however, delays due to POV issues cannot be accounted for through an order modification.
- Charges for repairs, depreciation, replacement parts, grease, oil, antifreeze, towage, and similar expenses are NOT reimbursable for POV travel.

Now that you are aware of the definitions and entitlements related to POV advantageous and non-advantageous mode of travel, you and your AO can now make the best decision for your next AT/ADT mission.

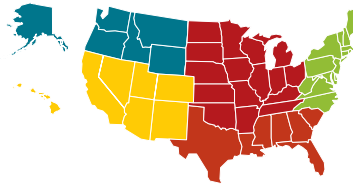


**Privately Owned Vehicle (POV)
Advantageous to the Government Highlights**

1. Mode of transportation is based on mission, not personal convenience.
2. The Authorizing Official (AO) determines the mode of transportation.
3. Member must travel in the most expeditious manner, typically air travel for distances greater than 400 miles from HOR to TDY location.
4. POV transport can only be deemed "advantageous to the government" if the distance between HOR and TDY location is less than 400 miles (one way)/800 miles (round trip).
5. AO's shall determine all POV transport orders in excess of JFTR mileage limits as "not advantageous to the government."
6. All orders deemed POV "advantageous to the government" should receive additional scrutiny for compliance.
7. AO's shall counsel all travelers on the limited reimbursement for any approved order determined to be "not advantageous to the government."

RC PHONE DIRECTORY

If any information in this Navy Reserve RC Phone Directory is in error, please email TNR at cnrfc_pao@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) 497-2641

Charleston, S.C.
(843) 794-2620

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
(817) 782-1805

Greenville, S.C.
(864) 277-9775

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) 439-3921

San Antonio, Texas
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Shreveport, La.
(318) 746-9657

Tallahassee, Fla.
(850) 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) 733-2674

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) 257-696

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) 433-4030

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) 473-4919

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
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Bureau of Medicine and Surgery
(703) 681-9025

Center for Naval Aviation Technical Training
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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) 462-7245

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
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Treat every person with **respect**

Take **responsibility** for my actions

Hold others **accountable** for their actions

Intervene when necessary

Be a **leader**

Grow both **personally** and
professionally every day

Embrace the **diversity** of ideas,
experiences, and backgrounds of
individuals

Uphold the highest degree of
integrity in professional and
personal life

Exercise **discipline** in conduct and
performance

Contribute to **team** success
through actions and attitudes

USN Signature Behaviors

Honor Courage Commitment Integrity Discipline Teamwork