

TNR

THE NAVY RESERVE

JULY 2012



Honoring Employers

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NAVY RESERVE
Ready Now. Anytime. Anywhere.

Ready Now!



Capt. Gary Hetzel, commander of Navy Region Northwest Reserve Component Command, speaks to local employers as part of the Employer Support of the Guard and Reserve (ESGR) program at Naval Station Everett.

Volume 4, Issue 8

Honoring Employers

July 2012

Shipmates,

As Navy Reserve Sailors, we know that our service impacts not only our families but also our employers. Many of these businesses and government agencies go above and beyond, offering tremendous support to service members and their families during deployments. By their actions, they are supporting our mission and our families. Together, let us all thank them for their patriotism and selflessness.

There are many ways to say thank you. One is to nominate your employer for the Secretary of Defense Employer Support Freedom Award <http://www.freedomaward.mil/>. This is the highest recognition the U.S. Government awards employers for their support. Another opportunity to honor your employer is through the Employer Support of the Guard and Reserve Patriot Award. To learn about this nomination process go to www.ESGR.mil/PA. Employers can also be nominated for the Above and Beyond Award or the Pro Patria award. For further information about these awards go to <http://www.esgr.mil/site/Programs.aspx>.

When you say "thank you," please take time to tell your employer what you and the Navy Reserve are accomplishing. Your employer and co-workers need to know that when you are deployed or are on annual training orders, you are engaged in meaningful work that makes you a better educated, trained, and skilled employee. Also take a moment to point out the government programs that are available to employers who are looking to hire and retain veterans. A great resource to mention is the Employment Initiative Program website <http://www.esgr.mil/site/eip.aspx>.

A new tax incentive is one example of a program that is now available to employers who hire veterans. The incentive provides employers a tax credit of as much as \$6,240 for hiring a disabled veteran or a \$3,640 credit for any veteran who has been out of work for more than six months. This law allows a short-term tax credit of up to \$2,400 for veterans who are unemployed for at least four weeks and a long-term tax credit for veterans who have been unemployed for more than six months. The current Wounded Warrior tax credit for veterans with service-connected disabilities is \$4,800 and \$9,600 for those who have been unemployed more than six months.

These recognition programs and tax credits represent how we as a nation are saying thank to you our employers. Together let us honor their service and support of the Navy Reserve.

VADM Dirk Debbink
Chief of Navy Reserve

FORCM (AW) Chris Wheeler
Navy Reserve Force Master Chief



TNR

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

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

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.

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COVER PHOTO: Operations Specialist 2nd Class (SW) Timothy Russo provides pierside force protection at OPSAIL 2012 Norfolk, next to USS Ft. McHenry (LSD 43). Russo is a member of the Commemoration of the War of 1812 Navy Reserve Navy Security Force. Photo by Chief Mass Communication Specialist William Lovelady.

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Letter from the Editor



Shipmates,

If memory serves me right I believe many of my letters end up thanking people for their service, or for their contributions to the magazine. And it doesn't look like I am going to change my ways just yet.

This month I want to thank all the employers of Reservists. Employers across the country quietly go about their business while allowing all of you to serve. They support you as you perform your duty for our country, whether it is a two-week annual training, a nine month mobilization, or semi-regular active duty trainings. Your civilian work is important to your employers so when you are on Navy duty they make sacrifices.

When you are serving it is great knowing your employer is proud of your service and is waiting for your return. I encourage all of you to do something to let your employers know you appreciate their support. A written thank you, or take it a little farther with an Employer Support of the Guard and Reserve award.

In this month's issue we begin a new series about a unique team of Reservists traveling the country protecting Sailors, ships and civilians. Reserve Navy security forces are traveling to War of 1812 Commemoration events providing this protection. The team is made up of mostly masters-at-arms and many of the security force team members have a tie to law enforcement in their civilian careers. The core team is providing force protection for a longer period, while other events will use local Reservists with a shorter commitment. Either way, the skills these Reservists learn at their civilian jobs, and their skills and training they have from their Navy jobs benefit both professions. Everyone wins.

Finally, I have one more person to thank. I recently ran into a group of public affairs officers and made some new friends. I always enjoy meeting new people in the public affairs community, it gives me a chance to ask them to send us stories. When I met Lt. Gennaro Buonocore we had a great conversation and he told me he loved TNR except for one thing, my picture. But he continued that it was my shirt and tie he didn't like. Next thing I know a couple weeks later a shirt and tie arrived at my office. So, above you see my photo with the same pose, a few more grey hairs, and a new shirt and tie from my newest shipmate. Thanks lieutenant.

Have a great month everyone, stay safe

VR/R/WR

Jim Vorndran
Editor-in-chief
The Navy Reserve Magazine

GETTING IT TO THE SAILOR

Home Use Program



The Department of the Navy, through its contract with Hewlett Packard for the Navy Marine Corps Intranet (NMCI), is entitled to Microsoft's Home Use Program (HUP) as a volume license owner with Microsoft. The HUP allows government civilian and uniformed personnel presently on NMCI, to obtain a licensed copy of Microsoft Office, Project or Visio desktop applications to install and use on a home computer if these products are also installed on their NMCI computer. Contractors are ineligible to participate.

NMCI users taking advantage of this offering must abide by the terms set forth by Microsoft's Home Use Rights End User License Agreement (EULA) and are responsible for paying the administrative costs for obtaining the software.

NMCI users can order online at the Microsoft HUP website. In order to access this website, you must use the unique program code provided below. Please retain this program code and do not distribute. The code is your key to these benefits and is not transferable.

The Microsoft registration page does not display Macintosh versions of Microsoft Project Professional 2010, Microsoft Visio Premium 2010 or Microsoft Office 2008. However, when you take advantage of this program an email from Microsoft (Step 4 below) will lead you to a product/ordering page with all available products.

To access the Microsoft HUP site, follow the steps below:

1. Go to the Microsoft Home Use Program website.
www.microsofthup.com
2. Select the appropriate country and language.

3. Enter your navy.mil, usmc.mil or pacom.mil e-mail address and the program code: **3ABDFFAB76**.
4. You will receive an e-mail at the address you submitted in Step 3 which will include a link to the Microsoft ordering site.
5. There is no cost for the license. However, there is a charge of \$9.95 plus local sales tax for an electronic download service, payable with a credit card, of each product ordered. Additionally, if you want backup media, there is an additional charge of \$13.00

The maximum quantity of product you can buy under this program is limited to one copy of each application per NMCI user, and you can only order one product per session.

When you purchase Home Use Program software you are entitled to the same support options as other Microsoft customers purchasing software for home use.

The DoD also has an Antivirus Software license agreement with McAfee and Symantec that allows DoD employees to utilize the antivirus software for home use. Home use of the antivirus products will protect home personal computers and will also lessen the threat of employees bringing malicious logic into work and compromising DoD networks.

The software can be found at the DoD Patch Repository at <https://patches.csd.dia.mil>. To access the Repository you must have a Common Access Card reader on your home computer or download the software from an NMCI computer and burn to a CD-ROM. Contractors are excluded from using the software at home or on any other system not belonging to the DoD.

FOCUS ON FAMILIES

Your Navy Lodge

Written by NAVY EXCHANGE SERVICE COMMAND PUBLIC AFFAIRS



Save money on vacation this summer by using Navy Lodge facilities located around the world. Guests will save money compared to commercial hotels depending on where they stay.

“The Navy offers a variety of accommodations to meet the needs of all summer vacationers,” said Mike Bockelman, vice president, Navy Exchange Service Command’s (NEXCOM) Director, Navy Lodge Program. “Plus, staying at a Navy Lodge or other DoD lodging facility not only provides an outstanding value, it also offers the convenience of other base amenities, such as the NEX (Navy Exchange), the ITT (Information, Tickets and Travel) ticket office and MWR (Morale Welfare and Recreation) facilities.”

Navy Lodge guests will find oversized rooms and suites, Internet access, cable TV with ShowTime, a DVD player and a kitchenette with microwave and utensils. Guest will have access to video rental services, guest laundry facilities and handicapped-accessible and non-smoking rooms. Navy Lodges also offer guests a light breakfast in the morning, which varies depending on the Navy Lodge. For an added convenience, dogs and cats up to 50 pounds can stay at many Navy Lodges.

For reservations, call 1-800-NAVY INN (1-800-628-9466) or go on line at www.navy-lodge.com.

Wherever your vacation takes you this year, remember the Navy’s lodging programs can help save you money. To get more information on other military lodging locations visit www.dodlodging.com.

In addition to Navy Lodges, Navy Gateway Inn and Suites have similar amenities and more than 100 locations in the U.S.

LODGING PATRON ELIGIBILITY

All reservations are made on a first come, first serve basis without regard to rate or rank.

Eligibility

- Armed Forces active duty members
- Armed Forces retirees who retired from active duty and their family members.
- Reserve component members and their family members
- Retired Armed Forces and Reserve component members and their family members.
- U.S. DoD civilians
- Honorably discharged veterans with 100 percent service-connected disability
- Guests of the Armed Forces as determined by the Installation Commander
- Medal of Honor Recipients
- Un-remarried surviving spouses of personnel who died while on active duty or while in retired

Status, and un-remarried former spouses who were married to military members for at least 20 years while the military member was on active duty to the Armed Forces.

All guests must have one of the following to stay at any Navy lodging location. Valid military ID card or common access card or be sponsored by a military member or DoD civilian.

Pets are allowed at certain locations. Please call your local site to check pet policies.

CULTURE OF FITNESS



Rediscover Fitness

Provided by the AMERICAN COUNCIL ON EXERCISE®

In the third and final article of our series on preparing for the Navy Physical Readiness Test, we're trumping the idea that you can only get better at curl-ups ("sit-ups" in the civilian world) by doing more curl-ups.

"Doing too much of one particular motion – including curl-ups – can create tissue overload and be a potential cause of injury," said ACE Exercise Physiologist Pete McCall. "Specifically with a repetitive movement like that, you can really put undue stress on the lumbar spine. Based on research done by Dr. Stuart McGill, the best way to strengthen your core is do a variety of different positions and movements."

McGill, a professor at the University of Waterloo in Canada and director of the Spine Biomechanics Laboratory, has directed award-winning research aimed at understanding spinal motion, ligament involvement and body segment position to more adequately prevent low back pain and achieve ultimate athletic performance.

Instead of risking injury, train for your PRT – or work on bringing your fitness level back to when you did train for it – with a diverse workout that strengthens all segments of your core, making curl-ups easier when the time comes to pump out as many as you can in 2 minutes.

Incorporate these exercises into your workout routine to build abdominal strength:

- **Standing Wood Chop** – Stand in a split-stance position with left foot forward holding a light-weighted medicine ball with both hands (increase weight as fitness level improves). Keep ball relatively close to body. Engage abdominal muscles and maintain upright torso. Slowly bring ball high and to the

left of your head. Do not rotate head, chest or torso – keep them facing forward at all times. Slowly bring ball down and across body toward right hip. Hold end position briefly before returning to starting position. Repeat.

- **Seated Medicine Ball Trunk Rotations** – Start seated on a mat with knees bent, feet together and heels on the floor, holding a light-weighted medicine ball (increase weight as fitness level improves). Sit as tall as possible with back erect and torso perpendicular to floor. Hold medicine ball close, and between navel and ribs. Keeping spine erect, exhale and slowly rotate your torso to one side, imagining the ball is buttoned to your torso. Inhale and gently exhale while rotating torso (and ball) completely to opposite side. Repeat movement back and forth.
- **Reverse crunches** – Work your core muscles in a similar way as curl-ups with this movement, which varies the load and force pattern on the spine. Start on your back on a mat with knees bent, feet flat on the floor and arms spread out to sides with palms facing down. Gently exhale and lift feet off the floor raising knees directly above hips. Hold knees at a 90-degree bend, then exhale and raise your hips off the mat, rolling your spine up as if trying to bring knees toward your head. Use arms and hands to assist with balance and continue to curl up until spine can't roll up further. Inhale and lower spine and hips to starting position. Repeat.

Remember, it's better to start off slowly and build momentum. Doing too much too soon will increase your risk of injury and burn out. For more core exercises, sample workouts and information on healthy, active living, visit ACEfitness.org/GetFit.

NOTABLE



eBooks Available on NKO

Written by **PATRICK FOUGHTY**
COMMANDER, NAVY INSTALLATIONS COMMAND PUBLIC AFFAIRS

The Navy General Library Program (NGLP), through a six-year partnership with Overdrive, the largest provider of eBooks and downloadable audio books to libraries worldwide, now offers more than 50,000 titles through Navy Knowledge Online (NKO).

The Overdrive service was introduced on NKO in November 2005 when NGLP initiated its first partnership with the eBook/audio book provider and has grown ever since.

"We are constantly adding titles, more copies of titles, new content and new services, with a digital library things are very dynamic, allowing us to constantly build our collection and offer more for our Sailors and their families," said Nellie Moffitt, NGLP director.

The program boasts more than 108,000 copies of eBooks and audio books, to include numerous copies of professional reading that support the Navy Professional Reading Program and even classics and popular titles, like the 'Lord of the Rings' series and 'The Hunger Games.'

Customers may keep items up to 30 days and may have as many as ten items checked out at any one time. In fiscal year 2011 more than 62,000 items were checked out, saving Sailors and their families \$2.6 million.

"This program is a great resource that puts books for all ages at your fingertips. I look forward to logging into NKO to download the next book onto my kindle or iPad," said Lt. Katie Brennan, a Navy pediatric nurse practitioner at Fort Belvoir Community Hospital in northern Virginia.

There are even special services for children. Preschoolers can have an eBook read to them on their parents' tablet, laptop or PC through the Tumblebooks: eBooks for ekids service.

"The services for kids are great, I plan on telling parents I see about this program because it's so easy, and it's a good way to spend time with each other and encourage reading," said Brennan.

"We've come a long way since this partnership began. Just a few years ago we only had about 8,000 audio books and 400 eBooks available," added Moffitt. "I'm very happy with where we are now and I only expect this program to grow and grow."

Navy Library patrons may register for these services by logging into NKO at <https://wwwa.nko.navy.mil>. Click on the "Reference" heading in the upper left part of the screen. Then click on "e-Library - audio & ebooks." Once on this NKO page Sailors and their families can explore the array of e-book and audio book services.

The Navy General Library Program has existed for nearly a century and is a service of Commander, Navy Installations Command.

TRAVEL SMART



GTCC and You!

Written by Capt. EDDIE MONTERO
COMMANDER, NAVY RESERVE FORCES COMMAND N4

While traveling, you are required to use the Government Travel Credit Card (GTCC) for all official travel expenses unless a vendor does not accept the travel card or your administrator has granted an exemption.

Your travel claim should be submitted within five days of completion of orders. You need to include receipts for all travel related expenses and a copy of your travel itinerary. This enables your Navy Operational Support Center (NOSC) approving official (AO) to process your claim.

Failure to submit a claim within five days could result in your card becoming delinquent after 30 days. If not resolved after 61 days, your card will be suspended until the past due balance is paid. Additionally, your ability to submit orders in NROWS will be disabled. Your NOSC agency program coordinator (APC) is your primary point of contact to assist with all card related problems. Ensure you have your APC's contact information when traveling, in the event you are in need of a credit increase or your card status changes.

When filing your claim through the Defense Travel System (DTS), you are required to use split-disbursement to ensure all charges made to the card are paid directly. Your NOSC will reject claims where split-disbursement is not selected. Most NOSC AOs send cardholders an e-mail identifying discrepancies in claims. An e-mail reply is sufficient to allow the AO to make necessary changes to your claim on your behalf. This process expedites the liquidation of a travel claim without the need to reject it. If an AO sends an e-mail identifying claim errors and receives no response within five business days, the lack of reply is proof of consent for the AO to make the necessary changes to liquidate the claim. AOs will upload copies of e-mails as a miscellaneous

document when they submit the claim. This process benefits you by ensuring the expeditious payment of claims and the return of expenses to your personal account.

When filing a claim access your GTCC account to ensure you are submitting the correct amount due to the card. If transactions post to your statement after your claim is submitted you are responsible to pay the outstanding balance and submit a supplemental claim if necessary.

When your card is issued to you, we highly encourage you establish a profile with Citi. All cardholders who have created an online account with Citi have the ability to update account information and view account balance and status. All cards are required to be deactivated when the cardholder is not on orders. Prior to executing orders you should log in to your account at <https://home.cards.citidirect.com/CommercialCard/Cards.html> and confirm your NOSC APC has activated your card.

If your account ever becomes compromised you must contact the issuer immediately. Any charges made after a report is made will not be your responsibility. You should also contact the NOSC APC after you speak with Citi to ensure the APC is aware of the issue. The APC will provide you with the necessary forms to dispute any questionable charges and expedite the shipping of a replacement card.

Your GTCC can be a huge facilitator when supporting the fleet. It allows you to be ready to travel without using your own personal funds to finance your military travel. GTCC and You, both ready Anytime, Anywhere.

LEADERSHIP



Civilian-Reserve Interface

Written by Cmdr. STEPHEN FERRIS

Navy Reservists face the continuing challenge of having two employers: their military command and civilian employer. Although at times it seems their mutual demands might conflict, Reservists can manage this relationship to make it a win-win.

Reservists develop a number of skills that are extremely valuable to civilian employers that are costly to develop. Among these valuable skills are leadership, teamwork, time management and task prioritization. Reservists need to translate their military skills and experiences to civilian terms without the use of acronyms or Navy jargon. Understanding how your military duties convert to civilian jobs is essential to a successful post-mobilization job search. There are a number of web sites, books and services available to help you take the combat boots off your resume.

The local Veterans Affairs office is a great place to start for identifying these resources. An Internet search will also reveal an abundance of sources. The Navy League and its web site is another useful source. Go to the Navy Reserve web site under the “navy Reserve Employer” heading to find additional resources.

Another way of managing the civilian-Reserve interface is by sharing what you do at drill and the mission of your unit with your civilian employer. Explain to them the synergies that exist due to your Reserve assignment. In many cases, this will be the first time they have thought about the civilian benefits generated from military service.

Consider nominating them for an award from the Employer Support of the Guard and Reserve (ESGR). ESGR sponsors a whole hierarchy of awards, with the most basic being the Patriot Award. This is a great way of developing a warm and positive relationship between you and your employer. If your civilian employer is a strong supporter, then consider a higher award with a nomination for local, state or national recognition.

As part of our many Reserve administrative tasks, we must annually update our Civilian Employer Information. This is yet another way of managing the Reserve-civilian employer relation. This database allows the DoD to consider civilian employment necessary to maintain the nation’s health and safety when selecting members for mobilization. This database helps the DoD inform employers of the reemployment rights of Reservists returning from mobilization. It also develops incentives to encourage employer support for Reserve participation.

Your civilian job can also help you in your military career. Let your military superiors know the skills you have learned from your civilian job and how they can be applied to your current duties. This skill transfer can allow you to improve your current level of performance or take on more ambitious Navy assignments. Your civilian skills can provide you with perspectives or abilities above what is usually expected in your paygrade. Leveraging your civilian skills to perform your Navy assignment at a higher level is one sure way of getting noticed and advanced.

PROFILE IN PROFESSIONALISM

We have many talented people in our Navy Reserve. Each month we highlight our stellar Sailors and some of the unique careers, skills and services they provide to the fleet. To nominate a Sailor, email the editor, james.vorndran@navy.mil, for a submission form. Please include a high-resolution (300 dpi) 5"x7" digital photo of the candidate.



Peter Vincent

AVIATION MECHANIC 1ST CLASS (AW)

Hometown: Morgan City, La.

NOSC: Naval Air Station Joint Reserve Base New Orleans, La.

Unit: VR-54 Revelers

Brief description of your Navy job: As the leading petty officer I supervise full time support and selected Reserve personnel in the squadron. We maintain three C-130T Hercules

aircraft and their hydraulic systems. We provide worldwide logistics support for the Navy.

Brief description of your civilian job: I am an airframe and powerplant mechanic with a Federal Aviation Administration inspection authorization. I am also a chief quality assurance inspector for Defense Support Services supporting U.S. Customs and Border Protection, Houston Air and Marine Branch, directing and supervising the maintenance on customs and border protection aircraft.

What has been your greatest Navy achievement? On a professional level, my biggest achievements have been being selected as the Reserve Sailor of the year with VP-94, being command advanced to petty officer 1st

class in 2005, and earning my enlisted aviation warfare specialist wings.

Who has been your biggest influence since joining the Navy? I cannot say that there has been just one person that has affected me more than any other. I try to take the best from the great Sailors that I serve with and incorporate their strengths into my day to day activities.

What do you enjoy most about the Navy? I love the camaraderie that I share with my fellow Sailors and the thrill of getting a job done when no one thinks you can do it, and the plane leaves on time to support the mission. **Most interesting place visited since joining the Navy:** So far my favorite place to go is Guam. I am a beach bum at heart and really enjoy the great snorkeling and beach life that we are able to explore whenever we got the chance.

Current hobbies: I like doing anything outside with my family though my current interest involves the study of taekwondo with my sons. Two of my three sons have already achieved the rank of black belt. It is very exciting to be able to participate in a sport with them and not just be a spectator in the bleachers. Additionally, I have started teaching taekwondo classes and have a lot of fun teaching kids and adults physical fitness, discipline, and self defense.



Guillermo Bruno

PERSONNEL SPECIALIST 3RD CLASS

Hometown: Galveston, Texas

NOSC: Tucson, Ariz.

Unit: FTS

Brief description of your Navy job: My primary job is to prepare our Reservist to be administratively ready before they mobilize. I am responsible for making sure they update and maintain important paperwork in regards to their benefits and family's well being while

they are deployed. I am also responsible for managing Reserve billet assignments, losses and transfers.

Brief description of your civilian job: N/A

What has been your greatest Navy achievement? Personally, receiving my first Navy and Marine Corp Achievement Medal as well as being named the command Blue Jacket of the Year last year. Properly managing and maintaining my job programs to inspection regulations quality. Earning top honors from the Reserve Component Command as

their nomination to the DoD Family Readiness Award.

Who has been your biggest influence since joining the Navy?

Logistics Specialist 1st Class Victor Griffith, our leading petty officer at the NOSC. He is an exceptional Sailor who makes his everyday job look easy. He is very knowledgeable, a good co-worker, he guides me, and provides feedback on what he sees me do on a daily basis to improve my growth as a Sailor.

What do you enjoy most about the Navy? I enjoy the family atmosphere I get from co-workers and the ability to give back to them by doing my everyday job. I also enjoy the different opportunities that are available to me educational and career wise.

Most interesting place visited since joining the Navy: San Diego, Calif. I got a chance to see for myself what it feels to be onboard the USS Midway for a couple of hours and to be around the largest quantity of Navy personnel since Boot Camp.

Current hobbies: I like doing anything outside with my family though my current interest involves the study of taekwondo with my sons.

A company of Navy Reservists visited Fort Leonard Wood, Mo. to complete construction projects for the post, as part of their training requirements.

Seabees in Company B, Naval Mobile Construction Battalion 15, operating out of Belton, Mo., worked in the quarry, built components of the Sapper Leadership Course, completed licensing requirements with the equipment operator school and participated in military training during the visit.

“This is what we call a unit-driven training,” said Lt. Steve Hunt, company commander. “We’re here for four days, and we’re preparing for our field exercise in August, and then for our mobilization next year.”

The company is made up of 120 Seabees, with a construction crew of 40, according to Hunt. The Seabees have a variety of specialties, from builder to steel worker, and come from several different states.

A small crew of about 10 Seabees worked on building four breach houses for the Sapper leadership course on Range 33 for the 1st Engineer Battalion.

The breach houses were good practice for the Seabees, since they are often required to build “SWA huts,” or Southwest Asia huts, that are similar in dimension, downrange.

“The construction we’re doing right here could be very similar to what we do on our field exercise, or on our mobilization, so it’s realistic,” Hunt said.

Steelworker 1st Class Jay Camton built SWA huts while deployed to Iraq in 2007. He thought the training was a great opportunity for veteran workers, like himself, to teach new Seabees how it’s done.

“Some of these younger guys who haven’t done this before are really learning a lot,” said Camton, who has served the Navy for 19 years.

When he isn’t fulfilling his duties as a Seabee, Camton works at a bank, so he also enjoyed the opportunity to get out of the office.

“It’s pretty much an escape — it’s nice to be out in the elements,” he said.

Steelworker 2nd Class Keith Manning joined the Navy Reserve a year ago after serving in the Army for seven years. He is a welder off-duty, so learning to build a structure was especially useful for him.

“It’s actually pretty challenging,” he said, adding that experienced builders on the construction crew helped him with the technique. “I’m glad everyone else can build, and we kind of band together.”

“It kind of shows just how versatile every Seabee can be, just in the unit. It’s actually pretty cool to kind of expand the horizons of what I can do,” he added.

The company’s work during a single weekend will be a part of Fort Leonard Wood for years to come. Manning said working on projects like these show how service branches benefit each other.

“Everyone works together — the Army gets to use it, we get to build it and we love it. We have a lot of fun building it,” he said.

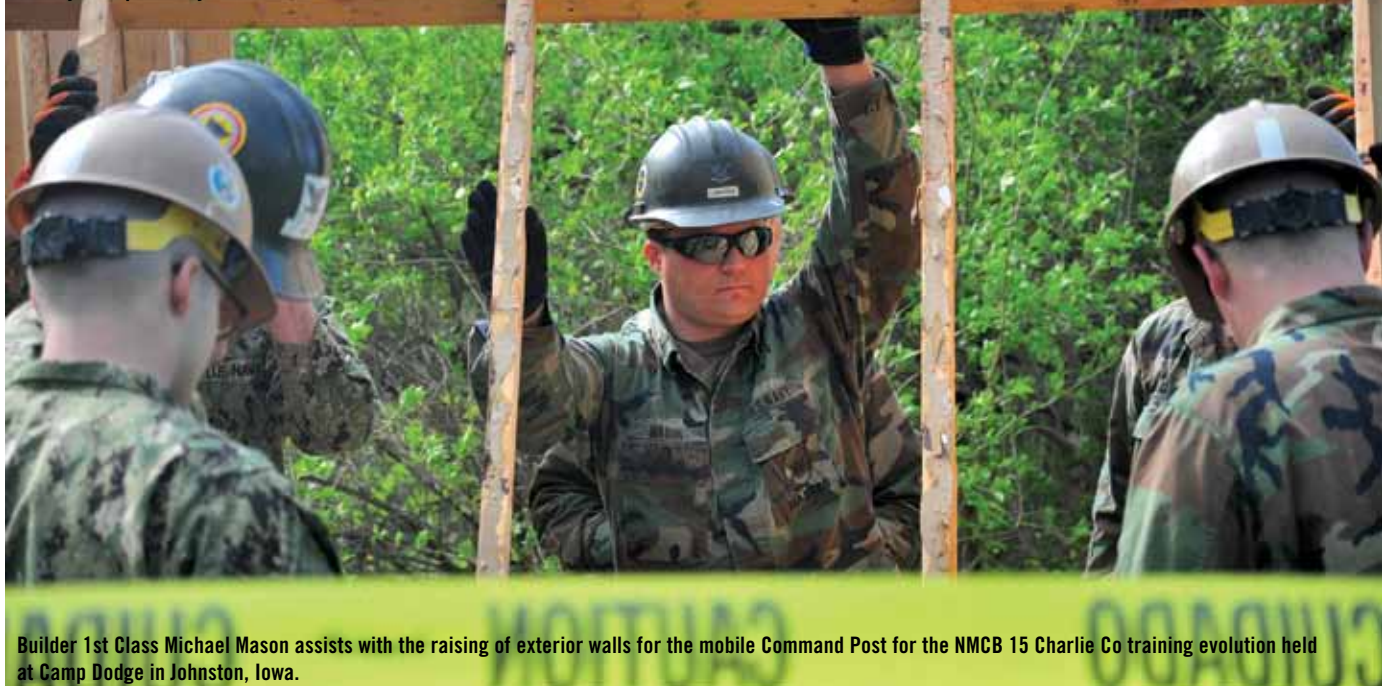
NMCB 15: Bravo Company Builds for Success

Story and photo by BRITTANY CARLSON, ASSISTANT EDITOR MYGUIDON.COM

Reserve Seabees from Bravo Company of Naval Mobile Construction Battalion 15 check the square of a breach house foundation on Fort Leonard Wood.

NMCB 15: Charlie Company Builds and Trains

Story and photo by Construction Mechanic 2nd Class EDUARDO VANDERFLOW, NAVAL MOBILE CONSTRUCTION BATTALION 15



Builder 1st Class Michael Mason assists with the raising of exterior walls for the mobile Command Post for the NMCB 15 Charlie Co training evolution held at Camp Dodge in Johnston, Iowa.

Navy Reserve Seabees in Charlie Company of Naval Mobile Construction Battalion (NMCB) 15 operating out of Belton Mo., enhanced their basic combat skills during a command post exercise (CPX) held at Camp Dodge, Iowa. They also completed a construction project, squad leader command and control training and land navigation exercises.

"I was impressed with how quickly personnel from three geographically isolated detachments could come together and begin working as a unified company," said Lt. Tod Neidt, NMCB 15 Charlie Company commander.

The battalion training department challenged Charlie Company platoons with realistic tactical scenarios such as civilian mobs at an entry control point, improvised explosive devices (IEDs), and surprise insurgent attacks during CPX rotations. The scenarios were designed to test the battalion's tactical

standard operating procedures and the Charlie Company command and control.

The 144 Charlie Company Seabees expended 100 man-hours to construct a mobile command post (CP). New Seabees gained hands-on construction skills under the mentorship of old hands. The completed CP was put to good use during the CPX.

Other training completed at Camp Dodge included land navigation, weapons handling, chemical biological radiological protection, conducting patrol operations, locating IEDs, and squad level command and control. Religious Programs Specialist 3rd Class Mark Harms, from Navy Operational Support Center (NOSC) Omaha said, "The training was well planned, very organized, and will be great preparation for future training evolutions."

NMCB 15 Commanding Officer, Cmdr. Anthony Spinler, and the Command Master Chief Richard Cousins were onboard at Camp Dodge to observe the training. They spoke with Charlie Company on the importance

of training to serve our country with honor, courage and commitment.

"We appreciated this great opportunity for our Seabees to use the Army's simulation trainer. Effectively controlling a squad on patrol through fire team leaders during combat action is harder in reality than a classroom can ever teach," Spinler Said. "The simulator with air operated weapons brought that chaos to light in a safe and effective environment. This was a great building block to our training plan and preparation for mobilization."

Charlie Company is comprised of Navy Reservists in detachments located at NOSCs in Des Moines, Iowa; Sioux Falls, S.D.; and Omaha, N.E. NMCB 15 consists of seven detachments in five states.

NMCB 15: Delta Bees Strengthen Construction and Combat Skills

Written by Yeoman 2nd Class JOHN SMEDLEY, NAVAL MOBILE CONSTRUCTION BATTALION 15

Navy Reserve Seabees in Delta Company of Naval Mobile construction Battalion (NMCB15) from Belton, Mo., enhanced their basic combat skills, constructed a Southwest Asia hut (SWAhut), and demolished and reconstructed vital components of the Weldon Springs, Mo. shooting range.

Lt. Matthew Israel, the company commander, explained that this unit driven training is preparing the Seabees for the battalion's

Rebuilding the shooting range berm and replacing portions of a deteriorating range ricochet wall will supply all military forces in the area with a safe and effective location for firearms training and qualification. This project included twenty-six Seabees and provided essential skills to junior troops for future development within their ratings.

"Getting these guys time on the equipment helps us all out", said Equipment Operator 1st Class Gregg Pruett.



Builder 1st Class (SCW) Alfredo Estrella on wall left and Equipment Operator 2nd Class Joel Rentro on Kubota backhoe, deconstruct the small arms range backstop berm wall in preparation for the replacement of timbers to bring the range back into operational readiness. U.S. Navy photo.

upcoming field exercise in August and ultimately for their impending deployment in 2013.

"This training exercise gives us the opportunity to sharpen our planning, military and construction skills. We're able to work together in a field-like environment – building and strengthening the capabilities we will need to exhibit during field training exercise and mobilization," Israel said.

Twelve Seabees participated in various levels of basic combat training, strengthening the unit and diversifying the abilities of all members. The SWAhut project included two crews of fifty-two personnel. This project provided essential skills for the Seabees involved enhancing their capabilities to fulfill their primary mission of constructing advance base facilities in support of the Navy and Marine Corps and other services engaged in military operations in theatre. "It is nice to get out of the Navy Operational Support Center and do hands on in-rate training," said Builder 2nd Class Anthony Howard.

All Seabees present at the field exercise were cycled through "round robin" training at the simulated Forward Operating Base (FOB) led by NMCB15's Military Advisor Marine Gunnery Sergeant (GySgt) Bret Holder. This training provided the essential skills for vital camp functions, including but not limited to camp set-up, security, and establishment of an effective and secure entry control point.

"It is always good to get time to re-hone the skills that I don't use on an everyday basis anymore," said Builder 1st Class (SCW) Charles Whitehead. Whitehead has been with the battalion twelve years and is an intelligence analyst in his civilian occupation.

The training was valuable for the veteran Seabees but was probably most valuable to the battalion's junior members.

"It was great training. I have not deployed before and it was a great help to get more trade specific hands on time before we deploy," said Builder Construction Recruit Andrew Lawson.

USNS MERCY

PRIMARY MISSION: To provide rapid, flexible, and mobile acute medical and surgical services to support Marine Corps Air/Ground Task Forces deployed ashore, Army and Air Force units deployed ashore, and naval amphibious task forces and battle forces afloat.

OTHER MISSION: To provide mobile surgical hospital service for use by appropriate U.S. Government agencies in Humanitarian Civic Assistance, disaster or humanitarian relief or limited humanitarian care incident to these missions or peacetime military operations.

Patient Capacity

Intensive care wards: 80 beds	Limited care wards: 500 beds
Recovery wards: 20 beds	Total Patient Capacity: 1000 beds
Intermediate care wards: 280 beds	Operating Rooms: 12
Light care wards: 120 beds	

Departments and Facilities

Casualty reception	Intensive Care Unit
Radiological services	Dental services Optometry/lens lab
Main laboratory plus satellite lab	Morgue
Central sterile receiving	Laundry
Medical supply/pharmacy	Oxygen producing plants (two)
Physical therapy and burn care	

Builder: National Steel and Shipbuilding Company

Laid down: June 12, 1974 (As SS Worth MA-299)

Launched: July 1, 1975

In service: November 8, 1986 (to U.S. Navy)

Status: in active service, as of 2012

General characteristics:

Displacement: 69,360 tons

Length: 894 feet (272 m)

Beam: 105 feet, 7 inches

Propulsion: two boilers, two GE turbines, one shaft, 24,500hp (18.3MW)S

Speed: 17.5 knots

Complement: 12 civilian and 58 military during Reduced Operating Status

61 civilian and 1,214 military during Full Operating Status

Time to activate: Five days





▲ Navy Reservists tighten eye glasses before they are given to Hawaii residents during Tropic Care Innovative Readiness Training. Photo by Tech. Sgt. Melissa Chatham.

Exercise Tropic Care 2012

Optometrists and dentists were in high demand during a Reserve-led medical training program held on the Hawaiian island of Kaua'i earlier this year.

The military members provided medical, ophthalmology and dental support services to Hawaii residents during the training period.

Reserve component medical care providers from the Navy, Air Force, National Guard and Army set up three field-operated medical facilities in the communities of Kapa'a, Lihu'e and Hanapepe as part of the Pentagon's Innovative Readiness Training (IRT) program.

The primary purpose of an IRT mission is to conduct deployment, readiness and logistics training in an expeditionary, multi-service environment providing post-disaster relief. While that is the primary mission, it is also the military's civic duty to assist fellow Americans with health, dental and eye care in under-served communities.

Optometry is always a huge draw," said Lt. Cmdr. Lisa Gittleman, IRT operational support officer for the Navy Reserve. "These missions serve low income residents and sometimes they may be forced to choose between buying food or new glasses. Chances are eye care is not included in their medical coverage."

Gittleman said optometrists at the Hanapepe location assisted a greater number of patients thanks to the deployment kits provided by the Yorktown-based Naval Ophthalmic Support and Training Activity in Virginia. The kit is basically an optometrist office-in-a-box she explained. Doctors provided eye exams and the corpsmen ground, polished and inserted the lenses in frames resulting in a quick turn-around service for patients.

Tropic Care's senior medical officer, Air National Guard Lt. Col. Vince Simoncini said, "We could be here for a month and I don't think we would ever meet the demand."

"They worked ridiculously long hours, slept where they worked and were able to churn out between 300-to-500 pairs of glasses each day," Gittleman added.

"Reservists bring a broad range of experience to an IRT," believes Gittleman. "They bring community-based experience, working with people of all different backgrounds – not just military."

Additionally, some of the healthcare professionals were Hawaiian so they identified with the community and built relationships.

"IRTs are attractive to Reservists because they are not the 'usual annual training,'" Gittleman said. "An IRT gets you involved and it takes you out of your comfort zone. It's rewarding to deliver medical care to residents who may not receive regular care."

Although the group was in a tropical paradise there was not time to play tourist. "It was about providing a service – not a vacation," Gittleman said. "If they weren't providing patient services at the three sites, they were providing outreach to the community at large."

A team of nurses and corpsmen taught school health aides about asthma and corpsmen also taught CPR and first aid at two schools. Another team made up of a psychologist and dietician went to senior centers and did presentations about healthy eating and sleeping habits. Another team provided eye, dental and health care for about 100 patients at an Easter Seals' center for developmentally disabled adults.

"It wasn't your typical outreach," Gittleman surmised.

Overall, Gittleman said Tropic Care 2012 was a mission and training success. "The training gives Reservists field experience by living and working in unusual and austere settings," she said. "This experience helps ready them for deployment and real-world disaster relief missions."

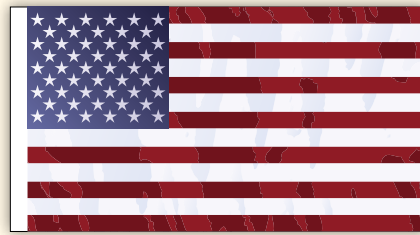
The Tropic Care Kaua'i program is an exercise in rapid deployment under the Innovative Readiness Training program. The program offered free health care including physical examinations, vision checks and glasses, dental care, nutrition and physical counseling. Tropic Health Care was a partnership between the Kaua'i District Health Office and Department of Defense Reserve Affairs. Tropic Care Kaua'i provided over \$1 million in health care services to 7,000 residents between through three clinics. Optometry services provided by active-duty and reserve military personnel was the most popular service offered to residents.

The Garden Island, Hawaiian News Now, and Tech. Sgt. Melissa Chatham of the Air National Guard Readiness Center Public Affairs and Ed Buczek from Commander, Navy Reserve Forces Command Public Affairs contributed content for this article.

▼ Cmdr. Laura Greiman, Navy dietician, Operational Health Support Unit, from Navy Support Operational Center San Diego, provides a healthy living briefing at the Koloa Neighborhood Center in Koaloa, Hawaii, as part of Tropic Care Innovative Readiness Training. Photo by Tech. Sgt. Melissa E. Chatham.



This month's Back to Basics illustrates the proper care and exhibition of our national ensign.

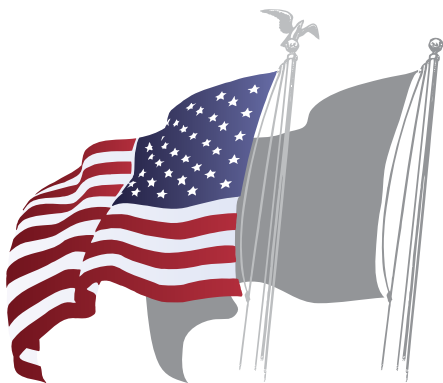


BACK TO BASICS

Displaying the Flag

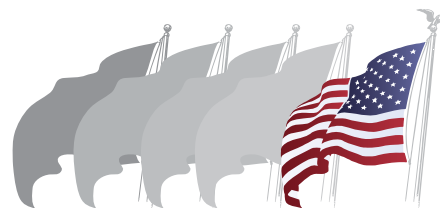
Written by CNRFC Public Affairs

In procession with another flag. U.S. flag on military right of line.



In procession with other flags.

Should be either on the marching right; (the flag's own right) or, if there is a line of other flags, in front of the center of that line.



With other flags on same halyard.

U.S. flag above, no such flag or pennant may be placed above the U.S. flag or to the right of the U.S. flag (the viewer's left). When the flag is half-staffed, both flags are half-staffed, with the US flag at the mid-point and the other flag below.



With two or more flags in line.

U.S. flag at right of all other flags and flown from separate staffs of the same height. The flags should be of approximately equal size.

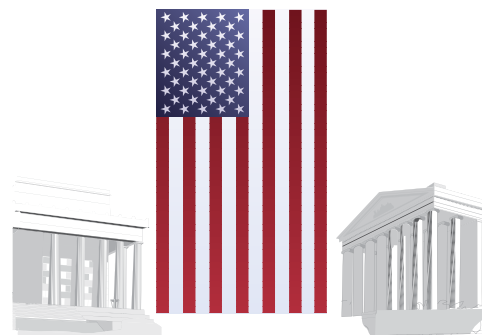
Staffless but flag-like.

Hanging staffless, the U.S. flag's union should be uppermost and to the viewer's left.



Over center of a public street.

Suspended vertically with the union to the north in an east and west street or to the east in a north and south street.



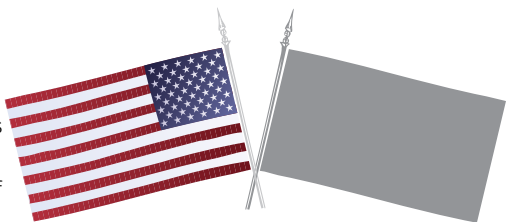
When flown at half-staff.

The U.S. flag should be first hoisted to the peak for an instant and then lowered to the half-staff position. The flag should be again raised to the peak before it is lowered for the day. By “half-staff” is meant lowering the flag to one-half the distance between the top and bottom of the staff. Crepe streamers may be affixed to spear heads or flagstaves in a parade only by order of the President of the United States.



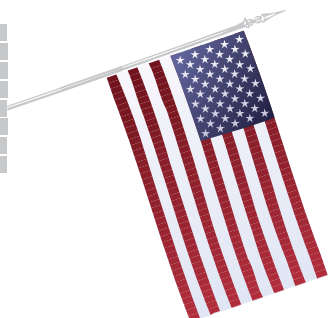
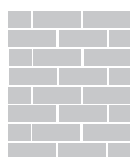
With another flag on wall.

Should be on the right, the flag's own right (viewers left) with U.S. flagstaff in front of other staff.



With group of other flags.

U.S. flag in center and above all other flags.

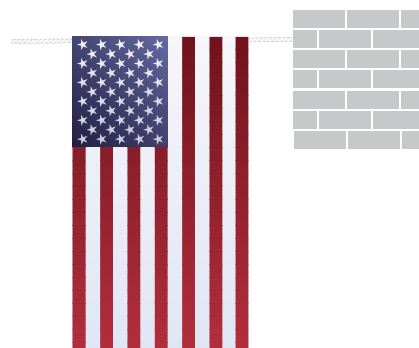


On staff projecting horizontally or at angle from a building.

The union of the flag should be placed at the peak of the staff unless the flag is at half-staff.

Suspended from a rope over a sidewalk.

U.S. flag should be hoisted out, union first, from the building.



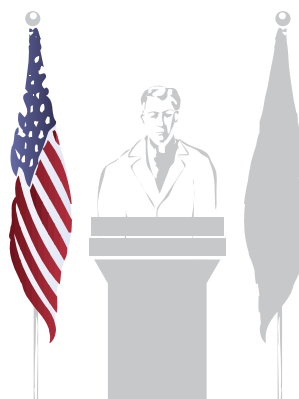
Unstaffed flag on wall behind and above the speaker.

Should be displayed flat, (indoors or out), horizontally or vertically, the union should be uppermost and to the flag's own right, that is, to the viewer's left. Bunting of blue, white and red.



Staffed in a church or public auditorium on or off a podium.

Should hold the position of superior prominence, in advance of the audience, and in the position of honor at clergyman's or speaker's right as he faces the audience. All other flags on his left.



WINGS OF GOLD

Written by COMMANDER, NAVAL AIR FORCE RESERVE PUBLIC AFFAIRS



Each year nearly 1,000 wings of gold are pinned on the chests of brand new United States Naval Aviators and Naval Flight Officers. Navy Reserve instructor Pilots and instructor Naval Flight Officers assigned to squadrons under the Commander, Naval Air Training Command (CNATRA) play a significant role in the production of these new aviators.

It was almost 10 years ago when CNATRA started Reserve integration into the training of future Naval aviators. Through long range planning, 260 selected Reservists (SELRES) and 90 Full Time Support (FTS) personnel targeted and focus their efforts to CNATRA when and where they are needed most. Today, SELRES and FTS are integrated into 16 CNATRA squadrons that fall under five Training Wings. These SELRES and FTS aviators account for 18 percent of the yearly student Naval aviator production while accounting for only 12 percent of the manning within CNATRA.

“We have a gold mine of knowledge and skills in the Navy Reserve,” said Cmdr. Marc Orgain, skipper of CNATRA unit, VT-27. “Reserve component (RC) instructors have a long-term corporate knowledge in aviation and the mission couldn’t be accomplished without them.”

Many of the Naval Reserve Instructor Pilots in CNATRA left active duty in order to pursue a variety of careers in the public sector but wanted to stay connected with their Navy roots.

“After leaving active duty, I knew I wanted to continue my career in the Navy and the Navy Reserve. Continuing to fly and teach here in the training command was a logical and seamless transition. I have the opportunity to continue to develop my skills and further my education



A T-45A Goshawk training aircraft assigned to Chief of Naval Air Training (CNATRA) comes in for an arrested landing or “trap” aboard the aircraft carrier USS George H.W. Bush (CVN 77). Photo by Mass Communication Specialist 1st Class Michael Tackitt.

in the private sector, while still being able to contribute and fly with the best aviators in the world — Naval Aviators. I couldn’t ask for a better situation!” Lt. Cmdr. Michelle Parkinson, HT-28 Reserve instructor Pilot.

Navy Reserve and CNATRA programs and policies enable active Naval aviators and NFOs to “change lanes” between active and Reserve service. These same policies allow CNATRA Navy Reservists to maximize their contributions to the training and production of student Naval Aviators. On average an individual SELRES assigned to CANTRA provides 94 days a year to train Navy pilots.

The RC model within CNATRA has proven itself to be a model of efficiency in the production of student Naval Aviators. “Our Reserve mission here at CNATRA is a vital link to what matters most to all of us — fleet readiness,” CNATRA Reserve Component Commander Capt Scott Jones said.

“We give Navy aviators options that allow them to achieve a true life and work balance while they stay Navy and continue contributing to our warfighting effectiveness. Current and prospective members regard the Navy Reserve as one of the nation’s great workplaces. We accomplish this by promoting a culture that supports the total force and their families through best in class programs, policies, compensation, and a comprehensive continuum of care. We acknowledge that the strength of our force lies in the diversity of our people; we reflect the face of the nation.”

Combat Casualty Care

Story and photos by Mass Communication Specialist 2nd Class RON KUZLIK



Hospital Corpsman 3rd Class Marie Pardieu of Naval Reserve Operational Health Support Unit (OHSU) Portsmouth Detachment A applies a tourniquet on a mannequin during Tactical Combat Casualty Care (TCCC) training aboard Navy Operational Support Center (NOSC) New York City.

In these days of shrinking federal budgets and increasingly limited resources, the Navy Reserve and its regional component commands are committed to “doing more with less.”

Navy Medicine Professional Development Center (NMPDC) is no exception. It is charged with educating, training, and supporting Navy Medicine personnel to optimize the health and readiness of the warfighter.

Tactical Combat Casualty Care (TCCC) is required training designed to enhance operational readiness, ensuring all active component (AC) and Reserve component (RC) hospital corpsmen have the basic skills required in a hospital, operational or tactical setting.

The objectives of TCCC are to treat the casualty, prevent additional casualties, and complete the mission.

The course consists of two days of classroom instruction, followed by a final day

of live scenarios to test the trainees’ skills. The final exercise is intended to challenge corpsmen while inducing stress under simulated fire conditions.

The scenarios include patient carries and drags during under-fire situations, applying surgical airways, followed by another station where they practice relieving lung cavity pressure with a needle and catheter. The trainees also practice to insert a needle into the sternum to make a direct access point to replace lost blood. They then move to a tactical evacuation scenario while running a medical evacuation report to request helicopter evacuation of a casualty.

Chief Hospital Corpsman Lee Price recently instructed a TCCC course at Navy Operational Support Center (NOSC) New York City.

“We focus on preventing preventable death on the battle field,” Price said. “The use of tourniquets, surgical airways, and needle decompression for treatment of tension. We also focus on antibiotic therapy, pain control,

and treatment of burns and eye injuries and other things you would find on the battlefield.

“This exportable training allows us to bring the training directly to the corpsman in order to allow a NOSC to train a relatively large number of people. Before this program was developed, all we had was schoolhouse programs and we used a significant amount of our funding resources in bringing the corpsmen to the training sites. We’re trying to be more cost effective by bringing the training to corpsmen at the NOSC.”

For this training exercise, three instructors came from NMPDC and Operational Health Support Unit, Det A, a local unit, provided additional personnel. The OHSU Reservists included corpsman who have already completed the training, Medical Corps officers, and Nurse Corps officers who helped certify 19 corpsmen.

“The results have been pretty good. People are impressed with the challenges they faced. Our goal is to make them feel tired, that

they've worked a little bit. But, in the end, we want them to come away feeling that they've been challenged and learned something," Price added.

Lt. Cmdr. Cynthia Schwartz of Joliet, Ill., is a SELRES nurse on orders to NMPDC in Bethesda, Md., as a Reserve liaison for training and education and as the RC Exportable TCCC program manager. She is a former enlisted hospital corpsman and currently an operating room nurse.

"The idea to bring the training to the trainee at the NOSC was conceived in October 2010 when the first uniform funding request was submitted to Navy Medicine Manpower Personnel Training and Education (predecessor to NMPDC) and Bureau of Medicine (BUMED) Learning," Schwartz said.

"We gathered a cadre of Reserve component and active component trainers with varying backgrounds and skill sets from several communities, including Field Medical Service Technicians, Staff Education and Training hospital corpsman and emergency medical technicians.

"The whole motivation to develop, design and procure equipment for an exportable TCCC program was to expose and certify every Blueside Reserve Component hospital corpsman from E-1 thru E-9."

"Blueside" corpsmen serve with Navy commands while "Greenside" corpsmen are Fleet Marine Force (FMF) and are assigned to Marine Corps units.

"While active duty can accommodate 'just in time' TCCC training (meaning 90 days prior to deploying) 'just in time' for the RC is just ridiculous."

"We compiled data that reflected TCCC training compliance and highlighted key geographical locations. As a group we created standard operating procedures, equipment list and timeline to prepare the host activity and gather instructors. At that point, as the Reserve liaison, we felt we had enough data, execution ideas, goals and expected outcomes to bring it to CNRFC (Commander, Navy Reserve Forces Command) for consideration."

The first exportable TCCC class was held last year at NOSC Houston for 14 hospital corpsman and was conducted by Hospital Corpsman 1st Class Robert Willis and Hospital Corpsman 2nd Class William Holder.

"The driving force was proving that one class of 20 students would give us 150 percent return on investment," Schwartz explained. "Today, we are saving the Navy an average of \$1,250 per trainee."

So far, more than 320 hospital corpsman have been certified. With the per student savings and other cost saving measures TCCC has saved the Navy more than \$500,000.

"Some months we have had one course, now we are up to two to three per month. We have only four sets of equipment at this time. Not bad for an initial \$5K investment," Schwartz said. "Currently, we have 25 very dedicated instructors, all funded by BUMED. They absolutely love what they do and they are outstanding at it."

"Exportable training can be done with anything," Schwartz said. "It just takes courage, commitment and out-of-the-box thinkers."

"And the dedication of the instructors, detachment leaders and support staff that pull this off over and over again is priceless! What a privilege, what an impact and what a great time to serve in the Navy Reserve."

The Navy Reserve Needs Operational Planners

- The Navy Reserve recently assessed demand for trained Operational Planners on Combatant Commander and Numbered Fleet staffs and designated 377 Reserve Operational Planner billets across the Force.
- The FY13 APPLY Board will select officers to fill designated Planner billets. Operational Planner billets can be filled by a Maritime Staff Operator Course (MSOC) graduate or an interested officer who agrees to attend MSOC after selection.
- MSOC is a 5-week class taught at the Naval War College that prepares officers to serve in operational staff assignments in Maritime Operations Centers or as maritime planners while serving in other Service, Joint and liaison billets.
- Completing MSOC earns an officer the "JOM" AQD, identifies him/her a Reserve Planner, increases competitiveness for key Reserve Operational Planner billets, and bolsters professional value for Fleet and COCOM staff support opportunities.

Find out more about the MSOC at the "Academics" link at <http://www.usnwc.edu>

Operational Planning Billets Available:

AFRICOM	PACFLT
CENTCOM	USFF
EUCOM	C3F
NORTHCOM	C4F
PACOM	C5F
SOCOM	C6F
SOUTHCOM	C7F
TRANSOM	C10F

DIVE DEEP

Story and photos by Mass Communication Specialist 2nd Class CHARLES WHITE
NAVY REGION SOUTHEAST RESERVE COMPONENT COMMAND PUBLIC AFFAIRS



▲ SATFADS barge with dive bell deployed.

More than 65 miles south of Panama City Beach, Fla. a team of Navy Divers from Navy Experimental Dive Unit (NEDU) made history and breathed life back into a previously abandoned Navy capability. These divers made the first manned saturation dive past 1,000 feet of sea water (FSW) since the Cold War, ultimately reaching a depth of 1,004 FSW.

Intended for use in scenarios requiring any number of divers to remain at depth for otherwise unsustainable periods of time — like large scale salvage and recovery operations — the Saturation Fly-Away Diving System (SATFADS) keeps divers pressurized to their working depth even while aboard ship. This capability eliminates the exhaustive need to depressurize after each dive and enables the divers to perform shift work at depth.

The SATFAD program was eliminated in the waning years of the Cold War but the Navy was reminded of the systems viability after several disasters that represented mammoth salvage

operations. Trans World Airlines Flight 800 that crashed into the Atlantic Ocean in 1996 was one of the largest diver-assisted salvage operations ever conducted. The Space Shuttle Challenger disaster, which in 1986 showered debris off the Atlantic coast of Florida, had considerable Navy diver participation as did the Space Shuttle Columbia disaster which deposited debris across a swath of lake beds in the Southeastern United States.

Saturation diving is achieved by slowly bringing the divers to the pressure they will experience at their dive site. Once at pressure the divers are lowered to the site where they can exit their vehicle and perform their assigned task without the need for a bulky or large dive suit. When the assignment is complete or a break is needed, the divers return to the vehicle and seal themselves inside while they remain pressurized to their working depth. They can then be raised back to the surface to rest or refuel. This cycle can be repeated for as long as needed allowing the lengthy decompression time of one day per 100 FSW plus one day to be performed only

once. In this case the six-member dive team was required to decompress for 11 days.

The brand new \$26 million SATFADS is essentially a giant winch and a dive bell that couples to a fixed dive depth chamber (DDC). It doubles as the decompression chamber and living quarters for the divers during longer operations. The whole system can be likened to an Apollo era space craft with a detachable capsule. Though not intended for space travel, the need to withstand extreme pressures and temperatures while remaining completely sealed from the elements is no less important. It is for that reason the system was put through an extensive certification process requiring more personnel skill sets and man hours than NEDU could provide on its own. For that reason Naval Sea Systems Command mandated the operation include active-duty and Reserve Sailors and civilians.

Saturation Fly-Away Diving System Program Manager, Paul McMurtrie, said the impact of the Navy selected Reserve (SELRES) team members, of which there were 15, on the operation was particularly beneficial.



▲ More than 65 miles south of the coast of Panama City Beach, Fla., Navy Diver 1st Class Alvin Carter watches as a massive winch hoists a manned dive bell back from a depth of more than 600 feet of sea water (FSW).

“What they’ve given us has far exceeded our expectations,” said McMurtrie. “Each and every one of them has brought something different to the table. Unique skill sets that they bring from their civilian jobs and their military jobs that unfortunately we don’t otherwise have with the younger divers. It takes years to develop those skills, so these guys are bringing skill sets that we don’t have access to often times with the active-duty Navy Divers.”

One additional and generally understood benefit of employing Reservists is the cost savings over contracted civilian equivalents. McMurtrie noted that the SELRES cost savings was easily quantifiable in two specific areas and was even larger but more difficultly calculated in other areas.

“Two certified welders saved me between \$40,000 and \$50,000 and the two boatwain’s mates that I have onboard right now have saved me \$20,000 in manpower costs,” he said.

Navy Diver 1st Class Alvin Carter, the only certified “Gas King” in the Navy Reserve, is certified to maintain proper gas mixtures for the dive bell and the DDC. He is responsible for ensuring proper functioning of the entire dive system. Carter took a five-month leave of absence from his job as a civilian diver, working for a company that services the U.S. Atlantic Fleet in Norfolk, Va., to prepare for and participate in the SATFADS certification.

Carter said it was a huge honor to represent the Navy Reserve as part of the history making team. He added, “1975 was the last time the Navy’s been to 1,000 feet. It’s pretty cool that we’re bringing a SAT system back on line and I’m a part of it.”

Cmdr. Mark Matthews, director of Ocean Engineering, supervisor of Salvage and Diving, Naval Sea Systems Command credits the SELRES support with much more than just being a member of the team.

“The Reservists have been a critical enabler to help me get this system through certification,” said Matthews. “I would not be

functioning at sea right now if I didn’t have Reservists. The system would still be pier-side and I would be struggling to find alternative funding and alternative manpower.”

Ultimately, after several months and without any major setbacks the system passed its certification. SELRES participants provided more than 250 man-days in achieving the goal. The final home port or parent command for SATFADS has yet to be determined, but with Navy Reserve plank-ownership and pride already established, wherever it ends up, it is safe to say that the system will likely draw active and Reserve component crews. No matter what, SATFAD represents the value of the interdependent relationship between both components and the resolve of the two components working together as one team.



THIN BLUE LINE

Story and photos by Chief Mass Communication Specialist WILLIAM LOVELADY

Master-at-Arms Seaman Kelly Gaines mans the rails as USS Wasp (LHD 1) enters New York harbor.

Steaming up the Hudson River toward Manhattan, a unique group of Navy Reserve masters-at-arms aboard USS Wasp (LHD 1) passed the Statue of Liberty. For some, this was their first view of the city. For all of them it was a first for their mission.

In April, the Navy kicked off the Bicentennial Commemoration of the War of 1812, with events scheduled in major cities in the mid-Atlantic and Midwest regions. Navy ships and Sailors will be visiting many of these cities for the first time in a decade.

Protecting Navy ships at public piers requires a team of dedicated landward security forces. Since the War of 1812 bicentennial is a non-recurring event, Reservists are ideal for providing this force protection.

U.S. Fleet Forces Command created a Commemoration of the War of 1812 Navy Reserve Navy Security Forces (COMWAR 1812 NR NSF) team to protect ships and visitors during these historic events.

“We have a core team of 27 Reservists on orders for four months who will visit each city,” said Lt. Cmdr. Dell Griffith, the team’s Reserve coordinator. “In each city, we are lining up additional Reserve masters-at-arms to fill our watchbills.”

Since the bicentennial is a non-recurring event, Reserve support is the most efficient and cost-effective way to meet the Navy’s needs. The core team travels via ship, sleeping, eating and working with the crew. Travel costs are kept to a minimum and there is no need to pull active-duty security forces away from their regular duty stations.

In addition to cost savings, many Reserve masters-at-arms are civilian law enforcement officers whose training and daily interaction with the public make them ideally prepared to protect and accommodate visitors.

“I’m a deputy sheriff in Alachua County, Fla., and I’ve received surveillance detection training from NCIS,” said Master-at-Arms 1st

Class Thomas Thuesen. “I was glad I got a chance to come to Fleet Week to see New York City and to support the Navy security mission.”

Not only do Reservists bring valuable civilian skills to their Navy jobs, they often take valuable Navy training back to their civilian workplace.

“We had two academies for team members, one at Joint Expeditionary Base Little Creek, Va., and one at Naval Weapons Station Earle, N.J.,” said Senior Chief Master-at-Arms (EXW/AW) Jim Curby, the team’s senior enlisted leader and a police officer in Streetsboro, Ohio. “It was sustainment training and weapons qualification, plus a few extra things we added in for this mission.”

In addition to pistol and rifle shooting, members were trained or certified to carry and use non-lethal weapons like batons and pepper spray. They also received training on suicide bomb attacks.

At Fleet Week New York, 67 members of COMWAR 1812 NR NSF augmented a 120-member detachment of Reservists from Maritime Expeditionary Security Squadron Fourteen (MSRON-14). Working with local and federal law enforcement, they provided protection as more than 100,000 people toured ships during a five-day period.

“In New York and the mid-Atlantic cities, we are under the operational control of MSRON-14. They provided the equipment and know-how to really get us off the ground. When the Great Lakes phase begins, MSRON-14 will hand off to us, and our team will be the sole provider of pierside port security,” said Griffith. “Since MSRON-14 is a Reserve unit, they’ve been through this process and they understand the issues unique to Reservists. Our leaders are working with their leaders making sure when we take the reins, it’s a seamless transition.”

After months of planning, training and administrative preparation, two dozen members of the team assembled at Naval Station Norfolk to get underway on Wasp. For some, it was their first time at sea on a Navy ship.

“Wasp will always have a special place in my heart,” said Chief Master-at-Arms Randy Vincent. “It is my first ship. Going to sea for the first time was pretty cool. Going to sea for the first time as a chief was even better.”

Many Reserve masters-at-arms, like Vincent, were recruited with no prior service and have only been assigned to shore billets in the United States and in support of overseas contingency operations.

“It was cool being on the ship even though I was seasick,” said Master-at-Arms Seaman Kelly Gaines from Navy Security Forces Crane, Ind. “Now I can stop saying, ‘I’m in the Navy but have never been on a ship.’”

Once the ship got underway, many team members paired up with the ship’s master-at-arms force to learn about shipboard procedures. They patrolled the ship day and night shadowing their active-duty counterparts. Some had the opportunity to tour the ship’s brig and learn about afloat confinement and corrections. Others had an opportunity to observe a disciplinary review board and captain’s mast.

For others, it was good to get back to sea. Engineman 1st Class (SW) Kenneth Motes joined the Navy in 1979. He has been drilling in a volunteer training unit, without pay, for several months.

“I love being in the Navy,” said Motes. “So when I got the call for this mission, I was glad to have it. I told Lt. Cmdr. Griffith that I would probably need a little more training than some of the others, but I’d work hard and have a good attitude about it.

When the team and Wasp left New York, Motes, asked to be put on the engine room watchbill.

There was much laughter when Motes showed up to muster wearing coveralls and a USS Hue City (CG 66) ballcap—a gift from that ship for a much-needed repair he performed last year.

Some of them couldn’t believe that Motes wanted to spend his off-time working in the engine room.

“There aren’t a lot of steamships like this one left in the fleet. I’ve worked on them for years and I can help the guys out if they need a hand, or just spend some time being around the people and Navy I love.

“I’m at the end of my career,” Motes continued, “but I can still share some experience with the younger Sailors.”

▼ Master-at-Arms 2nd Class Terrance Daly (top photo), Master-at-Arms 2nd Class Matthew Duhaine (bottom left), Master-at-Arms 2nd Class Lluvia Rodriguez (bottom center), and Master-at-Arms 2nd Class Ian Pidduck (bottom right) provide protection as visitors tour Navy ships during Fleet Week New York.





Navy Reserve Purple Heart Recipient Named City Tech's 2012 Valedictorian

Written by MICHELE FORSTEN
Director of Communications
NYC College of Technology

One might think that Richard Fisher chose a circuitous path to a college degree and academic achievement. But it ended up working out just fine for him, as he has been named New York City College of Technology's (City Tech's) 2012 Valedictorian.

Graduating with a 3.968 grade point average, Fisher did not excel academically in high school. In fact, his average test score was in the high seventies. "I had to go to summer school once in middle school and once in high school, both for math; I just wasn't applying myself," Fisher said. "I also had to take chemistry twice because I failed it the first time."

Fisher grew up in Colonie, a suburb of Albany in upstate New York. "I'm the youngest of five and the only one to join the military," said Fisher. "I saw my parents spending their money to send my brothers and sisters to college, and I wanted to do it differently."

Knowing he didn't want to go straight to college, he chose to enlist in the Navy during his senior year of high school. He had a year of delayed entry before starting boot camp. During that time he chose to work "three or four" different jobs. These included a full-time position with a construction firm, and part-time work with the volunteer fire department and a retail store at the local mall. "My friends were away at college, and I decided to just work and work and work." Sometimes that meant seven days a week.

After boot camp he was assigned to the Seabees as a carpenter with Naval Mobile Construction Battalion (NMCB) 133. Right before

being deployed to Iraq in 2005, he was stationed in Gulfport, Miss., an hour's drive from New Orleans and just a mile from the coast. He was there when Hurricane Katrina hit, and much of his base was badly damaged. Fisher's battalion cleared downed trees and other storm debris. They set up temporary quarters for service members' families inside concrete warehouses being used as storm shelters and constructed showers for the facilities.

After Katrina, NMCB 133 deployed to Iraq. They had been in Iraq only four months before Fisher was wounded by a mortar shell explosion on February 20, 2006. "The hardest thing about being hurt was the phone call home to tell my parents," Fisher said. His father had served in the Army and supported his son's decision to join the military; his mother, on the other hand, initially wasn't all that keen on it. At the age of 19, he was awarded the Purple Heart.

Now 25 and in the Navy Reserve, Builder 1st Class Fisher has learned that to succeed, one has to work hard and be determined. He started at the lowest rank in the military and worked his way up to first class petty officer.

Fisher's transition from the active component to the Reserve component was timed just right.

"Obviously the economy was a big concern then and most people thought I was crazy to leave active duty when I did," Fisher said. "The Reserve was essentially a safety net for me. I figured that there would be opportunities for me to volunteer for mobilizations, AT, or ADT training. I also knew that I would be able to keep my health and dental

benefits which was important for me. They were also offering a bonus at the time, so that also made my decision easier. Also, talking to my buddies still on active duty, they told me about how advancement has more or less locked up for Seabees. On the reserve side I was able to put on BU1 first time up. There is no doubt in my mind that joining the Reserve was a good move.”

Getting promoted in the Navy Reserve allowed Fisher to begin his teaching career in the Navy.

“Before I knew it, I was mentor to other Sailors,” Fisher said. “I came to see that no matter what your field is, there will always be someone to learn from and someone to teach.

Teaching others in the Navy Reserve continues to be a focus in Fisher’s career. The timing of his transition to the Reserve component worked well for him as he was able to begin his college studies and teach Sailors at his Navy Operational Support Center. Because he had just changed lanes following his active service he was in a two-year dwell status from being mobilized.

“Shortly after I checked into my unit, they deployed to Afghanistan and Iraq. I didn’t have to go because I had just left active duty. So I stepped up as the career

counselor,” Fisher said. “A lot of the knowledge I gained from my time on active duty let me answer questions and help out the people who didn’t have as much experience. It was a big responsibility and definitely a challenge given constraints Reservists work under. The biggest constraint has got to be that everyone has obligations and expectations outside of the Navy... balancing them is not always easy.”

Now graduating with a bachelor’s degree in technology teacher education, Fisher wonders if he didn’t always know where his path would lead him. “I had taken a number of construction and wood shop courses in junior high and high school. My dad was very handy and had shop-like equipment that I was exposed to at a young age. I’ve always been around woodworking and liked it,” he said.

In high school, Fisher’s mentor was his technology teacher, Tom Casey, also a former Navy Seabee. Fisher, whose older brother is also

a technology teacher, eventually realized he wanted to follow in the footsteps of his mentor and brother.

“It was the right decision,” he said. “I really love living in the city and everyone at City Tech has been very supportive.” When he first started at City Tech, he had another challenge to face. “I was used to the structured lifestyle of the military, and it was difficult at first to adapt; I had to learn time management.”

At City Tech, where he made the Dean’s List each semester and is receiving the Robin Kazer Memorial Award for Excellence in Technology Education, he was surprised by the diversity of backgrounds of the students and professors. “I’ve met terrific professors and students from all over,” Fisher said.

“This semester, I’ve been student teaching at Brooklyn Technical High School, and I’m finding the same cultures represented in the classroom there as at City Tech. I feel very comfortable with everyone,” he adds. “I’m amazed how much I’ve learned from the

students at Brooklyn Tech. I plan to never stop learning or teaching.”

Fisher’s current plans are to further his dual career as an educator and as a Sailor. He expects to teach high school in



Commander, First Naval Construction Division, Rear Adm. Robert L. Phillips, presents the Purple Heart to Seabees assigned to Naval Mobile Construction Battalion One Three Three (NMCB-133). Photo by Photographer's Mate 3rd Class Ja'lon A. Rhinehart.

the fall, while taking evening courses toward a master’s degree in education. His goals also include pursuing a commission to continue his military career as an officer.

But before he sets those plans into gear, he will be delivering the valedictory address at City Tech’s commencement.

“My mom always told me that she could live with me not being a good student, even though she knew I could have done better when I was younger,” Fisher said. “What mattered most to her was that I treated everyone with respect and lived by the morals that she and my dad taught me. I can see very clearly now that you can go far in life if you just work hard and be a good person.”



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

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

SAILOR STRONG

CHAPTER 5: MISSION PLANNING

One of the many roles I fill within our Security Transition Team is as an advisor to the intelligence officer of the Afghan National Civil Order Police (ANCOP). It is interesting work and, although it is not a traditional role for my 1205 (human resources) designator, I do the best I can to help.

Recently I received a report our base and other Afghan National Security Force (ANSF) bases in the area were being watched by an individual working within one kilometer of our main gate. This individual was allegedly passing intelligence on convoys and troop strength to local Taliban commanders. He had apparently been at this for several months by the time I had received the intelligence report.

Security Transition Team Six was given a very high profile mission in the upcoming weeks. I can't go into details here, but I will tell you high ranking individuals from ANSF and Coalition Forces (CF) were scheduled to be present during this mission. My team had primary responsibility for security. This was going to be a significant challenge with this individual in the area.

After conducting research on the individual I learned he had been identified as a JPEL (Joint Prioritized Effects List). The JPEL is basically a list of enemy insurgents who have been classified as being a large enough threat to warrant increased attention.

Realizing the security threat this individual posed on a day to day basis, and especially to the potential VIP's visiting our area of operation (AO), I spoke with my team leader Lt. Cmdr. Scott Palumbo. He gave me the green light to focus my efforts on this individual. Not being a traditionally trained intelligence officer, I pursued some non-traditional courses of action and enlisted the help of several people within and outside the intelligence community.

This sounds like an easy task, but it is anything but easy. Within the U.S. Army, I have experienced more internally focused people

than I have in the 25 plus years of my Navy service combined. The predominant attitude of some people is simply this: If you aren't part of my team or my command, why should I help you? This came as quite a shock to me as I have spent many years of my career within Amphibious Construction Battalion Two working jointly with other services. I also have had countless experiences working with other Navy units where the overwhelming perspective is we do whatever it takes to get the job done. It means sharing intelligence, space, equipment, food, or whatever is necessary. That, in my experience here, is not the perspective of most U.S. Army units. It is definitely an all for one attitude, but the "one" is my unit or my command, not yours.

I was persistent enough to obtain the help and insight of one incredible operator with the Army Special Forces (SF) unit here. He shared what intelligence he had on the individual and the local area. He also put me in touch with a few others and helped encourage them to cooperate with me in order to achieve the desired results.

Collecting as much intelligence as possible in a short amount of time is the easy part. Compiling, verifying, and communicating that intelligence is the difficult part. Having a source tell you something isn't enough sometimes when it comes to taking a Taliban insurgent off the streets. In order to gain approval for a mission to eliminate this type of threat, you have to have solid intelligence information detailing all the questions that will arise. The who, what, where, when, and why provide all the background necessary to obtain approval for a mission. Then comes the Operations piece of the pie: How?

With the help of my team and several others I obtained enough answers to gain approval for a mission to apprehend this individual. By being an advisor for a Security Transition Team here in Afghanistan you are expected to push the ANSF forces to the front while providing support and mentorship. Planning for this operation would include members of both my team and the ANCOP.

This is where, in most instances, Murphy steps in. Anything that can go wrong likely will. As we were to begin planning our operation, something

happened within Afghanistan that was significant enough to put my team and entire base on lockdown for several days with no one being allowed to leave the base. All of my hard work would be for nothing if we did not succeed in apprehending this guy before our next major mission. Time was critical.

I discussed the situation with senior leadership and we concluded our only option at this point was to inform our partners from ANCOP of our intelligence and information and see what could be done. We had sketched out a rough plan, but wanted their participation in the final mission planning. After advising them of the situation, the ANCOP leaders quickly seized the opportunity and planned a mission that would not involve U.S. forces. Although we had not witnessed ANCOP operating without us before, the importance of security within our AO being Afghan led was obvious.

During the planning phases of the operation I shared some background information on the target objective. This individual had been connected to several improvised explosive devices, attacks on coalition forces, and facilitating suicide vest attacks in Kabul. After discussing one specific event he had been connected to, I noticed a complete change in one of our ANCOP. Upon asking him what was

going on, he informed me an attack had killed a family member. Now, not only was this critical to our upcoming mission, but it was personal to the members of our ANCOP team.

Although we could not roll outside the wire with our partners because of the lockdown, we were not willing to take a passive role in this operation. Using the resources we had available we were able to aid the ANCOP in their mission and contribute directly to the capture of this very high value target.

I wish I could share all the details but security classifications prevent that from being possible. However, I will tell you there is nothing like realizing what all was involved in bringing this insurgent to justice, the teamwork involved, and the outstanding actions of our partner unit. Watching them as they apprehended him and placed him into custody, knowing how much it meant to everyone, was beyond rewarding. It may very well turn out to be the highlight of my entire deployment, but that is yet to be seen.

Until next time, stay positive, watch out for your shipmate, and beyond all stay safe.



Soldiers from Company B, 1st Battalion, 133rd Infantry Battalion and Afghan National Army and Afghan National Civil Order Police patrol the area outside the Bad Pach district center in Laghman Province, Afghanistan. Photo by Capt. Kevin Hrodey.

Acronyms

AA - Authorized Absence
 AAFES - Army and Air Force Exchange Service
 ABSC - Active Billet Sequence Code
 AC - Active Component
 ADSW - Active Duty for Special Work
 ADT - Active Duty Training
 AO - Area of Operations
 AOC - Aviation Officer Candidate
 AOI - Area of Influence
 AOR - Area of Responsibility
 APG - Advanced Pay Grade
 AT - Annual Training
 ATP - Additional Training Period

BUDS - Basic Underwater Demolition School
 BUMED - Bureau of Medicine and Surgery

CACO - Casualty Assistance Calls Officer
 CAI - Cross-Assigned In
 CAO - Cross-Assigned Out
 CEC - Civil Engineering Corps
 CFC-A - Coalition Forces Command - Afghanistan
 CFL - Command Fitness Leader
 CITF - Criminal Investigative Task Force
 CJSOTF - Combined Joint Special Operations Task Force
 CJTF - Combined Joint Task Force
 COB - Close of Business
 COLA - Cost of Living Allowance
 CMS/ID - Career Management System Interactive Detailing
 CNAFR - Commander, Naval Air Force Reserve
 CNIC - Commander Navy Installations Command
 CNR - Chief of Navy Reserve
 CNRC - Commander Navy Recruiting Command
 CNRFC - Commander, Navy Reserve Forces Command
 COMRATS - Commuted Rations
 CONUS - Inside the Continental United States

COCOM - Combatant Commander
 CSG - Carrier Strike Group
 DECA - Defense Commissary Agency
 DCO - Direct Commission Officer
 DDS - Direct Deposit System
 DFAC - Dining Facility
 DEERS - Defense Eligibility Enrollment Reporting System
 DEMOB - Demobilization
 DFAS - Defense Finance and Accounting System
 DOD - Department of Defense
 DONTFS - Department of the Navy Total Force System

ECRC - Expeditionary Combat Readiness Center
 EOS - Expiration Of Service
 ESG - Expeditionary Strike Group
 ESGR - Employer Support of the Guard & Reserve
 ET - Equivalent Training
 ETA - Estimated Time of Arrival
 ETD - Estimated Time of Departure

FOB - Forward Operating Base
 FOUO - For Official Use Only
 FTS - Full Time Support

IA - Individual Augmentee
 IADT - Initial Active Duty Training
 IAG - Information Assurance Group
 IAP - In Assignment Processing
 IDT - Inactive Duty Training
 IDTT - Inactive Duty Training Travel
 IED - Improvised Explosive Device
 IG - Inspector General
 IMAPMIS - Inactive Manpower and Personnel Management Information System
 IRR - Individual Ready Reserve
 ISAF - International Security Assistance Force

JCS - Joint Chiefs of Staff
JRB - Joint Reserve Base
JSAG-I - Joint Services Action Group - Iraq
JSOC - Joint Special Operations Command
JSOTF - Joint Special Operations Task Force
JTF GTMO - Joint Task Force Guantanamo Bay
JTF HOA - Joint Task Force Horn of Africa

MCAG - Maritime Civil Affairs Group
MESF - Maritime Expeditionary Security Force
MILPERSMAN - Military Personnel Manual
MIUW - Mobile Inshore Undersea Warfare
MNFI - Multi-National Forces Iraq
MNSTC-I - Multi-National Security and Training Command - Iraq
MOB - Mobilization
MRE - Meals Ready to Eat
MTT - Military Transition Teams

NAF - Naval Air Facility
NAS - Naval Air Station
NAT - New Accession Training
NAVELSG - Navy Expeditionary Logistics Support Group
NAVSTA - Naval Station
NAVET - Navy Veteran
NCO - Non-Commissioned Officer
NCS - National Call to Service
NEC - Navy Enlisted Classification (or Code)
NECC - Navy Expeditionary Combat Command
NEX - Navy Exchange Service
NMPS - Navy Mobilization Processing Site
NOBC - Navy Officer Billet Classification (or Code)
NOE - Notice Of Eligibility
NOSC - Navy Operational Support Center
NPQ - Not Physically Qualified
NR - Navy Reserve
NRIP - Navy Reserve Intelligence Program
NROTC - Naval Reserve Officer Training Corps
NROWS - Navy Reserve Order Writing System
NRWS - Navy Reserve Web Site
NSA - Naval Support Activity
NSIPS - Navy Standard Integrated Personnel System
NSPS - National Security Personnel System

OCNR - Office of the Chief Navy Reserve
OCONUS - Outside Continental United States
OCS - Officer Candidate School
OIC - Officer In Charge
OJT - On the Job Training
OLA - Office of Legislative Affairs
OPNAV - Office of Chief of Naval Operations
OPSEC - Operational Security

OPTEMPO - Operational Tempo
ORM - Operational Risk Management
OSC-A - Office of Security Cooperation - Afghanistan
OSO - Operational Support Officer

PAYPERSMAN - Navy Pay and Personnel Procedures Manual
PCS - Permanent Change of Station
PDFRC - Pre-Deployment Family Readiness Conference
PFA - Physical Readiness Assessment
POC - Point of Contact
POV - Privately Owned Vehicle
PRC - Presidential Reserve Callup
PRD - Projected Rotation Date
PRIMUS - Physician Reservists in Medical Universities and Schools
PRT - Physical Readiness Test or Provincial Reconstruction Team
PSD - Personnel Support Detachment

RBSC - Reserve Billet Sequence Code
RC - Reserve Component
RCC - Reserve Component Command
RCCPDCS - Reserve Component Common Personnel Data System
RCHB - Reserve Cargo Handling Battalion
RESFORON - Reserve Force Squadron
RHS - Reserve Headquarters System
RIAC - Reserve Intelligence Area Commander
RIPO - Reserve Intelligence Program Officer
RTB - Reserve Transition Benefits
RTSS - Reserve Training Support System
RUAD - Reserve Unit Assignment Document
RUIC - Reserve Unit Identification Code
RWW - Returning Warrior Workshop

SAU - Squadron Augment Unit
SELRES - Selected Reservist
SNCO - Staff Non-Commissioned Officer
SOP - Standard Operating Procedure

TOC - Tactical Operations Center
TRUIC - Training Reserve Unit Identification Code
TSC - Combatant Commanders Theater Security Cooperations

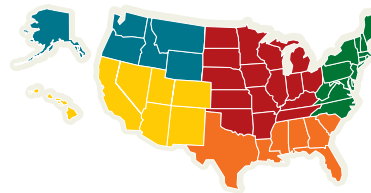
UA - Unauthorized Absence
UCMJ - Uniform Code of Military Justice
UMA - Uniform Maintenance Allowance
USC - United States Code

VTU - Volunteer Training Unit

YRPS - Yellow Ribbon Program Specialists

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.



Spokane, Wash. (509) 327-3346	HSL-60 (904) 270-6906
Springfield, Ore. (541) 915-2391	VP-30 SAU (904) 542-3060
Whidbey Island, Wash. (360) 257-2922	VAQ-129 SAU (360) 257-2276
VP-62 (904) 542-4461	VAW-120 SAU (757) 444-5072
VP-69 (360) 257-6969	VFA-125 SAU (559) 998-1841
Fleet Logistics, Support Wing (817) 825-6438	HSC-3 (619) 545-8196
VR-1 (240) 857-3410	HS-10 (619) 545-6600
VR-46 (817) 782-3420	VFA-106 (757) 433-9081
VR-48 (240) 857-6814	VFA-122 (559-998-3482
VR-51 (808) 257-3289	Operational Support Offices and Reserve Force Operations Allied Command Transformation (NATO) (757) 747-4071
VR-52 (609) 754-0908	Expeditionary Strike Group Seven 011-81-98-954-1605
VR-53 (240) 857-9029	Bureau of Medicine and Surgery (202) 762-3211
VR-54 (504) 678-3061	Center for Naval Aviation Technical Training (850) 452-9700
VR-55 (805) 989-8755	Comptroller of Navy (202) 685-7000
VR-56 (757) 433-4065	Defense Intelligence Agency (202) 231-4044
VR-57 (619) 545-6920	Defense Logistics Agency (866) 204-4850
VR-58 (904) 542-2380 x110	Destroyer Squadron Two (757) 444-1452
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VR-61 (360) 257-6595	Expeditionary Strike Group Two (757) 462-7403 x 110
VR-62 (904) 542-8557	Expeditionary Strike Group Three (619) 556-1470
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ETD Pacific 808-448-9278	Fleet Activities Chinhae, Korea 011-82-55-540-2852
ETD Sigonella 011-39-095-86-5289	Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1000 x144
Tactical Support Wing (817) 782-5295	Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1610
VAQ-209 (240) 857-7828	Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808) 473-7928
VAW-77 (504) 390-6288	Fleet and Industrial Supply Center San Diego, Calif. (619) 556-6234
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VFC-12 (757) 433-4919	Fleet Forces Command (757) 836-3644
VFC-13 (775) 426-3644	
VFC-111 (305) 293-2654	
HSC-85 (619) 545-7218	
HSC-84 (757) 445-0861	

Chief of Navy Reserve (703) 693-5757	Norfolk, Va. (757) 318-4500	Harlingen, Texas (956) 425-0404	Green Bay, Wis. (920) 336-2444	Denver, Colo. (720) 847-6205
Office of the Chief of Navy Reserve (703) 693-5757	Pittsburgh, Pa. (412) 673-0801	Houston, Texas (832) 380-7400	Indianapolis, Ind. (317) 924-6389	Fort Carson, Colo. (719) 526-2964
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Force Equal Opportunity Advisor and EO Hotline Chief Steven Sawyer 1-877-822-7629 (757) 322-5679	Quincy, Mass. (617) 753-4600	Meridian, Miss. (601) 679-3610	Knoxville, Tenn. (865) 545-4720	Las Vegas, Nev. (702)632-1455
	Raleigh, N.C. (866) 635-8393	Miami, Fla. (305) 628-5150	Lansing, Mich. (517) 482-9150	Lemoore, Calif. (559) 998-3778
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Region Mid-Atlantic RCC (757) 444-7295	Schenectady, N.Y. (518) 399-2134	Puerto Rico (787) 707-2324	Memphis, Tenn. (901) 874-5256	Pearl Harbor, Hawaii (808) 471-0091
Avoca, Pa. (570) 457-8430	Syracuse, N.Y. (315) 455-2441	San Antonio, Texas (210) 225-2997	Milwaukee, Wis. (414) 744-9764	Phoenix, Ariz. (602) 484-7292
Baltimore, Md. (410) 752-4561	White River Junction, Vt. (802) 295-0050	Shreveport, La. (318) 746-9657	Minneapolis, Minn. (612) 713-4600	Point Mugu, Calif. (805) 989-7559
Bangor, Maine (207) 974-1301	Wilmington, Del. (302) 998-3328	Tallahassee, Fla. (850) 576-6194	Nashville, Tenn. (615) 267-6345/6352	Port Hueneme, Calif. (805) 982-6106
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Force US Pacific Fleet
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Maritime Expeditionary
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Maritime Expeditionary
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Chief of Naval Air Training

CAOSO
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SUBMISSION GUIDELINES

PHOTO SUBMISSIONS

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

STORY SUBMISSIONS

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

QUESTIONS AND SUGGESTIONS

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



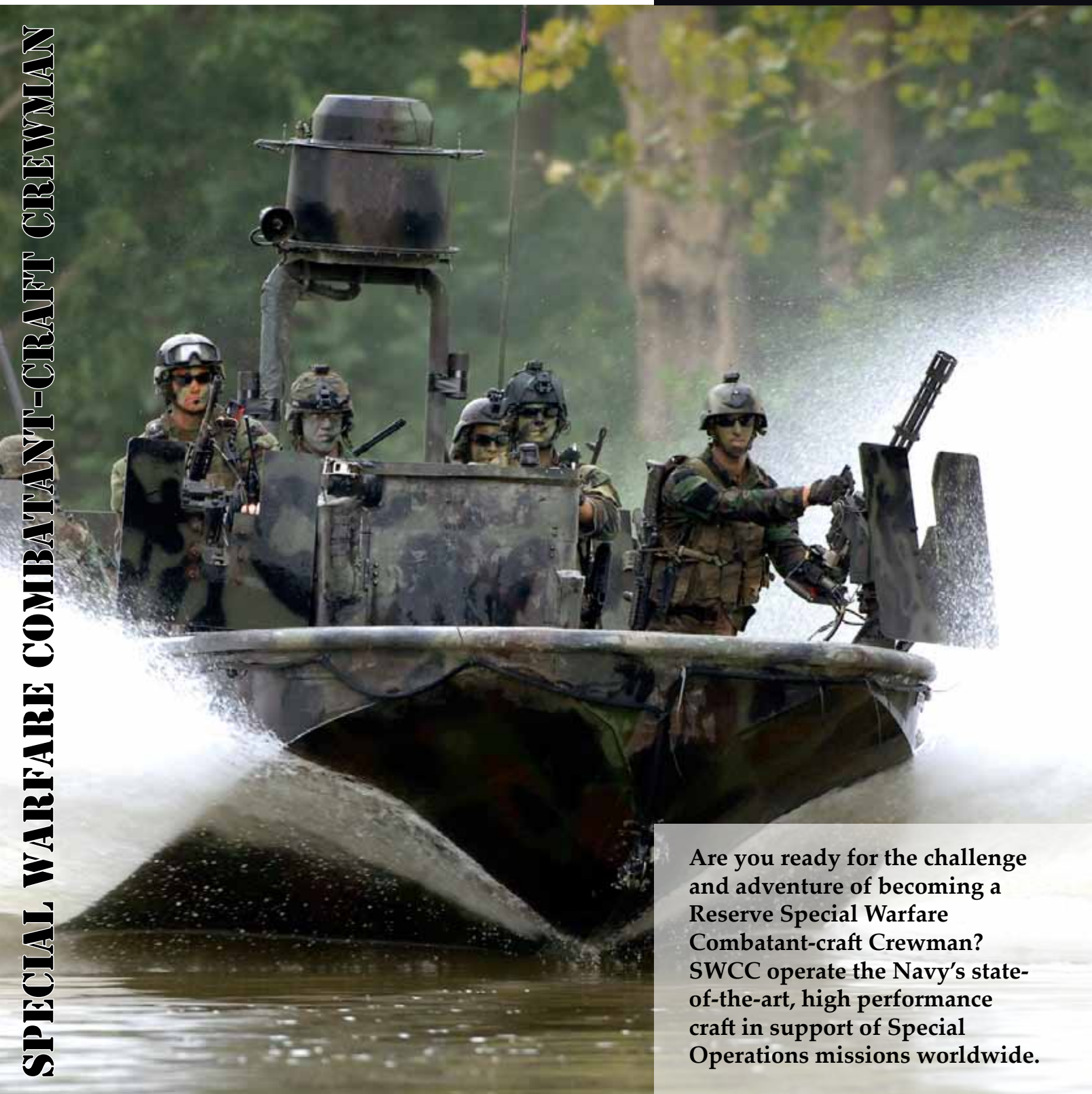
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