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TNR

THE NAVY RESERVIST

Vice Adm. Robin R. Braun

Chief of Navy Reserve
Commander, Navy Reserve Force

Rear Adm. Bryan Cutchen

Commander, Navy Reserve Forces Command

Rear Adm. Douglas J. Asbjornsen

Commander, Naval Air Force Reserve
Deputy Commander, Naval Air Forces

Cmdr. Tom Cotton

Force Public Affairs Officer

Johnny Michael

Deputy Force Public Affairs Officer

Lt. Meg Ferguson

Naval Air Force Reserve Public Affairs Officer

Chief Mass Communication Specialist (SW)

Sarah Langdon

Public Affairs Leading Chief Petty Officer

Mass Communication Specialist 1st Class (SW/AW)

Corey Lewis

Public Affairs Leading Petty Officer

Mass Communication Specialist 1st Class

Heather Hines

Staff Writer

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

NEWS ONLINE: The Navy Reservist current and past issues can be accessed online at 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.



FOCUS ON THE FORCE

**Vice Adm.
Robin R. Braun**



FOR THE FOCUS

Shipmates, This month's TNR focuses on the important work being done by our Reserve Component across the Fleet. The strength of the Navy Reserve lies in our Sailors, and the Navy remains committed to offering options that allow them to serve while balancing other priorities in their lives.

One of the Navy Reserve's top priorities is enabling the service of our Sailors. We've been working closely with the Chief of Naval Personnel to provide options for talented Active Component Sailors with a strong desire to continue their service in the Reserve Component. There are also opportunities for our RC Sailors to transition to active duty via definite and indefinite recalls. The RC to AC augmentation program (RC2AC) allows qualified RC Sailors in specific rates and year groups to transition to the AC. Selected Sailors execute a new active duty enlistment agreement and compete for advancement as part of the AC. These recalls strengthen our Continuum of Service and allow the AC greater access to RC capabilities and experience. There are currently 1,400 quotas in 25 different ratings available for RC Sailors desiring to transition to the AC.

Across the Fleet, you'll find a growing number of indefinite and definite active duty recall opportunities for our Sailors. As an example, the Chief of Naval Personnel recently approved over 200 RC instructor quotas within the Naval Education and Training Command (NETC), which includes opportunities at the Center for Naval Aviation Training, the Center for Surface Combat Systems, the Surface Warfare Officer School, the Fleet Anti-Submarine Warfare Training Center, and the Naval Service Training Command. As part of this initiative, quotas will also be available for Recruit Division Commanders (RDCs) at Recruit Training Command in Great Lakes. Sailors selected as RDCs are provided with outstanding leadership opportunities as key influencers in the early training and development of our next generation of Sailors. We expect to have as many as 27 RDC quotas available to the RC, with billets utilizing minimum tour lengths of 12 months. If you think you might be interested in any of these challenging assignments, please contact your command career counselor.

In this edition of TNR, you'll also find a great article about another opportunity available for SELRES who desire to return to temporary active duty. The Officer and Enlisted Canvasser Recruiter (CANREC) Program is a vital component of the Navy Reserve recruiting mission. In fact, two of our CANRECs recently earned top honors from the Navy Recruiting Command. For 2012, Lieutenant Stephen Graff was named Reserve Officer Recruiter of the Year while GSM1 (SW) Duane Curato was named Reserve Enlisted Recruiter of the Year. Additionally, PS1(SW) Benjamin Erdelyi Jr. (FTS) was named Navy Recruiting Command's Classifier of the Year for 2012. Congratulations on a job well done!

I encourage you to take a look at the Navy Reserve's Continuum of Service initiatives and the different options available to fit your personal situation. We each have a unique set of life circumstances, and our aim is to offer opportunities for continued service that suit your goals and needs of the Navy. I look forward to visiting with you out in the Fleet and on the deckplates!

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

Force Master Chief (AW) Chris Wheeler



Shipmates and Families, In the CNO's Navy Reserve 98th anniversary message Admiral Greenert said, "As we look forward, there is a bright future for the Navy Reserve, with increasing opportunities for Sailors to participate in emerging mission areas. I encourage you to 'Be Ready' when called to serve."

At home and around the globe, your selfless service and constant readiness are why the Navy Reserve's future is bright. When I speak with our enlisted Sailors they consistently tell me they just want to make a difference, and to get the chance to do more for our country.

From our aviators flying missions in Afghanistan to IA advisors training the Afghan National Army and Police, to Reserve Sailors on AT providing exercise support and critical fleet training, you are doing more and making a difference. The non-military audiences that I speak to about your service are always amazed to learn about all the missions you perform. However, our ability to serve depends on the support of our families and employers. Without their support we would not be ready to serve when called.

So we must ensure that our families have all they need to "go on" when you are away from home. To help you prepare for any type of separation, your NOSC ombudsman and Fleet and Family Support Centers can help you access all the resources you need. The Family Readiness division provides programs and services through Fleet and Family Support Centers, such as relocation assistance, information and referral support, financial management counseling, spouse employment services, family advocacy and transition assistance. Family Readiness also consists of Child and Youth Programs, such as Child Development Centers, the Child Development Home Program and Youth and Teen Centers. Another great resource is Military One Source (www.militaryonesource.mil). Through this website, you can also access information and services that will help you and your family.

Employers are the final key to the success of our Reserve Force. Many employers go above and beyond to support their Reserve employees with additional pay or family support, when their Sailors are deployed. Others send care packages and phone cards to their deployed Sailors to let them know their service is appreciated. To learn how you can recognize your employer go to the Employer Support of the Guard and Reserve (ESGR) website (www.esgr.mil). Finally, being ready also means that we are 100 percent trained, physically fit and morally able to do whatever the mission requires. As Shipmates, we need to work together to ensure that every Sailor is treated equally and with mutual respect. Together, we can make our Force: Ready, Relevant and Safe! Because everyone matters, we make a difference! See you on the deckplates!

Force Master Chief (AW) Chris Wheeler

FOCUS
ON THE
FORCE



Welcome to the redesigned TNR! We've been fortunate enough to obtain the services of industry-leading graphics and layout specialists, and are proud to present a new look and feel for the Navy Reserve force flagship magazine. From a newsletter format in the eighties, to the product you're holding in your hands today, TNR has evolved over the years to better support our loyal readers.

We also want to take this opportunity to wish fair winds and following seas to TNR's longtime editor, Jim Vorndran. His years of service at the helm of TNR have ensured that you, our Reservists, have always had a quality magazine that speaks to who you are and what you do.

The TNR staff at Commander, Navy Reserve Forces Command will continue in that tradition. This edition contains seven feature stories and three columns with a focus on the Navy Reserve's most valuable asset: Sailors. We will continue to cover the many exciting missions, capabilities, events and operations that have been the staple of TNR, but expect each article to also feature the Sailors at the heart of those stories.

Going forward we look to each of you to help in that effort – to reach out to us if you have a great story to tell. The luxury of working at the Reserve 'mothership' is that we have excellent situational awareness on the many evolutions happening across the force, but the drawback is that we're not able to cover them all. That's where you come in. Pitch us your story, and we can figure out first if it will translate into a TNR feature, and if so, how to capture it with words and imagery.

As always, you can find the most current contact information for our staff in the table of contents. Enjoy the new edition and we can't wait to hear from you!

With Regards and Very Respectfully,
TNR Staff.

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.



EO1(SCW)
Michael Nelson
Hometown: Wausau, WI
NOSC: Green Bay, WI

Brief description of your Navy job:

I am the OIC for NMCB-25 Det 1525. I manage the ongoing administrative, medical, dental, and training readiness of 55+ personnel. I also serve as the liaison between Battalion and NOSC leadership and coordinate and execute training plans from both entities.

Brief description of your civilian job: I'm a Lead Fire Service Technician responsible assist my eight technicians in their continuing training and performance. I assist in both technical and logistical support from the field and serve as an advisor to higher management on current operations.

What has been your greatest Navy achievement? It's tough to narrow down to one. My greatest personal achievement I believe is hearing a junior Seabee tell me how much I helped them out and how much my "leadership" meant to them. I believe my greatest Navy achievement, however, has been performing funeral Honors for several passed Sailors. I don't think there is a greater Honor!

Who has been your biggest influence since joining the Navy and why? I actually have to go back to my active duty days as a PR (Aircrew Survival Equipmentman). PR1 Cabal had a lasting effect on me that I didn't realize until years later. He instilled in me what "pride in your work" is all about. He had a phrase (which I won't repeat in this forum) that I've used countless times with others and have used to remind myself often enough on the quality of work that you provide. Of course, I never would have even joined the Navy if it weren't for my Father recounting his stories and fond memories.

What do you enjoy most about the Navy? By far the lifelong friends you make, especially if you are fortunate to serve in a combat zone. I'm convinced there are no better "buddies" you can find in the world as those you serve alongside when the chips are all on the table. I'm proud to have so many of them in my life.

Most interesting place visited since joining the Navy: Had to be my visit to Mar Del Plata, Argentina. In 1991, I got the opportunity to visit there while transporting the USS Kitty Hawk from the East to West coast. Our visit there was nothing short of surreal as we were treated like movie stars upon our arrival. The people and culture had many of us seriously considering making a home there someday.

Current hobbies: Fireworks is my most time consuming hobby during the summer. I set up and shoot about 8 shows a year and love every minute of it. I also like to ski (x-c and downhill) as often as I can. Love to make it to one or two NASCAR events during the year too when possible, usually with one of those "buddies" I spoke of above.



LS2 Miranda A. Ahumada
Hometown: Show Low, AZ
Station: Norfolk, VA
Unit: HELMINERON 15

Job Description: In theatre: Purchase request and armour NCOIC for all NATO Training Mission Afghanistan (NTM-A) Combine Security Transition Command Afghanistan (CSTC-A). **Home:** To procure, track and distributes all operational and logistical requirements in support of 15 MH-53E helicopters, over 600 personnel, and 435 pieces of support/weapons equipment.

Civilian Job: Is a Sentara healthcare employee, as a Certified Nursing Assistant (CNA). **Job description:** Support of the patients care plan by assisting with their nutritional needs, elimination needs, personal daily hygiene and grooming.

Greatest Navy Achievement: I was selected as the 2ND Quarter Junior Sailor of the Quarter for Commander Helicopter Sea Combat Wing Atlantic (COMHELSEACOMBATWINGLANT).

Biggest Influence: My dad is my biggest influence, his name is George Ahumada. He served in the Army National Guard for 20 years. He inspired me to join the military and continued to support me 100 percent.

Enjoy most out of the Navy: The opportunity to do multiple things and learn so much. There is always some sort of excitement for me.

Best place you been since you joined: I only been in the Navy for three years, so I haven't had the chance to judge yet.

Current Hobbies: I love to sing, learn how to play the guitar, write lyrics and going to church. "I sure do miss going to my church in Virginia."

To nominate a Sailor, email the editor, johnny.i.michael@navy.mil, for a submission form. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.



Reserve Retirements

Military retirement can be a challenging and confusing process; especially, for the Reserve community. Commander, Navy Personnel Command (PERS-912) understands these issues and provides the following guide to help Reservists maneuver through this process.

Retired Reserve Eligibility

Completing 20 years of qualifying service (YQS) is the primary way to earn retirement eligibility. Within one year after retiring you will be mailed a "Notification of Eligibility for Retired Pay at or after Age 60." If you earned 20 YQS on or before April 25, 2005 must have satisfactorily served a minimum of six years, not necessarily consecutive, in a Reserve Component (not necessarily the Navy Reserve) commencing at the beginning of the 15th year through the date of

Completing 20 years of qualifying service (YQS) is the primary way to earn retirement eligibility.

retirement. If you hit 20 YQS after April 24 you don't have that requirement. The 6 year rule to obtain eligibility for retired pay has been eliminated.

The 20-year requirement may be reduced to 15 years for certain Selected Reservists (SELRES) determined to be Not Physically Qualified (NPQ)/unfit for duty. To be eligible for early retirement, you must meet all other requirements of 10 U.S.C., Ch 1223; be determined NPQ by COMNAVPERSCOM (PERS-95), as recommended by BUMED; and apply for early retirement and be approved by COMNAVPERSCOM (PERS-9).

Request for Transfer to the Retired Reserve Without Pay

If you retire before age 60 in the Reserve, you will be retiring initially without pay. Requests for transfer to Retired Reserve without pay status must be submitted to COMNAVPERSCOM (PERS-912E). Drilling Reservists must submit their application via the Unit Commanding Officer/Officer in Charge and the supporting Navy Reserve Activity (NRA) Commanding Officer; they should not be signed "by direction."

Non-drilling Reservists should submit an application directly to COMNAVPERSCOM (PERS-912E). Applications must be submitted at least three months prior to the desired date of transfer to the Retired Reserve, but no more than 12 months prior.

Requests must contain the following information: Rank/rate and/or officer designator, full name, complete social security number, mailing address, phone number, Email address, desired effective date (must be the first day of the retirement month), date of birth, verification that enlisted personnel will complete their current enlistment, ceremony date, reason transfer is requested and fax numbers for NRA and Unit Admin Personnel.

Request for Reserve Retired Pay

Reservists under age 60 who are eligible for non-regular service retired pay at, or after, age 60 and have transferred to Retired Reserve status are often referred to as "Gray Area Retirees." Gray Area Retirees must apply for retired pay benefits for non-regular service shortly before they reach age 60. Applications must be submitted to COMNAVPERSCOM (PERS-912E) six months in advance of the date of initial eligibility. The effective date of retired pay is normally on the 60th birthday, but it can be on the early retirement date under NDAA FY 2008. See http://www.public.navy.mil/bupers-npc/career/reservepersonnelmgmt/Pages/NDAA_Changes.aspx ○



Five Reasons to Run a 5K

Provided by the American Council on Exercise®

Staying fit isn't something you accomplish on drill weekends. It requires time, energy and cardio. Think of it this way, if you had to complete your Navy physical readiness assessment today, would you pass? Could you breeze through the 1.5-mile run or would you falter? In the first of this three-part series, we're focusing on the importance of running—starting with completing a 5K.

We all know running can be painful, especially if you're a beginner or someone who's hitting the road for the first time in a while. But here are a few reasons why training for a 5K is worth it.

Improve Heart Health and Your Immune System: Running is a free and easy way to boost heart health and your immune system. According to the

A favorite among running enthusiasts and beginners, **5Ks are held year-round almost everywhere in the country.**

American Heart Association, regular exercise like running reduces your risk of heart disease and high blood pressure. It also helps reduce bad (LDL) cholesterol and keeps you from getting sick as often.

Set Your Own Goals: Chances are, finding a 5K in your city is an easy task. A favorite among running enthusiasts and beginners, 5Ks are held year-round almost everywhere in the country. Races give you a goal to stay motivated and offer a way to share your new exercise with others.

Lose Weight: So you've gained a little around the mid-section. That's okay. The important thing is to do something about it. Running burns more calories than most other exercises. More than the elliptical, stair-stepper, stationary bicycle and even the row machine. Additionally you build muscle and increase your metabolism with every step.

Vary Your Routine: Running is something you can do with friends or family, or your local running group. It doesn't require a huge time commitment. Meet new friends or spend time with the ones you have during the time it takes to run a 5K on the road or treadmill. Try a long run, ramp up intensity on short runs, or explore hilly terrain.

Running burns more calories than most other exercises.

Stress Less: Weekends away from home, your full-time job, family or pending Reserve assignments equal stress. Running is an easy—and scientifically proven—way to relieve stress. It releases endorphins that boost your happiness level. It even has a name: “runner's high.”

Beginning runners or those with health problems should consult a doctor before hitting the road. Before you start a regimen, invest in a running shoe that fits your foot and routine.

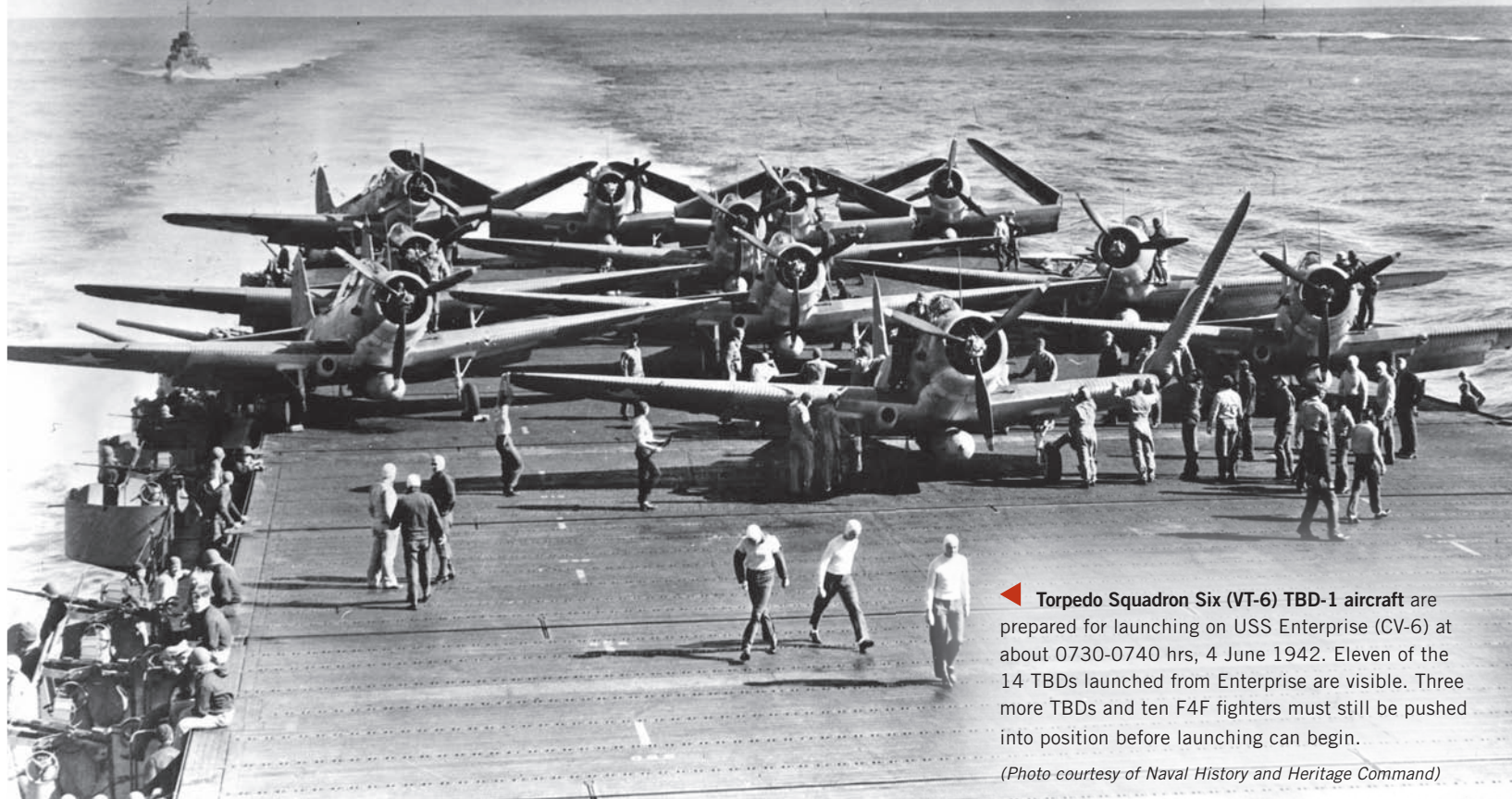
Start Back Slow: Walk briskly or run lightly for 10 minutes; then build up to running 20 to 30 minutes, three days a week at an intensity level of 50 to 85 percent of maximum effort; end with a 10-minute cool down.

It's better to start off slowly and build momentum. Doing too much too soon increases your risk of injury and can burn you out. For running tips and free information on healthy, active living, visit www.acefitness.org/getfit.○



Reserve Sailors and the Battle of Midway

By Mass Communications Specialist 1st Class Tim Comerford,
Naval History and Heritage Command Public Affairs



◀ Torpedo Squadron Six (VT-6) TBD-1 aircraft are prepared for launching on USS Enterprise (CV-6) at about 0730-0740 hrs, 4 June 1942. Eleven of the 14 TBDs launched from Enterprise are visible. Three more TBDs and ten F4F fighters must still be pushed into position before launching can begin.

(Photo courtesy of Naval History and Heritage Command)

WASHINGTON—Throughout World War II, the Naval Reserve (now Navy Reserve) played a significant role in the U.S. Navy. When WWII started, many Reservists were brought onto active duty and served in a variety of positions in the Navy supporting the Sailors abroad and in many cases going into harm's way. Nothing drives that point home better than the Navy Reserves' participation in the famed Battle of Midway.

The Battle of Midway shifted the paradigm of war at sea, and served as the watershed engagement proving the unique effectiveness of naval airpower.

"It essentially forced the Japanese to expose their carriers," said Robert Cressman, a Naval History and Heritage Command historian. "It is regarded as one of the turning points of the Pacific War."

The Battle of Midway, fought over and near a tiny U.S. base at the mid-Pacific Midway atoll, from June 4-7, 1942, represented a pivotal strategic shift in the United State's Pacific Ocean war. Prior to the battle, Japan's Navy could be considered a worthy adversary of the U.S. Navy, which meant it, too, could choose where and when to attack. Because of communication intelligence successes, the U.S. Pacific

Fleet surprised the Japanese forces, sinking the four Japanese carriers that had attacked Pearl Harbor only six months earlier, while only losing of one carrier. As a result of Midway, the Japanese fleet was stung, and the United States soon took the offensive. Even during that relatively early battle, and certainly beyond, Sailors from the Naval Reserve played a crucial role.

"The Reserves were everywhere," Cressman said. "They were in the aviation community, the surface community and submarine community -- they were liberally sprinkled throughout the people that took part in the battle. A lot of the pilots that flew off of the carriers were Naval Reservists who came through the aviation cadet program and it was the same with PBY squadrons -- the long range patrol squadrons -- and the torpedo boat squadrons."

Cressman says that the Navy Reservists were incredibly beneficial to Navy at the time.

"I believe they were placed where they could do the most good,"

Cressman said. "Wherever you had the need, that is where the Reservists were."

Cressman and other historians at NHHHC help represent official U.S. Navy museums and provide materials, information and expertise that are used to celebrate and commemorate events, like the Battle of Midway, that have helped shape the U.S. Navy into the world power that it is today.

"The historians at Naval History and Heritage Command are frequently called upon by Navy leadership to speak at high-visibility Battle of Midway commemorations," said Chief Intelligence Specialist Timothy Francis (PhD), himself a Navy Reservist and NHHHC Histories Branch head. "We provide the insight and the knowledge that make the history both significant and effective for Sailors today."

The Navy Reserve has played a significant role for historical research and communications at NHHHC. Soon after the first Gulf War, the Reserve detachment now called Naval Combat Documentation Detachment 206 was established. The detachment provides the command with Reserve Sailors who go forward to document naval operations as they occurred and record oral histories. Chief of Naval Reserves, Vice Adm. Robin Braun, recently spent some time visiting NHHHC's personnel

and viewing its historic collections. Glenn Helm, NHHHC Navy Department Library director, and James Knechtmann, Navy Department Library head of reference, provided a behind-the-scenes tour in the library's rare book room. In it were unique and priceless items of Navy history and heritage, like the windlass cap from the USS Maine and a document granting Fleet Adm. Chester Nimitz his fifth star during WWII. Braun has reinforced the value NHHHC adds to showcasing to Sailors the relevance that Navy history plays in their lives, with events such as Battle of Midway commemorations and the upcoming

Navy Reserve 100th anniversary in 2015.

"Reserve Sailors have played a prominent role throughout the history of the Navy," said Capt. Henry Hendrix II (PhD), NHHHC's director.

"We are fortunate to have their support to assist in processing critical components of our operational history, so it will be organized for future research and analysis."

For more information on Naval

History and History and Heritage Command visit the command website at www.history.navy.mil or Facebook at <http://www.facebook.com/naavalhistory>. ○



Photo courtesy of Naval History and Heritage Command



◀ **Vice Admiral Robin Braun**, Chief of Navy Reserve, admires the bronze windlass cap salvaged from the USS Maine on display inside Naval History and Heritage Command's (NHHHC) rare book room during a tour of the facilities, Feb. 5. Braun was shown the Operational Archives of the Navy, the Navy Department Library and the weapons collection while visiting NHHHC at the Washington Navy Yard.

(Photo by Mass Communications Specialist 1st Class Tim Comerford)



FROM THE DECKPLATES

**Command Master Chief Commander
CMDRCM(SW/AW) CJ Mitchell**

The theme of this month's TNR is "Leading from the Deckplates."

Most of you have heard the term, but take a moment to consider what it means. The deckplates are where the work gets done. Deckplates are the where training takes place, and where leadership is engaged and brought to bear to address a personal or professional issue. The deckplates are where we take our junior Sailors and give them the foundation they need to succeed – The deckplates are our investment in the future of the Navy.

As you read through this issue, you will find many stories highlighting the diverse roles our enlisted SELRES play, their contributions in challenging fields and some of the unique jobs available to those looking for a new and rewarding experience.

Throughout our Navy Reserve history, our Selected Reserve (SELRES) Sailors have distinguished themselves as leaders, contributors, and have proved themselves willing to provide service wherever and whenever the opportunity exists. Despite changes and adjustments to present and future Navy missions, opportunities for enlisted SELRES to serve continue to present themselves.

One area of where our Sailors are making a difference is on the front lines of Navy recruiting. The Reserve component plays a vital role as Canvasser Recruiters (CANRECs) in cities and states around the country. Because of an often-special connection to a community, SELRES CANRECs on active duty are very

effective at recruiting Sailors, and this first impression of the Navy and deckplate leaders is the foundation of service and mentorship. The work CANRECs do in communicating the

Navy's mission and vision and in preparing Sailors for boot camp is challenging but very rewarding. Thank you to those more than 500 Sailors integrated with active component recruiting to find the best and brightest for our Navy's future!

Unique and rewarding active duty opportunities for SELRES are also available as Recruit Division Commanders (RDC) at the Navy's only boot camp, located in Great Lakes, Ill. The Recruit Training Command (RTC) is a deckplate leadership proving ground responsible for transforming average citizens into Sailors. Guiding, teaching, and mentoring are core competencies of leading on the deckplates and Reserve component deckplate leaders have, and can continue to, volunteer for this challenging leadership duty of establishing the next generation of Sailors.

For other RC Sailors, the deckplates are ceremonies in and around our nation's Capitol. We have SELRES Sailors are serving as members and leaders of the Navy Ceremonial Guard. These SELRES shipmates are among our best and brightest, and represent their country, their communities, and their Navy a variety of visibility functions and events for high ranking civilians and military officials from the United States and around the world.

Perhaps the deckplates of leadership and service are at one of the 28 Joint Reserve Intelligence Command (JRIC) scattered throughout the country, or possibly in the realm of support



"READY Now. Anytime, Anywhere"



adversary training in Fallon, Nev., or Key West, Fla., in support of Carrier Air Wing training. Maybe the deckplates are with the customs mission in Kuwait. Or they could be providing one of the most sacred services - in providing Funeral Honors support to a family and to lay to rest a fallen shipmate? You see, in the Navy Reserve, you have the ability serve in a variety of deckplate situations.

In addition to training and readiness preparations on drill weekends, there are several options to consider for service on Navy deckplates. PRT courses are deckplates where we pursue physical fitness for healthy lifestyles and mission readiness! Another example of the deckplates in our Reserve Force is CPO-365. CPO 365 embraces every teaching, mentoring, learning, motivation and professional accountability principle of the service on the deckplates. CPO 365 is meant to be interactive and an engaging development of First Class Petty Officers and Chief Petty Officers – Our front line deckplate leaders! Be innovative and creative to find time for this engaging deckplate activity that encourages professional and personal growth.

Your shipmates are doing amazing things on the deckplates! As of the writing of this letter more than 4,000 SELRES are mobilized and more than 750 are executing ADSW orders. These missions are contributory support embracing the CNO's tenets of Warfighting First, Operate Forward and Be Ready, and of the Chief of the Navy Reserve's Strategic Focus of Deliver a Ready and Accessible Force, Provide Valued Capabilities and Enable the Service of our Sailor and Civilians. There are still many contributory and operational opportunities to serve for our Enlisted personnel and our volunteer rate is high. Continue to

consult with your chain of command if you are considering a MOB, ADSW or ADT opportunity.

We are always encouraged by the flexibility of our Reserve Force. Your contributions and skills on the deckplates are as diverse as the opportunities to serve. The reputation and legacy of SELRES service on the deckplates is so distinguished and your skills are in such demand that the RC to AC program has become a legitimate option for many Sailors to return to the active duty fleet deckplates with valuable experience, skills, and maturity that can have an impact on mission accomplishment. And if conversion to AC is not the right avenue for you right now, you can still do contributory and operational support using the other options mentioned above.

The CNO says to "BE READY," CNR is focused delivering a READY FORCE and the Reserve motto is "READY Now, Anytime, Anywhere." Annual Training and drill weekends obtain and sustain our readiness. Executing at the maximum participation is more than our duty. It is our professional and personal responsibility to achieve a high level of readiness, enable the readiness of others so that we can BE READY as a force to contribute to mission success on the deckplates of our Navy. Thank you for your service and enjoy this issue of TNR that is focused on YOUR service on the deckplates!

Stay safe and thanks for your support!

CMDCM(SW/AW) CJ Mitchell
Command Master Chief
Commander, Navy Reserve Forces Command



CPO 365: Year-Round Leadership Training for Future Chiefs

By Chief Mass Communication Specialist (SW) Sarah Langdon,
Commander, Navy Reserve Force Public Affairs

When a junior Sailor sees a chief petty officer (CPO) in uniform, he usually doesn't stop to ask himself if the chief is a Selected Reservist (SELRES), Full Time Support (FTS) or active duty. He sees a chief petty officer and takes for granted that the chief has the knowledge and experience necessary to answer that Sailor's questions, provide guidance and handle any situation that arises in their career or personal life. The Sailor knows he just has to "ask the chief."

But where did that knowledge come from? Where did the understanding of why one way of doing things works better than the other? How does a chief learn the fine art of gleaning information from a Sailor during a disciplinary review board? How does the chief know how to develop each Sailor when those Sailors come from so many different backgrounds and have different personalities?

Whether a Sailor is a Reservist or active duty, acquiring the tools to be an effective leader is a career-long process. Every Chief must learn how to take care of Sailors, the leadership and the mission, all while gaining a better understanding of how the Navy operates.

There's no magic switch that flips the moment those anchors are pinned on because the molding of a good leader and CPO isn't an overnight phenomenon. For Selected Reservists, some of whom average less than 40 days a year immersed in the Navy environment, getting the right leadership training to be an effective chief can be even more challenging. Which is why a well executed CPO 365 program can make all the difference.

Since 2010, the Navy's Master Chief Petty Officer of the Navy (MCPON) has been pushing the execution of CPO 365 at all Navy commands. The brainchild of the 12th MCPON, Rick West, CPO 365 focuses on providing year-round mentorship,



◀ **Command Master Chief Johnny Robinette**, of Navy Operational Support Center Tampa, takes a measurement while volunteering at a 15-house Habitat for Humanity of Hillsborough County Florida Inc. project in the Providence Point neighborhood of Southeast Tampa April 4. Robinette and the 14 other NOSC Tampa volunteers assisted in major home finishing projects to include cabinetry, molding, painting and window dressing.

(U.S. Navy photo by Mass Communication Specialist 1st Class Charles E. White)

training and leadership development for the Navy's future chief petty officers. The interactive training aspect of CPO 365 helps first class petty officers to get in the mindset of the chief petty officer, increases awareness of Navy programs and addresses ethical decision-making.

Chiefs mentor first classes through group physical training (PT) sessions, group discussions and community relations projects. Emphasis on the program has ramped up since MCPON Mike Stevens took office last year, and CPO 365 is now a weekly part of training at most commands, including Navy Operational Support Centers (NOSC) and Reserve units.

Chief Hospital Corpsman Sue Barkman, a licensed athletic trainer and Reservist from Altoona, Penn., put on her anchors just last year. Barkman, who drills at NOSC Norfolk and is assigned to Navy Expeditionary Combat Command – Expeditionary Training Group, went on orders to Norfolk to join her CPO selectee class and complete the final phase of training just two weeks before the pinning ceremony. The CPO 365 training she received over the course of the year made a big difference, she said.

"Last year's CPO 365 was a huge help," Barkman said. "We had time set aside and we were physically removed from our command for just that [and did not have] typical drill weekend (DWE) interruptions like taskers and being pulled different directions. We also had face time with many excellent CPOs from all rates, ranks and areas of expertise. Their presentations to us were very informative. All the CPOs, made time for us,

were very approachable and helpful. During a typical DWE workday, even if you work with the world's best CPO, you just don't have that kind of face time as you are jamming four weeks of work and requirements into two days."

The biggest challenge, Barkman said, is time. Because of tight work and training schedules, finding time to dedicate to leadership training can be challenging. On drill weekends, Sailors usually spend most of their time fulfilling General Military Training (GMT) requirements, Anti-Terrorism Force Protection Training, attending dental appointments, participating in command physical fitness training and completing evaluations, just to name a few.

"All training for SELRES is challenging," she said. "Reservists get 16 hours per month to accomplish what active duty and FTS accomplish in 160 hours. We still have to complete all those administrative requirements. How else are FCPOs going to get this training in such an organized fashion if not for CPO 365, especially as a SELRES?"

Barkman said she is a strong supporter of the program and wants Sailors to understand the importance of learning and training year round. Currently, 100 percent of the FCPOs at the NOSC participate in the program.

"[CPO 365 is] not just a name; the training HAS to be 365 days a year because so many situations, normal or abnormal events, pop up every hour, day and week. [First classes] have to get involved and be involved to understand the next level of leadership."O

Whether a Sailor is a Reservist or active duty, acquiring the tools to be an effective leader is a career-long process.



▲ **Chief Machinist's Mate V. L. Brett Forsyth**, of Navy Operational Support Center Tampa, trims a closet door while volunteering at a 15-house Habitat for Humanity of Hillsborough County Florida Inc., project in the Providence Point neighborhood of Southeast Tampa April 4. COMREL projects are an integral part of CPO 365 programs. Forsyth and the 14 other NOSC Tampa volunteers assisted in major home finishing projects to include cabinetry, molding, painting and window dressing.

(U.S. Navy photo by Mass Communication Specialist 1st Class Charles E. White/Released)

SERVICE WITH DIGNITY AND HONOR

by MC1 (SW/AW) Heather W. Hines, Commander, Navy Reserve Force Command Public Affairs

“I had prepared myself for this day... I was presenting the flag to a gentleman that was close in age to me ... but the moment I started talking he broke down, When I saw the tears roll down his face it had an impact on me and that is a moment I will never forget.

That feeling and emotional impact still resonates with Construction Mechanic 3rd Class Jamie Magnuson, a Navy Reservist who plays an essential role in providing ceremonial funeral honors, one particular benefit to military members that is often times not seen or known by the public and, in some cases, even the members who dedicate their lives to the service of this nation.

“I tried holding it together,” she added, “but it definitely shook me up a bit and took me back to when my grandmother had passed away.”

Whether the service member was able to contribute for only a short tour, or they completed 30 plus years of honorable service, all qualifying veterans of the armed forces are entitled to military burial honors. But, providing such services can prove difficult given the more than three million square miles encompassing the United States.

The opportunity to bridge the gap in providing these services - ranging from traditional graveside ceremonies to burials at sea and the solemn 21-gun salute – rests on the shoulders of the Reservists and active duty members who are stationed nearest to the funeral. Outside of the major fleet-concentration areas, that typically means a team of Reservists from one of the Navy Reserve's 122 Navy Operational Support Centers (NOSC).

Between October 2012 and February 2013, NOSC funeral detail teams provided burial support for more than 22,000 funerals, or an average of roughly 147 a day. Although varying from one day to the next, the burial teams may have as little as a 48-hour notice to standup a detail and perform the more notable memorial flag presentation and bugle call.

“We have an excellent pool of SELRES who are always willing to answer the call at a moment's notice,” said Magnuson, the burial coordinator at NOSC Charlotte, N.C.



▲ Members of the NOSC Salt Lake City military funeral honors detail (far right) prepare to render honors during a dignified transfer of remains of Navy Special Warfare Operator 1st Class (SEAL) Jason Workman, who died in Afghanistan, Aug. 6, 2011.

(U.S. Navy photo courtesy of NOSC Salt Lake City)

Honoring those who served is something Magnuson, who started out as an actual team member for three years and burial coordinator for the last year, did not see herself doing when joining the Navy Reserve in 2008. Now that's her primary mission.

"Sometime we may have three to four requests to fill in a day, and sending [the volunteers] in different directions can be challenging," said Magnuson whose team supported 265 ceremonies in 2012 and another 81 this year alone.

As part of the western sector of North Carolina, Magnuson's area of responsibility reaches as far as the Black Mountains and Asheville, N.C., and down into parts of South Carolina.

With all the highways and sometimes less traveled back roads in between, the ability to standup a detail has presented its own unique challenges especially when Magnuson was presented with as little as an 18-hour notice. "Those sorts of things have not stopped our volunteers with providing me with outstanding support. All of the calls and thank you cards we receive from the family on how well the team did makes it all worth it at the end of the day."

Keeping her team of 18 volunteers is key in meeting mission success.

"Our training consists of mostly one-on-one with the more experienced team members," she said. "During every other drill weekend, we get an chance to set aside time to train altogether and even open up opportunities for other people to join."

When SELRES volunteer to participate as part of a burial detail, they receive one additional drill credit and pay for their time.

Seeing the extreme dedication her team invests, Magnuson requested they be recognized resulting in four Navy Achievement Medals being awarded to various members of her team. But, awards and accolades is not 'why' they do it.

"A majority of the Sailors come back with so many stories of being filled with all sorts of mixed emotions from actually participating in the ceremony," said Magnuson. "Even afterward [the service], sometimes they are able to talk with the families. Just being to be able to be there during such special moments are all memories they cherish."

Those thoughts are also shared by Personnel Specialist 1st Class Carlton Hall, a Navy Reservist and burial volunteer assigned to NOSC Greensboro, N.C.



▲ **Sailors assigned to Navy Operational Support Center, Moreno Valley, fire a rifle volley for actor Ernest Borgnine during his remembrance ceremony at Forest Lawn Memorial-Park in Hollywood, Calif. The "McHale's Navy" star was honored for his service during World War II and his life-long commitment to the sea services.**

(U.S. Navy photo by Mass Communication Specialist 1st Class Christopher Okula)

"The impact you have on the families and the gratitude of you being there is phenomenal and an all-around great experience," said the 16-year veteran. "For a lot of these families, this is the last physical contact they will probably have with the Navy...them looking at us during the ceremony is probably shutting the door on an important part of their life."

In accordance with Public Law 106-65, every eligible veteran receiving a military funeral honors will include at least two or more uniform personal to provide folding and presenting the United States burial flag and the playing of Taps.

"Regardless of how many ceremonies you participate in, you will never forget your first and how you are playing a key part in rendering the last official military rights to someone who has supported our nation," Magnuson said. ○

Back To Basics

Battle of Midway

The U.S. Navy is very busy coordinating commemorative events. It is the 201st anniversary of the War of 1812, the 150th anniversary of the Civil War and, lest we forget, the 50th anniversary of the Cuban Missile Crisis. There is also preliminary planning for the 100th anniversary of World War I, which will begin in 2014.

This list contains one event that needs to be brought to the forefront: the Battle of Midway. The year 2012 is the 70th anniversary of this decisive battle. Many Navy commands commemorate Midway with public outreach events coupled with internal training programs for Sailors. These activities honor the sacrifices made by the men fought in the battle and emphasize the engagement's significance in American history.

The victory at Midway cannot be overstated. On June 3, 1942, the United States and its allies in the Pacific were losing badly to the Japanese Empire. The Navy's surface fleet was in shambles; American ground and naval forces were on the verge of surrender at Corrigedor; British and Dutch troops surrendered in Hong Kong, Singapore, and Java; and several outlying islands, including Wake, had been lost. Only the hard check given by U.S. Naval forces at the Battle of the Coral Sea slowed the advance.

In the weeks leading up to Midway, the Japanese looked all but invincible. Not only did the Japanese fleet outnumber the opposing

U.S.S. Enterprise (CV-6)

Commanding Officer: Capt. George D Murray



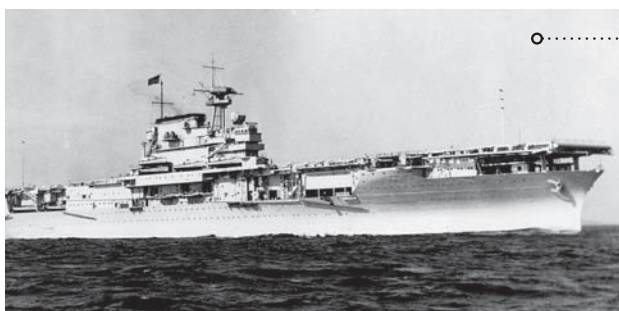
Grumman Wildcat F4F-4 (27)



Douglas Dauntless SBD 1/2/3 (38)



Douglas Devastator TBD-1 (14)



U.S.S. Yorktown (CV-5)

Commanding Officer: Capt. Elliott Buckmaster



Grumman Wildcat F4F-4 (25)



Douglas Dauntless SBD 1/2/3 (37)



Douglas Devastator TBD-1 (13)



U.S.S. Hornet (CV-8)

Commanding Officer: Capt. Marc A. Mitscher



Grumman Wildcat F4F-4 (27)



Douglas Dauntless SBD 1/2/3 (37)



Douglas Devastator TBD-1 (15)



Assets:

3 carriers
25 support ships
233 carrier-based aircraft
127 land-based aircraft

Losses:

1 aircraft carrier sunk
(Yorktown)
1 destroyer sunk
(Hamann)
150 aircraft destroyed
307 killed

American task forces, but having already been at war for five years, it had far more combat experience. It was under these circumstances that the men of the U.S. Navy's Task Force 16 and 17 stopped the Japanese advance. At the end of the battle, the Japanese had lost four carriers and one heavy cruiser as the U.S. Navy lost one aircraft carrier and one destroyer. The war's momentum completely shifted in favor of the United States. A short time later, the Navy and Marine Corps launched a counter-offensive at Guadalcanal and the march toward victory began.

The Battle of Midway, fought over and near the tiny U.S. mid-Pacific base at Midway atoll, represents the strategic high water mark of Japan's Pacific Ocean war. Prior to this action, Japan possessed general naval superiority over the United States and could usually choose where and when to attack. After Midway, the two opposing fleets were essentially equals, and the United States soon took the offensive.

Japanese Combined Fleet commander Adm. Isoroku Yamamoto moved on Midway in an effort to draw out and destroy the U.S. Pacific Fleet's aircraft carrier striking forces, which had

embarrassed the Japanese Navy in the mid-April Doolittle Raid on Japan's home islands and at the Battle of Coral Sea in early May. He planned to quickly knock down Midway's defenses, follow up with an invasion of the atoll's two small islands and establish a Japanese air base there. He expected the U.S. carriers to come out and fight, but to arrive too late to save Midway and in insufficient strength to avoid defeat by his own well-tested carrier air power.

Yamamoto's intended surprise was thwarted by superior American communications intelligence, which deduced his scheme well before the battle. This allowed Adm. Chester W. Nimitz, the U.S. Pacific Fleet commander, to establish an ambush by having his carriers ready and waiting for the Japanese. On 4 June 1942, in the second of the Pacific War's great carrier battles, the trap was sprung. The perseverance, sacrifice and skill of U.S. Navy aviators, plus a great deal of good luck on the American side, cost Japan four irreplaceable fleet carriers, while only one of the three U.S. carriers present was lost. The base at Midway, though damaged by Japanese air attack, remained operational and later became a vital component in the American trans-Pacific offensive. O

Akagi

Commanding Officer: Capt. Taijiro Aoki



Mitsubishi A6M (21)



Aichi D3A (21)



Nakajima B5N (21)



Assets:

4 aircraft carriers
2 battleships
15 support ships
248 carrier-based aircraft

Losses:

4 aircraft carriers sunk
1 cruiser sunk (Mikuma)
248 aircraft destroyed
3,057 killed



Kaga

Commanding Officer: Capt. Jisaku Okada



Mitsubishi A6M (30)



Aichi D3A (23)



Nakajima B5N (30)

Hiryu

Commanding Officer: Capt. Tomeo Kaku



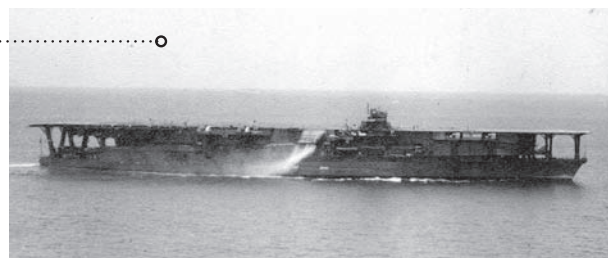
Mitsubishi A6M (21)



Aichi D3A (21)



Nakajima B5N (21)



Soryu

Commanding Officer: Capt. Ryusaku Yanagimoto



Mitsubishi A6M (21)



Aichi D3A (21)



Nakajima B5N (21)



Yokosuka D4Y (2)





CANREC Is Atlanta's Top Recruiter

By MC1 Michael J. Scott I, Navy Recruiting District, Atlanta Public Affairs Officer

ATLANTA –Long days. Busy nights. Countless miles driven. Steady streams of people. People in. People out. Paperwork. Never ceasing paperwork. Always correcting paperwork. Reproducing paperwork. Tracking down paperwork.

A Navy recruiter's life is a revolving door of people, paperwork and fulfilling promises for our country's best and brightest. Navy Recruiting District Atlanta's Canvasser Recruiter (CANREC) Logistic Specialist 2nd Class Petty Officer Latonya Hicks is one who's up for the challenge.

"I encounter people everyday who are struggling with some kind of issue or problem," said Hicks. "I've been able to guide some past disappointments and obstacles. I have seen the Navy give hope to many who didn't have it. It's nice to be a part of that."

Hicks has been in the Navy for nine years: seven as a

reservist and the last two as a CANREC at Navy Recruiting Station Jonesboro, Ga. She admits to being a bit apprehensive about serving as a recruiter.

"I have friends who are recruiters. I used to send a lot of people to them and they would end up joining. My recruiter friends said to me, why don't you do this? At first I was hesitant because it's not something I thought I would enjoy. Finally, I decided to at least try and see how things work out," said Hicks.

The Canvasser Recruiter (CANREC) Program is designed primarily as a temporary recall program for production recruiters

► Navy Recruiting District Atlanta's Canvasser Recruiter Logistic Specialist 2nd Class Petty Officer Latonya Hicks speaks to a group of students at Forest Park High School. Hicks encourages students to consider the U.S. Navy as a career choice.

U.S. Navy photo by Mass Communication Specialist 1st Class Michael J. Scott (Released)



► **Navy Recruiting District Atlanta's Canvasser Recruiter Logistics Specialist 2nd Class Petty Officer Latonya Hicks** looks on as deppers recite the Sailor's Creed and 11 General Orders of a Sentry. Hicks was Atlanta's top recruiter in 2012 and continues to set the standard for her peers.

(U.S. Navy photo by Mass Communication Specialist 1st Class Michael J. Scott)

to execute the Navy Reserve recruiting mission. The Atlanta-native said that's one of the reasons why she was attracted to the job.

"As a canvasser recruiter, it meant I didn't have to do recruiting permanently. I could try it on and see how it fits. It ended up fitting very well," said Hicks.

Last year, NRD Atlanta awarded Hicks the Recruiter of the Year and Diversity Recruiter of the Year Awards. Commanding Officer, Cmdr. David D. Neal, said a good recruiter needs a mix of administrative and personal skills along with a desire to succeed in an independent duty environment.

"Petty Officer Hicks very quickly established herself as an aggressive recruiter who had the ability to connect with the people in her specific area," said Neal. "She has the talent, personal drive and motivation to go above and beyond normal expectations. She has what it takes to be the very best."

The mother of three girls, Hicks considered joining the military after high school, but her mother was against it. As she got older and worked as a debt collector, her interests never left. At 33, LS2 chose the Reserves because she didn't want to leave her daughters behind.

"Joining the Navy gave me the opportunity to join something bigger than what I was experiencing. Thinking outside the box helped me make one of the best decisions I ever made," said Hicks.

As a Reservist, Hicks has never been on deployment. But her lack of Navy experience has never been an obstacle during her recruiting career. She simply looks for attributes that say to her, this person would make a great Sailor.

"I'm looking for quality. I'm looking for someone who I'd want serving next to me. I ask myself, is this the kind of person I'd want looking out for me?" said Hicks.

She adds, "Just because someone qualifies on paper, doesn't mean they're a good fit for the Navy. Through conversations and interaction, people will reveal who they really are. You just have to pay attention," said Hicks.

NRD Atlanta's Chief Recruiter Navy Counselor Master Chief Petty Officer Dwayne Rosser said Hicks determination, drive and hard work sets her apart from all the rest.

"I know she went through a lot during her interview, but she always stayed on top of things and didn't allow stressful circumstances to get the best of her," said Rosser. "She always strives to be the very best she can be. She's proactive and that's a great characteristic to have as a recruiter."



▲ **Navy Recruiting District Atlanta's Canvasser Recruiter Logistics Specialist 2nd Class Petty Officer Latonya Hicks** goes over paperwork with a potential recruit Hicks was Atlanta's top recruiter in 2012 and continues to set the standard for her peers.

(U.S. Navy photo by Mass Communication Specialist 1st Class Michael J. Scott)

"Joining the Navy gave me the opportunity to join something bigger than what I was experiencing"

—Logistic Specialist 2nd Class Petty Officer Latonya Hicks

Petty Officer Hicks weekends and holidays are spent with her girls and family because she works so much during the week. She says it's important to keep that balance in her life.

She admits another joy is when her recruits reach back and share their experiences and successes. She said it's wonderful to get that feedback.

"What I like most is helping people. I have the ability to help change lives and really make a difference with people," said Hicks. "I get emails, texts and phone calls all the time from my recruits thanking me for helping them get into the Navy. You can't help but feel great about that." O

Of the many varied orders that Navy Reservists can fill, 'pushing boots,' as Recruit Division Commander (RDC) duty is often called, is certainly one of the most demanding.

Logistics Specialist 1st Class Shane Christensen, a Reservist assigned to Navy Operational Support Center Chicago, successfully completed RDC "C" school March 7, earning his red aiguillette, along with six other Sailors. Following a ceremony on the USS Iowa quarterdeck aboard Recruit Training Command (RTC) Great Lakes, the Chicago native was energized for the work ahead - transforming civilian volunteers into Sailors.

"I'm just happy I made it through, and I hope more follow," said Christensen. "To me, it was an amazing opportunity. Just like when I went through boot camp, I want to change lives. It's not often that you get to do that.

was like, 'you've gotta jump on that,'" said Christensen. "When he started telling stories about it, it made me want to do it even more."

In a changing of the guard, Hood would go on to pin Christensen during the ceremony.

Two weeks before Christensen's graduation from RDC "C" School, however, he faced a new challenge. His wife, a full time support Sailor, transferred to Navy Recruiting District Jacksonville, Fla. as part of the Canvassing Recruiter (CANREC) program.

"That part has been difficult," said Christensen. "I mean, the school was difficult and the job I know will be difficult, but that is the hardest part; my rock is in Florida.

"The door opened the same time it opened for my wife," said Christensen. "We sat down and talked. She was very

Reservist RDC SHOWS THE

By Lt. Liza Swart, Recruit Training Command Public Affairs

I'm hoping at least one out of the 88 recruits remembers me. From what I'm told, a lot will remember me."

After entering the Reserve in 2003, Christensen was mobilized to Kuwait from 2006 to 2007. During his travels around the fleet, he met many Sailors who had taken a tour at RTC. When he later took a civilian job with Training Schools Command, he met retired Command Master Chief (CMDM) Chuck Hood, who did three tours at RTC.

Hood saw something in the younger Reservist that he recognized - the ability to lead Sailors.

"I told him, 'Look, if they're offering you an opportunity to be an RDC, I think you would be great,'" said Hood. "You go over there, you're going to get them right off the bus and have the opportunity to turn civilians into Sailors. RTC is going to let you hone your leadership skills. There is no place else in the U.S. Navy where you're going to have that kind of a chance to impact a young Sailor's life."

Christensen was inspired, and shortly thereafter began his journey toward earning a red rope.

"As a civilian, he worked across the desk from me, and

supportive. After the first day, I called and told her the sacrifice was not worth it, I don't know what I got myself into. But she said stick with it, and it got better and better."

Now, he says: "No regrets whatsoever."

Knowing that his wife may end up sending him recruits doesn't bother Christensen.

"I'd take all of hers, because I've been to her DEP [Delayed Entry Program] meetings," said Christensen. "I see what she does for her DEPer. They prepare them well, and the recruits do better because they have a head start."

Though just beginning his life as an RDC, Christensen already sees it as a highlight of his Navy career. He embraced the challenges of RDC "C" school, though they came in an unexpected place.

"The first week I would have answered 'the PT' but I think at the end of it, it's just remembering everything you have to learn," said Christensen. "That red book is huge. Once you get past that, just the stuff recruits do that's not in the red book, you have to find out how you make it right. How you do you follow the training plan, the schedule, with all the speed bumps in the way?"



◀ **Logistics Specialist
1st Class Shane
Christensen Perez**
receives his recruit
division commander
badge at Recruit
Training Command.

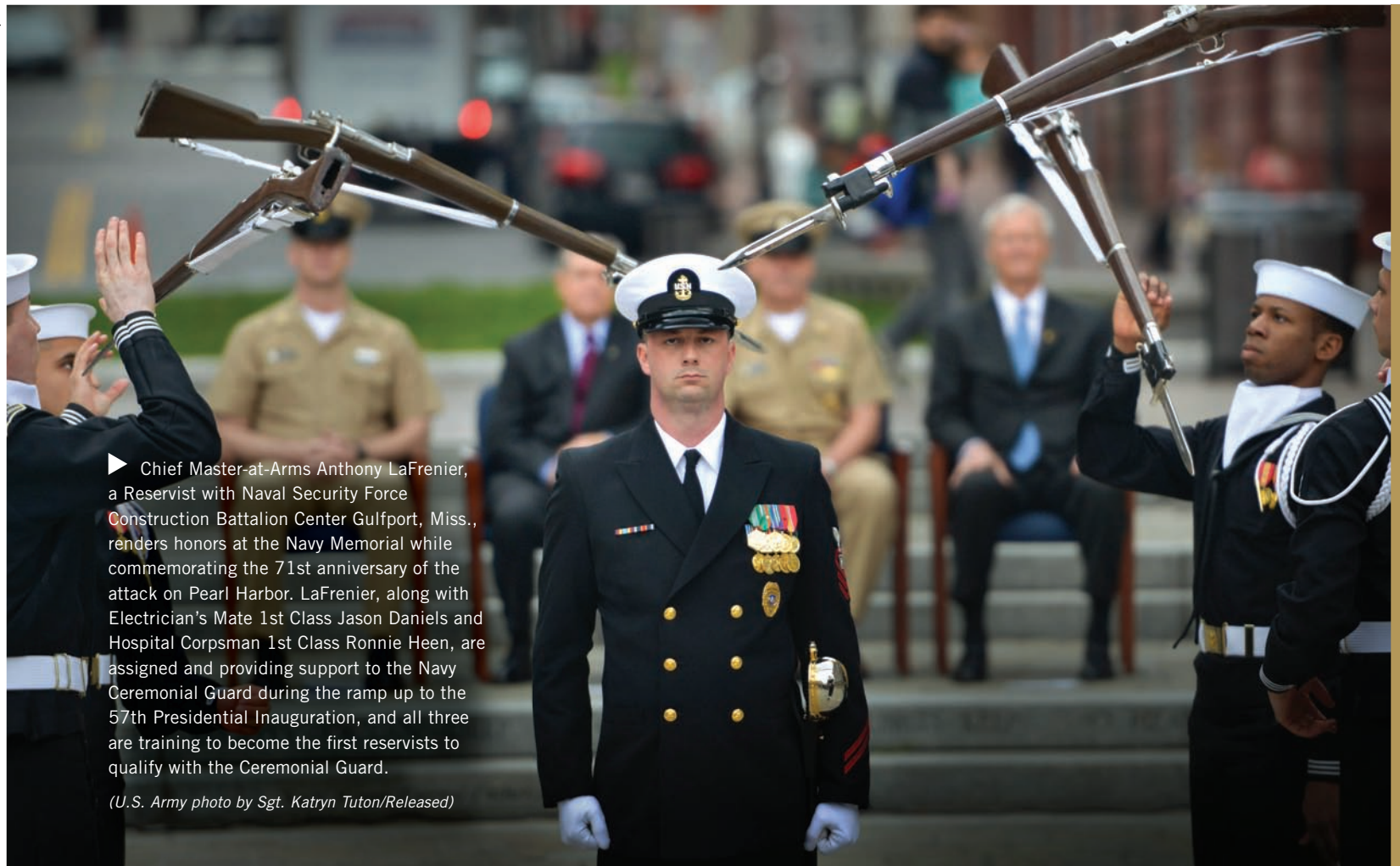
*(U.S. Navy photo by Lt.
Liza Swart/Released)*

“MY GOAL IS FOR RECRUITS TO REMEMBER ME, AND FOR ME TO PUT GOOD QUALITY OUT IN THE FLEET AND **MAKE AN IMPACT ON PEOPLE’S LIVES.**”

Focused on making an impact on future Sailors, the fleet and RTC, Christensen is a Reservist who's all in as an RDC.

“My goal is for recruits to remember me, and for me to put good quality out in the fleet and make an impact on people's lives,” said Christensen. “For me to be able to say I have a part in the future of the Navy, no matter how small that part, that I can say I contributed. I didn't come here for me. I came here for the opportunity. All the Reservists I've talked to are in almost the exact same boat. We're not coming here to try to make rate or anything; we're coming here to be a part of RTC.” ○





► Chief Master-at-Arms Anthony LaFrenier, a Reservist with Naval Security Force Construction Battalion Center Gulfport, Miss., renders honors at the Navy Memorial while commemorating the 71st anniversary of the attack on Pearl Harbor. LaFrenier, along with Electrician's Mate 1st Class Jason Daniels and Hospital Corpsman 1st Class Ronnie Heen, are assigned and providing support to the Navy Ceremonial Guard during the ramp up to the 57th Presidential Inauguration, and all three are training to become the first reservists to qualify with the Ceremonial Guard.

(U.S. Army photo by Sgt. Katryn Tuton/Released)

SELRES SAILORS QUALIFY FOR THE NAVY CEREMONIAL GUARD

By Lt. Michael Sheehan, U.S. Fleet Forces Public Affairs

**“I AM ASSIGNED TO THE U.S. NAVY
CEREMONIAL GUARD, REPRESENTING OUR
GREAT NAVY BEFORE THE WORLD.”**

This is the second line in the U.S. Navy Ceremonial Guard pledge, a mantra recited by the most elite cadre of the Navy's many ceremonial teams and honor guards. The Ceremonial Guard are the best of

the best, and receive their tasking directly from the President of the United States, the Secretaries of Defense and the Navy, the Chairman of the Joint Chiefs of Staff, the Chief of Naval Operations, and the Commandant, Naval District Washington.

BEGINNING IN LATE 2012, SEVERAL RESERVISTS HAVE BEEN MAKING HISTORY OF THEIR OWN AS THE FIRST SELECTED RESERVE SAILORS TO QUALIFY AND JOIN THE GUARD'S RANKS.



▲ **Chief Master-at-Arms Anthony LaFrenier**, Navy Ceremonial Guard, receives a ceremonial flag to be presented to the next of kin at a full honors funeral at Arlington National Cemetery. Presenting the flag was LaFrenier's final task before qualifying as a Guardsman. LaFrenier and two other Navy Reservists worked with the Navy Ceremonial Guard, providing leadership and guidance to the nearly 300 Sailors who filled the Guard's ranks during the periods before and after the 57th Presidential Inauguration.

(U.S. Navy photo by Operation Specialist 3rd Class Michael Childs/Released)

◀ **The U.S. Navy Ceremonial Guard**, part of the president's escort, marches in the inauguration parade for the 57th Presidential Inauguration. More than 2,100 service members from each of the five branches are marching in the parade, with approximately 5,000 supporting inaugural festivities.

(Department of Defense photo by Marv Lynchard/Released)

They've provide ceremonial support for presidential functions, all Navy and state funerals at Arlington National Cemetery and all Navy and Joint service ceremonies within the national capital region since 1931. The Guard has quietly been part of history, rendering honors at events ranging from presidential inaugurations to funerals of national icons like Neil Armstrong.

Traditionally the members of this team have been active duty Sailors who have demonstrated the ability to be counted on during the Navy's most important ceremonies. Beginning in late 2012 however, several Reservists have been making history of their own as the first selected Reserve Sailors to qualify and

join the Guard's ranks. The Ceremonial Guard commanding officer, Cmdr. Nathaniel Standquist, was proud to see it happen - not only for the historic significance, but also as reinforcement of active-Reserve alignment.

"I am an FTS Sailor myself," said Standquist. "So it warms my heart to see these Reservists step up and achieve this. This is how it's supposed to be- Reservists providing seamless integration."

Chief Master-at-Arms Anthony LaFrenier, of Naval Construction Battalion Center Gulfport, Miss.; Electrician's Mate 1st Class Jason Daniels, of Navy Operational Support Center (NOSC) Baltimore; and Hospital Corpsman 1st Class



“A SAMPLING OF OUR
WEEKLY MISSIONS
COULD BE ANYTHING
FROM A CNO ARRIVAL
TO PROVIDING
COLORS SUPPORTS
AT A PROFESSIONAL
SPORTING EVENT, AND
ANYTHING IN BETWEEN.”

— CHIEF PETTY OFFICER LAFRANIER

Ronnie Heen, of NOSC West Palm Beach, Fla. were assigned to augment the Guard during the months before and after the 57th Presidential Inauguration. Ordinarily, the Guard consists of anywhere between 150-180 Sailors; most, if not all, are fresh from boot camp or “A” school.

But during presidential inaugural years the Guard’s ranks swell up to around 300 Sailors, and the increase in numbers results in an increased demand for leaders and mentors to help the junior Sailors. The three Reservists were brought in to provide much needed support.

They moved in to their new work spaces at the Guard’s headquarters on Joint Base Anacostia-Bolling in Washington, D.C. in November 2012, and immediately felt the impact of their historical surroundings. As they helped their junior Sailors with daily tasks, schedules and administrative requirements they were also exposed to the photographs, paintings and artifacts of the Guard’s rich history.

Their duties as support staff and leadership varied. As the Leading Chief Petty Officer of Ceremonial Guard Operations, LaFranier’s primary duty was to organize the assignment of more than 350 Guardsmen to the approximately 25 missions per week.

“Many of our missions are full honors funerals and standard honors funerals at Arlington National Cemetery,” said LaFranier. “A sampling of our weekly missions could be anything from a

◀ Members of the U.S. Navy Ceremonial Guard

follow caissons transporting the remains of two Sailors recovered from the ironclad USS Monitor during a military funeral service at Arlington National Cemetery. Monitor sank off Cape Hatteras, N.C., in 1862.

(U.S. Navy photo by Chief Mass Communication)

CNO arrival to providing Colors supports at a professional sporting event, and anything in between. Operations creates a daily plan of the day that ranges between 14 and 26 pages of information, assignments and details.”

LaFrenier had many other duties, however, and utilized Daniels as his headquarters Leading Petty Officer. Daniels was responsible for supervising the administrative, details and operations and supply departments, as well as the barber shop and armory. He supervised approximately 20 sailors in daily operations and administration.

Heen was assigned to “Bravo Company” shortly after check-in. He was then appointed the Leading Petty Officer of the “Bearers” team where he directly supervised more than 50 junior sailors. The Bearers are responsible for dignified transfers at Dover Air Force Base, graveside transfers of our veterans, folding of the Ensign and, at times, presentation of the Ensign on behalf of the President of the United States. The Bearers, and command as a whole, must be ready at all times for a State funeral, said LaFrenier.

Reservists have augmented the Guard during previous inaugural years, but LaFrenier, Daniels and Heen were not content to sit on the sidelines as their Sailors were working diligently to perfect their ceremonial drill moves. They began to learn the moves themselves, alongside their junior Sailors, starting the process of becoming the first selected Reservists to ever qualify for the unit. And although it was never expected of them to try for the qualifications, the three set their minds to earning the coveted white-braid aiguillette that all qualified Guardsmen wear.

The Reservists not only had to learn the specific drill movements, they also had to learn the roles that were dictated by their paygrades. LaFrenier, as a chief petty officer, had to qualify as a “commander of troops” in order to demonstrate his mastery of the Guard’s drill. He worked with the Guard’s guide-ons to learn all the necessary commands and movements that are performed in a funeral ceremony at Arlington.

His skill level was put to the test on Jan. 30, 2013 during his final “drill out”, as he had to perform as a commander of troops during a simulated funeral ceremony at the Guard’s headquarters— all while being scrutinized by the Guard’s Chiefs and Officers.

LaFrenier was graded on everything from his posture, voice and cadence, marching style, drill movements with the cutlass, and his demeanor while presenting a ceremonial flag to the role

players standing in for the simulated service’s bereaved. In the end, LaFrenier earned his braid during the drill out and, the following day, became the first fully qualified ceremonial guard Reservist after he presented a flag during an actual veteran’s funeral at Arlington.

“The U.S. Navy Ceremonial Guard is an exercise and execution in perfection every day without exception,” LaFrenier said. “To be less than perfect is unacceptable for the honors that we are entrusted with conveying on a daily basis.”

As the inauguration tempo drew down, the Guard was so impressed with the Reservists that they were extended on duty for an additional six months.

“We have a deputy sheriff MAC, a fleet marine force HM1 and a sub nuke EM1,” said Guard member Lt. John Kavanagh. “They represent the broad spectrum in Navy specialties, yet they manage to apply their own indigenous community knowledge and add great value to the Ceremonial Guard. The reservists have a demonstrated acumen for thriving in new and ever changing work environments. They are the Navy’s perennial handymen, ready to thrive in and add value to any Navy organization.”

The earning of the white rope brings not only the prestige of being on the Guard, it also ensures an extremely high level of drill knowledge that can be shared when the three return to their respective commands. With the Navy Reserve providing the majority of Navy funeral honors taskings and the many flag detail requests that Reserve commands receive, their newfound expertise will surely have an immediate impact.

“I want to be able to take what I’ve learned here and bring it back to the NOSC when I’m finished.” Daniels said. “I want to help them learn ceremonial support the right way.” ○

Quartermaster Balances Life, Plants Seeds

By Mass Communication Specialist 1st Class TIM MILLER, Navy Reserve Navy Information 7th Fleet Public Affairs.

▼ **Quartermaster 2nd Class Janice T. Sharp**, assigned to Commander Seventh Fleet teaches science to seventh grade students at Rosemont Middle School.

(Photo by retired Quartermaster 2nd Class Vernon Washington)

FORT WORTH, Texas (Sept. 9, 2012) – Quartermaster Second Class Petty Officer Janice Sharp routinely finds herself juggling careers and the many aspects of her busy life, but the impact she makes through her diverse involvement is well worth the effort.

As the training and exercise petty officer for Commander, 7th Fleet's Reserve unit, Sharp drills at Navy Operational Support Center (NOSC) Fort Worth at Naval Air Station Joint Reserve Base.

In addition to her 7th Fleet duties, Sharp is able to balance her job as a Science teacher at Rosemont Middle School in the Fort Worth Independent School District, as well as juggle her duties as a wife and mother of four.

"It's a surreal transition sometimes," Sharp said. "On Sunday, I'll help others deal with problems and issues most of the world doesn't know about, like assisting the Korean Navy during a training exercise. Then on Monday, I'll come into the classroom and find a child who hasn't had breakfast that morning or didn't take a shower because his parents couldn't afford the water bill."

Teaching is a passion for many educators and Sharp is no exception. According to Sharp, teaching Science to sixth graders is something she's excited about every day. The fact that her Navy experience has a direct impact in the classroom is an added benefit.

"I love teaching. Sometimes I'll stop what I'm doing and we'll talk about life lessons," she said.

Sharp said one of the benefits of being a teacher is the opportunity to encourage and prepare children for their future. She has taken advantage of that opportunity many times and hopes they'll carry those lessons with them into high school and beyond.

"I tell them that it's so important to get into something after they graduate," she said. "At this age they're not really focused on the future. They are focused on right now and themselves. Hopefully I've encouraged them to think about the big picture."



Sharp says the global perspective gained from her Navy experience gives her better insight into almost every aspect of her life. The issues in the classroom each day have a direct impact on her Navy career as well.

Those who observe her work in the classroom see how both careers complement each other.

"Mrs. Sharp is very patient and cares about the individuals around her," said Ben Leos, Rosemont Middle School principal. "I sincerely believe her time and experiences in the Navy enhanced her ability to adapt to change and multitask."

Leos said that many kids, especially young ladies, look up to Sharp as a role model.

"Our students see firsthand that they too can maintain a successful career, serve their country and have a tight-knit family," he said.

Her involvement and interaction with the children at school has an impact on childrens' lives that is very noticeable, one fellow teacher observed.



"Not only does she put 110 percent into her job when she's drilling, she also does a really good job combining and intertwining all aspects of her life."



▲ **Quartermaster 2nd Class Janice T. Sharp**, assigned to Commander Seventh Fleet discusses tactical procedures for future exercises with CAPT Mark Woodall, training and exercise officer-in-charge for Commander Seventh Fleet.

(U.S. Navy photo by Mass Communication Specialist First Class Tim Miller)

▼ **Reservist Quartermaster 2nd Class Janice T. Sharp**, assigned to Commander Seventh Fleet, teaches science to seventh grade students at Rosemont Middle School.

(Photo by retired Quartermaster 2nd Class Vernon Washington)

"She inspires many students, both male and female alike," said Sylvia Byrd, Sharp's team leader at Rosemont. "Every day at lunch you will see students visit with her. They are just drawn to her."

Sharp agrees that it is very difficult to manage two careers and a family and that may appear overwhelming to most.

"As far as juggling, it is hard; but you just do what you have to do," Sharp explained. "Our faith gets us through."

Her husband, Quarter Master First Class Jonathon Sharp, came back on duty after finishing college. The two Navy Reservists drill on the same weekend at NOSC Fort Worth.

Their children say they are excited to be part of a military family and appreciate the fact that both their parents are in the Navy.

"We're on base quite a bit," Sharp said. "They know what it's all about—that it's a part of our lives as well as theirs. If they decide to go into the military, that's great. But if they don't, I'll respect that."

Respect is something Sharp continues to earn from her fellow Sailors. The effort she gives while performing her duties at NOSC Fort Worth does not go unnoticed by her superiors.

"I'm impressed by her work ethic and initiative," said Capt. Mark "Woody" Woodall, the 7th Fleet Reserve unit's Commanding Officer. "Not only does she put 110 percent into her job when she's drilling, she also does a really good job combining and intertwining all aspects of her life."

For most, balancing Navy, career, and home would seem no easy task and Sharp agrees. She also said that each aspect of her life helps to make her stronger in impacting the lives of Sailors and children at her school.

"I feel like I'm really making a difference with the Navy," Sharp said. "And in the classroom, if I could just change one kid's life, then I've done my job as a teacher."

"I may never see that, but just knowing that I'm planting a seed is satisfaction enough." ○



IN THE SPOTLIGHT

Boots on the Ground

By Master-at-Arms 2nd Class Natiya Kazemi



▲ Army Sgt. 1st Class
Diana A. Luna (left) and
Master-at-Arms 2nd Class
Natiya Kazemi.

Greetings once again from Afghanistan!

After six months in theater I was able to bid farewell to the 593rd Sustainment Brigade who were the original force structure team for base closure and retro-grade operations. Their replacements, the 43d Sustainment Brigade, were ready to move forward during this transitional period in the Combined Joint Operational Area- Afghanistan.

I feel that over the past six months Col. Douglas M. McBride

Jr., commander of the 593rd Sustainment Brigade Centcom Material Recovery Element (CMRE), had always given the brigade a clear picture of his vision. We accepted and acted on that vision not only because he was the commander, but because of his leadership and the team that he built. Everyone overcame obstacles to maintain the timelines of the mission. They were in it for the long haul, and had the stamina to remain out front. McBride once stated "This phenomenal unit has made a huge difference in this country and will have a long lasting legacy of excellence to follow for many years to come". I couldn't agree more.

Now with the "Make it Happen" motto of the 43rd Sustainment Brigade I was anxious for the changes to begin.

Everything started with such a different feel, I couldn't put my finger on it but it was a significant change. Things seemed a little more structured with almost everyone having a mindset to exceed the trail blazed by the 593rd Sustainment Brigade CMRE Team. My motivation and passion for the mission was re-energized.

The changes happened fast with a few great ideas such as moving meeting times to accommodate the daily work load and focusing on everyone's training and wellbeing. The first step with this new command was to make immediate changes and restructure daily procedures to meet the needs of this brigade.

What did that mean? I'd like to think it meant work hard, smart and focus on the mission because time is valuable.

Meanwhile, after being in theater for more than five months I've finally

acclimated to my surroundings. This took a tremendous amount of stress off my shoulders despite the work load and long hours. However, each branch Army, Navy, Marines and the Air Force seemed to be very motivated, a little independent and excited to work together. The Army made it known that they controlled this Joint environment, and each branch had its moments of not seeing eye to eye. However, everyone was willing to work together and get the mission fulfilled while having different expectation and being hard chargers. I felt the best way to support the command was to just follow the directives given.

After a few weeks with my new sustainment brigade everything seemed to finally die down, and after a few rocket attacks and bunker parties we were all able to come together quickly. March madness hit Kandahar, Afghanistan and the fighting season and weather change was here. What did we expect? Rocket Attacks! Yes, Possible Suicide Bombers? Yes, Rain? Not so much, But what would KAF be without mud and our world famous poo pond. The smell could stretch clear across the entire base.

Training was another aspect of the operation that was on-going and highly enforced. All ranches were determined to provide the tools needed to support our troops while

deployed. Besides combat training exercises everyone's mental health and well being seemed to be always a topic of concern. The stress of being away from family, friends and daily responsibilities was not pushed aside but was monitored. I felt that it was a positive decision to talk about possible concerns learned from the beginning of the deployment, it gave the new brigade the information needed to look out for their battle buddies and ensure we all stayed positive and looked for signs of concerns.

The great thing about the 43rd Sustainment Brigade was its dedication to personal health and physical fitness. They immediately relocated the gym and with the assistance of the Morale, Welfare and Recreation center (MWR) they were able to get more equipment as well as make the environment pleasing with multiple TVs and a stereo system. Everyone was highly encouraged to take the time needed and break away from their daily routines and stop by the gym.

Another wonderful idea was to relocate the Chaplin, Equal Opportunity and Medical office's to a more secluded area in an effort to give the Soldiers, Sailors, Airmen and Marines the privacy they needed to feel comfortable

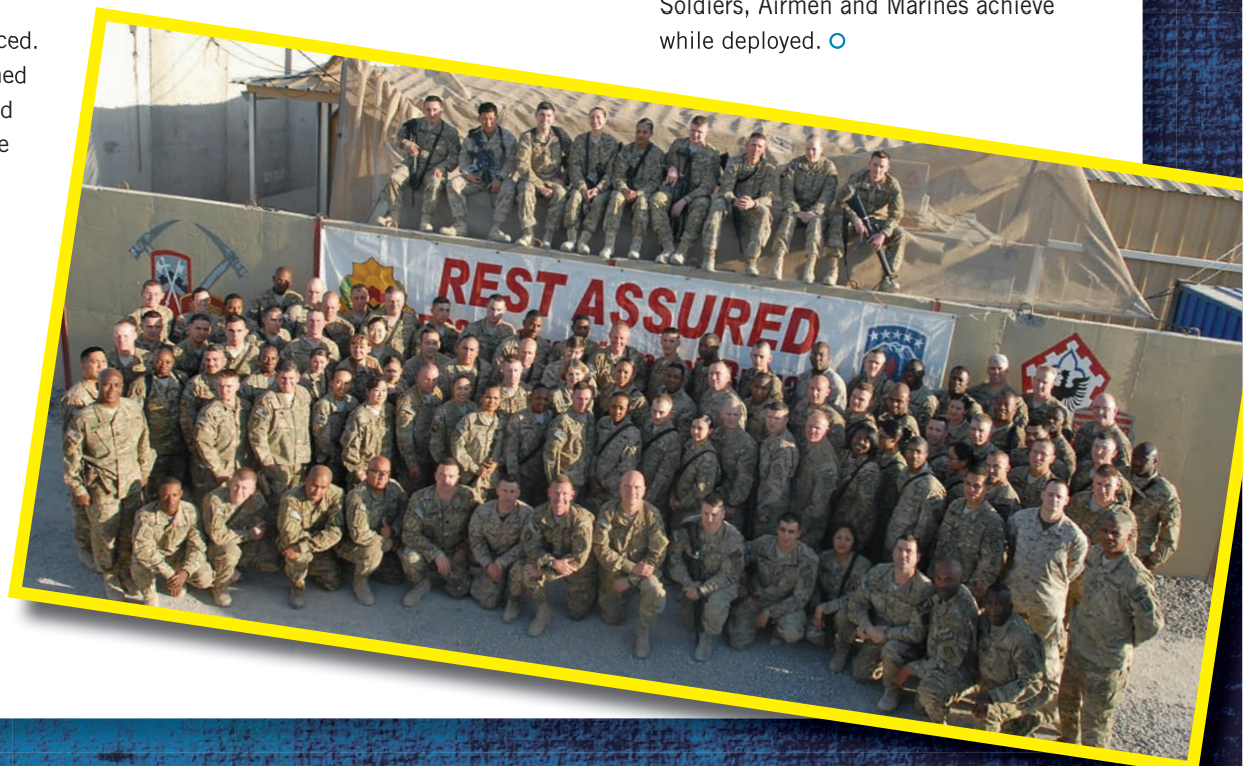
disclosing any questions, concerns or situations. I was amazed to realize that no matter how strong any individual may feel being deployed really feels as if you're living a second life.

Well, what about my real life? My full time civilian life? I could see myself getting so wrapped up in everything around me that unlike most of the Service Members who call home every day, I did not. I was fearful of hearing about any type of issue or problem that I couldn't resolve from Afghanistan. The thought alone terrified me. Sure I used Face book to communicate with family and friends, but I kept the conversations short. The normal, 'Hello! How are you?' And, 'What's new?'

But then out of nowhere I got the call. It was my pet Roxy, a five year old tortoise that I had since it was a baby. He was supposed to outlive me and my dogs. I guess when you avoid situations they hunt you down anyway. Most people would think, it's just a tortoise! But he was a part of my family. It reality hit and I realized its better that I know what's going on then avoiding the inevitable.

This deployment has definitely made me appreciate life, and what's truly important. I continue to be inspired and proud of all the hard work our Sailors, Soldiers, Airmen and Marines achieve while deployed. ○

▶ **The 593d Sustainment Brigade** (SB) CENTCOM Materiel Recovery Element (CMRE) takes one last group photo before the change over with 43d SB CMRE. SB CMREs are joint service operations that draw on personnel from the Army, Navy, Marines and Air Force."



The Sailor Career Toolbox

You are strongly encouraged to take an active role in your professional development and career management. The Sailor Career Toolbox identifies online applications to help you manage your career. If you do not routinely use all of the applications listed, you will miss the opportunities and advantages they provide.

CAC and a CAC-enabled computer is required for access to many Navy career tools.

Navy ELearning (NeL)

NeL delivers computer-based learning to enhance your professional and personal growth.

Log in to NeL via Navy Knowledge Online (NKO) at www.nko.navy.mil.

On the **LEARNING** tab, click Navy e-Learning > Online courses.

Go to Navy COOL at www.cool.navy.mil. Alternately, go to NKO (www.nko.navy.mil). On the **LEARNING** tab, click Navy COOL.

Navy COOL explains how you can meet civilian certification and licensure requirements related to your rating, job, designator and occupation.

Navy Credentialing Opportunities Online (COOL)

Navy COOL explains how you can meet civilian certification and licensure requirements related to your rating, job, designator and occupation. Navy COOL provides the ability to get information about civilian licensure and certification, learn how to fill gaps between Navy training and experience and civilian credentialing requirements, discover resources that help you gain civilian job credentials and identify resources to fund credentialing exams, such as the Navy-funded credentialing program, GI Bill, and DANTES.

Sailor /Marine American Council on Education Registry Transcript (SMART)

SMART documents college courses, degrees and certifications completed on active duty through Tuition Assistance or the Navy College Program for Afloat College Education (NCPACE), and all other college courses completed at institutions accredited by a regional, national or professional accrediting agency recommended by the U.S. Department of Education. SMART provides recommended college credit for your military occupational experience and training. Recommendations are made by the American Council on Education (ACE).

CAC and a CAC-enabled computer required.

Log in to SMART at smart.navy.mil.
Go to NKO (www.nko.navy.mil).
On the LEARNING tab, click
SMART Transcripts.

Sailor/Marine Online Academic Advisor (SMOLAA)

SMOLAA is an online tool that works in conjunction with SMART to help you explore options for earning a college degree. Using SMOLAA, you can access your academic history – as recorded in SMART—and then apply all applicable college and military courses to degree plans offered by various colleges and universities.

Depending on the college degree plan selected, SMOLAA will indicate the total credit hours you must complete to earn that degree.

CAC and a CAC-enabled computer required.

Log in to SMART at smart.navy.mil.
On the Welcome page, click Degree Shop/SMOLAA. Go to NKO (www.nko.navy.mil). On the LEARNING tab, click SMART Transcripts. Log in to SMART. On the Welcome page, click Degree Shop / SMOLAA.14 / The Navy Reservist / Almanac 2013

Electronic Service Record (ESR)

The ESR is an online version of your service record and replaces the paper service record used in the past.

CAC and a CAC-enabled computer required.

If necessary, establish your ESR account using the ESR QuickStart located on the NKO Navy Career Tools page.

In the Internet environment, log in to ESR via Navy Standard Integrated Personnel System (NSIPS) at nsips.nmci.navy.mil. (NSIPS is the portal to your ESR). Click Logon.

Electronic Training Jacket (ETJ)

The ETJ provides a view of career information documented in Navy personnel databases, such as training and education (including Navy eLearning, NECs and college courses), qualifications and certifications, career history, advancement status and awards.

CAC and a CAC-enabled computer required.

Log in to ETJ via NKO at www.nko.navy.mil. On the LEARNING tab, click Electronic Training Jacket.

Official Military y Personnel File (OMPF) and OMPF— My Record

The OMPF consists of documents that reflect your fitness for service, performance of duties, and entitlements. These documents include information about your accession, training, education, performance, discipline, decorations and awards, assignments, duties, casualty status, and separation/retirement from the Navy.

OMPF—My Record provides the ability to download and print service record documents for personal and professional use. These are the same documents reviewed by selection board members when considering candidates for advancement and special programs.

CAC and a CAC-enabled computer required.

Log in to BUPERS OnLine (BOL) at www.bol.navy.mil. Click OMPF — My Record to review official documents.

Physical Readiness Information Management System (PRIMS)

PRIMS allows you to view current and historical results of your semi-annual Physical Fitness Assessment (PFA).

CAC and a CAC-enabled computer required.

PRIMS allows you
to view current
and historical
results of your
semi-annual
Physical Fitness
Assessment (PFA).

Log in to BUPERS OnLine (BOL) at www.bol.navy.mil. Click PRIMS.

U.S. Navy Awards

Previously known as Navy Department Awards Web Service (NDAWS), the U.S. Navy Awards website provides online access to Navy awards information and help. The web site is divided into five separate sections: Home, Personal, Unit, Veteran Awards and Awarding Authorities.

Go to U.S. Navy Awards at awards.navy.mil.

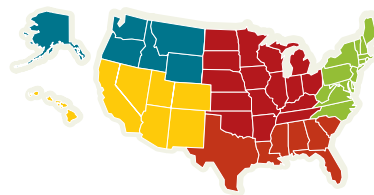
Career Management System / Interactive Detailing (CMS/ID)

CMS/ID provides you the ability to explore Navy job opportunities, identify career-enhancing jobs that meet your professional and personal goals, identify the specific skills and abilities required to perform the jobs you desire, and submit job applications when ready.

CAC and a CAC-enabled computer required.

Log in to the Navy Reserve Homeport and select CMSID from the “Applications” drop down menu. ○

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



Chief of Navy Reserve (703) 693-5757	Norfolk, Va. (757) 318-4500	Harlingen, Texas (956) 425-0404	Indianapolis, Ind. (317) 924-6389	Denver, Colo. (720) 847-6205	(904) 542-4461	HSC-3 (619) 545-8196
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Training Center Pacific
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Headquarters
US Marine Corps
DSN: 278-9360

Joint Chiefs of Staff
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(703) 695-1033

Joint Transformation
Command for Intelligence
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Judge Advocate General
(202) 685-5190

Logistics Group Western Pacific
011-65-6750-2645

Marine Forces Reserve
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Strategic Sealift
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Military Sealift Fleet Reserve
Support Command
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Warfare Command San Diego
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Naval Air Force US Atlantic
Fleet
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Naval Air Forces/Naval Air
Force US Pacific Fleet
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Naval Construction Forces
Command
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Training Command
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Naval Facilities
Engineering Command
(202) 685-9499

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

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

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

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

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

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

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

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

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

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

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

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

Naval Inspector General
Hotline
(800) 522-3451

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

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

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

Naval Meteorology
and Oceanography Command
(228) 688-4384

Naval Network
Warfare Command
(540) 653-5001

Naval Network Warfare
Command
(757) 417-6750

Naval Operational
Logistics Support Center
(717) 605-5790

Chief of Naval Operations
(703) 697-5664

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

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

Naval Personal Development
Command
(757) 444-2996

Naval Sea Systems Command
(202) 781-1748

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

Naval Special Warfare Command
(619) 437-2848

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

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

Naval Supply Systems
Command
(717) 605-3565

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

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

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

Naval War College
(401)-841-3304

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

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

Navy Expeditionary Combat
Command
(757) 462-4316

Navy Expeditionary
Logistics Support Group
(757) 887-7639

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

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

NIOC Norfolk, Va.
(757) 417-7112

NIOC Pensacola, Fla.
(850) 452-0400

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

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

Navy Installations Command
(202) 433-3200

Navy Munitions Command
(757) 887-4834

Navy Personnel Command
1-877-807-8199

Navy Region Europe, Africa,
and Southwest Asia
011-39-081-568-6777
DSN: 314-626-6777

Navy Region Guam
(671) 355-1110

Navy Region Southeast
(904) 542-2324

Navy Region Hawaii
(808) 473-4505

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

Navy Region Korea
011-822-7913-7251

Navy Region Mid-Atlantic
(757) 322-2800

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

Navy Region Hawaii
(808) 473-1168

Navy Region Southwest
(847) 688-2884

Navy Region Northwest
(360) 315-5123

Navy Region Southwest
(619) 532-2925

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

Office of Naval Intelligence
(301) 669-5557

Office of Naval Research
(703) 696-5031

Puget Sound Naval Shipyard
(360) 476-7683

Sealift Logistics Command
Atlantic
(757) 443-5758

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

Sealift Logistics Command
Pacific
(619) 524-9600

Space And Naval Warfare
Systems Command
(757) 524-7323

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

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

Submarine Group Nine
(360) 396-6530

Submarine Group Ten
(912) 573-3733

Submarine Group Two
(860) 694-5683

Submarine Squadron Eleven
(619) 553-8641

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

US Central Command
(757) 836-4180

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

US Fifth Fleet
011-973-724-383

US Fleet Forces Command
(757)-836-4180

US Joint Forces Command
(757) 836-6555

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

US Naval Forces Alaska
(907) 463-2248

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

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

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

US Naval Forces Korea
011-822-7913-5795

US Naval Forces Marianas
(671) 339-7133

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

US Naval Special Warfare
Command
(619) 522-2825

US Northern Command
(719) 554-5920

US Pacific Command
(808) 477-9138

US Pacific Fleet
(808) 474-8415

US Second Fleet
(757)443-9850

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

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

US Southern Command
(305) 437-1261

US Strategic Command
(402) 294-0246

US Third Fleet
(619) 767-4296

US Transportation Command
(618) 229-8269

Naval Reserve Intelligence
Command

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

Naval Intelligence Reserve
Region Northwest
(360) 315-6001

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

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

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

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

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

Naval Intelligence Reserve
Region Midwest
(847) 688-6273

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

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

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

Naval Intelligence Reserve
Region Washington
(240) 857-7878

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

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

Navy Expeditionary Combat
Command
(757) 462-4316

Explosive Ordnance Disposal
Group One
(619) 437-3700

Explosive Ordnance Disposal
Group Two
(757) 462-8453

First Naval Construction
Division
(757) 462-3658

Naval Construction Forces
Command
(757) 462-3658

Maritime Expeditionary
Security Force

Maritime Expeditionary
Security Group One
(619) 437-9808

Maritime Expeditionary
Security Group Two
(757) 396-0513

Chief of Naval Air Training

CAOSO
(361) 961-3386

CNRF CNATRA/FRS PM
(757) 322-6751

SUBMISSION GUIDELINES

PHOTO SUBMISSIONS

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

STORY SUBMISSIONS

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

QUESTIONS AND SUGGESTIONS

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



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BATTLE OF MIDWAY



*Turning the Tide
in the Pacific!*