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Chief Construction Electrician  
Andrew Jennings is greeted by his  
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Mass Communication Specialist 1st  
Class John P. Curtis)



# TNR

THE NAVY RESERVIST

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or by email to [cnrfc1@gmail.com](mailto:cnrfc1@gmail.com).

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

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

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

▲ **Mass Communication Specialist 1st Class Laurie Wood** attends a National Disabled Veterans Winter Sports Clinic. (U.S. Navy photo)



## FOCUS ON THE FORCE

### Vice Adm. Robin R. Braun

From left to right, Capt. David Marasco, commodore, Ninth Naval Construction Regiment, Capt. Louis Cariello, deputy commander, Navy Expeditionary Combat Command, Travis White, Luann White, Rear Adm. Sandra E. Adams, reserve deputy commander, Navy Expeditionary Combat Command and Chief of Navy Reserve Vice Adm. Robin R. Braun, hold a welcome home banner welcoming back Personnel Specialist 3rd Class Justin White attached to Naval Construction Battalion Two Eight (NMCB 28). Braun attended the homecoming of NMCB 28 after an eight-month deployment to Afghanistan. (U.S. Navy photo by Chief Mass Communication Specialist Joshua L. Treadwell)



*"Today we need a nation of minute men; citizens who are not only prepared to take up arms, but citizens who regard the preservation of freedom as a basic purpose of their daily life and who are willing to consciously work and sacrifice for that freedom."*

— President John F. Kennedy

### Shipmates,

More than 50 years ago, when President Kennedy spoke the words above, I believe that he had individuals like the Sailors who comprise today's Navy Reserve in mind. You are, indeed, remarkable "citizens" who stand ready, at a moment's notice, to answer the call to serve and "sacrifice" for the cause of freedom.

The embodiment of these ideals, to which President Kennedy referred, were never more evident than during Board Week for the 2013 Reserve Sailor of the Year finalists. The accomplishments and commitment of these men and women were inspiring, and making it all the way to the "Final Five" speaks volumes about these Sailors. The discipline and pride, the sense of duty and obligation to their Shipmates and families, as well as the confidence they have in their own abilities are unquestionably attributes that enabled them to rise to the top. It is also important to remember that they, like you, are *Reserve Sailors* with responsibilities beyond the Navy. Yet, somehow, you make it work — family, civilian career, and Navy. When I refer to the "Citizen Sailor" I'm talking about men and women like you, who share these same experiences and "...who regard the preservation of freedom as a basic purpose of their daily life." I encourage you to read about these impressive Sailors on page 18.

Last month we visited NOSC Boise and participated in a retirement ceremony for Capt. Jami Mason and her family. Capt. Mason rose from E-1 to O-6 during her 37-year career and has had an impact on thousands of Sailors over the years. We also attended NOSC Boise's second annual "All Hands Dining-in." Hosted by NOSC CO, LCDR Tyler Hamiter and his Chiefs' Mess, this wonderful evening brought together Sailors of all rates and ranks to formally celebrate naval history and tradition and engendered incredible camaraderie and esprit de corps — especially when two mobilized Sailors joined us by video teleconference from Kandahar!

Speaking of mobilizations, I want to again encourage all Sailors who have been deployed to attend a Returning Warrior Workshop (RWW). This issue of TNR shines the spotlight on the value of RWW's and highlights PS2 Lisa Kelly, who was so moved after attending an RWW that she became an RWW instructor. Please, take the time to attend one of these valuable and enriching events. You, and your family, will be better for it.

Finally, as Memorial Day approaches so do the "Critical Days of Summer." These are the days between Memorial Day and Labor Day when we tend to spend more time outdoors enjoying the warm weather and all of the activities that help to make summer so much fun. Unfortunately, this is also a time when there is usually a sharp increase in the number of off duty injuries and even deaths. Last year alone, we lost 16 Sailors during this period. Many of those deaths were motor vehicle and/or alcohol related and could have been prevented.

So, please, take the time to visit the Naval Safety Center website at: <http://www.safetycenter.navy.mil/>. There you will learn critical safety tips to help keep you and your family safe during the summer season.

As always, thank you for your service and I look forward to seeing you in the Fleet!

Vice Admiral Robin R. Braun,  
Chief of Navy Reserve

## Force Master Chief (AW/SW) CJ Mitchell

Master Chief Petty Officer of the Navy Mike Stevens, right, and Navy Reserve Force Master Chief CJ Mitchell visit with guests during the Navy Reserve Sailor of the Year recognition ceremony. (U.S. Navy photo by Mass Communication Specialist 2nd Class Martin L. Carey)



### Shipmates,

It is with great pride that I introduce to you the 2013 Navy Reserve Sailor of the Year, Aviation Warfare Systems Operator 1st Class (NAC/AW) Paul Marticorena of Helicopter Sea Combat Squadron 3, Naval Air Station North Island, Calif.

His overall contribution to the Force and consistent deckplate leadership with both Reserve and active-component Sailors were significant factors in his selection. Make no mistake; all of the finalists are articulate, passionate and dedicated professionals who represented their units and communities very well. Their accomplishments are noteworthy and their passion and commitment to service resonated during the entire competition week.

Sailors like these truly represent who you are as a Reserve Force. They are the Sailors who maximize resources and opportunities, go above and beyond the call of duty, and consistently exhibit selfless service — enabling our service as Citizen Sailors, and ensuring our mission success.

In addition to reading about Petty Officer Marticorena's accomplishments, check out the feature about the people involved with the Returning Warrior Workshop program and how they assist Sailors and their families with reintegrating into the lives left behind prior to supporting critical IA missions. In May, we'll celebrate Military Spouse Appreciation Day. Observed on U.S. military posts worldwide, this day celebrates the strength and patriotism of the spouses of members of the military. I recently met an exceptional spouse, Mrs. Suzanne Holmes, OMBUDSMAN at NOSC Waco. She has been an OMBUDSMAN for more than 10 years and drives hours to attend every Drill Weekend she can. She is constantly planning events and helping families on the homefront, supporting operational readiness. She is part of a great team at NOSC Waco, Texas.

You will also read about several other homefront heroes who were among the first responders during the Washington Navy Yard shooting, and about those standing in the balance with the Task Force that followed. This month's TNR also offers a glimpse into NMCB 25 mission-readiness exercises; they have already assumed their watch in Afghanistan, relieving NMCB 28.

May is the start of a busy time: Selection Boards, Advancement Results, PFA, Annual Training busy season, and much more as we prepare for the summer and end of the Fiscal Year. While this is often an exciting time, we must continue to be vigilant of safety and for being conscientious shipmates supporting each other in the unit, in the NOSC and in the community. I am always impressed by the dedicated and professional Sailors that I meet — Thank you for what you do and I look forward to seeing on a visit.

Are You Ready?

FORCM CJ Mitchell

FOCUS ON THE FORCE





# USS Buckley DE-51 Sinks U-66

By Master Chief Information Systems Technician James L. Leuci,  
Naval History and Heritage Command



**E**ight out of ten Sailors in the U.S. Navy during World War II were Reserve Sailors. They served on all types of ships and vessels. Navy Reserve officers commanded over 90% of the Destroyer Escorts (DE) in the U.S. fleet. USS Buckley DE-51 was one of them, commanded by Lt. Cmdr. Brent M. Able, USNR. On May 6, 1944, Buckley engaged and sank the German submarine U-66 in a surface action that resembled naval warfare in the days of wooden sailing ships. The entire action was fought on the surface with Sailors from both vessels engaging in close quarters combat.

On the night of May 5, while operating as a screen for the aircraft carrier USS Block Island CVE-21, Buckley was detached to investigate a radar contact. Around 0200 on May 6, Buckley went to general quarters, when a submarine was spotted that launched a torpedo which missed Buckley. The submarine, later identified as U-66, opened fire with machine guns. The DE closed to 2,100 yards before opening fire with 3-inch, 40mm, and 20mm guns. The first salvos exploded on the sub's forecastle just forward of the deck gun. U-66 began returning fire from the deck gun. However, the shells fell short or were high — the only hit was a shell that struck the smoke stack.

Buckley was 1,500 yards away firing 20mm and 40mm shells that burst on the submarine's conning tower starting a fire. U-66 began maneuvering attempting to increase the distance from the destroyer escort in order to fire another torpedo. A torpedo was launched but missed — crossing the bow of the destroyer escort. The German U-boat then closed the range between the two vessels and managed to get within 20 yards of the ship on a parallel course. Lt. Cmdr. Able ordered a hard right rudder causing the ship to ride up on sub's forecastle. German Sailors emerged from below decks and swarmed on to the forecastle of USS Buckley.

U.S. Navy Sailors repelled the boarders with small arms fire, hurling empty 3-inch shell casings, and even throwing coffee cups. Buckley backed off the submarine. U-66, still making about 18 knots, veered towards the ship again on a parallel course next to the destroyer escort. Once again, the captain

ordered a hard right rudder to ram the submarine. The bow of the submarine was run over by the ship. While this was occurring, U.S. Sailors threw hand grenades down an open hatch of the submarine conning tower.

The submarine was still underway after Buckley passed over her bow — but not for long. The number 3, 3-inch gun delivered a direct hit on the conning tower and the sub disappeared beneath the surface with an open hatch and on fire.

USS Buckley sustained relatively minor damage which included a hole in the hull just above the water line and a buckled bow. Thirty-six enemy survivors were picked up, including four officers.

The entire surface action lasted for about 15 minutes. The DE crew only suffered one minor casualty. The damage to the ship required Buckley to proceed to the Boston Navy Yard for repairs. On 31 August 1944, Lt. Cmdr. Abel was awarded the Navy Cross for his action with U-66. The crew of USS Buckley received a Navy Unit Commendation ribbon.



▲ LCDR Brent M. Abel, USNR, Commanding Officer, USS Buckley, is awarded the Navy Cross for heroic action during the engagement with U-66 in May, 1944. (U.S. Navy photo)

**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.



**Hospital Corpsman 1st Class  
Lina MacPartland**

Hometown: Potomac Falls, Va.  
NOSC: Navy Operational Support Center Baltimore, Md.  
UNIT: Expeditionary Medical Facility Bethesda, Md.

**Brief description of your Navy job:** I am a Medical Laboratory Technician for the Navy; however, I am also one of my detachment's leading petty officers. I have actively participated with the Navy Blood Program office in support of various DoD PEPFAR diplomatic missions throughout the Pacific. I teach blood bank/transfusion medicine techniques and safety through workshops in host countries.

**Brief description of your civilian job:** I am a Blood Bank Subject Matter Expert, Clinical Laboratory Scientist for Planned Systems International, Inc. I provide formal and informal on-the-job training to support functional users requiring assistance in implementing, using, and integrating the DoD Clinical Information System: Blood Management Blood Bank and Transfusion Service (BMBBTS) Hemocare Lifeline (HCLL).

**What has been your greatest Navy achievement?** I have been honored to have many achievements within my twelve-year military career: being selected for numerous Sailor of the Quarter boards, traveling, serving through humanitarian and diplomatic missions, and being able to serve my country doing what I love — laboratory medicine. My greatest achievement has been leading the Laboratory and Transfusion Service in Okinawa, Japan. It has been one of the most challenging jobs I have ever had. I was able to learn so much about my professional career as a Clinical Laboratory Scientist and as a leader.

**Who has been your biggest influence since joining the Navy?** I have had the privilege of serving with many fellow Sailors, junior and senior, that have taught me much about life and career. Captain Roland Fahie, Director of the Navy Blood Program, has taught me so much about Laboratory Medicine in particular Blood Banking. He has mentored me, and provided me the guidance and opportunities to excel within my military career.

**What do you enjoy most about the Navy?** The Navy has molded me into a great leader. I have pride and honor myself in being part of the most powerful Navy in the world. I have built an incredibly strong foundation for not just myself, but for my family, and those I lead. I have made lifetime friendships, and met wonderful people.

**Most interesting place visited since joining the Navy:** The Navy has given me the opportunity to travel to many places in the world. The most interesting place I have visited has been Singapore, during my deployment on the USNS Mercy for Pacific Partnership 2008. It was the most beautiful city I have ever been to.

**Current hobbies:** I enjoy hiking and biking with my children, visiting museums, dancing, and going to spin classes.



**Aviation Electrician's Mate  
Petty Officer 2nd Class  
Gerald Peterson**

Hometown: Roanoke, Va.  
NOSC: Navy Operational Support Center Roanoke, Va.  
UNIT: Operational Support Unit

**Brief description of your Navy job:** I am the Unit Career Counselor as well as the Unit Training Officer. I am also a member of the Command Training Team as well as the Command Funeral Honors Detail.

**Brief description of your civilian job:** I am a Systems Administrator for an Electrical Engineering Firm called Sterling-ES. I manage the internal infrastructure, web store, and customer management system, as well as the QuickBooks system. I am also utilized in a marketing capacity to drive traffic to the web store.

**What has been your greatest Navy achievement?** I was awarded a Navy and Marine Corps Achievement Medal for my participation in the Funeral Honors program. I accumulated 30 Funerals with over 100 man hours in providing the final honors. Every funeral I perform fills me with a pride that I cannot recreate on normal duty.

**Who has been your biggest influence since joining the Navy?** I have had the good fortune of being mentored by many competent and motivated Sailors. If I had to choose one I would have to pick OSC Richard Nugent. He was my first unit Chief. He had a calm method of motivation that gave me the latitude to make career decisions and take the calculated risks that have made the most positive difference in my career. He was the person who encouraged me to pursue Career Counseling. He passed down his Career Counselor medal as a token of his belief in me.

**What do you enjoy most about the Navy?** I enjoy the ability to impact my Sailor's lives and careers for the positive. I have the ability to guide my junior Sailors to better career outcomes. I can also inspire them to achieve great things through my positive example.

**Most interesting place visited since joining the Navy:** I had the opportunity to spend two weeks at the Merchant Marine Academy in Kings Point, N.Y. for an AT in 2010. I was able to pick up some important BMR knowledge, but I was able to experience the appreciation the citizens of New York have for their military personnel.

**Current hobbies:** I enjoy spending time with my three children, playing the banjo, and I also dabble in Web and Application design.

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





# QUARTERLY CMS-ID CYCLE

## *for Reserve Enlisted Sailors is Underway*

**O**n April 1, 2014, the Navy Reserve Force transitioned to a Quarterly CMS-ID Enlisted assignment cycle. The proposed recommendation to shift from monthly to quarterly assignments originated from a Cross Assignment Working Group proposal in support of a Chief of Navy Reserve FY13 Strategic Initiative.

The new quarterly cycle supports and allows for a myriad of improvements and changes that will benefit Sailors, to include:

- **Double the number of billet opportunities available for each assignment cycle.** The billet base available for assignments will be correlated to a six month period of upcoming PRDs.
- **Extended 4+ week main application phase.** Sailors are allowed more time to review/research billet opportunities and submit applications during this extended period.
- **Cross Assigned (CA) Sailors can submit applications using the “Request Local Assignment” feature in CMS-ID during the main application phase.** In accordance with CNRFC policy, CA Sailors are able to apply for local opportunities at any time prior to their “PRD window”.
- **Designated one-week period for command ranking and comment phase** (ranking and comments can still be made throughout the entire application phase).
- **Additional two-week application period in the 3rd month of each cycle, for CA/IAP Sailors (only) to research and find local, vacant billets.** The new functionality in CMS-ID will allow those with CMS-ID Career Counselor privileges to use the “Local Assignment Request” to submit applications on behalf of CA/IAP Sailors.
- **Alignment of effective date of orders with actual billet assignment date.** The effective date on orders will align with the 1st day of the next quarterly cycle. For example, during the April-June cycle, those who are selected for assignment will receive orders with an effective date of July 1, 2014. This will allow for additional time to take care of administrative requirements, prior to reporting to one’s new unit. For additional guidance/information, please consult with your

NOSC Command Career Counselor, N1/Manpower department and/or Reserve Unit Career Counselor.

### THE IMPORTANCE OF CMS-ID ROLES AND RESPONSIBILITIES

There has never been a better opportunity, or more important time, than right now for all NOSC and Reserve Unit leaders to understand their roles and responsibilities related to CMS-ID. Specifically:

- Anyone who has Career Counselor privileges should be ready and willing to assist Sailors in researching billets and submitting applications. NOSC CCs and manpower shops need to coordinate and define responsibilities, so that RUAD assistance is effectively managed, and Sailors are taken care of. Those who have been designated as Reserve Unit CCs need to refer to CMS-ID tutorials ([www.cmsid.navy.mil](http://www.cmsid.navy.mil)) and request assistance/training from their NOSC, in order to become proficient with CMS-ID.
- All those who have Reserve Unit CO and CC privileges need to review billet details/job description and command point of contact information on a quarterly basis. This information is absolutely critical for those Sailors who are applying for new billets, as well as for those Sailors who are in a cross-assignment status. This represents one of the best ways for Sailors to not only understand potential future billet assignment responsibilities and requirements, but to connect with unit leadership immediately!



# Career Waypoint Conversion

CAREER



By CNRFC N15 Force Retention

**W**hen the **Selected Reserve Rating Conversion** process was revamped in June 2013, Commander, Navy Reserve Force announced the use of the Career Navigator (formerly Fleet RIDE for SELRES) to qualify all Selected Reserve Sailors in the Career Waypoint (CWAY) system, and require them to submit a qualified jobs listing with conversion packages. Building on that capability, effective June 3, 2013 applications for eligible Selected Reserve Sailors requesting a change in rating will be entered through Career Waypoint-Conversion (formerly RC2RC) in accordance with current governing directives.

- Applications will be processed monthly by BUPERS-32 (SELRES ECM) in Career Waypoints in lieu of submission through PERS-8
- Conversion opportunities will be updated monthly and identified as open or closed. In order to apply, a Sailor's current rating must be open to convert out and their requested rating must be open to convert in
- Application results and official letters will be available in Career Waypoints. If approved for direct conversion, the letter will direct the Sailor's command to initiate a change of rate in NSIPS. If conversion has been approved and requires an A-school, contact information and instructions on how to request and schedule the training will be provided
- All Sailors are encouraged to take the in-service Armed Forces Classification Test (AFCT) to improve their conversion opportunities


Make sure the Career Counselor point of contact information is included in all requests! All documentation must be included in your request: If the conversion rating requires additional documentation as listed in the CWAY AJR (Additional Job

Requirements) section, email additional requirements to the CWAY conversion desk when the application is submitted in the CWAY system. Refer to MILPERSMAN 1306-618 for security clearance requirements, medical requirements, and any other documents for the respective rating requested. If the request is a Forced Conversion, submit documentation supporting member's inability to remain in their current rating. If the package is missing any documentation, please include justification why the documentation is missing in the CO's endorsement. Further information can be found in NAVADMIN 150/13, and on the NPC website under Career Info/Enlisted Career Administration/Conversions/Reserve Conversions. Monthly Reserve Conversion opportunities may be found in Career Waypoints.

## CHECKLIST FOR SELRES SAILORS RATING CONVERSION & FORCED CONVERSIONS

- ✓ NOSC CO endorsement, and the unit CO's endorsement. (Check block in CWAY conversion application)
- ✓ Most recent Armed Services Vocational Aptitude Battery (ASVAB) or AFCT results, entered in CWAY
- ✓ Last three years of evaluations, entered in CWAY
- ✓ Required Physical Fitness Assessments (PFA), entered in CWAY
- ✓ NAVPERS 1070/604 showing permanent rate (if applicable), or as listed in CWAY
- ✓ Resume of civilian and military experience (if required)
- ✓ Documentation of a security clearance, listed in CWAY, include any additional documentation requested
- ✓ Required medical information for requested rating





► **Hospital Corpsman 2nd Class Donald Carter** is greeted by his wife, Sunny, and their daughter after returning home from a deployment with Naval Mobile Construction Battalion (NMCB) 3. NMCB 3 was deployed to the U.S. Pacific Command area of operations, performing construction-based operations and humanitarian aid missions. *(U.S. Navy photo by Mass Communication Specialist 1st Class John P. Curtis)*



# Returning Warrior Workshops

By Mass Communication Specialist 2nd Class Daniel Meshel,  
Reserve Component Command Southeast Public Affairs

**S**ailors are called upon to augment critical mission requirements for the Navy and other branches of the Armed Forces, leaving behind their civilian jobs, their families and their lives, sometimes with little time to prepare, and often without knowledge of what to expect. They are asked to deploy to locations like Djibouti, Afghanistan, Cuba, Kuwait and Bahrain — and contribute their unique skill-sets and knowledge to the United States mission abroad for months and sometimes years at a time.

These Sailors deploy as Individual Augmentees (IA) and face a number of challenges before, during and after their mobilization. Unlike traditional deployments, IA Sailors are frequently called upon to deploy into harm's way as "boots on ground," and deal with the stress of combat, as well as adjust to new and different operational climates and organizations.





▲ **Participants at a Returning Warrior Workshop** gather for the “Banquet of Honor” to celebrate post-deployed service members’ return from deployments and receive certificates of completion. (U.S. Navy photo by Mass Communication Specialist 1st Class Kyle Steckler)



▲ **Rear Adm. Russell S. Penniman**, Reserve deputy commander and chief of staff for U.S. Pacific Fleet, addresses participants at the “Banquet of Honor.” (U.S. Navy photo by Mass Communication Specialist 1st Class Kyle Steckler)

“They may have to adapt to other military branches which have a different culture that operate and train differently,” said Alan Lipzin, a licensed mental health counselor and Outreach Coordinator for the U.S. Navy Reserve Psychological Health Outreach Program. “This makes integration and feeling a part of a team much more difficult. This sometimes happens as soon as they leave for training and contributes to a sense of aloneness, isolation and lack of emotional support during mobilization.”

But Sailors are not the only ones facing the challenges of mobilization. Wives, husbands, children, fiancées, parents and friends feel the emptiness of their loved ones’ deployment, and often those remaining at home are also forced to adapt to a life without that Sailor — managing a household without their significant other, raising children and balancing finances becomes a responsibility one must cope with alone.

“I left at the end of 2011 and was deployed for roughly a year,” said Chief Yeoman Edward Morales, who deployed to Djibouti as an IA. “I left my wife, my one-year-old and nine-year-old daughter, and by the time I returned, my relationships had changed. It was difficult for my wife who was left to take care of everything, and it was especially difficult for my children.”

When the mission is over some Reserve Sailors return home to hang up their uniform and transition quietly back into their civilian lives. For other Sailors, returning from mobilization and reuniting with spouses and children, as well as adjusting to a new home-setting, is not as easy as hanging up a uniform and closing their closet door.

“Post-traumatic stress disorder, sleep disorders, depression, anger issues and marital and family discord are some of the problems service members face when they return,” said Lipzin.

“Reservists often do not experience the same levels of support and access to services that active component members receive while deployed and after they return home,” said Lt. Cmdr. Dave Shuster, Director, Warrior and Family Support Programs. “They and their families live among civilians, and they may live far from active-component military installations, often lacking the support structure and services that are provided for active component forces.”

In January 2008, the U.S. Congress responded to this issue

by mandating the creation of the Yellow Ribbon Reintegration Program (YRRP) to provide support to Reserve and National Guard service members and their families. YRRP not only focuses on reintegration, but is designed to assist servicemembers and their families throughout the deployment cycle: predeployment, deployment, demobilization, and finally, reintegration.

Of these programs, the Returning Warrior Workshop (RWW) was developed to assist with the reintegration of service members and their families once the member returns from mobilization.

RWWs are an off-site weekend retreat where service members and their guests are provided a safe and relaxed environment to address and identify post-deployment issues.

“[RWWs] are not only designed to celebrate the service of the Reservists and their families, but are designed to address the stress generated from deployment and provide information on services available to Reservists and their families to assist them in reintegration,” said Shuster. “RWWs are open to any Navy Reserve servicemember who has deployed and has not yet attended an RWW since that deployment — regardless of how long it’s been.”

RWWs are held throughout the country and are conducted by each region within the Navy Reserve to facilitate the attendance of Reserve Sailors in all areas of the United States. Since its inception, the Navy Reserve has held 115 RWWs, simultaneously hosting more than 14,000 attendees, and has been described as a “best practice” within the Department of Defense.

“RWWs are voluntary and offer free lodging, meals and travel to and from the event for both the service member and their guest,” said Matthew Davis, Warrior and Family Support Program Specialist for the Southeast Region. “They’re able to attend a variety of break-out sessions that include warrior transitions, telling your story, spiritual and emotional well-being, reconnecting couples, debt management, women warriors, single Sailors and why a warrior would want to go back.”

Although the goal of RWWs has not changed since it was first conceived, RWWs continue to evolve to better address the issues and concerns of the attendees.

“We continually focus on ways to improve the process and the



overall experience,” said Davis. “RWWs are a Sailor and family orientated program that measures its achievements by the impact it has on those who attend.”

Each RWW fields feedback at the conclusion of the event to determine which speakers, breakout sessions and accommodations were most beneficial, and which could use improvement.

“Since the war effort has wound down, the focus has become more on relationship enrichment and self-improvement,” said Shuster. “[YRRP] marks its success by providing the Sailor and their family access to and knowledge of resources and programs which can help them throughout the deployment cycle.”

While YRRP is currently in its 7th year of operation, Sailors returning from IA report knowing little about the program, what it offers or what to expect.

“I’ll be honest,” said Pierre Botea, a Warrior who attended an RWW in Austin, Tex. with his wife. “I thought it was going to be similar to pre-deployment training: you sit down and watch a lot of PowerPoint presentations. That’s exactly what I told my wife, too.”

“It’s not PowerPoint presentation after PowerPoint presentation, and they don’t overload you with abundant amounts of information,” said Botea. “It’s a chance to not only get closer

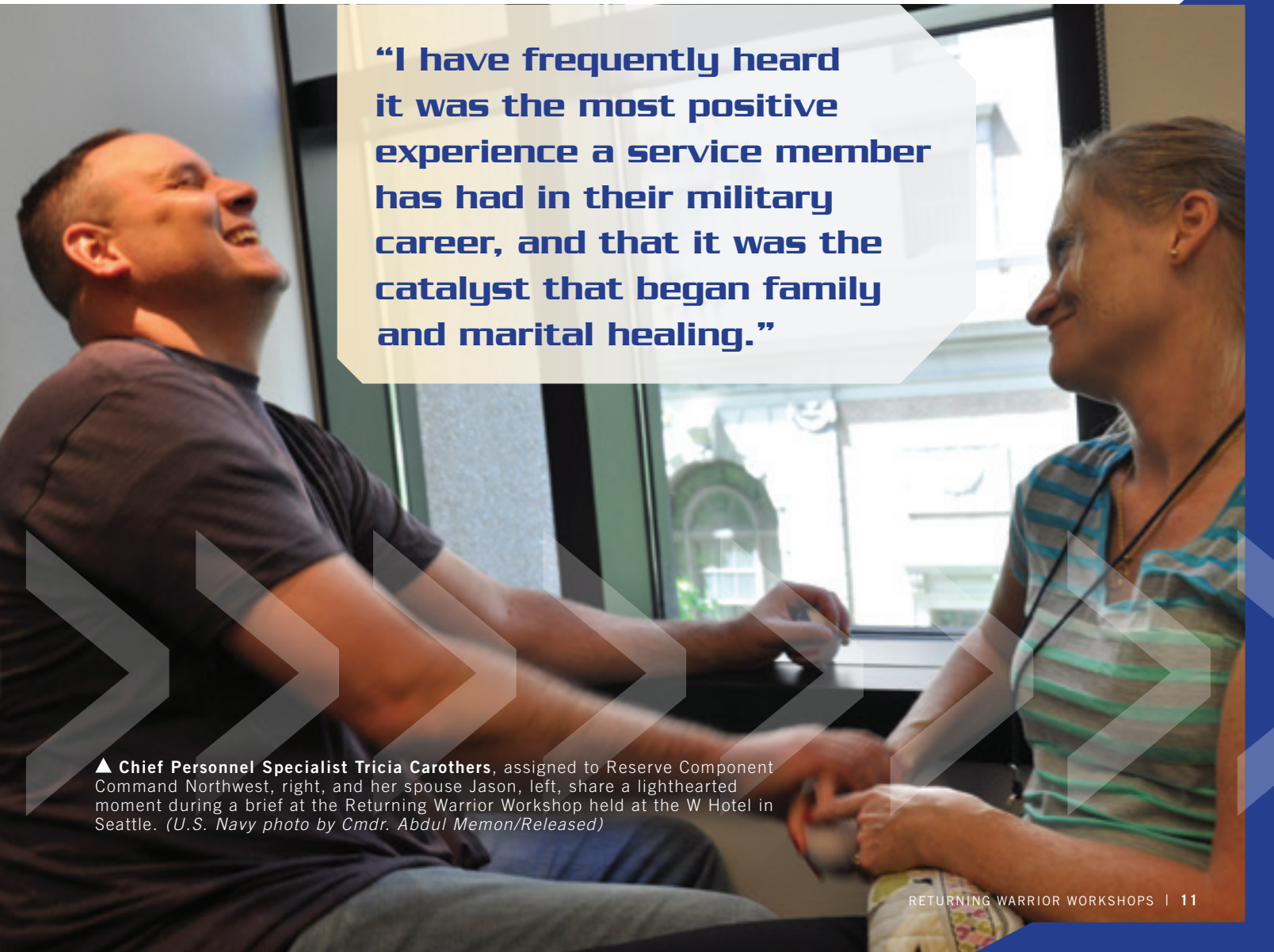
to your loved ones, but also a chance to attend a beneficial and worthwhile event.”

RWWs depend on the continued participation of those who have returned from deployment, and YRRP continues to push for leadership to promote the event as a resource for reintegration.

“If participation continues to decline, the program could potentially face cuts if it is not utilized,” said Shuster. “Leadership at every level needs to continue to promote and support RWWs as a resource for the Sailors under their command.”

“If I was pitching this event and trying to do a sell, I would say it’s a great weekend in a wonderful hotel where you’ll get fed a lot, and where you don’t have to be around your kids,” said Lt. Cmdr. Chip Lutz, retired, who attends RWWs as a guest speaker. “Not that people don’t love their kids — they do — but let’s face it, when you’re a parent it’s nice to get away.”

“I have frequently heard it was the most positive experience a service member has had in their military career and that it was the catalyst that began family and marital healing,” said Lipzin. “Spouses have told me that the event was the first time they had heard their service member open up about their real feelings. RWWs create that kind of atmosphere, and it’s a testament to the success of the program.” ○



**“I have frequently heard it was the most positive experience a service member has had in their military career, and that it was the catalyst that began family and marital healing.”**

▲ Chief Personnel Specialist Tricia Carothers, assigned to Reserve Component Command Northwest, right, and her spouse Jason, left, share a lighthearted moment during a brief at the Returning Warrior Workshop held at the W Hotel in Seattle. (U.S. Navy photo by Cmdr. Abdul Memon/Released)



▼ **Personnel Specialist 2nd Class Lisa Kelly**, a table facilitator during a Returning Warrior Workshop (RWW) drapes a quilt over Lt. Kendall Kalstad during the event's Banquet of Honor. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Meshel)

# MORE THAN HONOR

By Mass Communication Specialist 2nd Class Daniel Meshel,  
Reserve Component Command Southeast Public Affairs

**I**f you attend a **Returning Warrior Workshop (RWW)** in the Southeast Region you will be invited to attend a number of break-out sessions covering a variety of topics, and although you'll know her by her first name, as is the practice of all RWWs, you'll have the chance to meet Personnel Specialist 2nd Class Lisa Kelly, who runs two of her own unique break-out sessions in lieu of acting as a table facilitator for the event.

Lisa first enlisted in the U.S. Navy in January of 1988, and after her first tour, subsequently served as a Selected Reservist (SELRES) before being accepted as Full-time Support staff (FTS) in 2006. Serving in multiple states and in a number of commands, she has volunteered as an Individual Augmentee (IA), deploying to Guantanamo Bay, Cuba from Sept. 2009 to Oct. 2010.

Despite having to deal with the difficulty of being separated from her family, she gained a number of valuable life experiences and enduring friendships during her IA.

"It was hard to be away from my family, to not be available for emergencies and to feel very disconnected and helpless," said Lisa. "But the friendships I formed while deployed remain some of my closest friendships to this day. The

bonds we formed are different than ones you form under normal circumstances."

"After we develop these friendships and return to our hometowns, sometimes thousands of miles away and outside the sphere of our mission, things inevitably change," she said. "It can be even more difficult for single Sailors, who not only lose the closeness of their friendships formed during mobilization, but must now face reintegration without that support group many married Sailors have waiting for them at home."

Like many Sailors returning from mobilization, Lisa wasn't aware of the programs and services available to her or her family to deal with reintegration.

"When a unit deploys together, it's different than IA," said Lisa. "They go through the pre-deployment and post deployment process together. For IA's, it's very easy to feel alone because everyone goes their separate ways and back to their parent commands."

It wasn't until she reported to Navy Region Southeast Reserve Component Command (NRSE RCC) that Lisa was invited to attend an RWW. Not only had it been the first time she was invited to attend an event, but the

first time she had heard an event of this type even existed. Seven months after returning from her IA, Lisa attended RWW Boca Raton with her husband in tow.

**"The event was  
unlike anything  
I thought I  
was going to  
experience"**





▲ **Personnel Specialist 2nd Class Lisa Kelly** and **Margaret Greer**, table facilitators during a Returning Warrior Workshop (RWW), distribute quilts to warriors during the event's Banquet of Honor. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Meshel)

"The event was unlike anything I thought I was going to experience," said Lisa. "I honestly thought it would be a weekend filled with Powerpoint presentations. Instead, it was filled with dynamic and engaging speakers engaging in thought-provoking exercises. Overall, I learned a lot about myself, my husband and had fun connecting with the other warriors and guests."

Shortly after returning from the event, Lisa began to inquire into how she could be involved. From all that she had taken away she too wanted to assist all the warriors and guests and help them acquire access to the same programs and services she had been exposed to.

Between leading a table of warriors and their guests through each day's events, facilitating group conversation and pointing the attendees towards programs and resources to help them with their unique circumstances, Lisa hosts two break-out sessions during the 3-day event: Women Warriors and Single Sailors.

The "Women Warriors" break-out session gives recently demobilized women warriors the chance to share their experiences in a safe setting where the unique challenges women warriors face are understood and supported.

**"Everyone benefits. Yet, the benefits of attending vary as much as each person's deployment experience varies, and the experience is just as unique for each person."**

Although Lisa is now married, she deployed as a single Sailor and developed her own break-out session geared towards those Sailors who return alone. "Single Sailors" targets the unique challenges facing Sailors whom deploy and lack the benefit of emotional support from a significant other.

"Single Sailors face just as many difficulties as their married counterparts," said Lisa. "This break-out session attempts to address their anxieties, enable conversation among peers and point them towards resources to aid them in their personal journey to reintegration."

"Everyone benefits. Yet, the benefits of attending vary as much as each person's

deployment experience varies, and the experience is just as unique for each person," she said. "But I have not heard a single person say they didn't take something away from the weekend. All of the volunteers for RWW have a wealth of knowledge, and I learn something new every time I attend."

"I've been more than happy to contribute what I can and be a part of this program — I've been honored," said Lisa. "But in the end, this event is and will always be about the warriors and their guests." ○

# Securing the Force:

## Reserve Sailors Key to Air Show Security

By Mass Communication Specialist 3rd Class Drew Verbis,  
Navy Public Affairs Support Element West





**I**n the early morning hours of March 15, before the rumble of tractors from surrounding farms signaled the beginning of the day, Reserve Sailors from Navy Security Forces Commander, Navy Region Southwest Security Detachment (NR NSF CNRSW) met to review the plan of the day for providing security to the annual Naval Air Facility El Centro Air Show featuring the U.S. Navy's Flight Demonstration Team.

"Here's the schedule," said the unit's Leading Chief Petty Officer, Chief Master-at-Arms Randall Briggs. "Muster at 0430; first brief at 0500; second at 0700; and then take posts at 0800. Venue doors open at 0900 and the first flight is at 1100."

Without hesitation, he continued.

"We have to be 100 percent mission ready to support the active-duty security component. They (Navy Blue Angels) haven't flown for over a year, so this is a big deal. We've had a productive work-up to get to this point, so I know we're ready."

The 92-member master-at-arms detachment provided direct security manpower to the airshow, which hosted more than 23,000 visitors and ended without a single incident or safety mishap. They assisted patrons and directed traffic, manned security gates, performed foot and mobile patrols, secured the installation, and protected the multimillion-dollar aircraft.

Master-at-Arms 3rd Class Jamie Doggett explained that his accomplishments at the air show were twofold.

"Wearing this uniform, I feel proud about our role in representing a positive image for the Navy," Doggett said. "We are always reaching out and helping. Just our presence alone helped to deter hostility and maintain order. Answering questions and being highly visible had a huge impact on the public."

Located in Southern California about halfway between San Diego and Phoenix, at first glance El Centro might seem like an unlikely location to host the Navy's famous air show — it's far from the coastline and is surrounded by farms that produce a thick aroma of fresh cut alfalfa.

"But it works," said Navy Master-at-Arms 1st Class Benjamin Soto. "There's good space out here and this is the perfect place to start their tour. But the day wasn't without its challenges."

According to Soto the detachment overcame several difficulties.

"Imagine it being a hot day with wind blowing in your face," Soto said. "The wind played a major factor. It created a lot of dust which reduced the visibility and communication. We had to act quickly to overcome this by tightening up the post separation in order to reduce the distance of our Sailors, vehicles and civilians."

He explained that training is critical to the mission's success.

"We were ready for challenges because we've been trained to be prepared for many different contingencies," Soto said. "Being mission ready doesn't mean training for one particular skill, it means training for many. Our Sailors don't always get to choose their posts; they have to be ready to support the needs of the Navy."

The Reserve Sailors from NR NSF CNRSW trained for weeks on skill sets including use of firearms, search and seizure, surveillance, vehicle inspections, anti-terrorism, use of force, crowd control and first aid.

Doggett explained that even with all of the training they receive, sometimes they have to rely on good old fashioned courtesy.

"There are always challenges when you work with the public," he said. "There are a lot of personality conflicts, so we overcome these challenges with professionalism, common sense and a tremendous amount of patience — and a nice smile always helps."

As MAs carried on with their duties, the Blue Angels zipped overhead in their F/A-18 Hornets conducting tight flight patterns and thrilling maneuvers with names like the inverted flat spin, diamond roll and the Fleur de Lis, to the delight of fans.

"It's difficult to get a peek at the Blue Angels while juggling your important tasks," Doggett said. "But getting a glimpse of the show and knowing that I'm a part of this is rewarding."

Soto couldn't agree more, stating that there were a few times when drivers would cause traffic to come to a halt.

"Drivers would literally stop in the middle of the street and look up to witness the amazing flight displays," he said. "Honestly, I don't blame them. Their show is impressive and I looked up, too." ○

▲ **Master-at-Arms 2nd Class Jason Warren** discusses security with a member of the U.S. Navy's Flight Demonstration Team, the Blue Angels. The Blue Angels performed as part of the annual Naval Air Facilities El Centro Air Show. (U.S. Navy photo by Master-at-Arms 3rd Class Susan Pham)

**"Wearing this uniform, I feel proud about our role in representing a positive image for the Navy."**

# BACK TO BASICS

## [ Resume Writing ]

**T**he purpose of a resume is to make a good first impression. So, make it a brief, concise document that presents well and effectively shows your utmost relevant experience and positive credentials for the position. An effective resume is intended to get you the interview and one on one time with the hiring manager, not the job.

Before beginning the resume writing process first gather the following information:

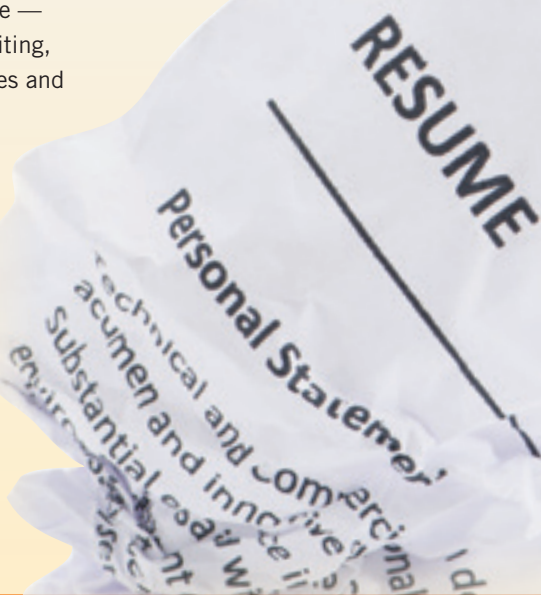
- Performance evaluations
- Personal Awards
- Smart transcripts
- List of all your commands w/ job functions information
- List of any additional collateral duties

The ability to write a great resume does not happen overnight. It may seem like a painstaking process that is hard to navigate but as military member you have plenty of resources at your disposal. Below are some ways to help you steer your way to success:

- **LEARN:** Attend job assistance training. Contact the following places:
  - “The Career Development Resource Center” at your local Fleet and Family Services Center — Provides classes on resume writing and will look over your resume to provide you with feedback.
  - Local unemployment office — Has classes on resume writing, interview assistance classes and upcoming job fairs.
- **FOCUS:** Set an objective and identify the kind of jobs you are interested in.
- **RESEARCH:** Make sure you clearly identify what employers are looking for and how you can meet their needs.
- **ANALYZE:** Review your skills, training, education and experience and make sure that you qualify.

- **ASK FOR HELP:** Have as many people look over your resume as possible. (The more feedback the better.)
- **TAILOR:** Remember one size does not fit all. Don't assume that you can use one resume for many jobs. Start with a basic resume that matches well with your desired profession. As you find job postings and opportunities that interest you, tailor your basic resume to match exactly with the employer's requirements. With today's computers and word processing software, there's no excuse for writing generic resumes.
- **TRANSLATE:** Wherever you work, whether it is within the military, federal government or a corporation, you may commonly use jargon (terminology, abbreviations and acronyms) that are not identifiable to others outside your organization. Translating this jargon for an employer on your resume is important to show how your experience will relate to the outside world. This will include avoiding terminology, abbreviations and acronyms that are typical to your organization and writing out or explaining terms as you develop your resume.
- **FOCUS:** How you convey your expertise and experience in your resume helps determine whether or not you get an interview for a job. It is important to represent yourself as a “doer” whose abilities match the requirements of the position and who demonstrates the ability to do the job. This is easy to do when you include results, achievements and accomplishments you've produced that relate to the desired position.

- **SUMMARIZE:** Hiring and Human Resource Managers have to be able to look over your information quickly, making your skills easy for them to swiftly see what you can do for them. Make sure that you have summarized your qualifications, written as bullet statements, a paragraph or keywords, can be an effective way to introduce your resume and a quick way for the employer to view your ability and areas of expertise.





# RESUME DO'S AND DON'TS

DO	DON'T
Use common, easy-to-read typeface	List word "resume" at the top of your resume
Use font size between 11-12 point (except name)	Include unrelated work experience, education, or training, information must be RELEVANT to objective
Place name at the top of resume	Include personal pronouns (I, me, my)
List current physical and email address	Use improper verb tenses
Include concise, easy to read, one line objective	Use italics, script, or underlining
Begin sentences with action verbs	Include graphics or shading
Carefully choose the most likely keywords for resume	Insert horizontal or vertical lines
List each work experience in reverse chronological order	Attach photographs
Spell out abbreviations or acronyms first time used	Print on both sides of paper
Use bold type or bulleted tabs for emphasis	Include more than two pages in a resume unless employer requested
Include name and page number at the top of the second page (header)	List "References available upon request" on resume
Use adequate margins (1")	Inflate credentials
Use 8 ½" x 11" white or cream paper if printed	Photocopy resume, always send original printed resume to employer
Use a 24-point letter quality or laser printer	Fold resume—when mailing put in a large flat envelope
Allow two or more objective friends or a field professional to proof read for misspellings, grammatical, capitalization and punctuation errors	
Select "Fine mode" when faxing	
Send original copy of resume	
Save resume in .rtf format for PC and MAC	



- **FORMAT:** Choosing a resume style that best expresses your skills to the employer is up to you. Commonly, resumes are presented in one of three formats: chronological, functional or a combination of chronological and functional. Select the format that will best display your abilities. Your choice will depend, in part, on the type of work you've performed and whether or not you're going to continue to do the same work.
- **NETWORKING:** Some of this most important things in starting a job search and looking for new employment opportunities is to take advantage of networking. In this day and age networking is how the majority of today's workforce is getting to hear those

two sweet little words "YOUR HIRED."

The Career Development Resource Center at your local Fleet and Family Services Center offers a wide variety of courses and services that are available to you and your family members. These family members are service members, retired service members, spouse, and children.

## Links for job sites that offer help for vets

<https://www.usajobs.gov/>

<https://h2h.jobs/>

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

[www.ClearanceJobs.com](http://www.ClearanceJobs.com)



## NAVY RESERVE FORCE

# Sailor of the Year

By Mass Communication Specialist 3rd Class Hannah Brim,  
Navy Reserve Forces Command Public Affairs

**“**I had the honor of competing against four of the best Sailors in the Navy,” said Aviation Warfare Systems Operator Petty Officer 1st Class Paul Marticorena. “They truly embody everything that is great about our Navy.”

Marticorena, a Reserve Sailor with Helicopter Sea Combat Squadron Three's Squadron Augment Unit (HSC-3 SAU), is the 2013 Navy Reserve Force Sailor of the Year (RSOY). Chief of Navy Reserve (CNR) Vice Adm. Robin Braun made the announcement during a ceremony April 10 at the Fort Meyers

Club in Fort Meyers, Va.

“You are not just Sailors; you are Reserve Sailors with responsibilities beyond the Navy. Yet, somehow, you make it all work, family, civilian career, and Navy,” said Braun. “When I speak of the ‘Citizen Sailor,’ it is the thousands of hard-working men and women of the Navy Reserve, who you represent, who do so much across the globe to support

the Navy mission. You and your families give up one of your most important assets and that is your time.”

The California native said he was at a loss for words when he realized he had been selected, and he knew each one of the other finalists was equally deserving of the award and would represent





▲ **Vice Adm. Robin Braun** awards Naval Aircrewman (Helicopter) 1st Class Paul Marticorena a Navy and Marine Corps Commendation medal in honor of being selected as the Reserve Component Sailor of the Year. (U.S. Navy photo by Mass Communication Specialist 2nd Class Martin L. Carey)

## **“You are not just Sailors; you are Reserve Sailors with responsibilities beyond the Navy. Yet, somehow, you make it all work family, civilian career, and Navy.”**

the best of the Navy Reserve.

“We worked as a team throughout our week in Washington D.C., and I would not have been surprised if any one of us had been named the RSOY,” said Marticorena.

Marticorena joined the Navy in 1997 and spent the first part of his career on active duty. In addition to completing Aircrew Candidate School, Rescue Swimmer School and Aviation Machinist Mate “A” School, Marticorena went through the Navy’s intense Survival, Evasion, Resistance and Escape (SERE) program and the H-46D Fleet Replacement Aircrew Course. In 1998 he transferred to Helicopter Combat Support Squadron Five (HC-5) in Guam. He deployed with USNS Spica (TAFS 9) to the Arabian Gulf in 1999, and USS Essex (LHD 2) in 2000.

In 2002, he attended Basic Instructor School and MH-60S Replacement School before checking into HSC-3. As an

instructor, Marticorena had the opportunity to train and mentor future aircrewmen, a job he said was very rewarding.

“The greatest honor for me as an instructor and a Reservist was to be picked to “wing” the entire class I was mentoring,” Marticorena said. “It’s a big deal to get your gold Aircrew wings and then be selected to present those wings to the new aircrewmen who’ve been working for almost two years to earn them. That meant I was going to be forever a part of their success.”

According to Marticorena, he’s always strived to set a good example and have a positive effect.

“My biggest motivation has always been to lead by example, and to be a positive influence for my Sailors,” said Marticorena. “This is the reason I became and love being an instructor. Young Sailors are very impressionable, and to be given the opportunity

# **“There have been so many leaders, Sailors, and family who’ve helped me to get where I am, and I felt all their hard work and trust in me truly paid off.”**

to help start their careers on the right path has always motivated me to be the best that I can.”

While stationed at HSC-3, he was advanced to Petty Officer 1st Class and earned a Bachelor of Science in Criminal Justice from the University of Phoenix.

In 2006, Marticorena left active duty and transitioned to the Navy Reserve, continuing duty with the squadron. It was during his current assignment to HSC-3 that Marticorena was named Navy Operational Service Center North Island, Navy Region Southwest, Maritime Support Wing and Commander Naval Air Forces Reserve Sailor of the Year.

He gives the credit for his accomplishments back to those he’s worked for and with, and most importantly to his family.

“First, and most importantly, I owe this to my wife and kids. They are always there and the biggest reason I am successful,” said Marticorena. “Secondly, my entire command has always stood behind me, from my commanding officer to my most junior Sailor. I gain unique perspective and support from each and every Sailor at HSC-3.

“There have been so many leaders, Sailors, and family who’ve helped me to get where I am, and I felt all their hard

work and trust in me truly paid off,” said Marticorena. “Master Chief (sel) Jeff Summit [from HSC-3] is my biggest inspiration. Great leaders know what their Sailors need to get them to that next step in their career,” said Marticorena. “Summit has always pushed me to that next step while giving me the tools and confidence to succeed. His dedication to our command and Sailors has elevated us all. I can truly say I would not have been selected as the RSOY without his mentorship, and most importantly his trust in me.”

Force Master Chief of the Navy Reserve Clarence “CJ” Mitchell also spoke at the RSOY ceremony, praised the finalists and shared his pride in their contributions to the force.

“All of the finalists were articulate, passionate and dedicated professionals who represented their units and communities very well. Their commitment to service on behalf of others is noteworthy,” said Mitchell. “Petty Officer Marticorena’s confident deckplate training and mentorship of Reserve and active component Sailors is an example to be followed by others.”

Joining Marticorena as RSOY finalists were Special Warfare Operator 1st Class Lawrence W. Beckhaus, assigned to SEAL UNIT 17; Yeoman 1st Class Cecilia E. Mitchell, assigned to



**▲ Navy Reserve Sailor of the Year** candidates pose for a group photo in front of the White House. (U.S. Navy photo by Mass Communication Specialist 1st Class David A. Frech)





▲ **Vice Adm. Robin Braun** congratulates Naval Aircrewman (Helicopter) 1st Class Paul Marticorena during a ceremony held April 10. (U.S. Navy photo by Mass Communication Specialist 1st Class David Frech)

Space and Naval Warfare Systems Command 119; Hospital Corpsman 1st Class Beatriz R. Schulmeister, assigned to Operational Health Support Unit Bremerton DET N; and Information Systems Technician 1st Class Francisco Zuniga, assigned to Navy Mobilization and Processing Site Norfolk.

As Marticorena mentioned, his fellow RSOY candidates, all of whom vary with rate, time in service and job assignments, represent the diversity of the Reserve force.

Beckhaus has 20 years of service in the Navy Reserve. He has been at SEAL UNIT 17 since 2009 and has completed three

deployments. He currently works for Naval Center for Security Forces in San Diego.

Mitchell began her Reserve service in June 2009 and trained to become a yeoman. She deployed with the USNS Mercy in 2012 and completed a tour to Afghanistan in 2013. She currently works for the Department of Defense.

Schulmeister enlisted in the Navy Reserve in October 2002. She has been a Wyoming State Trooper for eight years, and is currently a Custody and Control Instructor.

Zuniga joined the Navy Reserve in December 2009 after spending 14 years on active duty. He currently serves as the Redeployment Assistant Department Head, leading petty officer and Command Information Systems Manager at NMPS.

Marticorena says he plans to continue to improve himself to better serve his Sailors and lead them to success; he intends to stay an aircrewman and continue flying as long as possible. As for his advice to junior Sailors — always work hard and get fully qualified so you are a valued member of the team.

“Stay humble and don’t forget where you came from,” said Marticorena. “The Navy is smaller than people think, the reputation you build, good or bad, will follow you throughout your career.”

Marticorena is currently working as an MH-60S Helicopter Subject Matter Expert (SME), developing training and curriculum for Helicopter Sea Combat Weapon Schools (HSCWS). He develops the courseware for their HSCWS Aircrew Combat Training Continuum (ACTC). As RSOY, Marticorena received the Navy and Marine Corps Commendation Medal and will be meritoriously promoted to chief petty officer. ○



▼ **Force Master Chief CJ Mitchell** leads the “Reserve Sailor of the Year 2013 nominees” during a heritage run in Washington D.C. (U.S. Navy photo by Mass Communication Specialist 1st Class David Frech)



# AN UNBROKEN



By Senior Chief Mass Communication Specialist Terrina Weatherspoon, Navy Public Affairs Support Element East

“She was the first female SWAT team member, and was given the sought after job of training recruits, very vigorous. She did Combat Camera for many years and had a deployment to Afghanistan, which resulted in some of the most amazing photographs I’ve ever seen.”

▲ Mass Communication Specialist 1st Class Laurie Wood attends a National Disabled Veterans Winter Sports Clinic.



# SPIRIT

**I**t was a cold winter morning after a snow storm when Mass Communication Specialist 1st Class Laurie Wood saw her 9-year-old son outside. She peered out the window to see him scraping snow and ice from the wheel chair ramp leading up to their Norfolk, Va., home.

"He didn't even have to be asked," said Wood in her morning Facebook post.

Even as such a young boy, he's already a great man — and the legs of the family.

In April, 2012, as a member of the Norfolk Sheriff's office, Wood was injured while going over training scenarios with an Academy class of recruits. She fell more than 20 feet from a roof, breaking her back, but not her spirit. Now as a paraplegic, she is proving every day that legs are a luxury, not a necessity.

Wood joined the Navy out of Peru, N.Y., at 17, right out of high school in 1995. Her brother was in the Navy and she knew it was something she wanted to do. She had a love of taking photos and when she realized she could be a photographer in the Navy, she was sold.

While stationed at Naval Air Station, Oceana, Va., she joined the Auxiliary Security Force as a collateral duty. She didn't know it at the time, but she was falling in love all over again, with law enforcement.

"I decided to transition to the Reserves in 2000 so I could do both of the things I loved," said Wood. "I was able to continue to take photos for the Navy, while pursuing a career in law enforcement. I met a Norfolk Deputy in the motorcycle community who helped me with the application process."

Wood joined the Norfolk Sheriff's Office in 2002 and worked in a variety of departments, the last of those being Academy Staff training, where she trained new Recruits and seasoned Deputies. She finally had it all.

And then the fall.

"If I didn't laugh, I'd cry," said Wood. "And I like laughing more. I love to smile, joke around, and I especially love

shenanigans.

I'm still me, I'm just sitting."

The next person hit the hardest by Wood's accident was her son, Gavin, or as Wood calls him, Momma's lil hashbrown. Initially very scared by the whole thing, due to the amount of pain Wood was in, he has proven incredibly resilient.

"He was the one who said, 'you're still you, mom. You're just sitting. He's a pretty smart little nugget,'" said Wood. "He loved to steal my chair and play around with it. That novelty has worn off a little, but he still tools around with it. He knows how to break it down piece by piece and put it back together, but he prefers to just pick the whole thing up and put it in the car. I still can't believe he can lift it! I try to spoil him whenever possible because he has so much to do around the house. Sweeping, mopping, emptying the dishwasher, bringing EVERYTHING up and down the stairs, and that's just the start of it. He's a great kid."

But that is in no small part due to his great mom.

"With her service record, two mobilizations since 2001 and being our EP each cycle, she was no doubt on track for selection to Chief," said Mass Communication Specialist Chief Jim Bane. "Laurie didn't just learn the skills needed to become a good leader, she was born with them. She was ready for every challenge. And that hasn't changed. In a way, this paraplegic condition is more like a new job for her, she has taken it on in the same way she did every other challenge she was faced with. She



▲ **Mass Communication Specialist 1st Class Laurie Wood** documents a mission while deployed to Afghanistan. (U.S. Navy photo by Mass Communication Specialist 1st Class Mark O'Donald)

▼ **Mass Communication Specialist 1st Class Laurie Wood** interacts with children while deployed to Afghanistan. (U.S. Navy photo by Mass Communication Specialist 1st Class Mark O'Donald)



started it with self-doubt, then anxiety, then energy and determination and finally success. This is where she is so great. Guys like me get too bogged down with the first two, self-doubt and anxiety. It's people like Laurie that move us out of that and into applying energy and determination to get to success and she is great at that, wheelchair or no wheelchair."

"I was angry when I first saw her in a wheelchair," said Cmdr. Scot Cregan, commanding officer for Navy Public Affairs Support Element East, in Norfolk, Va. "We got through a tour in Afghanistan and to have something like this happen back home was just unfair. She saw that I was visibly distressed and just smiled and let me know, she let me know she could still kick my ass! She's always been strong and is a fighter."

Staying positive is what gets Wood through the day, she said. She still has her feel sorry for herself moments, but they are few and far between.

"I have good days, and not so good days, but I refuse to call any day where I wake up, bad," said Wood. "Overall, I just have to stay positive."

"After the accident, it was a big adjustment, but with her determination and positive attitude she is doing great," said Damage Controlman Lawrence Wood, Laurie's brother. "Laurie has had a great deal of support from her family and friends, and especially her son Gavin who helps her out a lot. She has found

additional activities that she has done since her accident like swimming, playing sled hockey and her hand cycle. I'm extremely proud of her."

Laurie's family has definitely been a great support to her.

"My daddy retired early to help me out, and his wife took more than a month off of work to go back and forth between New York, Georgia and Virginia to help me," said Wood. "My brother Lenny re-tiled my kitchen floor, repainted my kitchen and tiled the backsplash. He also found sled hockey for me. My family, including my step sister, was extremely supportive. I want them to know how much I love them and appreciate their efforts."

"Laurie was, and continues to be, someone who never takes her mobility for granted," said Lt. j.g. Charity Edgar. "She was the first female SWAT team member, although it wasn't called that in Norfolk, but it was their version, and was given the sought after job of training recruits, very vigorous. She did Combat Camera for many years and had a deployment to Afghanistan, which resulted in some of the most amazing photographs I've ever seen. She's a huge badass!"

Although medically retired from both the Sheriff's Office the military, Wood is not about to give up her title as a Sailor. Reserve unit members from NPASE have been instrumental in her recovery.

"It really is true that you find out who your friends are in a time of need, and my unit is full of true friends," said

Wood. "I love that we still continue to have dinner together when they arrive for drill weekend. It's not a question of if, just when and where. That means the world to me. They even had a fundraiser for me, and because of that, I was able to catch up on bills that were piling up and buy a front loading washer and dryer. That may not seem like a very big deal, but this injury has affected every aspect of my life, so something as simple as that makes a world of difference to me."

"The unit wanted to help," said Edgar. "We were so shocked by the severity of the accident. How could someone who valued life and mobility so much be injured in this way? So we rallied. Our leadership worked with the Hampton Roads Navy League to set up a fundraiser so gifts to Laurie would be tax-deductible. Personally, I did a half marathon and raised money and then had a Happy Hour post-race so Laurie could thank everyone who donated. Our senior leadership chipped in to get her some great tickets to see the Yankees, her favorite team. We always invite her

**"I couldn't imagine myself not still being tied to the unit in some way. They've never left my side. The Navy has been a huge part of my recovery."**



to unit gatherings because she is and always will be part of the team. We enjoy her, but at the end of the day, we are really just doing what she'd gladly do for any of us."

Although now medically retired, Wood continues to keep in contact with her Navy Reserve unit. "Whether it's to provide some training, help out with the Physical Fitness Assessment, or just say hi. I couldn't imagine myself not still being tied to the unit in some way. We've worked together and supported each other through deployments, personal and professional achievements, good times and bad times. They've never left my side. The Navy has been a huge part of my recovery."

Wood is also lucky enough to have a "pretty cool" German shepherd named Squatch.

"Initially, she was just an added member of the family as a pet, but Wood was fortunate enough to meet a dog trainer with Citizen K-9 in Virginia Beach, Va. She offered to train Squatch to be a service dog. So far she's learned how to open and close kitchen cabinets, pick up dropped items, and transfer items from shelves to my shopping cart. She'll also learn how to pull me when needed and even carry groceries in from the car. These things are easily taken for granted by most, but it makes my life so much easier."

What hasn't been made easier for Wood is being content to just sit still. Seeing photos from her able-bodied days triggers a desire to really move.

"Riding my motorcycle, working at the Sheriff's Office Training Academy, being in the Navy, playing with my son; I was the girl

climbing on anything and everything to get the perfect photo," said Wood. "I'm still able to drive with hand controls, and live on my own with my son, and I'm involved in sled hockey. Soon I'll be headed to Colorado to try snowmobiling and skiing during a Winter Sports Clinic."

"I think Laurie getting involved with sled hockey was huge," said Edgar, who also works for an organization called Disabled American Veteran (DAV) in her civilian capacity. "Adaptive sports made her realize that although what she can do may be different, she can still do so much and continue to push limits. That's why I thought my work's Winter Sports Clinic was right up her alley."

The event is a world-leader in adaptive winter sports instruction for U.S. Military, veterans and active duty service members with disabilities. Wood applied and was fully funded to participate.

"There is always something good you can pull out of something negative," said Wood. "It may not be the way I would have chosen, but I'm able to show my son how to overcome adversity, not to take anything for granted and love with all your heart because circumstances can change in the blink of an eye. I take life one day at a time and remind myself how lucky I am to still be here in my son's life. I believe that nothing can stop me from doing anything I want, I believe in miracles, I believe that if you put your mind to something you can accomplish anything, I believe you should never say never, and I believe I'm still me, sitting, but always living." ○

"I believe in miracles, I believe that if you put your mind to something you can accomplish anything, I believe you should never say never."

▲ **Mass Communication Specialist 1st Class**  
**Laurie Wood** interacts with children while deployed to Afghanistan. (U.S. Navy photo by Mass Communication Specialist 1st Class Mark O'Donald)

# SURGE SUPPORT

**O**n September 16th, 2013, a lone gunman opened fire on the Washington Navy Yard killing 12 people and wounding three others. While the tragedy shook the Navy family, the response demonstrated the strength of the family bonds. Among those who heeded the call were dozens of Reserve Sailors around the nation already on orders.

Lt. Phil Romeo was one such Reserve Sailor. A retired police chief from Eaton, Ohio, and 23-year Limited Duty Officer Reservist, Romeo was on Active Duty for Training (ADT) orders in

the Navy Yard at Commander Navy Installation Command (CNIC) headquarters when the attack occurred.

"I got a notification about an active shooter on the Yard



▲ From the left, Chief Machinist's Mate Charles Burns, Chief Interior Communication Electrician Virginia Fike, and Senior Chief Electrician's Mate Gus Zografos, all assigned to Naval Sea Systems Command (NAVSEA), raise the U.S. Flag as part of a Flag Raising Ceremony in honor of the victims of the Washington Navy Yard shootings. (U.S. Navy photo by Mass Communication Specialist 2nd Class Pedro A. Rodriguez)



# IN TRAGEDY'S WAKE

By Lt. Scott Cheney-Peters  
and Yeoman 3rd Class Chris Hurd,  
Commander, Navy Installations Command

and headed to Naval District Washington (NDW)'s Regional Operations Center (ROC)," said Romeo, referring to the watch floor that provides situational awareness and support for naval installations within the region. "The first two uniforms in the ROC were an active lieutenant and a Reserve lieutenant. We worked with the civilian staff to quickly set up and maintain a line of communication with the anti-terrorism directorate of CNIC HQ."

One door over, in the same building as the NDW ROC, Navy Reserve Capt. Mike Velasquez was in CNIC HQ's Shore Support Center (SSC) for an exercise that was planned to start later in the morning. A watch floor like NDW's ROC, the SSC responds to

requests for support and information from Navy regions worldwide such as NDW, and helps the Commander, Vice Adm. William French, maintain situational awareness. As news reached the SSC of the shooting, Velasquez activated CNIC HQ's crisis action team (CAT) to coordinate CNIC's response.

Another Reserve Sailor at the Navy Yard that day who responded to the shooting was Chief Hospital Corpsman John D. K. Townsend, who was on his fourth year of active duty for Special Work (ADSW). He was assigned to the Naval History & Heritage Command as their Echelon II Safety Officer. Townsend spent his first two years of ADSW at Naval Sea Systems Command

▼ **President Barack Obama** delivers remarks during a memorial service at the Marine Barracks for the victims of the Washington Navy Yard shooting. (U.S. Navy photo by Mass Communication Specialist 2nd Class Stuart Phillips)





▲ **Master-at-Arms 1st Class Michael Abate** aboard a helicopter he rides as a Rescue Technician for the United States Police Aviation Unit. (U.S. Navy photo)

Headquarters (NAVSEA HQ) also located on the Navy Yard.

"After being on ADSW orders for the past 4 years at the Navy Yard, September 16th was to be my last working day before my PCS move. It was about 0820, I was walking by the medical clinic when Metro Police Department cars came racing into the Yard. As officers got out and grabbed their assault rifles they told us to take cover and that there was an active shooter in one of the buildings near us. I called base dispatch to advise we needed the shelter in place notice broadcast over Big Voice. The officer that was with me went into the clinic while I went across the street to a retired chief who worked as a safety specialist on base. We heard on his radio that the active shooter was in building 197 NAVSEA HQs."

Townsend, a trained Paramedic and Firefighter/Instructor knew he needed to be closer to the incident to take care of any wounded personnel. "As a Corpsman I knew I needed to place myself closer to the wounded, even though I knew this would be placing myself in harm's way, it's just the way I was trained". He and the retired chief made the decision to get his truck and go to NAVSEA since all of his emergency medical equipment was located in the truck. As they made their way to NAVSEA with the truck, they gathered four civilian police officers on the way.

Once at the garage across from building 197, Townsend set up a Casualty Treatment/Triage Collection area and had the chief go to the clinic and have them send him six FMF Corpsmen and treatment supplies while he checked on the fatally wounded security guard and others in the area. "Chief Master-At-Arms Mike Daniels arrived and we both were glad to see each other there and knew we could handle the situation together. I asked MAC Daniel

how he liked his first day wearing his Anchors. He only said he was glad to see me there with him." As additional volunteers arrived at the garage, Townsend organized them into litter barrier teams and had them assist with routing the personnel being evacuated from the surrounding building to the basement of the garage. With the added Corpsmen and personnel from the Medical Review Board, Townsend continued to lead these personnel in the monitoring of the evacuated personnel.

Over the next few hours the number of evacuees grew and five required medical assistance. Due to the garage not having any sanitary facilities, Townsend and Daniels worked through the base incident command system to move approximately 200 evacuees to the base food court. Once all the evacuees were moved, the assembled medical personnel remained at the garage to care for casualties. It was determined that the only potential injuries would be minor, and the numerous SWAT Team embedded medics would be capable of handling their own personnel's care.

Meanwhile from the air, Master-at-Arms 1st Class Michael Abate, a Rescue Technician for the United States Police Aviation Unit, was flying overhead inserting SWAT Team members, and hoisting out medevac patients via a rescue basket.

"The scene was very chaotic with a unknown gunman on the loose and casualties on the ground observed from the air; there was four victims pushed to the roof top of building 197," said Abate. "I took my first oath of enlistment in this building and was assigned to several NAVSEA units and knew many employees that work in that building."

"Lots of honor and courage were displayed by the victims including Capt. Chip Zawislak , who was the only military



member in uniform that was stuck on the rooftop,” said Abate. “He displayed leadership by assisting with loading all the other victims into the rescue basket first, insisting to be last.”

Meanwhile, Capt. Linda Wackerman was also on ADT orders to CNIC HQ as the commander of the Navy Emergency Liaison Preparedness Officer (NELPO) program.

“I happened to be in the Pentagon that day for the National Navy Reserve Policy Board fall meeting,” she said. “I was getting calls from my program managers in lockdown, checking on where I was and making sure that I did not make my way on to the Navy Yard.”

Wackerman and eight other NELPOs were involved in the immediate response. As she explained, a NELPO’s duty is “to provide subject matter expertise for the Navy representing DoD in support of Defense Support of Civil Authority during domestic disasters. This includes coordinating with civil authorities and interagency emergency response partners on behalf of CNIC’s commands and resources.”

When Vice Chief of Naval Operations, Adm. Mark Ferguson, subsequently created the Emergency Family Support Task Force (TF), Capt. Wackerman was selected as the task force’s chief of staff and was joined by five other Reserve Sailors to

and CAT section chiefs, ready to respond to additional support requirements in response to the Washington Navy Yard tragedy.

As thoughts turned to the memorial service, NDW NELPO unit Commanding Officer Capt. Dean Blaha and his unit worked with NDW leadership and civil agencies to plan for contingencies.

“We quickly realized the need for a lot of masters-at-arms,” said Romeo, who himself was tasked to be the deputy to the region security officer (RSO) in planning the service’s security details. Fortunately the region had many willing and ready resources it could call upon.

“One fact that is not always apparent is the large number of Navy Security Force units that support regions and installations,” said Tony Reid, CNIC anti-terrorism/force protection (ATFP) program manager. “The NDW region commander and region security officer were able to turn to Phil [Lt. Romeo] and the executive officer of Naval Air Station Pax River to start working on the service.”

Romeo and Navy Reserve Lt. Nick Durgan, NDW region security coordinator moved quickly to start bringing in the Reserve Sailors. “We put out the call on Wednesday afternoon to Naval Air Facility Washington, Navy Operating Support Center Baltimore, and Navy Security Forces throughout the area,” Romeo

## “Our job as Reservists is to be a member of a team, and when the team is stretched thin, our job is to step in and support it.”

support Vice Adm. French, the Commander of the Emergency Family Support Task Force. Together, the Reserve team focused on the needs of the victims, families, and workers affected by the shooting. Their efforts included manning 24/7 watch stations, coordinating donations through the TF Gift Cell, and working closely with NAVSEA and NAVFAC Staff as well as with the Casualty Assistance Calls Officers, all to ensure the timely response to victim needs. The Reserve team also organized extensive counseling services that included on-site counseling at Joint Base Anacostia-Bolling and the Navy Yard, provided logistical support to non-federal entities such as the American Red Cross and an organization that provided comfort dogs, and coordinated with BUMED for the provision of mobile counseling teams (SPRINT Teams).

The bulk of Reserve support came in the days and weeks that followed as the task force transitioned to a longer-term Washington Navy Yard Recovery Task Force. Navy Reserve Capt. Al Redmon seamlessly assumed duties from Wackerman and continued providing support requirements throughout the year. In the SSC, 10 Reserve Sailors alternated standing watch as CAT chief

said. “By Friday afternoon we had identified nearly 50 Reservists, from E-3 to E-9, able to support Sunday’s service.”

That Sunday, September 22nd, as NELPOs Blaha and Capt. Woody Hayes worked behind the scenes with NDW Emergency Management, security was Master Chief Doug Garner’s show. After mustering the Reserve Sailors, Garner directed the volunteers to their positions around the Navy Yard and the memorial service location at the “Eighth and I” Marine Corps Barracks, Washington, D.C., where they provided security support and traffic, crowd, and parking control.

The swift support of the Reserve Sailors did not go unnoticed.

“The Reserve Component proved their ability to be fully trained, ready anytime, and available anywhere to provide an appropriate surge capacity,” said Capt. Mike Gillett, commanding officer of CNIC’s headquarters reserve unit.

“Everyone that worked at the Navy Yard and every Reservist that came to support the memorial felt the tragedy on a personal level and would have done it for free — myself included, added Romeo. “Our job as Reservists is to be a member of a team, and when the team is stretched thin, our job is to step in and support it.” ○

# TRAINING

## *for Victory*

By Mass Communication Specialist 1st Class Patrick Gordon,  
Naval Mobile Construction Battalion 25

**W**ars, just like those who fight them, evolve with time. They advance with each generation to incorporate tactics, tools, and lessons learned from previous conflicts. But as wars evolve, so does training. For Seabees, some of the best training they can receive occurs every year with the annual field exercise, or FEX.

The FEX gives a naval construction battalion the opportunity to test its skills in a simulated combat environment. The battalion is evaluated at the group level; in the case of Naval Mobile Construction Battalion Two Five (NMCB 25), they were evaluated by Naval Construction Group Two (NCG 2) during their most recent FEX at Camp Shelby, Miss. Virtually every field of expertise in the battalion is tested during FEX, all with the goal of maintaining a deployable and war-ready organization.

“The FEX is the first opportunity a battalion has to sit down as a coherent, congruent, total unit executing the full spectrum of missions that are expected by a combatant commander of

a Seabee battalion in theater,” said Marine Capt. Robert Kent Wallace, NCG 2 military training officer. “The goal of FEX is to exercise to some extent all of those different tasks to ensure that a Seabee battalion is capable of fulfilling that mission and a full spectrum of operations once they reach theater, wherever that is. There’s really nothing that isn’t evaluated.”

Evaluators test, critique, and scrutinize every department of the battalion to ensure technical expertise is maintained. On top of that, combat scenarios are thrown at the Seabees to test their tactics and how they operate under pressure.

“We reacted to a variety of scenarios,” said Master-at-Arms Timothy Martin, NMCB 25 battalion Master-at-Arms and Quick Reaction Force team leader. “Things like civilians at the gate, whether they were hostile, looking for help, or just curious. We also responded to any enemy action throughout the camp — intruders in camp, enemy action attacking our front lines. We responded to pretty much any type of emergency situation. It was



▲ Senior Chief Equipment Operator Lori Saville watches members of Naval Mobile Construction Battalion Two Five (NMCB 25) use a skid steer backhoe to dewater the logistical support area (LSA) following a heavy storm during the NMCB 25 field exercise (FEX). (U.S. Navy photo by Mass Communication Specialist 1st Class Patrick Gordon)





▲ **Sailor provides cover fire** while other members of Naval Mobile Construction Battalion Two Five (NMCB 25) provide aid to battalion members during a mass casualty drill at the NMCB 25 field exercise (FEX) (U.S. Navy photo by Mass Communication Specialist 1st Class Patrick Gordon)

an eye-opener for some of these guys. It's pretty high-speed stuff."

From the outside, the scenarios may seem like petty harassment at times. But every training evolution is rooted in real life scenarios that the battalion may face while overseas. These scenarios are conducted by trained staff who bring their respective fields of expertise to the exercise, ensuring that their knowledge — both professional and operational — is passed on to those in training.

"Across the spectrum of rates you have everything from safety, to intel, to communications, tactics and training, camp maintenance — all of those individuals bring a wealth of information as respective authorities within the doctrines that they're evaluating, and that gives you 150 experts putting a very critical eye on the battalion as it goes through," said Wallace. "So from my perspective, it exists as a vast pool of knowledge from which the battalion can draw for two straight weeks to ensure they're going forward with the best information possible, and to ensure the exacting standards of a Seabee battalion are met down range."

Other scenarios are outside the control of the evaluators, but no less important to plan for. During NMCB 25's FEX, a powerful storm ripped through their training area and threatened to cancel the exercise. In some parts of the camp, water was knee deep, and mud quickly turned parts of the camp into a quagmire. The battalion was ready though, and faced the storm head on, weathering the wind and rain, and dewatering the camp within hours.

"We had to trench everything to prevent any further damage or flooding," said Construction Mechanic 1st Class (SCW) Wayne Treat, of NMCB 25. "It required a lot of trenching through the camp and around the tents we had, just to get that ponding water out of there. A lot of man hours, a lot of effort, but once that was done it drained out pretty well and dried out fairly quick. It was a successful effort, but moreover, it was a needed effort — there was really no other option but to drain the camp and carry on. In the long run, it worked out well."

The efforts of the battalion proved it was ready for any challenge faced down range. But for the amount of training presented, it's all for nothing without the spirit of each Seabee to take what they've learned and bring it to the fight.

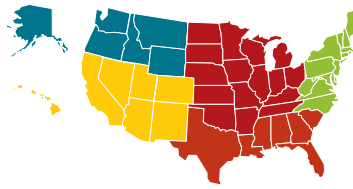
"Everything's dependent upon the initiative each individual Sailor takes, the responsibility they take to be involved, and how they engage themselves throughout the entirety of the evaluated period," said Wallace. "And if they're not, then we replay the scenarios over and over and over again in the course of five, seven, 14 days — however long it takes — until it's done right, because that stuff matters; if you don't train to the standard, then you never have that capability. So our goal is to train them to the standard, and that forces them to grow in their capacity to execute that mission once they get downrange and are facing possible life-or-death pressures. Those things are cumulative; the process we try to put these individuals through is to generate some of those stressors to ensure that their reactions to the stressors are such that they're going to come away with mission accomplishment, troop welfare, and hopefully bringing everyone home alive."

NMCB 25 will carry the lessons learned at FEX with them overseas, using them to maintain a high measure of performance and safety. Once they return, they will bring with them the knowledge of the battlefield fresh in their minds to provide to future generations of Seabees before they go overseas, ensuring that the tactics never get old or outdated.

"You can't beat the lessons learned and the experience that you can get from this," said Capt. David Marasco, commodore, 9th Naval Construction Regiment (9 NCR). "We've been fortunate to be able to take data from real world scenarios down range in Afghanistan and implement and employ it into these scenarios which help our units better understand the tactics and procedures that are going on down range, and to have a good understanding of what to expect when they get there. To do what you're going to do, there's no better preparation than that."

# RC PHONE DIRECTORY

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(757) 433-9081

VFA-122  
(559-998-3482

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

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

Bureau of Medicine  
and Surgery  
(703) 681-9025

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

Comptroller of Navy  
(202) 685-7000

Defense Intelligence Agency  
(202) 231-4044

Defense Logistics Agency  
(866) 204-4850

Destroyer Squadron Two  
(757) 444-1452

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

Expeditionary Strike Group Two  
(757) 462-7245

Expeditionary Strike  
Group Three  
(619) 556-1470

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

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

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

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

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

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

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

Fleet Forces Command  
(757) 836-3644

## Tactical Support Wing (817) 782-5295

VAQ-209  
(240) 857-7828

VAW-77  
(504) 390-6288

VFA-204  
(504) 678-3491

VFC-12  
(757) 433-4919

VFC-13  
(775) 426-3644

VFC-111  
(305) 293-2654

HSC-85  
(619) 545-7218

HSC-84  
(757) 445-0861



Fleet Intelligence  
Training Center Pacific  
(619) 524-5814

Headquarters  
US Marine Corps  
DSN: 278-9360

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

Joint Transformation  
Command for Intelligence  
(757) 836-7000

Judge Advocate General  
(202) 685-5190

Logistics Group Western Pacific  
011-65-6750-2645

Marine Forces Reserve  
(504) 678-1290

Strategic Sealift  
Readiness Group  
(800) 535-2580

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

Mine and Anti-submarine  
Warfare Command San Diego  
(619) 524-1032

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

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

Naval Construction Forces  
Command  
(757) 462-3658

Naval District Washington  
Headquarters  
(202) 369-7683

Naval Education and  
Training Command  
(850) 452-4000

Naval Facilities  
Engineering Command  
(202) 685-9499

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

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

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

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

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

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

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

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

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

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

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

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

Naval Inspector General  
Hotline  
(800) 522-3451

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

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

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  
011-81-3117-68-2834

NIOC Norfolk, Va.  
(757) 417-7112

NIOC Pensacola, Fla.  
(850) 452-0400

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

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

Navy Installations Command  
(202) 433-3200

Navy Munitions Command  
(757) 887-4834

Navy Personnel Command  
1-877-807-8199

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

Navy Region Guam  
(671) 355-1110

Navy Region Southeast  
(904) 542-2324

Navy Region Hawaii  
(808) 473-4505

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

Navy Region Korea  
011-822-7913-7251

Navy Region Mid-Atlantic  
(757) 322-2800

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

Navy Region Hawaii  
(808) 473-1168

Navy Region Midwest  
(847) 688-2884

Navy Region Northwest  
(360) 315-5123

Navy Region Southwest  
(619) 532-2925

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

Office of Naval Intelligence  
(301) 669-5557

Office of Naval Research  
(703) 696-5031

Puget Sound Naval Shipyard  
(360) 476-7683

Sealift Logistics Command  
Atlantic  
(757) 443-5758

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

Sealift Logistics Command  
Pacific  
(619) 524-9600

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

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

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

Submarine Group Nine  
(360) 396-6530

Submarine Group Ten  
(912) 573-3733

Submarine Group Two  
(860) 694-5683

Submarine Squadron Eleven  
(619) 553-8641

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

US Central Command  
(757) 836-4180

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

US Fifth Fleet  
011-973-724-383

US Fleet Forces Command  
(757) 203-5463

US Joint Forces Command  
(757) 836-6555

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

US Naval Forces Alaska  
(907) 463-2248

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

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

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

US Naval Forces Korea  
011-822-7913-5795

US Naval Forces Marianas  
(671) 339-7133

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

US Naval Special Warfare  
Command  
(619) 522-2825

US Northern Command  
(719) 554-5920

US Pacific Command  
(808) 477-9138  
US Pacific Fleet  
(808) 474-8415

US Second Fleet  
(757)443-9850

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

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

US Southern Command  
(305) 437-1261

US Strategic Command  
(402) 294-0246

US Third Fleet  
(619) 767-4296

US Transportation Command  
(618) 229-8269

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

Navy Intelligence Reserve  
Region Northwest  
(360) 315-6001

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

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

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

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

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

Navy Intelligence Reserve  
Region Midwest  
(847) 688-6273

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

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

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

Navy Intelligence Reserve  
Region Washington  
(240) 857-7878

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

Navy Intelligence Reserve  
Region 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 by the 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 that 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 by the 5th of the month. Monthly columns: at least 500 words. More is okay, we’ll edit it. Feature stories: at least 800-1200 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 TNR staff at [cnrfc1@gmail.com](mailto:cnrfc1@gmail.com) or call (757) 322-5652.

# All It Takes Is One...



## ...To Make A Difference.



If you or someone you know is in crisis, visit your local Fleet and Family Support Center, or call the Military Crisis Line or Military OneSource.



**NAVY AND MARINE CORPS  
PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE



**Life Counts**