

TNR

THE NAVY RESERVIST

NOVEMBER 2012



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Perspectives



By far, the best part of my job is getting out among the Force and meeting Sailors. I truly relish getting to know them and learning about their careers, aspirations and the work they do for our Navy and country. Pictured with me is Yeoman 2nd Class Jaron White. He is assigned to the Expeditionary Combat Readiness Center (ECRC) at Joint Expeditionary Base Little Creek-Fort Story. As part of my tour at ECRC, YN2 White offered suggestions on handling the M9 pistol.

Whether on the firing range or in the office, YN2 White is passionate about what he does. This

passion is what makes our Navy Reserve and commands like ECRC what we are today – a ready force that is always prepared to answer the call.

“Nauta Primois” - Sailors First - is ECRC’s motto and it reflects their mission focus on a daily basis. In addition to preparing Sailors to deploy as an Individual Augmentee (IA) and redeploy upon return, ECRC operates a Hotline that receives three to five calls a day from deployed Sailors or family members who need assistance, at home or abroad. The ECRC staff is crucial to the successful mobilization and demobilization of over 4,000 Sailors this year, and for the care of their families at home.

On a recent visit to NOSC New Orleans on board Naval Air Station Joint Reserve Base New Orleans in Belle Chasse, La., I learned about the heroic efforts put forth by NOSC Sailors during Hurricane Isaac, a storm that slammed the coast on August 29. Unexpectedly, Isaac’s core lingered over the local area for over twelve hours, causing tremendous damage and flooding. During the height of the storm, the Parish President called for help to evacuate a local Nursing Home that was in danger of flooding and provide shelter for 112 elderly patients. The NAS JRB New Orleans team sprang into action, setting up a care center in the Drill Hall that included beds for all patients and nursing home staff, as well as a medical treatment area, dining area and even a place for games and reading. For 36 hours, the Sailors of NOSC New Orleans and the Branch Medical Clinic helped care for the patients, most of whom are handicapped or afflicted with dementia. For instance, Gunner’s Mate 1st Class Earnest Green and Hospitalman Anthony Delavventura assisted during the nursing home evacuation. Chief Electronics Technician Ben Fletcher processed orders for security assistance. PSC Joe Cavins coordinated the watch bill that allowed for continuous staff presence, and Hospital Corpsman 3rd Class Jermaine Brooks stood watch and assisted the medical clinic, which was operated out of the NOSC until power was restored. These are just a few examples of how the Sailors of NOSC New Orleans performed when faced with a unique challenge outside the scope of their normal duties. They had no idea they were going to be asked to perform these tasks, yet they were prepared, stepped up, worked as a team and successfully completed the mission. Not a single patient was injured during the rescue, transport or time at the NOSC. Bravo Zulu!

Our Reserve Force members understand that service often means going above and beyond. Throughout our Force, I’ve witnessed a pride in service and a desire to exceed expectations at every unit I’ve visited. Without shipmates at commands like ECRC and our NOSCs, we would not be the capable force that we are today.

Vice Adm. Robin Braun

Chief of Navy Reserve



Vice Adm. Robin R. Braun
Chief, Navy Reserve
Commander, Navy Reserve Force

Rear Adm. Bryan Cutchen
Commander, Navy Reserve Forces Command

Rear Adm. Mark Leavitt
Commander, Naval Air Force Reserve
Deputy Commander, Naval Air Forces

Cmdr. Tom Cotton
Force Public Affairs Officer

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Naval Air Force Reserve Public Affairs Officer

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

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

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

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COVER PHOTO: A Reserve Sailor assigned to Operational Support Unit 1914, provides security for his fire team during a simulated ambush. U.S. Navy photo by Mass Communication Specialist 1st Class Kenneth Robinson.

Letter from the Editor



Shipmates,

This will be our last regular issue of TNR for 2012, so let me start with wishing you a happy holiday season. I also want to thank you for your service — especially to the 4,000 Navy Reserve Sailors mobilized around the world.

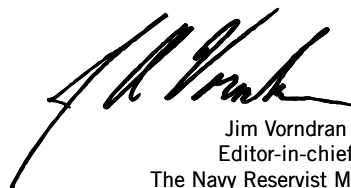
During the last 11 years TNR has published a number of stories about Reservists with boots on the ground, this month we return to the water front. As you may be aware, the active component is working to get more Sailors to ships, in the meantime Navy Reservists are doing great work to help ships be mission ready. See how they are doing that on page 24. Another article which focuses on keeping the fleet ready is about some new opportunities Reservists have to support littoral combat ships. This is an important time for our Navy with the introduction of this new class of ships, and I am proud to see that the Reserve force will be involved in LCS success.

If you have noticed in the last two issues we had interviews with Chief of Navy Reserve, Vice Adm. Robin Braun, and Commander, Navy Reserve Forces Command, Rear Adm. Bryan Cutchen. This month we feature the Commander, Naval Air Force

Reserve Rear Adm. Mark Leavitt. Read about his thoughts on the role of the Naval Air Force Reserve starting on page 10.

One more important note to emphasize is on page nine of this issue. There are some important dates and requirements to those who wish to transfer their GI Bill education benefits. Please read that carefully and understand what you need to do to transfer benefits to your spouse or children.

You will be hearing from me again in February, so until then please have a happy New Year.



Jim Vorndran
Editor-in-chief
The Navy Reservist Magazine

NOTABLE



COOL Launches Major Updates to Website

Written by Center for Information Dominance Public Affairs

The Center for Information Dominance (CID) has made a new major update to the Navy Credentialing Opportunities Online (COOL) website.

This is the first major overhaul of the website — <https://www.cool.navy.mil> — which has had more than 125 million hits since COOL was launched in 2006.

Navy COOL is a centralized, web-based hub that consolidates information from numerous sources at the federal, state and local levels on certifications, licenses, apprenticeships and growth opportunities that correspond with each Navy rating, job and occupation.

Armed with that information, Navy COOL has provided funding for Navy enlisted personnel to obtain civilian licenses and certifications that are closely aligned with a Sailor's job or rating.

More than 76,000 certification examinations have been funded by Navy COOL, with Sailor's earning a pass rate of 95.32 percent, compared to a national average of 70.85 percent for civilian pass rates.

Navy COOL Program Manager Keith Boring said the updated website is now easier to navigate and has a fresh 21st century look and feel.

"It also provides a fresh new look and layout based off of customer feedback," Boring said. "This is not just a one-way product, this is a two-way product of Sailors providing recommendations to enhance a Navy tool."

The major new features on the website help address transitioning Sailors as well as veterans to identify job opportunities and employment information.

"We're not just tying them to a civilian equivalent occupation, it's actually tying them to job openings," Boring said. "All this is with coordination with the Department of Labor (DoL), Veterans Affairs, the DoD, so it's really a joint effort, a

great example of government agencies working together to produce a great product for our service members."

Key features added to COOL include:

- Links to DoL-recognized O*Net Civilian Equivalent Occupations mapped to each enlisted Navy rating and officer designator (as well as other occupations)
 - The linked civilian equivalent occupations tie to "My Next Move For Veterans" website
 - The linked civilian equivalent occupations display DoL "Bright Outlook" (indicates that new job opportunities are very likely in the future for this job)
 - The linked civilian equivalent occupations display DoL "Green Occupations" (indicates that this work is part of the green economy)
 - Local salary information (each civilian equivalent occupation is linked to the "My Next Move for Veterans" website so users can view salary and employment information for the job)
 - Find Jobs (each civilian equivalent occupation will be linked to "My Next Move for Veterans" website (so users can search for job listings in their area)
- "There's a lot more to check out," Boring said. "Please explore the site and see how we're helping today's Sailors become a stronger, professionalized workforce, and how we're providing valuable tools for those soon-to-be veterans to be successful in post-service employment."

PROFILE IN PROFESSIONALISM

We have many talented people in our Navy Reserve. Each month we highlight our stellar Sailors and some of the unique careers, skills and services they provide to the fleet. To nominate a Sailor, e-mail the editor, james.vorndran@navy.mil, for a submission form. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.



Terence Reed

AVIATION STRUCTURAL MECHANIC (SAFETY EQUIPMENT) 3RD CLASS

Hometown: Dallas/Ft. Worth, Texas

Unit: VR-59

Brief description of your Navy job: I am responsible for the maintenance of C-40A aircraft. I perform A-checks, daily and turn around inspections, take fuel samples, and move and tow the aircraft.

Brief description of your civilian job: I am a public school educator and coach. I coach basketball, track and football.

What has been your greatest Navy achievement? When I was a group/class leader in my A-School I helped our group during study sessions by providing multiple ways of learning. The outcome of my contribution was unity, a passion for learning and acquiring information, and a 90 percent class passing rate which was the highest of any class ever.

Who has been your biggest influence since joining the Navy? Navy

Counselor 1st Class Emmanuel Alexander has been very instrumental in my decision to join the Navy. He mentors, guides and encourages numerous people to strive for excellence. What impressed me the most about him is he is big on values and integrity.

What do you enjoy most about the Navy? The opportunity to travel in order to gain more experience and insights of the Navy world around the globe.

Most interesting place visited since joining the Navy: I have only been in the Navy a short while so I haven't really traveled yet. But I am looking forward to some future travel.

Current hobbies: Church missionary work and reading.



Timothy Fjelsted

UTILITIESMAN 1ST CLASS

Hometown: Modesto, Calif.

NOSC: Tampa

Unit: Navy Mobile Construction Battalion 14 Detachment 04

Brief description of your Navy job:

I perform supervisory and hands-on maintenance duties. I maintain water treatment systems, waste management systems, and perform air-conditioning and appliance services.

Brief description of your civilian job: I am a Florida state licensed commercial mechanical contractor who services air conditioning, refrigeration, and appliances residentially and commercially. I manage and operate Honest Quality LLC, which provides those services.

What has been your greatest Navy achievement? Aircrew qualifications while in the Marine Corps. Seabee combat warfare qualifications earned while serving as camp maintenance chief and assistant crew leader on the oil platforms Al Basrah and Khawr Al Amaya oil terminals during my 2007 to 2008 Middle East deployment.

Who has been your biggest influence since joining the Navy? It is difficult to single out just one person as a great influence over my Navy career. Chiefs Wideman, Estevez, Angelo, and Castleberry and Master Chief Cochran have all been excellent mentors through the years.

What do you enjoy most about the Navy? I enjoy the core values, integrity, higher standards, and camaraderie that are seldom found together in the civilian workplace. Those of us who serve to protect our freedoms have a certain understanding and appreciation for those things.

Most interesting place visited since joining the Navy: I have visited several unique and interesting places throughout my Navy career. Oberammergau, Germany was probably the most interesting.

Current hobbies: I enjoy tournament fishing, restoring antiques, working on boats, and donating time to youth organizations.

PROFILE IN PROFESSIONALISM

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Jerry Misner

MACHINIST'S MATE 1ST CLASS

Hometown: Vacaville, Calif.

NOSC: Sacramento, Calif.

Unit: Navy Reserve Expeditionary Maintenance Detachment Tango

Brief description of your Navy job: I am the leading petty officer of a fairly large maintenance submarine unit. I ensure our folks are well informed

and complete the tasks that need to be completed for each drill weekend. I also go to off-site training and annual trainings with the crew as much as I can to ensure that everything goes as smoothly as possible.

Brief description of your civilian job: I am currently unemployed, which allows me to provide maximum support to the Navy Reserve by participating with a long annual training period and various active duty trainings throughout the year.

What has been your greatest Navy achievement? Being a leading petty officer and watching our unit Sailors excel in their careers.

Who has been your biggest influence since joining the Navy? This is the solid truth. I have never had a mentor until my present chief came to our unit. I have learned and am still in need of learning much more. However no one has ever mentored me and she has shown great patience and actually wants to help me along as with others, and I feel I am the luckiest person to have her by my side.

What do you enjoy most about the Navy? The camaraderie with Navy folks — Reserve and active duty. I feel if you are in the Reserve or active duty you are a special person.

Most interesting place visited since joining the Navy: I really like Guam. I am a person who likes the tropics, the sand, diving, the laidback style, the friendly folks, the food, and the music.

Current hobbies: I love all sports, travel, music, tinkering on cars in the garage and love to BBQ.



Scott Feldhausen

OPERATIONS SPECIALIST 1ST CLASS

Hometown: Eau Claire, Wisconsin

NOSC: Green Bay, Wisconsin

Unit: Operational Support Unit

Brief description of your Navy job: I am part of our command instructor cadre and the unit operations section leader. I facilitate general military training and I train new instructors to

give unit and command level training.

Brief description of your civilian job: I'm a car salesman at Morrie's Mazda and do what I can to help people find the right car that meets the family's needs.

What has been your greatest Navy achievement? I am a plank owner of the first ever Navy Tactical Document and Media Exploitation team. Our team stood up the unit in Tarin Kowt, Afghanistan to support U.S. and allied intelligence efforts in

Uruzgan Province. I was awarded a Joint Commendation medal and Army Commendation medal for my work.

Who has been your biggest influence since joining the Navy? Ronald Reagan was one of my biggest influences during my service for facilitating the end of the cold war. I admired his peace through strength policy and his direct approach to foreign diplomacy, i.e. "Mr. Gorbachev, tear down this wall."

What do you enjoy most about the Navy? The professionalism and camaraderie of the Sailors I serve with and the opportunities to travel the world.

Most interesting place visited since joining the Navy: Severomorsk, Russia during Operation Northern Handshake in 1992. I was on the USS O'Bannon (DD 987) and it was tense at first but the Russian people were so warm and open we didn't want to leave

Current hobbies: I enjoy hunting, fishing and doing upgrades around the house and cabin.

TRAVEL SMART



GTCC Misuse and Abuse

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

Long gone are the days when Navy Reservists used their personal credit cards while traveling for Navy duty. The government travel credit card (GTCC) is a great convenience for Navy Reservists when they support the fleet.

With 45,000 credit cards issued to the Reserve force you can imagine the daunting task of managing the program. But the management just got easier. Citibank has implemented the Intellilink compliance management monitoring system. The web-based system provides sophisticated information services, including analytics and investigative reporting, misuse detection, program compliance, regulatory compliance, spend management, and support for strategic sourcing.

Intellilink allows the agency program coordinators (APC) to view all vendors and items purchased under Reservist's accounts. APC are now required to use this program. Cardholders must adhere to proper card usage while performing official travel.

To alleviate individual account discrepancies Reservists must adhere to all program policies regarding use of their GTCC. One method to ensure GTCC program compliance is to not exceed authorized entitlements. This ensures there is enough travel claim reimbursement to pay off all charges to the card. Per diem entitlements are calculated in Direct to Sailor when orders are generated and is also printed on the orders.

Another is to only use the GTCC for reimbursable expenses associated with official travel.

Misuse of the GTCC is prohibited.

Leadership will ensure the GTCC is used only for official travel related expenses and they will be monitor misuse of travel cards within their purview. Cardholders who misuse their GTCC may be subject to administrative or disciplinary action.

Examples of misuse include, but are not limited to:

- Expenses related to personal, family or household purposes
- Cash withdrawals from automatic teller machines (ATM) or banks when not related to official government travel requirements
- Exceeding per diem and cash advance entitlements, without reason
- Using the card at locations that bring discredit to the Navy
- Intentional failure to pay undisputed charges in a timely manner
- ATM cash withdrawals taken more than three days prior to official Government travel
- Most importantly, do not exceed your authorized per diem. Rates can also be found at:

www.defensetravel.dod.mil/site/perdiem.cfm

To avoid any GTCC problems, travelers are encouraged to monitor their expenses throughout their travel. Keep in mind that airfare is now billed to the GTCC.

Prior to travel verify that the card has been activated and do a calculation of potential expenses. With this calculation in hand find out if the card's credit limit is sufficient for all expenses. If not, request a more appropriate limit through your APC.

For any questions with regard to misuse or abuse of the travel card, please see your local APC. ■

CULTURE OF FITNESS



Stronger Chest

Written by American Council on Exercise (ACE) ®

Aside from muscle definition, building strength in the chest provides a number of health benefits for the entire body. From stability for the shoulders to momentum when performing sports, strong pectoral muscles are essential to performing a wide range of everyday activities.

But are the exercises you perform as part of your fitness plan effective at strengthening your chest?

An independent study conducted by researchers at the University of Wisconsin-La Crosse recently determined that the barbell bench press, pec deck and bent-forward cable crossovers were the top three most effective chest exercises out of nine tested. Others were seated chest press, include dumbbell flies, dips and several variations of the traditional pushup (standard, stability ball and suspended).

Whether you're trying to increase strength or improve your physique, use the following three exercises interchangeably throughout your routine.

Barbell Bench Press

Start with feet flat on the ground and back flat against the bench. Place hands slightly wider than the shoulders, so that when the upper arms are in line with the body, the forearms are perpendicular to the floor. Grasp the bar with a full grip and lower it with control to touch the chest. Slowly press the barbell upward, fully extending the elbows. Pause and slowly return the weight to the chest and repeat. For maximum effectiveness, lift and lower the bar in a slow, controlled manner while keeping the elbows under the wrists at all times.

Pec Deck

Place your feet flat on the floor, shoulder-width (or wider) apart, and press your back firmly against the back pad.

Elevate and bend your elbows 75 to 90 degrees at shoulder level, and position them directly against the center of the pad on the rotating portion, or the "wings." Slowly push the wings all the way toward the center until right before they meet. Slowly reverse the motion back to the starting position. For maximum effectiveness, keep the weight low enough so that you don't have to lift your back off the pad to complete the movement. Don't perform if you have any history of shoulder dysfunction.

Bent-Forward Cable Crossover

Start with feet hip-width apart in line with the body or in a staggered stance, a little wider than a walking stride. Grip a handle in each hand. Hands should be lower than the shoulders and elbows slightly bent. Slowly bring the hands together with arms almost fully extended. Visualize moving the arms downward first and then inward to get a wide arc. Slowly return to the starting position and repeat. For maximum effectiveness, don't let the arms extend too far back as that will increase your risk of shoulder injury.

For more fitness advice, recommended workouts developed by ACE experts or new exercises you can incorporate into your workout, visit [ACEfitness.org](https://www.acefitness.org). ■

GETTING IT TO THE SAILOR

The Connection!

Written by Angela Schlein, Commander, Navy Reserve Forces Command N65



Like your online identity on Facebook and LinkedIn, SharePoint My Sites functionality allows you to create your electronic “face” to the Navy Reserve Homeport (NRH) world. This page introduces, identifies, and represents you as you work online with colleagues. Most importantly, this feature makes it easy to find experienced and skilled colleagues who can assist you with your online Navy work.

Your user profile is a chance to share your skills, experience and interests with other NRH users. When you customize your profile, you can add:

A brief “About Me” blurb summarizing your military experience, civilian experience, skills and work locations.

An “Ask Me About” section that briefly lists your strongest skills by keyword (Excel, electrical work, Arabic, computer networking, marksmanship and personal training.

Pay grade, enlisted rating, officer designator, or government service equivalent information.

Current and previous work locations.

A professional photograph

Detailed contact information.

Other useful details like skills, certifications, schools attended, past projects, personal interests and hobbies

What Are the Benefits of Using Profiles?

A well-maintained user profile can help you make useful connections and associations. User profiles are searchable and make it easy to locate colleagues by keywords. Having access to experts improves the quality of your work, advances your skills and assists you in career growth.

Get an early start on meeting your colleagues or for new projects. Search user profiles by location to quickly learn about your colleagues’ skill sets, military careers and civilian work experience.

Take advantage of SharePoint’s social networking features. Add other users as colleagues in your network, and post notes on other users’ profiles to ask questions, commend them on accomplishments and thank them for assistance. Build a community for collaboration.

Where Do I Find My User Profile?

Browse to the NRH home page and authenticate using your e-mail certificate. Click on the arrow next to your name at the top right side of the page. Then, click My Profile.

How Do I Edit My User Profile?

Click on the Edit My Profile link. Supply the information you wish to share in the labeled fields, then click on the Save and Close link at the bottom of the form. You can also specify if you want certain fields to be visible to everyone, or only to your team, or only to colleagues you’ve accepted into your personal network.

Important Reminders

The user profile can be a fun, useful tool, but should be used wisely. Keep your profile safe and professional. As with any social networking or public Website, use caution when posting information about yourself and your work to a wide audience. Never post confidential information, mission information, or unprofessional personal details in your user profile.

Take a few minutes today to create your user profile, and consider linking to it when e-mailing other Reservists. Spread the word, build your network, and take advantage of the rich resources in our ranks.

Some information in your user profile cannot be edited on your own, such as your name, work phone number, and government e-mail address. To correct any errors in pre-populated fields, contact the Navy Marine Corps Intranet help desk at 1-866-THE-NMCI (1-866-843-6624). ■

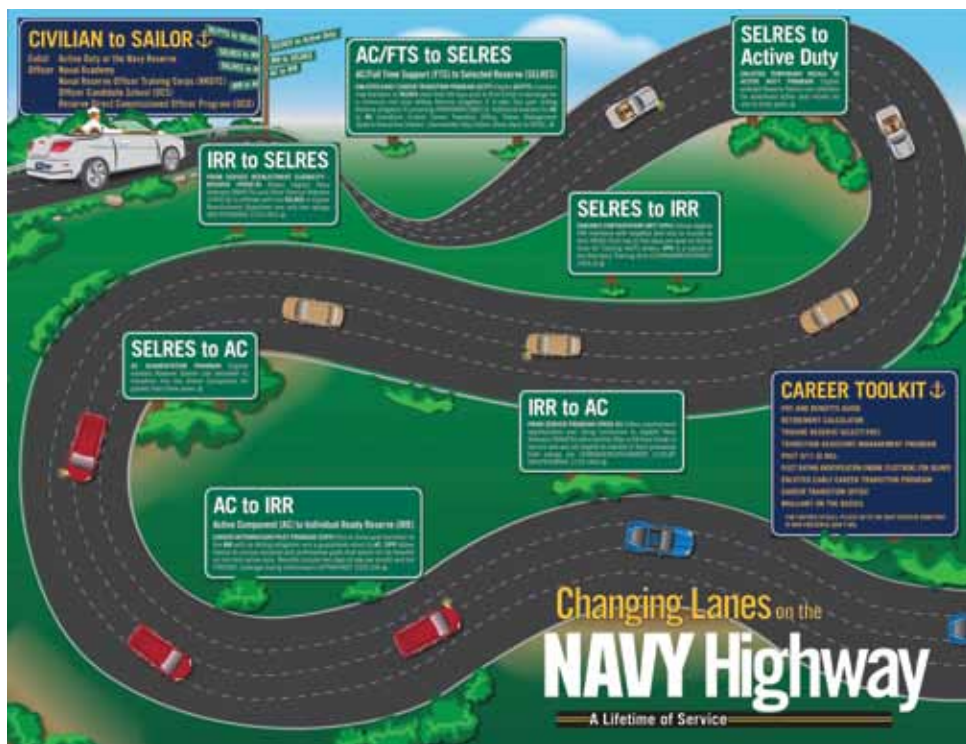


TRICARE RESERVE SELECT
and TRICARE RESERVE RETIRED
Members Payment Options are
Changing

TRICARE will stop taking
premium payments by mail for
the TRICARE RESERVE SELECT
and TRICARE RESERVE RETIRED
programs at the end of 2012.

Monthly premium payments
must be made by either recurring
electronic funds transfer or recurring
debit/credit card (Visa/MasterCard
only) beginning absolutely no later
than January 1, 2013. Contact
your TRICARE regional contractor
IMMEDIATELY to set up your
automatic monthly premium
payments, if you have not done so
already.

DO NOT DELAY. If you fail to
establish one of these automated
payment methods, you and or your
family's coverage will be terminated.
Contact information for your
TRICARE regional contractor can be
found at www.tricare.mil/contacts.



RC to AC Phase II

Phase II of the Reserve
component to active
component (RC to AC)
program was announced
in November and includes
transition opportunities for the
following ratings:

IT, GSM, AME, HT, DC,
MM-WEP(SS), STS, QM, ABE.

Future phases of
this program will be
advertised through the
Navy Reserve govdelivery
system. To receive future
advertisements for the RC
to AC program sign up for
Enlisted Opportunities in
govdelivery. Find the red

envelope icon at the top of
the Navy Reserve website
to access govdelivery sign
up. Each phase of the RC
to AC program will advertise
different ratings and year
groups so stay current
through govdelivery.

Time to Think about GI Bill Transferability?

Before you apply to transfer benefits ensure you have the
minimum qualifying service of 90 days of aggregate service for
partial benefits, (36 months for full benefits) since September 11,
2001. Qualifying service includes active duty, full-time support,
mobilization, presidential recall, ADSW and ADT time.

To transfer benefits, you also need to have served at least six
years and agree to serve another four years at the time of application.

If you are currently in the individual ready reserve, which includes
a voluntary training unit, you are not eligible to transfer benefits.

If you are currently retirement eligible some or all of the four
additional years may be waived.

Retirement eligible between Aug 2011 and Jul 31, 2012,
requires three additional years at the time of application.

Retirement eligible between Aug 2010 and Jul 31, 2011,
requires two additional years at the time of application.

Retirement eligible between Aug 2009 and Jul 31, 2010,
requires one additional year at the time of application. Retirement
eligible before Aug 2009, NO additional years required. But you
need to decide quickly, because on Aug 1, 2013, EVERYONE will
need to obligate four years at the time of application.

To transfer benefits to dependents they need to be enrolled in
DEERS. Once transferred, spouses are eligible to use the benefit
immediately; dependent children cannot use the benefit until you
have completed ten years of service. If you have any questions
about the program or eligibility, contact:
cnrfc_post911gibill@navy.mil or 1-800-621-8853.



Naval Air Force Reserve Multi-faceted Warfighting Role

Earlier this year Rear Adm. Mark Leavitt assumed command of the Naval Air Force Reserve. Recently TNR had a chance to ask a few questions about the way ahead for the Naval Air Force Reserve.

How do you see the Reserve Force's Naval aviation role fitting in to in the Navy's warfighting strategy?

The Naval Air Force Reserve's role in the Navy's warfighting strategy is multi-faceted. First, the force brings operational readiness enablers to the fleet. Daily missions such as our adversary support to air wings moving through the Fleet response training plan cycle, or ensuring the continuous availability of trained, ready Navy Forces capable of short notice surge response to meet forward presence requirements. Strategic depth is a benefit provided by the Naval Air Force Reserve and visible in our upcoming patrol squadron (VP) deployments. These deployments fill a manning gap as the active component transitions from the P-3C Orion to the P-8A Poseidon. The Poseidon is designed as a long-range anti-submarine warfare, anti-surface warfare, intelligence, and surveillance and reconnaissance aircraft capable of broad-area maritime and littoral operations.

Chief of Naval Operations Adm. Jonathan Greenert's Sailing

Directions tenets are: Warfighting First, Operate Forward and Be Ready. CNAFR Sailors have honed their warfighting ethos and skills through years of service with the active component and have continued to develop them through continuous exercise of their skills and new training opportunities. As a Force we have a forward presence throughout the world. Whether it is Fleet logistics support squadrons (VR) in Pacific Command, Central Command, or European Command; our electronic attack squadron in Afghanistan; or our helicopter antisubmarine squadron (HSL) in the 4th Fleet area of responsibility we are an expeditionary Force. CNATRA's Reserve component prepares student naval aviators and naval flight officers for their fleet platform. Their experience and dedication to training exposes the newest members to Naval aviation and ensures they have a solid base to build upon as these students progress through the training pipeline. Most importantly our Sailors are more ready than ever.

What are some of the unique challenges Reservists have and what are some of the things you want to address?

CNAFR selected Reservists (SELRES) face the same balancing act that all SELRES face: family, civilian employment and their commitment to the Navy. I am truly grateful and proud of those serving, and their families, friends and civilian employers who allow them to devote such dedication and time to our nation's Navy.

Other challenges I see are an increased demand on many of our squadrons and wings as the active force resets in a post Afghanistan era. The average SELRES aviator contributes more than 100 days of operational support to their unit. In addition we have SELRES filling in as individual augmentees on assignments across the globe. Often the day-to-day operational support is not recognized as readily as mobilizations and I want to ensure leadership captures that.

What new aviation programs do you see Reservists participating in during the next few years?

Unmanned aerial vehicles are part of CNAFR's future. As the Navy moves into the unmanned world we have recognized that the only thing unmanned is the actual vehicle. The support, control and maintenance of these systems require significant manning and expertise and the active component is looking for us to help.

To date we have stood up a pre-establishment unit for the Broad Area Maritime Surveillance Demonstrator or BAMS-D in Pautuxent River, Md. to help operate and learn how to employ this vehicle prior to operating the unmanned MQ-4B Triton.

We have sent two vertical takeoff and landing unmanned aerial vehicle or MQ-8B Fire Scout detachments to Frigates and plan to continue this in the future. Our Reservists have a very unique opportunity to engage on the ground floor of platforms in development. They will assist in the development and maturation of the tactics, techniques and procedures for these platforms and train the personnel who will operate these vehicles and others down the road.

With P-8s moving toward the fleet CNAFR personnel have already engaged in the training of the active duty crews who will deploy the first squadrons of this new generation of maritime patrol aircraft. The VP-30 squadron augment unit (SAU) has multiple SELRES and full-time support officers and enlisted who maintain and fly this aircraft.

With the discussion of defense budget cuts, what concerns are there for future training and mobilization opportunities?

The discussions about budget cuts are a concern across all of the DoD. U.S. Fleet Forces Command commissioned an active component and Reserve component mix study to look at what capabilities the RC could take to assist the active component in remaining whole. Opportunities we are reviewing for the Reserve Force are littoral combat ships, homeland security and civil support, and particularly for CNAFR unmanned systems. Since we have been involved from the beginning with the Navy's use of unmanned aerial systems, the active component has visibility on our capabilities and capacity for additional work in this area.

Mobilization opportunities will continue to be available for at least the next two years as the RC continues to provide individual augmentees.

From your conversations with Reservists, what do you hear as their top concerns?

In speaking with the squadrons, SAUs and detachments I am hearing a variety of topics but the most repeated themes are; changing the retirement plan for those already serving, the cross assigned in and out rules, shrinking discretionary budgets and promotion opportunities. I know Defense Secretary Leon Panetta has stated all currently serving will be grandfathered if a change to the retirement system occurs. The cross assigned process and policies are being looked at to see if there is a way we can improve participation by those cross assigned to better support the





and Coast Guard brothers and sisters gave me the opportunity to learn and understand the other services' cultures as well as build relationships that I still rely on today.

TRANSCOM itself was an unknown to me but in short order I learned the warfighter truly relies on the ability to move material and personnel in and out of theater reliably. Logistics touches everything, and working as a

CNAFR units they are assigned to. Shrinking budgets are a reality however, we need to make the most of every dollar that is sent our way by capitalizing on the training and operational support opportunities available. We need to ensure we get the most out of every flight hour, drill and school we participate in.

What is your background and how will it help you as CNAFR?

I have had the opportunity to work with a variety of units throughout my Navy career. On active duty I was a tactical air pilot flying the A-6 Intruder and F-18 Hornet. I also served as an air wing landing signal officer so I am very attune to what our adversary and expeditionary electronic attack missions require. I started my Reserve career in the Fleet logistics realm and served seven years there culminating in squadron command. From my VR squadron I had my first exposure to a true Reserve augment unit working at Carrier Strike Group 8. Following that tour I worked for the Chief of Naval Air Training (CNATRA) at the training wing level and followed that as the CNATRA Reserve component commander. This tour was amazing as it allowed me to see what our flight instructors do day in and day out to produce the finest aviators and naval flight officers in the world.

I also have a joint tour working at the U.S. Transportation Command (TRANSCOM) at Scott Air Force Base outside of St Louis. The opportunity to work with joint forces was fabulous. Being able to work alongside my Army, Air Force, Marine Corps

current operations watch chief really exposed me to the global reach of the U.S. military.

As the Navy Region Midwest Reserve Component Command Deputy I was fortunate to work at Naval Station Great Lakes, IL., the home of Recruit Training Command. There we helped 35 Navy Operational Support Centers in 16 states manage, mentor and support more than 11,000 Navy Reservists. This was truly a highlight tour for me.

To sum up I think that my background in multiple platforms, unit management, joint experience and 28 years of working with Sailors lets me look at challenges and opportunities that present themselves to CNAFR from different perspectives.

Is there anything else you would like to say to your Sailors?

That I am humbled to have the opportunity to lead and serve our Reserve aviation Force. The dedication that our SELRES, FTS, government civilians and contractors display everyday is truly amazing in keeping CNAFR ready, relevant, and an asset to the warfighter. We must remember our Navy core values and treat each other with respect, develop leaders at all levels, and remember those who have gone before us. The pride I feel whenever I am out visiting our units is inspiring. Please remember to thank your family for taking on the hard job while you are away supporting the Naval Air Force Reserve. ■

Reserve Opportunities with LCS

Written By Lt. Monica Iannacone, Executive Officer, LCS Mine Countermeasure Mission Module Mayport



The Navy's Littoral Combat Ships (LCS) are fast — more than 40 knots fast. They are also an agile, focused-mission platform designed for operation in near-shore environments yet capable of open-ocean operations. They are designed to defeat asymmetric “anti-access” threats such as mines, quiet diesel submarines and fast surface craft.

As the Navy ramps up production for a future fleet of 55 ships the Navy Reserve is ramping up its skilled Sailors to keep these ships at the ready.

Optimized for operating in the littorals, the ship's modular design enables it to replace slower, more specialized ships such as minesweepers and larger fleet ships. That is where Navy Reservists are being tasked. The Navy is examining ways to employ Reserve Sailors on LCS. One way that will support the ship's flexibility is to assign Reserve Sailors to interchangeable mission modules (MM). The primary missions for the LCS include countering diesel submarine threats, littoral mine threats, and

surface threats, such as small surface craft attacks, to assure maritime access for joint military forces. The underlying strength of the LCS lies in its innovative design approach, applying roll-on, roll-off modularity for operational flexibility. Fundamental to this approach is the capability to install interchangeable mission packages (MP) onto the seaframe. Each mission package can be installed aboard an LCS to fulfill a specific mission, and then be uninstalled, maintained, and upgraded for future use aboard any LCS seaframe.

“Understanding that Chief of Naval Operations Adm. Jonathan Greenert has emphasized efforts to re-man the fleet by filling as many as 10,000 open billets, remains a top priority, Reserve Sailors need to do our part,” Rear Adm. Chris Paul, deputy commander, Naval Surface Forces said.

Reserve Sailors in LCS will provide the fleet depth in manning by addressing needed capacity and providing critical surge capability. “Imagine Reserve Sailors providing mission module

security, maintaining the integrity of mission modules when they are ashore, and performing routine maintenance tasks to ensure mission module readiness. In addition, Reservists will provide a surge capability for LCS with rotatable crews for mission areas, such as MCM (mine countermeasure) and SUW (surface warfare),” Paul said. The Reserve component LCS community is looking for Reservists to join the 13 LCS seaframe and LCS MM units located throughout the country. There are five units in San Diego, two in Mayport, Fla., two in Fort Worth, Texas, and one unit in Minneapolis, Minn., Great Lakes, Ill., Atlanta, and New York City. Numerous billets and opportunities are available to join the LCS community and get involved from the ground up.

As highlighted in the recent edition of the Reserve SWO Sailing Directions, the surface warfare and mine countermeasure (MCM) MM units have been tasked to create fully trained and certified deployable Reserve MM crews in the 2013-2014 timeframe.

To provide this unique capability it is planned for the Reservists of these units to have an extensive training pipeline.

With new systems currently in development or just coming

online, mission modules are supported by contractor and Naval Education and Training Command schools. We are anticipating sending the first of many Sailors through extensive pipelines in fiscal years 2013 and 2014. Some of the training will last more than nine months,” Lt. Cmdr. Michael Husband, commanding officer of MCM MM Mayport said.

The mission of the MCM MM units is to provide Reserve fully trained MCM mission package capability to support MCM operations. The operations provide assured access to sea lines of communication, ports, harbor and anchorages. Mine warfare is the most prolific and low cost anti-access/area denial capability used today.

“LCS MCM mission packages afford a significant capability because it does not put Sailors into the minefield because of advances in technology in unmanned underwater vehicles and remote minehunting systems,” Paul said.

There were perhaps a million mines of more than three hundred types are in the inventories of more than sixty navies worldwide, not counting U.S. weapons. This relatively new mission for Reservists



▲ The littoral combat ship USS Independence (LCS 2) operates in the waters off Southern California. U.S. Navy photo by Lt. Jan Shultis.

provides numerous operational and leadership opportunities.

“Having an MCM platform on the LCS affords us the ability to better support the fleet and opens up opportunities for minemen in the selected Reserve, so it’s a win-win,” Master Chief Mineman Tracey Hays, command master chief of LCS MCM MM Mayport said. “I expect it will be challenging, but very rewarding, and I am very happy to be a part of it.”

Chief Mineman K. Scott Landers joined the MCM MM

Mayport unit for the Reserve opportunities in his field of expertise. “I am transferring out of Mobile Mine Assembly Unit 7 to the LCS because currently as a Reservist in the mine community it is hard to get sea time. This is a brand new program to our community and to the Navy,” Landers said. “Having the opportunity to get into it at

such an early phase is exciting. I will be afforded training that I will more than likely never have the chance to get again.”

Other mission packages will allow Reservists from other fields to support the LCS platform. The SUW mission package provides fleet protection from small boats and other asymmetric threats. The package can also be used to provide operational security in interdiction missions against terrorist suspects, high seas pirates, and provide defense against shore attacks while operating in the littorals.

“As an old inshore boat unit commanding officer., this reminds me of the good old days when we drove boats, shot weapons, and built a tight-knit team from scratch,” Cmdr. Jonathan C. Puskas, commanding officer of LCS SUW MM San Diego said. “Except it may actually be better. Our gear is brand new, we’ve learned from other communities, and we have fantastic Flag-level support. The SUW mission package is state of the art and one of the most exciting capabilities of the Navy’s next generation platform.”

Reserve LCS Sailors have the opportunity to be a part of the

future of naval operations.

“Based upon the significant investment in equipment including boats, weapons, and communications equipment; as well as the intense training pipeline, it’s clear that this is the future of the Navy Reserve,” Puskas said. “I need Sailors who can do it all. We require members of our team to score excellent or above on their physical fitness assessment and be qualified as a second class swimmer. Then, we also need them able to learn complex

fire control systems and coxswain skills. Some will even be sent to search and rescue swimmer school.” Chief Warrant Officer Adam Clark, detachment officer in charge for LCS SUW MM San Diego is one of the first to begin the LCS training pipeline. “We’re having a blast in Bangor, Wash. completing the first of nineteen schools we’ll attend in the next year. We’re at Ship’s Reaction Force-Basic. We’re learning basic



▲ Littoral Combat Ship surface warfare mission module graduates from Security Reaction Force Basic school. The graduates are Chief Warrant Officer 2 Adam Clark, Boatswain's Mate 1st Class Tony Al-Russan, Boatswain's Mate 2nd Class Jason Taylor, Boatswain's Mate 3rd Class Nate Hammond and Information Systems Technician 2nd Class Nat Sakolpas.

combatives, shooting weapons, and building our first visit, board, search and seizure team,” Clark said.

Boatswain's Mate 3rd Class Nathan Hammond is an LCS SUW MM Sailor who attended security reaction force training in San Diego. “I just joined the Navy Reserve after serving on active duty,” Hammond said. “I was looking for a physically demanding and fun unit. Based upon the training, I think I’ve found great place to serve.”

Like Hammond Reserve Sailors will find many opportunities in the LCS community.

“The future opportunities for Reserve Sailors are great. Beyond surge capacity of mission module manning, Reserve Sailors could perform maintenance and sustainment tasks when a ship is in port. They could stand inport watches, such as officer of the deck, petty officer of the watch and roving patrol duties,” Paul said. “Reserve Sailors who are expert watch standers could stand duty in the ashore LCS operational support center which performs the reach-back capability for LCS and handles the administrative duties of deployed crews.” ■

Fires are classified according to the nature of the combustibles (or fuels) involved. The classification of any particular fire is of great importance since it determines the manner in which the fire must be extinguished. Fires are classified as being either class ALPHA, class BRAVO, class CHARLIE, or class DELTA fires:

BACK TO BASICS

Fire Classifications

Written by Mass Communication Specialist 2nd Class RYAN HILL

Materials

Wood, paper, cloth, upholstery and similar materials.

Extinguish

Water, using high or low velocity fog, solid streams or high pressure water mist.

Note

Class A fires leave embers or ashes and must always be overhauled.

CLASS A ALPHA FIRE

CLASS B BRAVO FIRE

Materials

The vapor air mixture over the surface of flammable liquids, such as gasoline, jet fuel, paint, oil, diesel oil, fuel oil, thinners, solvents, lubricating oils and greases.

Extinguish

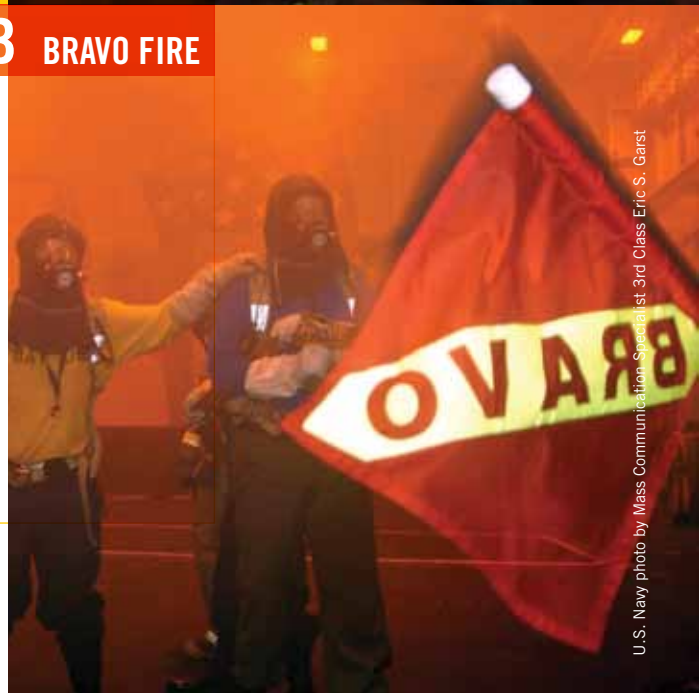
Aqueous film-forming foam (AFFF), Halons (Monobromotrifluoromethane) 1211 and 1301, Carbon Dioxide (CO₂), or dry chemical Potassium Bicarbonate powder (PKP).

Note

The agent used will depend upon the circumstance of the fire.



U.S. Navy photo by Mass Communication Specialist Seaman Craig R. Spiering



U.S. Navy photo by Mass Communication Specialist 3rd Class Eric S. Garst

EXTINGUISHING METHODS

METHOD	FIRE TETRAHEDRON COMPONENT AFFECTED
Cooling	Heat
Smothering	Oxygen
Starving	Fuel



Materials

Electrical equipment and wiring.

Extinguish

Non conducting extinguishing agents, such as CO₂ and Halon 1211.

CHARLIE FIRE

CLASS **C**

DELTA FIRE

CLASS **D**



Materials

Combustible metals; magnesium, titanium and sodium.

Extinguish

Special techniques have been developed to control this type of fire. Apply large amounts of water on the burning material to cool it down below its ignition temperature. However, a magnesium fire can be smothered by covering it with a large volume of dry sand.

Note

If possible, jettison the burning material overboard.

ESGR EXTENDS ITS REACH

Written by Jim Vorndran, Commander Navy Reserve Forces Command Public Affairs

The DoD agency, Employer Support of the Guard and Reserve (ESGR) is in its 40th year promoting cooperation and understanding between Reserve component service members and their civilian employers and assisting in the resolution of conflicts arising from an employee's military commitment.

But that is not all ESGR does. The agency also recognizes the outstanding support civilian businesses give to Reservists. Employer support enhances retention rates in the Armed Forces and in the end, strengthens national security. To recognize employers who support their Guard and Reserve employees, ESGR grants a series of DoD awards: Patriot Award, Spouse Patriot Award, Seven Seals Award, Above and Beyond Award, Pro Patria Award, Extraordinary Employer Support Award and the Secretary of Defense Employer Support Freedom Award.

ESGR also has programs to inform employers about the mission of the armed forces. One way they do this is to conduct Boss Lifts. Boss Lifts are when employers visit a military command and learn about its mission.

Recently the Reserve Deputy Commander U.S. 10th Fleet Rear Adm. Jerry Clusen participated in a Boss Lift to southern California.

"During the Boss Lift I learned as much about ESGR as the employers," Clusen said. "What struck me was the wonderful recognition they give to employers who are helping mobilized Reservists, and their families, before, during and after deployment."

The admiral's involvement in the Boss Lift gave him an opportunity to add insight during the tours of different San Diego commands. One employer, Jeff Mason, owner of Wisconsin based Analytics LLC said, "Rear Adm. Clusen told us about his very interesting career. He told us about how he is assigned to 10th Fleet but they don't have any ships. He really opened my eyes to the value of employing Reservists, and wounded warriors."

Mason was impressed by the professionalism of the Sailors he met during his ESGR trip. "I learned of the many tool sets military members are exposed to. They are disciplined and professional — they are an employer's dream."

During the ESGR event the 57 employers were exposed to the business benefits of hiring Reservists, but also found an additional benefit to their trip.

"Spending time with the 56 other employers from Wisconsin allowed us all to network with each other," Mason said. "We came away with a pretty good network of businesses that have a new found appreciation for how Reservists can help our businesses grow."

Another goal of ESGR events like Boss



▲ Jeff Mason, owner of Wisconsin based Analytics, LLC and Rear Adm. Jerry Clusen pose for a photograph during a ship tour in San Diego.

Lifts is to encourage the attendees to tell others about their experience. Mason took that to heart. When he returned to northern Wisconsin he wrote a commentary for his local newspaper. The commentary follows:

I had the honor of joining the Employer Support of the Guard and Reserve for a military tour of San Diego recently.

ESGR is a partnership between business leaders and the military designed to promote positive relationships that encourage employers to hire vets and wounded warriors, and to promote employer support of Reservist employees. Needless to say, it was an incredible tour.

We started by flying to the Naval Air Station in San Diego aboard a KC-135 Stratotanker. When we landed, we were escorted directly to the USS Midway for a tour of a retired aircraft carrier.

To finish the day, we checked into the hotel at the Naval base on Coronado Island

and were then whisked off to an Officers Club for a tasty dinner.

During the following two days, we visited the Navy Seals/SWCC training facility, United States Marine Corps Recruiting Depot, Miramar USMC Air Station, the USS John Paul Jones naval destroyer, the USS Asheville nuclear submarine, and the U.S. Coast Guard base at Point Loma.

My impressions of the trip were as follows; I was awed by the professionalism, courtesy, and focus of the troops along every step of the way. Their attitude toward visitors was very positive, and they welcomed us into their world enthusiastically.

I was surprised by the age of the equipment that our military is using to defend our country (many of the ships, aircraft, etc. are aging). Some of the aircraft are as old as I am (53), and I'm sure some of the ships are as well. Despite their age, I was impressed by the state of repair and the cleanliness of the warships, aircraft, and facilities. They are clearly well-maintained.

Juxtaposed upon the aging vessels

is the new-age technology that our troops have at their disposal. From weapons systems to tracking devices, mine-sweepers, etc., the technology is impressive and the firepower is awe-

their leadership. I was also impressed by how well the servicemen from the various branches of the military integrate together. The level of secrecy and security surrounding some segments of the tour

was significant. We were not permitted to take pictures or to visit some areas, and the troops were heavily armed at all installations. They were serious about their checkpoints as we entered and departed the bases.

Between the branches of the military, the uniforms are varied in color and

cut, but some consistencies remain. They have changed quite a bit since I joined the USMC in 1976, but warfare has changed dramatically so this is to be expected. Some things have changed since I was in boot camp. Some haven't (food service).

Some of the trip was somber. When seeing the wall at the Coronado Island

U.S. Navy Seal Base and reviewing the names of all of those Navy and Coast Guard servicemen who gave their lives to defend our country, you can't help but feel hollow inside.

This country's youth are sharp and capable. These troops are clearly well-trained and confident. Despite their young age, I rest assured that the U.S. is in the hands of extremely vigilant and committed guardians. It was a tour that made me proud to be an American. ■



▲ Wisconsin Employers get a chance to fly on a KC-135 Stratotanker on their way to San Diego, Calif.

inspiring. It made me better understand the role that the U.S. plays in functioning as the world's police force.

We were lucky enough to have a Naval commander, Army Reserve general, and a Naval rear admiral attached to our group for the trip, and the troops treated us with great respect based on their regard for



▲ Employers take a tour of Naval Station North Island during an ESGR Event. U.S. Navy photo

Reservists Help Their Neighbors

Written by Lt. j.g. Carl P. Zeilman, Public Affairs Officer, Navy Office of Community Outreach and member of the New York Naval Militia



▲ Navy Diver 1st Class Franklin Horn, from Temecula, Calif., assigned to Mobile Diving and Salvage Unit 2, and Construction Electrician 2nd Class Gayland Andrews, from Mount Rose, Colo., assigned to Construction Battalion Maintenance Unit 202, start a pump to remove water from basements flooded by Hurricane Sandy during relief efforts in Queens, N.Y. U.S. Navy photo by Mass Communication Specialist 1st Class Martin Cuaron.

New York State Naval Militia members received a call to duty to respond to Hurricane Sandy. Not knowing what to expect they packed their bags and prepared for one of the worst natural disasters to affect New York state. The hurricane damaged infrastructure, waterways and commerce. In some cases complete municipalities were destroyed.

New York Gov. Andrew Cuomo ordered more than 2,000 citizen Soldiers, Airmen and Sailors to mobilize to New York City and Long Island to assist with the rescue and recovery efforts for Operation Sandy. Of those called to serve, more than 90 were Naval Militia members. The militia is a 2,200-member force made up in part with Navy and Marine Corps Reservists who operate a fleet of emergency service patrol boats to secure state waterways and assist where manpower is needed.

“The New York Naval Militia gives maritime capability to the military forces of the state of New York, as well as the ability to call to duty, within hours, highly trained, Reserve Sailors, Marines and

Coast Guardsmen,” said Naval Militia spokesperson Trip Powell, a retired Navy captain.

As New Yorkers began to emerge from the devastation of Hurricane Sandy, emergency service boats were patrolling the New York City harbor, and running missions along the Hudson River. While most would assume these boats were a part of a federal force, the five boats deployed were in fact operated by the state’s Naval Militia and manned with men and women who also call themselves Navy Reservists.

“The Navy Reservists in the Naval Militia bring the individual skills and knowledge they’ve honed on active duty or in the Reserve and put them to work for the people of New York during natural disasters, emergencies and day-to-day ops,” said Eric Durr, the director of public affairs for the New York State Division of Military and Naval Affairs and a retired Army National Guard lieutenant colonel.

Some of the Navy Reservists were assigned to the Lexington



▲ Navy Reservist Lt. Stefen Neuhaus a member of the New York State Naval Militia and his crew conducted several patrol missions along the New York City shoreline U.S Navy photo

Avenue Armory in hard-hit lower Manhattan. Many of these Sailors faced their own challenges brought on by Hurricane Sandy but stepped up and answered the call to serve their community and neighbors in need.

The Navy Reservists working as Naval Militia were tasked with various missions from evacuating a major downtown hospital to handing out food and water to displaced victims. The Naval Militia Sailors, part of a joint force, helped hundreds of men, women and children get through a difficult situation.

“Being healthy and able, I felt it was my obligation to go out and help those who were affected the most. New York is my home and it hurts when you see it suffer,” Machinist Mate 1st Class Luis Donarye, a Navy Reservist from Long Island and New York State Militia member said. “Giving a helping hand was the right thing to do. What I enjoyed the most was working with other Sailors and Marines who selflessly dedicated lots of hours of hard work, lack of sleep, time away from home and other discomforts in order to assist the people in need.”

In addition to providing help to citizens affected by the hurricane, 20 Navy Reservists manned five emergency service boats. The boats were used on patrol missions to assist the Coast Guard secure waterways and identify displaced residents.

“To see the destruction was heartbreaking,” said Electronics

Technician 3rd Class Heather Oligny of Navy Operational Support Center (NOSC) Schenectady. “Every small thing we did made someone’s suffering lessen and that is why we serve.”

The importance of the New York’s State’s Naval Militia has proved to be a valuable asset to New York State’s Defense forces, helping to secure New York state’s waterways and provide relief to residents in need.

The skills Navy Reservists bring to the New York Military forces — whether in construction, nuclear engineering, electronics, or boat handling — could not be replicated in a state volunteer-only force, Durr added.

NOSC Schenectady commanding officer Cmdr. Vincent Perry was proud of his Sailors.

“More than 60 Reservists from NOSC Schenectady responded to Operation Sandy in New York,” said Perry. “We also had an additional 17 Reservists sign-up for the militia during the December drill weekend. This is indicative of a Navy Sailor, drop everything to help those in need.”

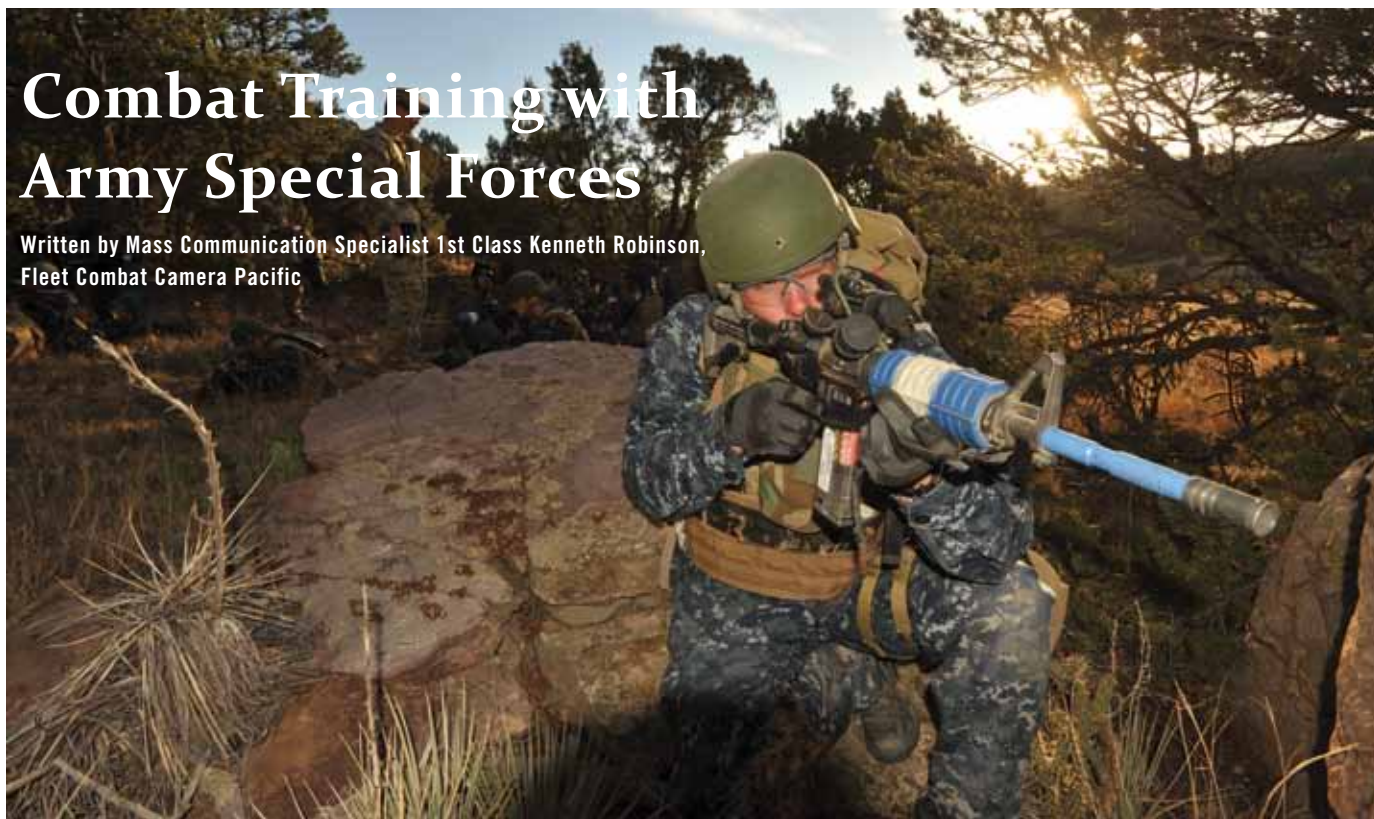
In addition to the Reserve Sailors from NOSC Schenectady, three other New York NOSC’s had Reservists perform duty as part of the Naval Militia. NOSC Rochester had seven members, NOSC Buffalo had three, and NOSC Syracuse had 10 Sailors join the relief efforts. ■

▼ Navy Reservists and members New York State Naval Militia hand out cases of water to those affected during the hurricane. U.S. Navy photo



Combat Training with Army Special Forces

Written by Mass Communication Specialist 1st Class Kenneth Robinson,
Fleet Combat Camera Pacific



▲ Hospital Corpsman 2nd Class Robert Tomsik, a Reserve Sailor assigned to Operational Support Unit 1914, takes cover during a simulated ambush. U.S. Navy photo by Mass Communication Specialist 1st Class Kenneth Robinson.

Twenty-three Reserve Sailors assigned to Operational Support Unit 1914 and Operational Hospital Support Unit Bremerton spent their annual training participating in a joint service field training exercise at Fort Carson, Colo.

The Sailors were introduced to combat scenarios occurring in various theaters of operations. They received training with M9 and M4 weapons, crew-served weapons, convoy operations, military operations in an urban terrain, combat lifesaver procedures, land navigation and mission planning.

The training was conducted by the Army's 10th training Special Forces Group (Airborne), Special Forces Operational Detachment-Alpha 0221. "We get to see the fruits of our labor," said ODA 0221 Sgt. 1st Class Justin. "We start them off with the basics because they have never had this type of training, and we



▲ Reserve Sailors assigned to Operational Support Unit 1914, read a map during a patrol mission U.S. Navy photo by Mass Communication Specialist 1st Class Kenneth Robinson.

watch them progress, so it's been very rewarding."

"The Navy's Reserve force deploys unconventional to the way the Navy typically deploys, and the training we are receiving provides us exposure to what our Sailors could possibly be required to perform," said Aviation Warfare Systems Operator 1st Class Cory Lawrence-Fisher. "The leadership experience and confidence our Sailors gained from this is absolutely immeasurable. It makes me proud that we are implementing such positive mentorship and

expert instruction to our junior Sailors."

The training, which was tailored for the Sailors, also benefited ODA 0221 because it simulates missions that are happening now in foreign countries. "Not only did the Navy personnel



▲ Reserve Sailors assigned to Operational Support Unit 1914 receive training in various combat tactical skills. U.S. Navy photo by Mass Communication Specialist 1st Class Kenneth Robinson.

receive professional instruction, but the ODA members honed their knowledge and skills in military operations and functions,” said ODA 0221 member Capt. Todd. The training culminated with a two-night exercise where the Reserve Sailors planned and executed the missions on their own.

“The training and instruction we were provided was second to none. The entire experience is something that the vast majority of active duty and Reservists will never experience in a single military career,” said Operations Specialist 2nd Class Joshua Allen. “We hope that annual training, much like that which we recently completed, can be echoed across the military and bring different military branches and unorthodox training to all those willing, able, and up to the challenge.” ■



▲ A Reserve Sailor assigned to Operational Support Unit 1914, provides security for his fire team during a simulated ambush. U.S. Navy photo by Mass Communication Specialist 1st Class Kenneth Robinson.

Reservists Returning to the Waterfront

Written by Chief Mass Communication Specialist William Lovelady



▲ Gunner's Mate 3rd Class (SW) Tyler Rhodes inspects a light fixture during a spot check by Chief Electrician's Mate Arthur Aban. U.S. Navy photo by Chief Mass Communication Specialist William Lovelady.

During the last decade, tens of thousands of Sailors in the Navy Reserve have been mobilized to Iraq, Afghanistan and a host of other places nowhere near a ship or the ocean. A new surface initiative is putting Reserve Sailors back on ships.

For about a year and a half, the Commander Naval Surface Force, Atlantic (SURFLANT) Reserve Waterfront Maintenance Team has been matching Reservists with surface skills to vacant billets on ships. These Sailors go on temporary orders, typically from 12 to 90 days, and help the ships prepare for inspection and survey (INSURV).

"About 18 months ago, the SURFLANT Reserve unit in Norfolk started concentrating on providing hands-on support to the ships here," said Senior Chief Logistics Specialist Robert Bagbey, the program's Reserve coordinator. "We realized our unit wasn't big enough for all the work, so we reached out to Reservists everywhere

to support this mission here in Norfolk and in Mayport."

The program has provided manpower and skills to 17 ships including: USS Mahan (DDG 72), USS Hue City (CG 66) and USS Winston S. Churchill (DDG 81). Since there are always ships in the INSURV window they always have plenty of customers.

"They have been supporting manning shortfalls and workload accomplishment," said Command Master Chief (SW) Lewis Wilson, Mahan's senior enlisted leader. "That has allowed our ship's crew to focus on completing the basic phase training cycle in preparation for INSURV."

"The Reservists have fully integrated into our divisions ensuring PMS (preventive maintenance schedules) accomplishment, material readiness and admin support. They allowed us to get through this process without having to request a lot of personnel from other ships."

The Reservists made such an impact that they were incorporated into Mahan's Sailor of the week program. Each week, the ship recognized an outstanding active-duty Sailor and an outstanding Reservist.

"Fire Controlman 3rd Class Angelica Jones was our first Reservist of the week," Wilson said. "Jones performed material maintenance repairs saving the ship \$10,000. Our second Reservist of the week, Gunners Mate 3rd Class (EXW) Austin Rogers helped us get our anti-terrorism force protection certification. He organized 175 training jackets and streamlined procedures to get us ready for inspection."

While many of these jobs are not glamorous, they all affect a ship's seaworthiness and warfighting ability. One of the most basic processes is deck preservation. Removing rust and old paint, then replacing it with new paint is a task almost every fleet Sailor has performed at one time or another. Boatswain's Mate 3rd Class (SW) Nathan Garrick from Charlotte, N.C., and Boatswain's Mate 2nd Class (SW/AW) William Magallanes, from Newport News, Va., had the chance to work a needle gun and grinder again — the sort of deck seamanship that isn't normally practiced at the Navy Operational Support Center, or in the desert.

Because of their civilian skills and varied work experience, Reservists are often able to work in many different departments. Many have held more than one rating in the Navy.

"I worked on USS Hue City (CG 66) in January before their INSURV," said Engineman 1st Class Ken Motes, a Reservist from Henning, Tenn. "I went to work in the engine room, but I wound up helping the electricians replace navigational lights on the bridge and working on interior communications as well."

Motes joined the Navy in 1979, and was previously a



▲ Boatswains Mate 2nd Class (AW/5W) William Magallanes, from New Port News, Va., uses a needle gun to remove the rust and old paint from the hull of the USS Mahon (DDG 72). U.S. Navy photo by Mass Communication Chief William Lovelady.

machinist's mate. He drills in a volunteer training unit without pay. These units allow the Navy to retain experienced Sailors even after they have reached high year tenure. When the Navy needs their expertise, VTU Sailors are eligible for paid active duty for training orders.

"I helped get an oily-waste transfer valve operational that was broken and would have cost quite a bit to replace. It took about three hours to install and rewire, but it worked and was certified. They gave me a Navy Achievement Medal for it, but I was just trying to be helpful."

Another VTU Sailor who joined the Navy in the 1970s is Chief Damage Controlman (SW) Marty Holtz. A former hull technician, he worked on several welding and fabrication projects aboard Mahan. He also rebuilt a duct fan in the ships barbershop.

"Replacing that fan would have cost \$7,000," said Holtz. "We had a lot of problems getting it apart and getting it back together, but what it needed was a starter capacitor that cost \$45. So we saved the Navy a lot of money."

Regardless of rating, these Reservists work wherever they find work to do. Master-at-Arms 3rd Class Anthony Hinton from Greenwood, Del., came to Mahon to assist with the anti-terrorism and force protection certification, but when that evolution was over, he helped clean and service ventilation screens.

"We don't waste man hours," said Chief Electronics Technician

(SW/FMF) Michael Axton, from Atlanta, Ga. "We keep everybody in every rate busy. There is always more work to be done." ■



▲ Reserve Sailors assist in inspecting damage control equipment. U.S. Navy photo by Chief Mass Communication Specialist William Lovelady.



Where Mind Meets Mission

Written by Susan Henson, Center for Personal and Professional Development Public Affairs

Reserve component (RC) facilitators from the Center for Personal and Professional Development traveled to Italy to deliver the Personal Responsibility and Values, Education and Training (PREVENT) course to junior Sailors.

One team delivered two PREVENT classes to crewmembers of the USS Mount Whitney (LCC 20) homeported in Gaeta, and another two-member team went to Naval Air Station Sigonella, where they delivered two classes at the CPPD learning site to Sailors from commands there. All of the students were active component (AC) Sailors.

During the 15 day trip, CPPD RC facilitator Chief Information Systems Technician David Farlinger covered the Mount Whitney, while Master Chief Religious Program Specialist (FMF) Billie Campbell and Chief Information Systems Technician Thomas Fink facilitated two PREVENT classes in Sigonella.

CPPD's PREVENT course is notable in that it provides potentially life-changing material that helps Sailors and their families, and benefits commands through reduced alcohol-related incidents, sexual assault and fraternization cases, and overall healthier Sailors — physically and mentally.

"This is the epitome of active and Reserve integration. CPPD relies heavily on its Reserve component for mobile training teams and to cover gapped billets at any one of CPPD's 15 learning sites," said Steve Poellinger, CPPD operational support coordinator and also an RC command master chief. "Using the RC saves the command hundreds of thousands of dollars annually by employing RC Sailors who are essentially part time — and a fraction of the cost of an active component Sailor. In addition, Reserve Sailors come with their own temporary duty funding through annual training and other training days using discretionary



funding that does not impact the AC command's budget. This is a win-win for the command and the Reserve Sailor."

Poellinger said CPPD's RC caters to the Reserve force through the delivery of more than 400 courses a year at Navy Operational Support Centers. "Each year we graduate more than 6,000 RC Sailors in officer and enlisted leadership development, in alcohol and drug abuse management and supervision, command training team indoctrination and PREVENT courses," he said.

Designed for the first-term Sailor, PREVENT focuses on the promotion of positive behavior and values emphasizing individual decision making, goal setting and communication skills. This training assists Sailors in creating conformity between values and current behavior. PREVENT also provides Sailors with pertinent information about Department of the Navy policies and consequences of risky behavior.

CPPD PREVENT program manager Michele Kubajek said providing this type of training is especially important for young Sailors stationed far away from home. "For first-term Sailors, the Mount Whitney is a unique situation. It's the first time for many to be away from family members and in the unfamiliar surroundings of a foreign country. They're also trying to adjust to Navy life," she said. "Most junior Sailors report to the ship directly from 'A' school without an opportunity to attend PREVENT stateside. The course offers the tools to help them make good decisions in their professional and personal life."

For more information about the Center for Personal and Professional Development (CPPD), visit:
<https://www.netc.navy.mil/centers/cppd/>. ■



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

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

After arriving in Afghanistan and having a few weeks to attempt to get settled in with my new team, our primary goal was to secure the equipment and supplies needed to move from Bagram Airfield to our final destination in Wardak. That is much easier said than done.

When you assemble a team and assign them a mission, you would think that part of the process would be to assemble the necessary equipment and supplies as well. With my team being a newly formed unit, the list was long and fairly complicated. Things like mine resistant armored personnel vehicles are frequently seen in Afghanistan, but have you ever tried to find five or more that were not already in use? Not so easy. Add to that a group of U.S. Navy and Army officers who are familiar with the U.S. Army supply chain, but far from experts, and you get a situation that takes weeks to unravel.

During the time we were staying at Bagram Airfield we had a huge list of items to try to acquire. Even though the list was huge, there was a basic focus: the ability to shoot, move and communicate. This meant being focused on vehicles, weapons and radios. Not just any vehicles, but ones that would protect our unit the most, allow us to move the right number of personnel, and provide the greatest firepower capability possible. Our executive officer, U.S. Army Capt. Pete Cruz, was able to locate a group of vehicles that were being turned in by a unit that was leaving Afghanistan. They had all the things you'd expect, like Blue Force Trackers, radios, GPS and weapon mounts. They had also been used and were in need of a thorough once over.

Every unit seems to have one person who manages to scrounge up anything that is needed and for us, that is Cruz. His ability to find the right items, the person responsible for them, work out a deal, and come out on the better end of that deal is amazing. Sometimes he reminds me of Klinger or Radar from the television show *M*A*S*H* because of his ability to find the things we need.

SAILOR STRONG

CHAPTER 11: FAREWELL

Another large challenge in forming a new "blended" unit is coming to grips with some common terminology. Our unit is composed of four U.S. Navy Officers, two U.S. Army officers, and a small group of U.S. Army enlisted. All of the non-Navy personnel are military police (MP), so there was at least a common core within that group. As most of you know from being a Reservist and having to blend your civilian and Navy languages, every service has unique terms and phrases. When you blend Army and Navy within a group, things don't always mean the same thing. For example, our enlisted MP's are Airborne qualified. We quickly learned this means that the term "Airborne" can be used as a positive response to anything. Salutes also come with coded phrases within the Army. Knowing the appropriate response to that code as you are saluting or being saluted brings recognition and some levels of respect.

When I wasn't navigating the supply system or learning how to speak Army I had the opportunity to attend two briefings by flag level U.S. Navy officers and I was eager to see what these gentlemen had to share with the Navy personnel present.

Each meeting went roughly the same with a short presentation or speech given and then a question and answer period. Although these meetings were limited, it was good to know that the higher levels were taking an interest in the opinions and interests of those with "boots on the ground."

What has always amazed me during this type of meeting is that people actually expect questions to be asked that are difficult or for people to voice their concerns. It is easy to ask a question in a professional manner, but when you are dealing with issues at a unit or personal level and truly need help, there is no easy way to ask that question. Communicating those issues is often seen as throwing your chain of command "under the bus."

In my civilian life I have extensive experience in conducting

Exit Interviews for other companies. Basically, I could see this having a huge impact on commands gaining the valuable insight that they are seeking. At a minimum, consider passing out three by five cards to people before the meeting to put questions on to be answered.

I honestly appreciate the leadership that I have here in country. Especially my team leader, Lt. Cmdr. Scott Palumbo. I know that he values my honesty and is willing to listen regardless of what I have to say.

Those leaders at the highest level who have come to visit us in Afghanistan provide insight and do take our concerns seriously and try to solve those issues. It is good to see leadership trying to help

the “BOG” (boots on the ground) warriors. So next time you wonder “should I say something?” know that the leadership will value your opinions if you present them in an honest, professional manner.

Until next time, remember to stay positive,

watch out for your shipmate, be brutally honest, and beyond all, stay safe. ■

DURING THE TIME WE WERE STAYING AT BAGRAM AIRFIELD WE HAD A HUGE LIST OF ITEMS TO TRY TO ACQUIRE. EVEN THOUGH THE LIST WAS HUGE, THERE WAS A BASIC FOCUS: THE ABILITY TO SHOOT, MOVE AND COMMUNICATE.

▼ Top left: Lt. j.g. Jeff Strong training on a 9mm firing range prior to his assignment with 3rd Kandak Battalion, 1st Brigade, Afghan National Civil Order police in Afghanistan. Top right: Lt. Cmdr. Scott Palumbo and Lt. j.g. Jeff Strong meet the commanding officer of the 3rd Kandak Battalion, 1st Brigade, Afghan National Civil Order police at his headquarters. Palumbo and Strong are the only Navy Reservists assigned to the brigade. Bottom: Lt. j.g. Jeff Strong on patrol as combat advisor with the 3rd Kandak Battalion, 1st Brigade, Afghan National Civil Order police.



Acronyms

AA - Authorized Absence	COCOM - Combatant Commander
AAFES - Army and Air Force Exchange Service	CSG - Carrier Strike Group
ABSC - Active Billet Sequence Code	
AC - Active Component	DECA - Defense Commissary Agency
ADSW - Active Duty for Special Work	DCO - Direct Commission Officer
ADT - Active Duty Training	DDS - Direct Deposit System
AO - Area of Operations	DFAC - Dining Facility
AOC - Aviation Officer Candidate	DEERS - Defense Eligibility Enrollment Reporting System
AOI - Area of Influence	DEMOB - Demobilization
AOR - Area of Responsibility	DFAS - Defense Finance and Accounting System
APG - Advanced Pay Grade	DOD - Department of Defense
AT - Annual Training	DONTFS - Department of the Navy Total Force System
ATP - Additional Training Period	
	ECRC - Expeditionary Combat Readiness Center
BUDS - Basic Underwater Demolition School	EOS - Expiration Of Service
BUMED - Bureau of Medicine and Surgery	ESG - Expeditionary Strike Group
	ESGR - Employer Support of the Guard & Reserve
CACO - Casualty Assistance Calls Officer	ET - Equivalent Training
CAI - Cross-Assigned In	ETA - Estimated Time of Arrival
CAO - Cross-Assigned Out	ETD - Estimated Time of Departure
CEC - Civil Engineering Corps	
CFC-A - Coalition Forces Command - Afghanistan	FOB - Forward Operating Base
CFL - Command Fitness Leader	FOUO - For Official Use Only
CITF - Criminal Investigative Task Force	FTS - Full Time Support
CJSOTF - Combined Joint Special Operations Task Force	
CJTf - Combined Joint Task Force	IA - Individual Augmentee
COB - Close of Business	IADT - Initial Active Duty Training
COLA - Cost of Living Allowance	IAG - Information Assurance Group
CMS/ID - Career Management System Interactive Detailing	IAP - In Assignment Processing
CNAFR - Commander, Naval Air Force Reserve	IDT - Inactive Duty Training
CNIC - Commander Navy Installations Command	IDTT - Inactive Duty Training Travel
CNR - Chief of Navy Reserve	IED - Improvised Explosive Device
CNRC - Commander Navy Recruiting Command	IG - Inspector General
CNRFC - Commander, Navy Reserve Forces Command	IMAPMIS - Inactive Manpower and Personnel Management Information System
COMRATS - Commuted Rations	IRR - Individual Ready Reserve
CONUS - Inside the Continental United States	ISAF - International Security Assistance Force

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

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

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

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

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

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

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

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

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

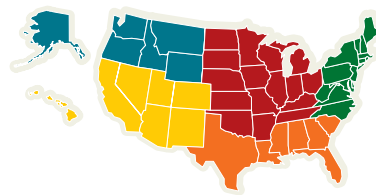
UA - Unauthorized Absence
UCMJ - Uniform Code of Military Justice
UMA - Uniform Maintenance Allowance
USC - United States Code

VTU - Volunteer Training Unit

YRPS - Yellow Ribbon Program Specialists

RC PHONE DIRECTORY

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



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(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
011-81-3117-66-2834

NIOC Norfolk, Va.
(757) 417-7112

NIOC Pensacola, Fla.
(850) 452-0400

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

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

Navy Installations Command
(202) 433-3200

Navy Munitions Command
(757) 887-4834

Navy Personnel Command
1-877-807-8199

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

Navy Region Guam
(671) 355-1110

Navy Region Southeast
(904) 542-2324

Navy Region Hawaii
(808) 473-4505

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

Navy Region Korea
011-822-7913-7251

Navy Region Mid-Atlantic
(757) 322-2800

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

Navy Region Hawaii
(808) 473-1168

Navy Region Midwest
(847) 688-2884

Navy Region Northwest
(360) 315-5123

Navy Region Southwest
(619) 532-2925

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

Office of Naval Intelligence
(301) 669-5557

Office of Naval Research
(703) 696-5031

Puget Sound Naval Shipyard
(360) 476-7683

Sealift Logistics Command
Atlantic
(757) 443-5758

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

Sealift Logistics Command
Pacific
(619) 524-9600

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

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

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

Submarine Group Nine
(360) 396-6530

Submarine Group Ten
(912) 573-3733

Submarine Group Two
(860) 694-5683

Submarine Squadron Eleven
(619) 553-8641

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

US Central Command
(757) 836-4180

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

US Fifth Fleet
011-973-724-383

US Fleet Forces Command
(757)-836-4180

US Joint Forces Command
(757) 836-6555

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

US Naval Forces Alaska
(907) 463-2248

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

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

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

US Naval Forces Korea
011-822-7913-5795

US Naval Forces Marianas
(671) 339-7133

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

US Naval Special Warfare
Command
(619) 522-2825

US Northern Command
(719) 554-5920

US Pacific Command
(808) 477-9138

US Pacific Fleet
(808) 474-8415

US Second Fleet
(757)443-9850

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

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

US Southern Command
(305) 437-1261

US Strategic Command
(402) 294-0246

US Third Fleet
(619) 767-4296

US Transportation Command
(618) 229-8269

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

STORY SUBMISSIONS

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

QUESTIONS AND SUGGESTIONS

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



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