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◀ Hospital Corpsman 2nd Class Emilio Aleman attached to 4th Air Naval Gunfire Liaison Company, Force Headquarters Group. (U.S. Marine Corps photo by Lance Cpl. Ian Leones)

TNR

THE NAVY RESERVIST

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The Navy Reservist, COMNAVRESFOR (N00P),
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or by email to cnrfc1@gmail.com.

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

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

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

Correction

In the October edition of TNR magazine, the pictures of Rear Adm. Linnea J. Sommer-Weddington and Rear Adm. Linda R. Wackerman were transposed in the article "Reserve Flag: Class of 2015." TNR apologizes to both Admirals for the error and has corrected the information below.



Rear Adm. Linnea J. Sommer-Weddington (1815), Reserve Deputy Director of Warfare Integration for Information Dominance (OPNAV N2/N6FA)

Rear Adm. Sommer-Weddington was commissioned through the DCO program in 1989. She holds a Bachelor of Science degree from Slippery Rock State

College and an M.B.A. from Meredith College. Her command tours include NR NIOC North Island; Fort Worth; Texas; Georgia; and IDC Region Southwest. Her active duty tours include Deputy Chief of Staff-Cryptology, CNARF and Director of Information Operations, USFOR-A.



Rear Adm. Linda R. Wackerman (AV/1315), Reserve Deputy Director, Assessment Division, OPNAV N81R

Rear Adm. Wackerman was commissioned through Aviation Officer Candidate School in 1986. She holds a degree from Metropolitan State College. Her

command tours include VR-52, NR CNRMA ROC, NR CNO Ops & Plans, and the NEPLO Program. Her active duty tours include VR-52 in support of the Global War on Terror and CFLSW in Bahrain. She currently serves as commander, NR CNIC NEPLO.



FOCUS ON THE FORCE

**Vice Adm.
Robin R. Braun**

An honor detail from Navy Operational Support Center (NOSC) Waco takes part in the funeral of Pearl Harbor survivor Boatswain's Mate 1st Class Frank Curre, Jr. (U.S. Navy photo by Mass Communication Specialist 2nd Class Ron Kuzlik)



"Who kept the faith and fought the fight; The glory theirs, the duty ours."
—Wallace Bruce

Shipmates,

This month marks the 51st anniversary of the passing of President John F. Kennedy. The events surrounding his death remain etched in the minds of millions of Americans. In fact, if you were to ask someone old enough to recall that day in 1963, they could tell you where they were when they heard the news that the President had died.

Even though I was a young girl at the time, I can vividly remember watching, with my family, the television coverage of the President's funeral. I especially remember the Honor Guard that flanked the horse-drawn caisson carrying his casket as well as the joint service honor cordon lining the route to the United States Capitol. In addition to the deep sadness of the day, I remember the sight of those Soldiers, Sailors, Marines, and Airmen — their uniforms and military bearing impeccable — honoring our fallen Commander-in-Chief. Although my father was in the Navy, it was the first time I had witnessed a military funeral and it left an indelible impression on me. I am certain the same was true for millions of others around the world, as this would leave a lasting impression of those who serve in the United States military.

I am equally certain that those same feelings of patriotism and pride are prompted when family and friends watch a Navy Reserve Funeral Honors Detail render Honors to our shipmates who, in times of war and peace, have faithfully served our Country. Remarkably, in light of all of the sacrifice — deployments, service in war zones, missed holidays, celebrations and family events — what stands out in people's minds is the professional way in which we as a Navy pay our final respects to the men and women with whom we share the bond of Naval service. The manner in which Reserve Sailors conduct this solemn rite, and themselves, is critically important because for many who witness a Funeral Honors Detail, this may be the only time in their lives that they interact with uniformed service members, and their memory of that day will last a lifetime.

In Fiscal Year 2015, the number of requests for Funeral Honors is expected to surpass the 35,000 funerals that Reserve Sailors supported in 2014. This means there will be even greater demand for your continued dedication to honoring our fellow Navy veterans. If you haven't yet joined the Funeral Honors team at your NOSC, I highly encourage you to consider making this worthwhile commitment to excellence. It's an honor, a privilege, and truly a great opportunity to demonstrate our strong Navy heritage to the American public.

Who knows, there may be a young boy or girl, a future Sailor, watching you and your shipmates — not completely understanding the meaning of your actions, but knowing that what they are seeing is a "duty" proudly performed — an extraordinary honor reserved for those who have served.

Robin R. Braun
Chief of Navy Reserve

Force Master Chief (AW/SW) CJ Mitchell

Reserve Force Master Chief CJ Mitchell attends the Navy Ball in Northern Calif., with Pearl Harbor survivor Senior Chief Quartermaster Michael Ganitch (Ret.) and Petty Officer 3rd Class Erin Sutherland.
(Photo by Justin Macawile)



Shipmates,

This month we find ourselves in the midst of the fall season, enjoying cooler temperatures, football and looking forward to the upcoming holiday season. As we shift our focus in our personal lives — so too should we shift a portion of our attention to this new fiscal year and holiday season.

I recently attended the Master Chief Petty Officer Leadership Mess Symposium which included more than 100 fleet, force and flag-level command master chiefs from all over the Navy. The CNO, Vice CNO, Chief of Naval Personnel and the Navy Judge Advocate General all spent time speaking with us. We also had the privilege of hearing from each numbered Fleet Master Chief (Third Fleet, Fifth Fleet and so on) regarding the operations in their area of responsibility for the past year. There was a consistent message from each presenter: Recent success in the Navy, no matter the exercise or operation, requires a Total Force that includes effective and efficient use of the Reserve Component that supports and surges around the world in a variety of mission areas. Quite frankly, your contributions have been significant, noteworthy and certainly appreciated. You and your families should be very proud.

In future weeks, we will see advancement results and begin preparation and planning for advancement exams in February. It comes quick and this is a difficult time of year to prepare for those important exams. The foundation of our success in the Navy Reserve is readiness from preparing for advancement exams to billet training, and includes required Navy Training. Of course, time is valuable and I thank you for your continued focus on readiness, especially at the beginning of this fiscal year.

As always, this TNR highlights the many accomplishments of our Sailors and civilians — your shipmates. If you have military or civilian personnel in your unit, don't forget there are several ways to showcase their accomplishments. The "Citizen Patriot" recognizes one civilian every month who significantly contributed to the Navy Reserve, while "Faces of the Force" focuses on those outstanding Sailors, such as your Sailors of the Quarter, who received civilian awards or provided a significant contribution to their community. I am proud of our shipmates and their stories and I encourage you to share them with the Navy Reserve.

It is the responsibility of each Sailor, and especially each leader, to seek opportunities to recognize Sailor, civilian employee, employer and family contributions to our organization. It is also the responsibility of leadership to create, maintain and sustain a culture of fairness, where each individual is treated professionally with respect. This is non-negotiable. It is what we do and should always monitor and support. Staying involved and maintaining open communication with each other achieves this goal. Utilize all of the resources available to maintain a connection with your shipmates, your families and your employers.

Thank you very much for the hard work that you do. Your professionalism and patriotism is AWESOME. I am proud to be your Force Master Chief. Enjoy this time of year and I hope to see or hear from you in 2015.

#AreYouReady?

Force 15

FORCM CJ Mitchell

FOCUS ON THE FORCE



Navy Reserve Sailors Fire the First Shots of the Pacific War

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

“We have attacked, fired upon, and dropped depth charges on a submarine operating in defensive sea areas.”

That message from **USS Ward** (DD 139) to the Commandant, Fourteenth Naval District on December 7, 1941, was transmitted at 0645 — nearly two hours before the air attack on Pearl Harbor began. In the early morning, while on patrol, the destroyer **Ward** engaged an unidentified submarine attempting to enter Pearl Harbor. The sub was spotted in the channel trailing behind the transport **Antares**. **Ward**'s number three gun opened fire on the submarine. The gun crew reported hitting the submarine's conning tower and sinking the boat. The Sailors who fired those first shots of the Pacific War were Navy Reserve Sailors.

USS Ward (DD 139), a World War I era destroyer, had been recommissioned in January 1941 after being in mothballs for nearly 20 years. Two-thirds of the enlisted recommissioning crew, Naval Reserve Sailors and Fleet Reserve Sailors from the 9th Naval District, had been recalled to active duty. Nearly all the recalled Reserve Sailors were also Minnesota Naval Militia



▲ **USS Ward** DD 139 number three gun crew in 1941. Two-thirds of **Ward**'s crew were Reserve Sailors.



▲ **USS Ward** DD 139 gun crew in 1944.

Sailors from the 47th Division, 11th Battalion from Minneapolis, Minn.

The Reserve crew remained together for the next three years operating in the South Pacific. On December 7, 1944, **Ward**, now converted to a high-speed transport (APD 16) was operating off the coast of the Philippines. A Japanese “Kamikaze” aircraft struck **Ward** amidships causing severe damage and fires forcing the crew to abandon



▲ **USS Ward** was struck by a kamikaze on December 7, 1944 exactly three years after the attack on Pearl Harbor.

ship. **Ward** was later sunk by gunfire from **USS O'Brien** (DD 725), commanded by William W. Outerbridge. Ironically, Outerbridge had been the commanding officer of **Ward**, exactly three years earlier, when she fired the first shots of the Pacific War.

Eyewitnesses, of the 1941 Pearl Harbor action, reported seeing the Japanese submarine struck by a shell from the number three gun. However, no actual proof existed that the 78-foot submarine had been struck and sunk. 61 years later, in August 2002, researchers from the University of Hawaii found the submarine resting 1,200 feet below on the ocean floor outside of Pearl Harbor. The submarine, found intact, with both torpedoes and presumably with the two-man crew still aboard, showed no signs obvious damage. However, on closer inspection, the main damage to the submarine appeared to be a hole in the conning tower where a shell passed through causing the submarine to sink.

Today, the number three gun of **USS Ward** resides at the state capital in St. Paul, Minn. as a reminder of those first shots of the Pacific War fired by Reserve Sailors.



▲ **Conning tower** of a Japanese mini-submarine showing damage from a shell fired by **USS Ward**.



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.



**Yeoman 2nd Class
Mecole L. Cooper**

Hometown:
Bakersfield, Calif.
Command: Navy
Region Southwest
Reserve Component
Command San Diego

Brief description of your Navy job:

I work on a headquarters staff for over 11,000 Reserve Sailors assigned to 19 geographically dispersed Navy Operational Support Centers in the Southwest region.

What has been your greatest Navy achievement? I am currently working on my Associates of Applied Science degree in Administrative Management.

Who has been your biggest influence since joining the Navy? The most influential shipmate I have had, and that has impacted my Navy Career, is Logistics Specialist 1st Class Diana Payan. She has been my mentor ever since I joined the navy. She has supported me with my college education, career incentives and goals, and personal life and family matters. She has provided me with resources and pushed me to pursue every opportunity available to me as a junior Sailor, especially with applying for a commissioning program, which is a top priority for my career.

What do you enjoy most about the Navy? The greatest aspect about the Navy is the diversity and vast opportunities Sailors have to shape their careers and establish and secure their futures, as well as, their families. The Navy provides endless opportunities for Sailors to reach their maximum potential and use all they have achieved in the Navy to take them further.

Most interesting place visited since joining the Navy: I spent a year in Afghanistan on deployment with a Seabee battalion. This was the most rewarding and best all-around tour of my career. The experience I gained, and the training opportunities provided to me, were invaluable to my success and still guide me today.

Current hobbies: I enjoy spending time with my family, playing basketball, and participating in any outdoor recreational activities.



**Yeoman 1st Class
Alison Ford**

Hometown:
Rockland, Mass.
Command: Navy
Region Southwest
Reserve Component
Command San Diego

Brief description of your Navy job:

I am responsible for assisting 19 Navy Operational Support Centers around the Southwest Region with all administrative functions.

What has been your greatest Navy achievement? When I received my Aviation Warfare Specialist (EAWS) wings as a YN3.

Who has been your biggest influence since joining the Navy? I have had a lot of different influences throughout my Navy Career. While serving at Navy Operational Support Center Pearl Harbor my Senior Enlisted Advisor (SEA), Chief Yeoman Saul Gomez, definitely helped in molding who I am today. Chief Yeoman Gomez showed me some tough lessons that will help me take on any obstacle in the future.

What do you enjoy most about the Navy? I enjoy the continuous mentorship and leadership that you experience every day.

Most interesting place visited since joining the Navy: I was stationed in Pearl Harbor, Hawaii for three years. Not many people can say that they had the opportunity to live in Hawaii, it was an awesome experience!

Current hobbies: I enjoy working out, playing with my dog, spending time with my husband and going to the beach.

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





U.S. Naval Academy Seeks Reserve Instructors

By Lt. Teng K. Ooi, PhD, USNA/NAVAIR Reserve Program and
Capt. Linda J. Beltra (Ret.)

Attention Navy Reserve Officers: Are you interested in an opportunity to teach, inspire, and empower the next generation of American leaders to serve our nation?

The U.S. Naval Academy needs qualified Navy Reserve Officers, especially at the ranks of lieutenant, lieutenant commander, and commander, with at least a master's degree in an appropriate academic discipline to instruct in designated academic departments for Fall 2015, and to serve as outstanding military role models and mentors for midshipmen.

Recall opportunities will be considered for the following disciplines: cyber security, information systems, and information technology; electrical engineering, computer engineering, general engineering, nuclear engineering, mechanical engineering, naval architecture, ocean engineering, aerospace engineering, and control systems engineering; mathematics, chemistry, physics, computer science, and oceanography; political science, economics, English, history, and foreign language (Spanish, French, German, Russian, Arabic, Chinese, or Japanese).

Interested Reserve Sailors should email the following:

- A cover letter that states which discipline(s) you are applying for and your qualifications for the position
- A resume of experience (academic, professional, and naval experience, including any recent mobilizations, recalls, or extended active duty periods)
- A full-length khaki photo

To receive full consideration, interested officers for Academic Year 2015-2016 should apply no later than December 15, 2014. Selected officers will be recalled to active duty and assigned orders for an officer-instructor tour, not to exceed three years, commencing July 2015. Recalled officers will remain on the Reserve active status list and remain eligible for promotion consideration before Reserve selection boards.

Selections will be made only after USNA placement officers are confident that USNA billets will not be filled from the active duty pool of potential officer instructors. Applicants will be made aware of their selection status by mid-April 2015. Final arrangements are contingent upon PCS funding being available through the Navy.

Reserve Recall Liaison Officer, CDR John Schedel
United States Naval Academy, Code 11C
121 Blake Road
Annapolis, MD 21402-1300
Telephone: (410) 293-6513
Email: reserve.recall@usna.edu
DSN: 281-6513
Fax: (410) 293-2591



▲ Reserve Sailor Lt. Teng Ooi with Midshipmen of his Calculus II class. (U.S. Navy photo)



Advancement Exam Bibliographies

By Commander, Navy Reserve Forces Command N15

In May 2004, the Naval Education and Training Professional Development and Technology Center (NETPDTC) implemented an initiative which has improved the Navy's advancement examinations through the participation of the Navy's most outstanding and diverse Chief Petty Officers in each rating. The chosen subject matter experts, or SMEs, use official directives, technical publications, and instructions to create advancement exams that are an effective measure of a Sailor's rating knowledge, and list those publications in bibliographies. Those Navy bibliographies (BIB) are provided by the Navy Advancement Center to help Sailors prepare for the Navy Advancement Exam. As the official Navy Advancement Manual, the BUPERSINST 1430.16 series provides procedures for administering the advancement and rate system for enlisted members on active duty, as well as active and inactive Navy Reserve personnel.

The answer to every valid question on an advancement exam may be found in one of the references listed on the current bibliography for that exam; so even though the Navy tests the knowledge of Sailors, it also provides the answers to the test questions before the test! The challenging part is finding the answer when you aren't quite sure what the question will be. To help you focus your studying to specific areas, there is also a list of Occupational and Professional Military Knowledge Topics and Subtopics within each bibliography. Also, not all topics and subtopics are tested every advancement exam cycle, and are presented in alphabetical order, not order of importance.

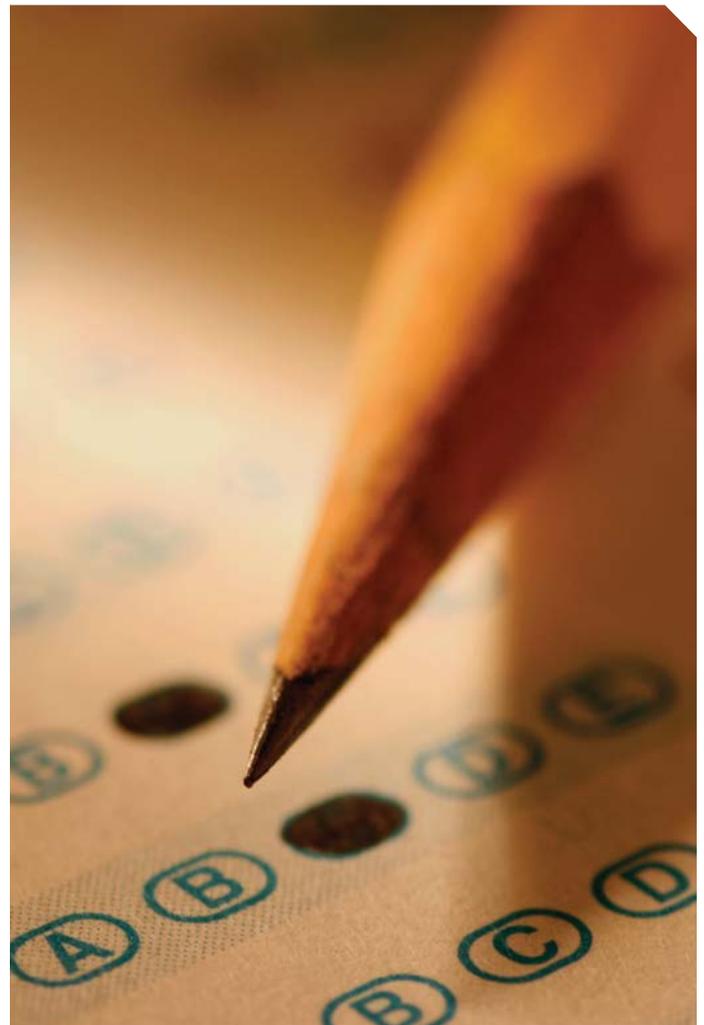
Preparing for your advancement exam can seem overwhelming. Although there are many resources available, there is no quick way to prepare for your exam. The most important factor is to **START EARLY!** Don't wait until the last minute to gather your materials and begin studying. The following tips can help you develop a study plan that will make the most of your time and effort:

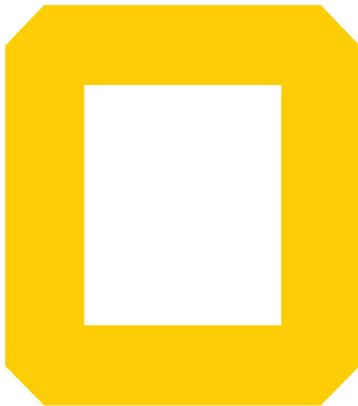
- Periodically visit the BIB link to ensure your BIB has not changed.
- Begin reviewing your references, and determine the amount of time needed to cover each reference.
- Create a study schedule, making sure to break information into manageable chunks.
- Use study tools that work for you, such as flashcards, notes and study groups.
- Take advantage of command-sponsored training classes, such as warfare qualifications, damage control and rating-specific Personnel Qualification Standards (PQS).

Check in with your LPO, LCPO, ESO, or CCC if you have any questions. If a reference has been updated since the exam was created and differs from the reference listed on the BIB, the information in the updated reference will be used as the basis for scoring the exam.

Reference links previously provided on the NKO NAC site have been permanently removed to comply with DoD security policies. The professional military knowledge references are listed separately. For more information on the Navy Enlisted Advancement System, go to: <https://www.nko.navy.mil/>

After logging in, mouse over the "CAREER MANAGEMENT" link at the top of the page and select "Navy Advancement Center" from the drop-down menu. NAC's NKO portal can be found at: <https://www.nko.navy.mil/group/navy-advancement-center>





ne of the most sacred bonds between the Navy and Marine Corps is between hospital corpsmen and Marines. From the iconic image of Petty Officer 2nd Class John H. Bradley raising the flag on Mount Suribachi alongside five Marines, to the recent feats of Petty Officer 3rd Class Jonathon Kong who was awarded a Silver Star

for saving the life of a Marine during an ambush in Afghanistan in 2011, the relationship between corpsmen and the Marines they serve with is longstanding.

“It is a rite of passage for a corpsman to be with his Marines,” said Petty Officer 2nd Class Dallas D. Belford, the headquarters battalion medical coverage coordinator for Marine Forces Reserve. “I say ‘his Marines’ because corpsmen take ownership of their Marines. If you’re a good corpsman, your Marines always know, ‘Doc’s got me.’”

Belford, who served as a Fleet Marine Force (FMF) corpsman with the 1st Marine Division, says he volunteered to become an FMF corpsman.

“When I graduated from A-school I was among the top six in my class,” he said. “Those at the top of the class usually get to pick where they want orders. There were positions available at hospitals in places like Spain, but of the top six, four of us chose to go to a Marine infantry battalion. We wanted to be there. It was a culture we wanted to be a part of.”

For a corpsman to earn the right to wear the FMF warfare insignia and become a “green-side” corpsman, he or she must first attend Field Medical Service School, a grueling eight-week course designed to familiarize corpsmen with the Marine Corps organization, physical training and field medical operations.

“It’s basically a condensed version of Marine boot camp,” Belford said. “We do what the Marines do in two months. Our instructors are Marines, and most of them volunteered to be there because they love corpsmen.”

Fleet Marine Force corpsmen wear the same uniform as Marines and are given the option to follow Marine Corps regulations. This includes running the Marine Corps physical fitness test in place of the Navy’s physical readiness test, wearing the same service uniforms and following the same grooming standards.

For Reserve corpsmen that choose to go “green-side,” there is a broad spectrum of opportunities for short deployments in support of one of the various exercises the Marine Corps conducts every year. These Sailors fall under Program Nine, a broad designation given to any Reserve Sailor who supports Marine Corps units or activities. Sailors with Program Nine billets are structured into a



▲ **Petty Officer 3rd Class Neal Patrick**, a hospital corpsman with 4th Medical Battalion and native of Dayton, Ohio, checks the distance between a patient’s pupils using a pupillometer during Innovative Readiness Training Arkansas Care. (U.S. Marine Corps photo by Sgt. Adwin Esters)



ONE TEAM ONE FIGHT



By Lance Cpl. Ian Leones,
U.S. Marine Corps Forces Reserve Public Affairs

▼ **Hospital Corpsman 1st Class Kelly Chavez**, a dental technician with 4th Dental Battalion, administers an X-Ray scan on Sgt. Joshua Lett, a heavy equipment operator with 14th Marine Regiment, in a Field Dental Clinic during Exercise African Lion 2013. (U.S. Marine Corps photo by Sgt. John Odette)



“ONE OF THE MOST SACRED BONDS BETWEEN THE NAVY AND MARINE CORPS IS BETWEEN HOSPITAL CORPSMEN AND MARINES.”

Navy Reserve unit supporting a Selected Marine Corps Reserve unit or active Marine command. This includes corpsmen, doctors, dentists and chaplains.

“There are exercises that go all year long that we send people out to constantly,” said Chief Petty Officer Raymond E. Decatur, the deputy operational support officer for MARFORRES. “All the exercises that involve ground forces, we have people out there doing them. Just about every exercise you can name, we’ve got someone out there.”

Spread throughout the Reserve like corpsmen, Navy chaplains are also placed with Marines and serve the “green-side” to assist troops with their spiritual needs. Wherever the Marine goes, a Navy corpsman and a Navy chaplain are close by. According to Navy Capt. Frederick A. McGuffin, the force chaplain with Marine Forces Reserve, the chaplain’s and corpsman’s jobs are very similar. Corpsmen are healers of the physical body, while chaplains are healers of the spiritual soul.

“Working as a Navy chaplain on the ‘green-side’ is the best duty a chaplain can have,” said McGuffin. “When the time comes and in a combat situation, Navy personnel are always with the Marines. When a Marine goes to shore, so do Navy corpsmen and chaplains.

It is because of these situations that we create such a tight bond.”

For Reserve Marines and Sailors who don’t see each other on a daily basis, attending exercises and annual training events throughout the year gives them opportunities to maintain that bond.

In June, corpsmen with Shock Trauma Platoon (STP), 4th Medical Battalion participated in Integrated Training Exercise 4-14, where they developed skills through realistic casualty scenarios. The STP, a collection of Sailors and Marines trained to work together as a self-sustaining, first-line medical staff, practiced tracking patients as they moved through the various medical levels and stations. This type of training makes the platoon a more efficient asset to a Marine Air-Ground Task Force.

Also, this summer, Reserve Sailors with 4th Marine Logistics Group supported Innovative Readiness Training (IRT) Tropic Care and Arkansas Care where they provided medical care to low-income families in Kuai, Hawaii, and the Arkansas Delta region. The IRT exercises provide the Sailors with opportunities to hone their wartime skills while supporting America’s under-served communities. They can practice triage and treatment of a large volume of patients, which otherwise would not be possible during normal exercises.

Working with Marines provides FMF corpsmen with many experiences that would otherwise be unattainable to a corpsman working in a conventional Navy environment.

“When you are ‘blue-side’ you usually end up working for a nurse or a doctor, but ‘green-side’ you’re usually it,” Decatur said. “You’re one of one, or one of a very small group. The amount of responsibility is huge. The Marines trust you emphatically to do your job and some people thrive with that kind of responsibility.”

During operation Assured Response in 1996, Decatur was responsible for treating refugees in Sierra Leone while Marines conducted operations in Liberia.

“I was camp commandant, I was the preventative medicine tech and I was the logistics guy,” Decatur said. “Basically I wore a multitude of hats besides just being a corpsman. That’s the cool part about being a ‘green-side’ corpsman. You’re not just a corpsman. You’re an integral part of the team, and if something needs to be done, you jump in and get it done.”

Because of the opportunities and responsibilities given to him during his time supporting the Marine Corps, Decatur says he will identify with being an FMF corpsman for the rest of his life.

“I really appreciate the level of trust the Marines put in us,” Decatur said. “To me it’s an honor every day to have to live up to that trust and trying to fulfill what it is the Marines expect from us.” ◦



▲ Lt. Stephanie Smith, a Dental Officer with 14th Dental Battalion, performs a routine cleaning on Sgt. Joshua Lett, a Heavy Equipment Operator with 14th Marine Regiment, in a Field Dental Clinic during Exercise African Lion 2013. (U.S. Marine Corps photo by Sgt. John M. Odette)



▲ Petty Officer 3rd Class Maria Batista, a dental technician with 4th Dental Battalion, 4th Marine Logistics Group prepares equipment at a dental work station before seeing the next patient during Innovative Readiness Training exercise Tropic Care 2014. (Official U.S. Marine Corps photo by Cpl. Joseph Karwick)

▼ A landing craft air cushion (LCAC) departs the amphibious dock landing ship USS Oak Hill (LSD 51) during Bold Alligator 2014. (U.S. Navy photo by Mass Communication Specialist 2nd Class Kevin Johnson)



BOLD ALLIGATOR 2014

Seamless Reserve Support

By Lt. Michael Sheehan, United States Fleet Forces Public Affairs

Trouble is brewing on the Treasure Coast. Garnetian Forces and several regional terror groups sympathetic to their ideology are interfering with humanitarian assistance missions to the neighboring, pro-Western countries of Amber and Amberland. Medical supplies are being pirated on the open seas, political unrest has resulted in assassinations, U.S. Embassies in the region are on full alert. For the United States and our allied and coalition partner nations, it's time to get bold.

The Bold Alligator exercise series demonstrates how amphibious forces are critical to maintaining the maritime flexibility required to preserve vital national interests. The exercise showcases the advantages of seabasing and the Navy and Marine Corps' full range of amphibious operations. After more than 13 years of armed conflict on the ground, the Navy-Marine Corps team continues to work hard to revitalize, refine, and strengthen fundamental amphibious competencies and reinforce the Navy and Marine Corps roles as "fighters from the sea."

Bold Alligator is an annual East Coast amphibious training exercise that started in fiscal year 2011, and is conducted by U.S. Fleet Forces Command (USFF) and Marine Forces Command, both headquartered in Norfolk, Va. The exercise tests the ability of Expeditionary Strike Group (ESG) and Marine Expeditionary Battalion (MEB) sized forces to conduct a range of military

operations from the sea. Previous years' scenarios tested the ability to conduct non-combatant evacuation operations in a hostile area, and landing a large scale amphibious force against a medium threat opposing force. BA14 ran Oct. 29-Nov. 10, and tested the ESG/MEB ability to conduct crisis response operations alongside coalition partners in an uncertain environment.

Reserve Sailors play a large role in the Bold Alligator exercise series, and BA14 had them supporting in several significant ways. Seventy-one Reserve Sailors filled billets in the USFF Maritime Operations Center, Maritime Air Operations (MAO) and Carrier Strike Group (CSG) 4 air command and control staffs. Reserve Sailors held key leadership positions including all three Combined Forces Maritime Component Commander (CFMCC) battle watch captains, and directors of the CFMCC Fires, Navy and Amphibious Liaison Element and the MAO Center.

"Seamless collaboration between our active and Reserve forces increases our overall operational readiness and ensures mission success," said Vice Adm. Nora Tyson, deputy commander, USFF and CFMCC for BA14. "Bold Alligator exercise series is an excellent opportunity to train our Navy and Marine Corps Reserve forces in a real-world scenario while operating at sea with our coalition partners."

The BA14 exercise scenario took place in the region of the world known as the "Treasure Coast," a fictional area with nations known as "Garnet," "Amber," "Amberland" and others. The scenario and environment is used by CSG4 to provide realistic training based

on real world events and nations. CSG4 develops the scenario to drive a “train like we fight” style to the exercise. And that concept provides opportunities for Reserve Sailors to be fully immersed in the training and execution of this large scale operation.

Since Reserve Sailors are likely to be surged alongside active-duty forces if operations like Bold Alligator were being conducted on a real-world basis. They are deeply engaged when those capabilities are exercised.

“Reserve Sailors are likely to be surged alongside active-duty forces if operations like Bold Alligator were being conducted on a real-world basis. They are deeply engaged when those capabilities are exercised.”

“It has been very rewarding to see so many moving parts coming together in a complex exercise environment,” said Lt. Cmdr. Phong Vu. Vu drills with the USFF MAO Reserve unit out of Atlanta and managed the daily CFMCC briefing for BA14, coordinating situation reports and briefing materials from exercise elements consisting of 19 countries, 17 ships and MEB Marine Corps units.

Although the term “crisis response” denotes operations of lower intensity than full-scale military contingencies, and “uncertain environment” indicates that hostile actions were not guaranteed within the exercise scenario, BA14 was still planned and executed with the potential of escalation to full-scale conflict. The capabilities that allow amphibious forces to conduct opposed landings are the same capabilities that make it the force of

choice for crisis response and building partnerships. The dynamic training environment across this range from building partnerships to full-scale conflict, in turn, called for a wide range of military skill sets.

“Acquiring practical knowledge of what we learn during this exercise can only benefit us, the Navy-Marine Corps team,” said Logistics Specialist 1st Class Monhessea Guei, a Full-Time Support Sailor with Explosive Ordnance Disposal Expeditionary

Support Unit 2. “As a logistics specialist, we want to make sure the participants are fully mission capable. In the exercise environment, sometimes we have to improvise to make that happen.”

Bold Alligator provides a premium venue to improving and understanding operational proficiencies between U.S. naval amphibious forces, coalition, NATO, allied, and partner nations’ forces. Improving Navy-Marine Corps amphibious core competencies alongside coalition, NATO, allied, and partner nations is a necessary investment in the current and future readiness of our forces. Bold Alligator represents the continuing refinement of Navy-Marine Corps amphibious core competencies while simultaneously reflecting and reinforcing the “ready now-anytime, anywhere” spirit of the Navy Reserve ◊

► **Seaman Han Kalt** uses a sound powered phone during lookout watch on board amphibious assault ship USS Kearsarge (LHD 3) during the multi-national exercise Bold Alligator 2014. (U.S. Navy photo by Mass Communication Specialist 3rd Class Shane A. Jackson)



HELICOPTER SEA COMBAT SQUADRON 84

Special Operations

Exercise Jackal

Stone 2014

By Commander, Naval Air Force Reserve Public Affairs

The Red Wolves of Helicopter Sea Combat Squadron (HSC) 84, along with their sister squadron HSC-85, are the only two Navy squadrons dedicated exclusively to supporting Sea Air and Land teams (SEALs), Special Warfare Combatant-craft Crewmen (SWCC) and Combat Search and Rescue (CSAR) operations. And while the Red Wolves are no stranger to flying over desert land behind enemy lines, the Navy squadron had the opportunity to return to their

maritime roots as participants in Exercise Jackal Stone.

Jackal Stone, which took place in September and was coordinated by the U.S. through Special Operations Command Europe (SOCEUR), is a partnership exercise with nations including France, Italy, Lithuania, Norway, Poland, Czech Republic, Slovenia, the United Kingdom, the United States, Sweden and Finland, that provides international special operations forces (SOF) the opportunity to train together and share individual tactics,

▼ Helicopter Sea Combat Squadron (HSC) 84 participates in exercise Jackal Stone 2014. (Photo by Cristian Schrik)





▲ Helicopter Sea Combat Squadron (HSC) 84 participates in exercise Jackal Stone 2014. (Photo by Cristian Schrik)

techniques and procedures used by each nation.

“We were not only supporting U.S. forces, but had the opportunity to work with various NATO forces doing a variety of missions,” said Cmdr. Quinton S. Packard, executive officer of HSC-84.

Receiving tasking from liaison officers in the field, the Red Wolves provided intelligence surveillance and reconnaissance (ISR) and emergency close air support. One liaison was attached to a team on the ground, while another was with the overall air component command.

“They were our eyes and ears during the exercise,” said Packard. “When troops were in need of air support, the liaison officers established a telephone conference between troops in the field and the HSC crew to secure a plan between both parties.”

to retake vessels and oil rigs that might have been captured by terrorists or piracy. Our main role during the exercise was primarily insertion and exfiltration of troops.”

The Red Wolves trace their lineage to the “Seawolves” of Helicopter Attack Light Squadron (HAL) 3 which was established in 1967 in Vietnam as the only Helicopter Attack Squadron in the Navy. After being disbanded and then reassembled with a few name changes, the squadron was renamed HSC-84 in October 2006. As Reserve squadrons, the Red Wolves of HSC-84 and the Fire Hawks of HSC-85 are tasked with the sole mission of supporting SOF.

Most HSC squadrons are expeditionary and deploy as detachments on ships and forward deployed bases. HSC-84, flying

“In Iraq, we flew over land for the majority of our missions. Now we are returning to our Navy maritime roots.”

The exercise provided a dynamic environment to fly. Working in an unfamiliar country with foreign air traffic controllers, NATO ground troops and opposing force role players provided realistic training which closely resembles actual combat. The Red Wolves also had opportunities to fly over land and water day and night, challenging them and making them more versatile and better prepared for any mission.

“In Iraq, we flew over land for the majority of our missions. Now we are returning to our Navy maritime roots,” said Packard. “We trained on maritime boarding actions and tactics designed

the HH-60H airframe, also deploys as detachments, however they only forward deploy with SOF to execute specific missions.

“Most of our [real world] missions are performed in close proximity to the enemy. We adjust our helicopter configuration to suit the needs of our mission,” said Packard. “The versatility of the platform allows us to fly with an assortment of crew-served weapons or missiles in addition to external fuel tanks to extend our reach.”

Through complex, realistic training evolutions like Exercise Jackal Stone, the Red Wolves from HSC-84 are prepared to take the fight to the enemy. ○

BACK TO BASICS

PHYSICAL

The PRT provides commanding officers with a means of assessing the general fitness of their members, and provides a means to comply with DoDI 1308.3 DoD Physical Fitness and Body Fat Programs Procedures, to develop and administer a physical fitness test that evaluates aerobic capacity, and muscle strength and endurance.

Components of PRT:

Cardio-respiratory fitness: The 1.5 mile run and 500-yard swim tests are both official indicators of cardio-respiratory endurance. The 12-minute elliptical, stationary bike and treadmill tests are also indicators, but participation in these events are strictly at the CO's discretion.

Muscular strength and endurance: Curl-up and push-up events are indicators of muscular endurance. Although there is no single endurance test that measures the endurance of all muscles; the curl-up serves as a measure of abdominal muscle endurance while the push-up measures upper body muscular endurance.

Uniform:

The only authorized clothing for participation in an official PFA, command Physical Training (PT) and the Fitness Enhancement Program (FEP) is the blue and gold official Navy Physical Training uniform.

CURL-UPS



Curl-ups are performed with a partner holding the member's feet. Any other means of securing the member's feet is not authorized. Members are required to wear shoes. Curl-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used, however the member must be entirely on or off the padding, i.e., member's upper body cannot be on the padding with feet off.

Sit-up procedures:

- (1) The member will begin by lying flat on their back with knees bent, heels about 10 inches from buttocks. Arms shall be folded across and touching chest with palms of hands touching upper chest and shoulders (thumbs touching clavicle (collarbone)).
- (2) Feet shall be flat on the deck and held by partner's hands. If preferred, the partner may use their knees (on the side of the feet only) in addition to their hands to secure member's feet. Any other means of securing the member's feet is not authorized.
- (3) CFL/ACFL will announce the start, as well as 15 second intervals, until the two minutes have elapsed.
- (4) Member curls upper body up, touching elbows to thighs (anywhere between the knees and hips) while keeping hands held firmly against the chest and shoulders (thumbs remaining in contact with clavicle (collarbone)).
- (5) After touching elbows to thighs, member returns to starting position ensuring lower back and shoulder blades touch the deck.
- (6) Member may rest in either the up or down position.

READINESS TEST



PUSH-UPS

Push-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, member must be entirely on the padding or off, i.e., member's upper body cannot be on the padding with feet off. Members are required to wear shoes.

Push-ups procedures:

- (1) Member will begin in the leaning rest position on the deck so that the body forms a straight line through the shoulders, back, buttocks, and legs.
- (2) Arms are to be straight with palms flat on the deck, directly under the shoulders or slightly wider than shoulder width.
- (3) CFL/ACFL will announce the start, as well as 15 second intervals, until the 2 minutes have elapsed.
- (4) Member shall lower their entire body until arms bend to at least 90 degrees, while keeping shoulders, back, buttocks, and legs aligned and parallel to the deck.
- (5) Member pushes entire body upward and returns to starting position ensuring arms are fully extended, without locking elbows.
- (6) Member may rest only in the up position, maintaining a straight line with shoulders, back, buttocks, and legs.

1.5-MILE RUN

- (1) Conducted on a flat and solid surface track or outdoor course.
- (2) Member will stand at start line.
- (3) Timer will signal the start and call out time intervals until completion of test.
- (4) Time is recorded with a stop watch to the nearest second.

SCORING

Each PRT event is scored for five levels of performance and assigned points based on that performance (points from each event are added together and divided by three to determine the overall score):





▲ **Sailors and Marines**, assigned to amphibious assault ship USS America (LHA 6), man the rails as they “bring the ship to life” during America’s commissioning ceremony. America is the first ship of its class and the fourth to bear the name. (U.S. Navy photo by Mass Communication Specialist 1st Class Michael McNabb)

USS America: Citizen Sailors Serve on Navy's Newest Big-Deck



By Operations Specialist 2nd Class Russ Johnson,
Expeditionary Strike Group 3

After a maiden journey of over 15,000 miles, the amphibious assault ship USS America (LHA 6) arrived to her home port at Naval Base San Diego, Calif. on Sept. 15. The transit, entitled “America Visits the Americas,” was the stage for a historic, high-profile sail around South America led by Rear Adm. Frank L. Ponds, commander, Expeditionary Strike Group (ESG) 3. Capt. Robert A Hall, Jr., America’s commanding officer, and his crew of over 1,100 Sailors and Marines, joined up with ESG-3 staff, roughly 300 Marines from Special Purpose Marine Air Ground Task Force (SPMAGTF) South, and pilots from both the “Argonauts” of Marine Operational Test and Evaluation Squadron (VMX) 22 and the “Blackjacks” of Helicopter Sea Combat Squadron (HSC) 21 to accomplish the extensive mission requirements of this maiden voyage.

As a pre-commissioning ship and crew, America visited and hosted distinguished visitors from Cartagena, Colombia; Rio de Janeiro, Brazil; Valparaiso, Chile; and Callao, Peru. The diverse team also hosted distinguished visitors at sea from Trinidad and Tobago, Uruguay and El Salvador. When the ship transited the southernmost point of South America, through the Strait of Magellan, the Secretary of the Navy, Ray Mabus, embarked aboard America and held an all hands call in the ship’s hangar bay.

Among the more than 1,400 Sailors and Marines who made the transit, there was a small contingent of Reserve Sailors, just eight in number, of which I, Operations Specialist 2nd Class

Russ Johnson, was one. The presence of these Reserve Sailors significantly contributed to the success of this memorable voyage.

The Beginning

It was a sweltering night in July when Yeoman 3rd Class Matthew Fields and I arrived in Pascagoula, Miss. It was 0200 and I was apprehensive; we were a full week ahead of the rest of the staff and the sole enlisted Reserve Sailors to be on board. I was concerned about how we would be received... as prima donnas? Or worse — dead weight. In any event I planned on making a good impression early on, making connections fast, and most importantly,



▲ Sailors and Marines assigned to future amphibious assault ship USS America (LHA 6) pose for a group photo with students from the Immaculate Conception School and their families in Callao, Peru. (U.S. Navy photo by Mass Communication Specialist 3rd Class Huey D. Younger, Jr.)

making ourselves useful. These thoughts turned over in my mind when suddenly there she was, the ship — the America — impressive and majestic in the Mississippi skyline. On closer inspection something seemed odd; there wasn't a well deck. The America represents an entirely new class of ship, the America-class. This class of amphibious big decks is entirely devoted to Marine Corps aviation mission sets, most significantly, amphibious air assault and mobility.

A few moments later we were waddling up the brow with our sea bags bulging with virtually every uniform we owned; we were going to need them, as the America, over the next few months, would host thousands of guests, including senior government officials, military personnel and press from our partner nations within U.S. Southern Command. This included a vice president, seven ambassadors and numerous distinguished visitors, including our own Secretary of the Navy. Additionally, there would be joint military exercises, community relations events and even soccer matches all along our route.

By July 8, the ESG-3 staff had arrived, including the Task Force 49 (CTF 49) commander, and the Chief of Staff, (CoS) Capt. Kenneth R. Blackmon, a Reserve Sailor and our skipper from ESG-3 Navy Reserve. The other two Selected Reserve Sailors were public affairs officers (PAO), Lt. Kelli Roesch and Lt. Dawn Stankus. There were also three Full-Time Support Sailors serving aboard as ship's company, Lt. Cmdr. Christopher D. Peppel, Lt. Cmdr. Jonathon Cox and Lt. Aaron Raper.

By July 11, we were underway with Reserve Sailors operating forward...

With over twenty years of experience in the Navy, Blackmon was selected by Ponds to be the CTF 49 CoS. He explained to me how this was part of an initiative to increase Reserve participation as part of a plan entitled the "Adaptive Force Package." This initiative is meant to enable Reserve Forces to increase surge capabilities, fill billets of active component personnel whom are on deployments, and to vet Reserve personnel with unique skills for special missions. Readiness is a major part of this plan, and it requires active involvement in training, exercises and deployments.

"My role as CO made me a natural fit," Blackmon said. He added that he too was a bit apprehensive when receiving orders. "This was my first experience as a Chief of Staff, and being an O-6 among six O-6s [aboard the America], there's a substantial expectation as a Reservist... I didn't have a lot of time to get smart — I had to jump in with both feet." He added that he too, with the support of his peers, quickly got up to speed. "They helped me to do the job well."

Roesch is from Oregon and served as ESG-3 PAO while aboard America. She said that she had accepted Active Duty for Special Work (ADSW) orders for the billet without knowing that it included the America's maiden voyage. In her twenty years with the Navy, she had been just about everywhere on the globe, except where we were headed.



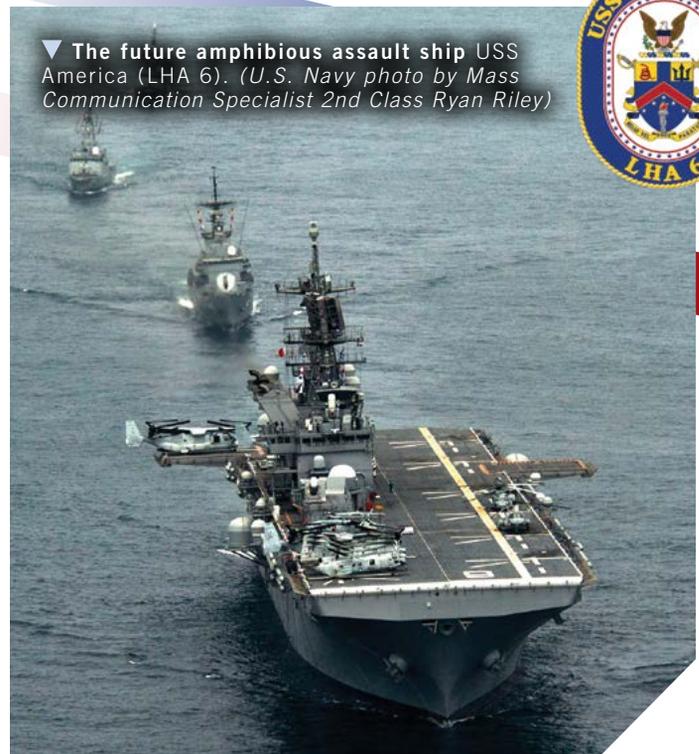
▲ **Sailors and Marines** assigned to future amphibious assault ship USS America (LHA 6), and Peruvian sailors, refurbish the lawn at Immaculate Conception School in Callao, Peru. (U.S. Navy photo by Mass Communication Specialist 3rd Class Huey D. Younger, Jr.)

"I was super excited to see South America. Just getting to see these ports... I was happy to check that one off [my bucket list]," said Roesch. But there was hard work ahead — coordinating with more than 120 media outlets and working under extremely compressed timelines with so many high-profile engagements.

"I feel I gained a lot of professional growth from all these press conferences and receptions, especially the collaboration with the [PAO] team... the challenge of making it all happen," said Roesch. "We bring a different perspective and skill set to the mix... this may be the main environment Sailors exist in [the ship], but it's not the only one."

Stankus is from Gurnee, Ill. and has served in a variety of billets during her seven years in the Navy, including on the Navy News Desk at the Pentagon and Expeditionary Strike Group (ESG) 5 in Bahrain before serving as America's PAO.

"That is the great thing about the Reserves," Stankus said. "You can still have a civilian life, yet serve your country by wearing the uniform and doing some really amazing, impactful jobs in the fleet." Stankus emphasized how the skills we learn in the Navy often transfer into our civilian life. "As a reservist, you get a lot of hands



▼ The future amphibious assault ship USS America (LHA 6). (U.S. Navy photo by Mass Communication Specialist 2nd Class Ryan Riley)



"As a Reservist, you get a lot of hands on exposure to things that may turn into a career; it really is a good opportunity."

on exposure to things that may turn into a career; it really is a good opportunity."

Speaking of opportunities, Lt. Cmdr. Peppel, a department head on board America, explained that Full-Time Support (FTS) status is not necessarily "Reserve" in the traditional sense. The FTS program is a "redesignation" active duty officers can choose, much like a rate change.

"The sea-shore rotation works differently for us. [As a FTS officer,] when we have shore duty, we will serve in leadership roles at a Naval Operational Support Center (NOSC). For [Navy lieutenants] it is a command opportunity that normally wouldn't be available." The FTS program makes for a "win-win" combination, as the Navy Reserve gains from their experience and knowledge, and these young officers gain valuable leadership skills.

Yeoman 3rd Class Matthew Fields is from San Diego, Calif., and is relatively new to the Navy. At 23 years-old, he was so motivated that he progressed to E-3 at boot camp and picked up his crow the next year. He has been striving for more ever since.

"I was excited to volunteer for this duty," said Fields. "I got to travel and gain experience at being an YN, and I got to see how 'Big Navy' functions — I can see myself doing this full time."

Even before this transit began, Fields had orders to go to Guantanamo Bay, Cuba next year. "This was a good platform to start from," he said. "I know more than I did before I came on board... I know now what I need to work on and what my strengths are." Fields also has some advice for any other young Reserve Sailors out there, "Get out there and make your presence known

and what you want to do — and always be studying — even though it's hard with a [civilian] job."

As for me, I've come a long way from my humble roots eight years ago at Navy Operational Support Center Albuquerque. I have volunteered for just about everything, including Afghanistan. A Marine Lt. Col. once jokingly asked, "OS2, are you on permanent deployment?" I just told him that I was a "Professional Reservist." But through it all, the America proved to be the most incredible variety of experiences; the chance to work closely with other OSs, to visit exotic ports and meet new people. However, it was so much more than that — it was a real sense of accomplishment — of legitimacy — to get "haze gray and underway," to become Shellbacks. For me, it was an experience that will certainly become a memory for a lifetime.

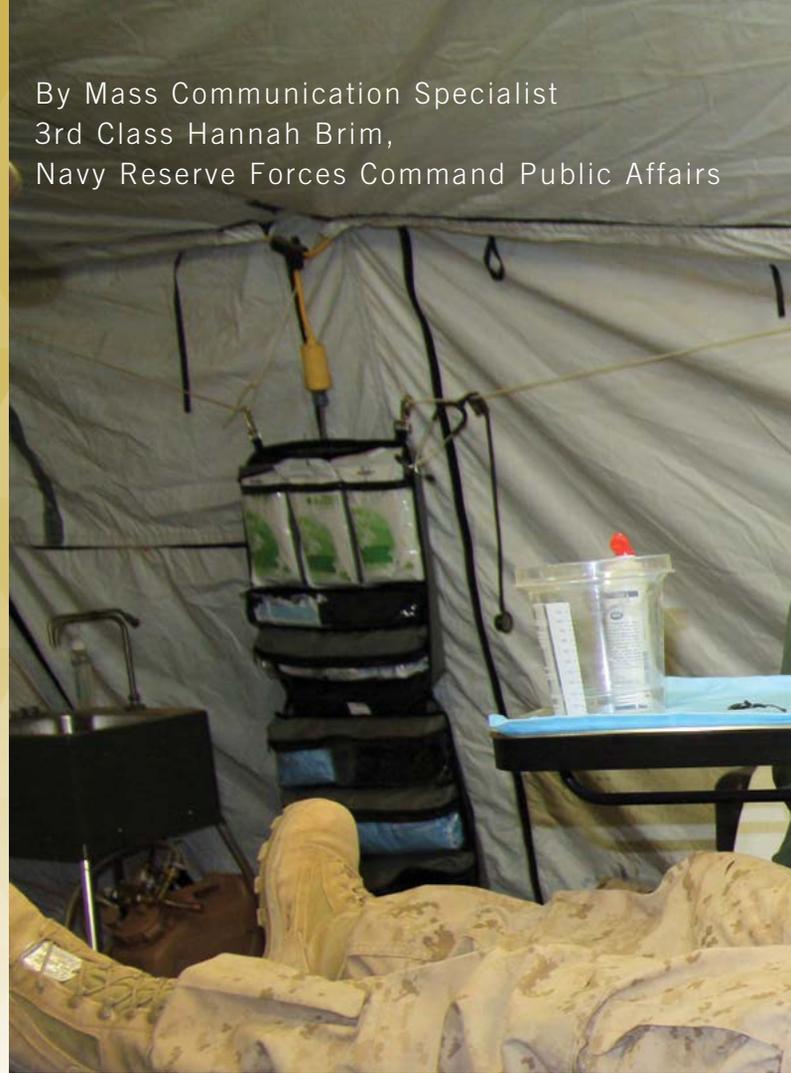
San Diego Welcomes America Home

Pulling into San Diego Sept. 15, after a successful two-month maiden voyage, and seeing family members and friends waving signs and blowing kisses, made me realize why serving as a deployable Reserve Sailor is worth it. The pride and unwavering support from family for what we do is simply unmatched and truly motivational.

I hope all Reserve Sailors reading this take opportunities to do more than the "one weekend a month, two weeks a year" standard. The Navy is opening up so many doors for Reserve Sailors, so all that we need to do is pack our seabags and get ready to embark on the tremendous journeys available. Anchors away! ◊

Surgery, Sacrifice & Service

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



“At one time I would have told you the best part of my job was having the chance to parachute, dive, fly in helicopters, and visit strange lands, but now I relish in the little things like being able to help service members and their families suffering from something that is particularly bothersome to him or her, or in some cases quite tragic.”

It was more than 23 years ago when Capt. James Cole embarked on his journey as a physician and the nature of his job has had lasting effects: treating thousands of trauma patients, serving on three combat deployments, and witnessing various distressing cases; all while serving in the civilian sector and as a trauma surgeon for the United States Navy Reserve.

The passion he possesses for the medical field lies deeply rooted in his family’s background.

“My father practiced internal medicine for 50 years, and my mother was a registered nurse,” said Cole. “Their conversations at the dinner table sparked my initial interest, but my early work in the emergency room was what really motivated me.”

From that new-found motivation, he was able to apply his aspirations to a career he had always hoped for — serving his country.

“I had always wanted to serve in the military,” said Cole. “I even took elective NROTC classes my senior year in college. My father also served as a Navy Corpsman during the Korean War Era.”

After graduating college in 1986, Cole didn’t know how he was going to pay for medical school.

“I entered the Navy through the Navy Health Professions Scholarship Program in 1987, and I was commissioned as an ensign in 1988,” said the Chicago native.

In September 2000, Cole made the decision to get out of the Navy and began practicing surgery in Illinois.

“A year later was 9/11, and I knew I needed to get back into the mix so I reentered the drilling Navy Reserve,” said Cole.

Looking back on when he returned to the Navy Reserve, Cole realized how grateful he was for all of the opportunities the Navy has afforded him.

“My trauma patients have motivated me to continue to drive on but, it is the families — loved ones who suffer by the sides of those injured — who are my biggest motivation,” said Cole.

In 2012, Cole was assigned Officer-in-Charge of a mobile Forward Resuscitative Surgical System (FRSS) team to support operation African Lion, a combined arms exercise with the Moroccan Army. An M22 Osprey flew in from one of the Marine Expeditionary Unit (MEU) ships off the coast and crashed into the desert. Cole’s team was able to save the lives of two critical casualties.

“The key was training and preparation,” said Cole. “Knowing that anything can happen at any time, we trained the team over and over preparing for a potential mass casualty. When it actually happened, everyone on that team knew what to do and they did their job very well.”

Cole is currently on deployment. He is on call for the U.S. and



▼ **Cmdr. James Cole** demonstrates the use of an abdominal ultrasound to evaluate a notional trauma victim for blood in the abdomen, a condition that would result from injuries such as a ruptured liver or spleen in 2012. (U.S. Navy photo)

“I am most proud of my service, my service to my country and to the casualties I have treated.”

coalition forces in Helmand Province, and the lead advisor for the Afghan Medical Team.

“Being dual hatted as the Command Surgeon and the Medical Lead for the Afghan National Security Forces Medical Development mission was very time consuming,” said Cole. “My responsibilities included setting and overseeing all medical policies, plans, and directives, developing an end of mission U.S. trauma care facility following the closure of the United Kingdom Theater Trauma Hospital, and building an entire Afghan National Army (ANA) Trauma Center from the ground up.”

According to Cole, the Shorabak Trauma Center changed everything for the Afghans in Helmand Province. Prior to having this capability, despite the ANA 215 Corps being the most kinetic of all of the corps in the ANA, there was no Afghan military hospital. There was no university hospital, no local hospital. All that the Afghans had were poorly-staffed primary care clinics and

basic aid stations. The Afghans were only capable of treating basic wounds, however, since the development of the trauma program and opening of the Shorabak Trauma Center, Afghans have already performed numerous life and limb saving surgeries boosting the will and confidence of the ANA. They have already treated over 500 casualties and performed over 100 trauma surgeries, including complex abdominal surgery, vascular surgery, and one brain surgery.

Cole credits the patience and understanding of his family for his success and ability to focus on his career.

“My wife and children have been amazingly supportive,” said Cole. “Fortunately, they are strong and independent because, not only my Navy career but also my medical career, have taken me away from home for much of my life.”

It may seem like Cole has had enough for one lifetime, but he isn’t finished yet. He has more he would like to do.

“At this stage in my career, I would relish in the opportunity to take on the big ticket items such as policy, doctrine, training and organization — build upon what works and change what doesn’t,” said Cole.

Despite the obstacles and sacrifices made, Cole wouldn’t change a thing about his career choices.

“I am most proud of my service, my service to my country and to the casualties I have treated. I’m proud to have played a small part, being just one cog in the gear of the big machine,” said Cole. ○

From Seaman to Admiral: Unique Navy Officer Earns a Star



Seaman Sommer-Weddington

By Lt. Cmdr. Cindy Hurst
Information Dominance
Corps Reserve Command

Only about one or two percent of officers who join the U.S. Navy will ever be promoted to the rank of Rear Admiral. Even as an enlisted recruit, Linnea Sommer-Weddington was competitive, but deep down she never expected she would attain that rank.



Rear Adm. Sommer-Weddington

Sommer-Weddington was headed to a Mongolian barbecue dinner at the Marine Corps Air Ground Combat Center Officers' Club when her cell phone rang. She hesitated for a moment, but seeing the telephone call originated from Washington, D.C., she decided to answer. On the other end, she was stunned to hear, was the voice of Chief of Navy Reserve Vice Adm. Robin Braun who announced, "I am thrilled to tell you that you've been selected for Flag!"

For Sommer-Weddington, the news came as a shock.

"I wasn't looking for it. I didn't pay any attention to the possibilities," she admits. Since 2010, when the Information Dominance Corps was established through the integration of four different information-related communities, the list of officers eligible for flag rank had grown dramatically.

Sommer-Weddington might not have expected it, but for those who have served with her, the nomination was not surprising.

"I've known her since I arrived in Misawa in October, 1984," recalls retired Master Chief Cryptologic Technician M.A. Floyd. "My first impression was, 'Wow! I'd like to be like her!' That feeling has never changed. She is someone who has always seemed to have it together."

Sommer-Weddington, who was raised in New Jersey and comes from a family of Sailors, pauses momentarily as she reflects thoughtfully on her father and brother. Her father, who passed away in August 2001, had served four years as a yeoman. "He was a 'Tin-Can' Sailor and he was proud of it!" she says with a slight North Carolina drawl that she picked up after her long-term marriage to a North Carolinian.

Her most influential mentor was her brother, Robert "Bobby" Sommer, who served as a Navy boiler tech from 1973–1994, retiring as a Chief Petty Officer. Her brother passed away in 2000 due to complications from Parkinson's disease. It was a devastating blow to Sommer-Weddington, who cherished a special bond with him, but today his memory continues to inspire her, pushing her forward.

Sommer-Weddington began her Navy career enlisting as a cryptologic technician interpretive seaman (Russian linguist). About to graduate from college with a Bachelor's of Science, her recruiter gave her the option of either enlisting as a cryptologic technician interpretive (linguist) or coming in as a commissioned officer with no immediate guarantee of a specific job. The choice was obvious. "I've always put the job before anything else, because

▼ **Capt. Sommer-Weddington** arrives at Kabul Airport in Afghanistan in 2012. (U.S. Navy photo)



I always wanted to make sure that I enjoyed what I was doing,” she explains. “I enjoyed being a linguist.”

In 1986, as a Petty Officer 2nd Class, Sommer-Weddington decided to leave active duty. However, three years later she was back at a recruiter’s office, signing up to become a Navy Reserve cryptologic officer through the Navy’s Direct Commission Officer program.

On September 11, 2001, the United States was under attack, which reaffirmed Sommer-Weddington’s commitment to serve. Following a tour in New Orleans, and as the war against terrorism began, her leadership responsibilities only grew. During the autumn of 2005, she assumed command of Navy Security Group Reserve in San Diego, Calif.

Then, in the midst of the war, in March 2008, she suddenly found herself facing a personal battle — diagnosed with triple negative breast cancer. Over the next six months, she juggled her Navy career with her fight against breast cancer, something she describes as being one of the toughest hurdles in her 25-years as a Navy officer. While undergoing chemotherapy and surgery, Sommer-Weddington managed to find the strength to continue in command, keeping her finger on the pulse.

In May 2012, she reported to U.S. Forces Afghanistan, in Kabul,

for a one year assignment as Director of Information Operations.

Returning from Afghanistan she went on to complete her tour as Commanding Officer of Navy Information Operations Command in Georgia before being selected as Commander of Information Dominance Corps Region Southwest in San Diego, Calif.

For Sommer-Weddington, while the road has not always been easy, it has always been rewarding. While she has reached a milestone that few will ever achieve, she attributes 100 percent of her success to three support groups: family (starting with her brother and father, and most especially her Marine husband); Sailors with whom she served; and friends. “They are everything to me,” she explains. “I would not be here today if it weren’t for them.”

As one of the Navy’s newest Rear Admirals, Sommer-Weddington looks forward to making a positive impact on Sailors’ lives and the Navy Reserve by improving processes and decreasing extraneous requirements.

“This is a great way forward for the IDCRC,” says Master Chief Cryptologic Technician Kristie Barbier, who has known Sommer-Weddington since 2002 and looks up to her as a role model and mentor. “She will bring great opportunities for our community in the future.” ◉

“I’ve always put the job before anything else, because I always wanted to make sure that I enjoyed what I was doing.”

▼ **Flanked by daughter Evelyn,** husband Pat and daughter Lillian, Valor Run lead runner Navy Reserve Capt. Nancy Lacore walks the final third of a mile of a 160-mile run. (Photo by Jim Dresbach)



A Run To Remember

By Chief Mass Communication Specialist Sarah Langdon,
Navy Reserve Forces Command Public Affairs

Over the past 13 years, 160 U.S. military servicewomen have died in combat in Iraq and Afghanistan. On Oct. 12, Navy Reserve Capt. Nancy Lacore, set out on a 160-mile “Valor Run,” beginning in Chesapeake, Va., and finishing at the Women’s Memorial at Arlington, Va. on Oct. 18, to honor those women who gave their lives in support of freedom.

“I visited the Women’s Memorial for the first time this past February,” Lacore said. “I found myself paging through a book devoted to the stories of the women who died in Iraq and Afghanistan and realized that, even after 24 years in the Navy, and serving in Afghanistan, I had no idea how many women we had lost.”

Lacore had begun volunteering with Wounded Wear, a non-profit organization that supports combat wounded veterans and families, and saw a chance to recognize those women and raise money for Wounded Wear and the Women in Military Service for America Foundation. She first pitched the idea of the run to her husband, Patrick, an active duty naval officer.

“The first person I told about my idea was my husband, who is not a runner,” she said. “He said ‘Of course, I know you can do that.’”

With the support of her husband and six children, Lacore, who by her own account is an average runner, not a marathoner, began training and set a goal to raise \$10,000 for the Women’s Memorial, and \$25,000 for Wounded Wear.

Lacore started the first leg of the six and a half day trek at the Wounded Wear headquarters in Chesapeake with an enthusiastic send-off from family, friends, volunteers and three “Gold Star” moms who wished her luck and commended her for what she was doing. Lacore averaged 25 miles and four to five hours a day during the run, which passed through Ft. Eustis, Williamsburg, Richmond, and Quantico along the way to Arlington. Her husband drove along with her in a rented RV and kept her fueled with food and water. She also had additional company every step of the way.

“Someone was there to run with me for every mile,” Lacore said. “Some were Navy friends, and some lived in the area I was running through, or were the loved ones of one of those 160 women.”

Lacore hit the wall, she said, on Friday the 17th.

“Some parts [of the run] were hard and other parts were easier,”

Lacore said. "I actually felt better physically than I expected but there were some times that I really struggled. I had been struggling with nausea for a couple of days, and that Friday I felt really sick and ended up having to walk. I just kept reminding myself that I was doing this to honor those women."

"I started each leg by reading the names of the women," Lacore said. "Starting that way was sobering. I read the names, ages, where they were from and the places where they were killed in action. When I felt sick, especially that Friday, or was struggling during the run, I would remind myself who I was running for and that those women were why I was doing this. I also ended up getting some really good recovery advice from a retired Navy captain and his wife, which helped get me over the hump."

On the 18th, Lacore set out to complete the last leg of her run. She read the list of names of the fallen women she was honoring for the final part of her journey. She had chosen to carry a picture of Marine Maj. Meghan McClung, the first female Marine killed during the war in Iraq.

"She was a phenomenal athlete, a runner, a triathlete. Her family couldn't be there, but they reached out to offer support and her mother said 'I'm sure Meg will be running with you.' That helped me so much."

Lacore's last stretch started at the Pentagon and ran 10 miles through Washington, D.C., along the monuments and the National Mall. Lacore was joined by hundreds of people, including her family, for a symbolic walk for the final third of a mile before reaching the finish line at the Women's Memorial.

"There were so many people there," Lacore said. "There were a lot of women veterans including a retired female veteran who flew in from Texas, and one of the dads of one of the women I was running for. There were a lot of tears, and a lot of people there for a specific person. It was the opportunity of a lifetime."

The Valor Run received a lot of national and local press, but Lacore was quick to remind people what the run was really about.

"It's not about me running. It's about the people coming together and recognizing all the women who have died," Lacore

said. She noted that many people don't realize women are injured in combat. "One story has always stuck with me. I was at the Joint Women's Leadership Symposium a couple years ago and there was an Army captain in Logistics whose convoy was hit by an RPG, and she'd had to have her whole arm amputated up to the shoulder. While she was at Walter Reed there were several congressmen visiting the hospital, and when they spoke to her, they asked her if she had had cancer."

Lacore said she plans on building off the Valor Run. She applied for non-profit status and plans to organize races in the future to raise awareness for women who have died in combat, and expand and look at possible relay-style runs in the future. In the meantime, she said she plans to stay in the Navy Reserve, "as long as they'll let me."

Lacore served 10 years on active duty as an aviator (H-46 Sea Knight helicopters) before transitioning to the Navy Reserve in 2000. She deployed to Afghanistan in 2011, and is now the commanding officer for the Maritime Partnership Program Detachment 413, a Navy Reserve unit based in Detroit, Mich.

"I love serving, period," Lacore said. "It's about the people. I've been in the XO role, and I'm excited now to be the CO and have the chance to recognize and promote people. The people in the Reserve force really love what they do. They find joy in it and morale is very high."

"I tell my Sailors and junior officers that the best way they can get ahead and keep loving what they do is to treat every job they have, no matter how small, as if it's the most important job to their CO," Lacore said. As a mother of six and now commanding officer, Lacore had some advice for military women juggling family and a career.

"The way to find a strong work, life and family balance is to reach out and make connections. Everyone goes through peaks and valleys, and it's good to talk about it. We have a lot of Type A personalities in the military and we all feel that if we can't give 100 percent than we're not contributing. But it's okay to throttle back for a while, and just do your two weeks and drill, if that's what you need to do for your family." ◊



► **Navy Reserve Capt. Nancy Lacore** pauses just before completing her 160-mile journey to be congratulated by Chief of Navy Reserve Vice Adm. Robin R. Braun. (Photo by Jim Dresbach)



Changes To Joint Travel Regulations

By Commander, Navy Reserve Forces Command N33

Name Change

The Joint Federal Travel Regulations (JFTR) and Joint Travel Regulations (JTR) have been combined into one document effective October 1, 2014. The new combined document applies to both uniformed service members and DoD civilian personnel and is called the Joint Travel Regulations (JTR).

Flat Rate Per Diem for Long Term TDY

JTR 4250 institutes a flat rate per diem for long term TDY. This change applies to all orders beginning or orders amended on or after November 1, 2014. Locality per diem rates for long term TDY are reduced for each full day at the duty location to 75% of locality per diem for orders 31-180 days in length and 55% for orders 181 days or greater. For RC Sailors, this applies to ADT orders 31-139 days in the same geographical location (or back-to-back orders which combine to 31-139 days and order modifications resulting in 31-139 days remaining on the order), as ADT 140 days or more already transitions to a PCS allowance; and ADSW orders 31 days or longer. The commercial lodging industry considers stays greater than 30 days to be 'extended stays' and typically offers reduced rates to ensure occupancy.

If the traveler is unable to arrange lodging within the reduced rate, the traveler shall request Commercial Travel Office (CTO) assistance. An Approving Official (AO) can only authorize up to full locality lodging per diem if both the traveler and CTO are unable to procure lodging within the flat rate. Flat rate applies even if an AO erroneously approves an NROWS order or DTS authorization for full per diem.

NOTE: DTS does not currently factor in the reduced rate which means the traveler and AO must look up the flat rate on the Defense Travel Management Office (DTMO) Per Diem query website at: <http://www.defensetravel.dod.mil/site/perdiemCalc.cfm>. Select the location from the drop down menu and ensure only the box labeled 'TDY 31 to 180 days

(75%) / over 180 days (55%)' is checked. Click the calculate button. Locate the per diem rates for the length of the TDY order area and enter those rates into DTS.

Steps to edit the per diem in DTS

1. On the Expenses → Per Diem Entitlements screen, select **Edit** on the first full day at the duty location for which the flat rate applies (not the inbound travel day)
2. On the Per Diem Entitlement Details screen, change the **Values Apply Through** field to select the last full day at that TDY location (not the outbound travel day)
3. In the Per Diem Rates section, enter the lodging flat rate in the **Lodging** field
4. Scroll down to the Meals section and select **Special Rate**. Enter the M&IE flat rate in the Cost field
5. Scroll to the bottom of the screen and select **Save These Entitlements**

CNRFC N33-SOP-044 is a step by step guide on adjusting per diem in DTS. The SOP is located on the CNRFC N33 SharePoint page: <https://private.navyreserve.navy.mil/cnrfc/N-Codes/N3/Shared%20Documents/N33.aspx>

Flat Rate FAQs are located online at: <http://www.defensetravel.dod.mil/site/news.cfm?ID=29>

Changes to Incidental Expenses

In an effort to simplify policy, align with industry best practices and reduce travel costs, the JTR definition of Incidental Expense was revised effective October 1, 2014.

This policy change means that CONUS laundry, tips, ATM fees and official phone calls are no longer reimbursable as separate itemized non-mileage expenses. For FY15 orders, these type of expenses no longer appear in the non-mileage expense drop down window. For orders that crossed the fiscal year, travelers may claim the expense only if incurred prior to October 1, 2014.

Additionally, all non-mileage expenses except government auto, passenger, private vessel, shipment of HHG and tolls, now default to GOVCC-Individual (GTCC) as method for reimbursement. This means DTS will automatically pay these costs to the travelers GTCC account. This initiative aligns with DoD policy that the GTCC be used by DoD personnel to pay for all costs incidental to official business travel, including travel advances, lodging, transportation, rental cars, meals and other incidental expenses.

The screenshot shows the 'Per Diem Rates Query' interface. It is divided into two main sections: 'CONTIGUOUS UNITED STATES' and 'OUTSIDE CONUS, Non-Foreign Overseas and Foreign'. Both sections have an 'Updated: 09/29/2014' timestamp and a 'View summary of changes' link. In the CONUS section, the 'STATE' dropdown is set to 'VERMONT' and the 'FISCAL YEAR' is '2015'. A checkbox for 'TDY 31 to 180 days (75%) / over 180 days (55%)' is checked. In the OUTSIDE CONUS section, the 'COUNTRY/STATE (incl. Alaska & Hawaii)' dropdown is set to 'HAWAII' and the 'PUBLISHED' dropdown is set to '1 OCT 14'. A checkbox for 'TDY 31 to 180 days (75%) / over 180 days (55%)' is also checked. Both sections have checkboxes for 'INCLUDE ALL CITIES AND TOWNS' and 'INCLUDE MILITARY INSTALLATIONS', which are currently unchecked. A 'CALCULATE' button is present at the bottom of each section. A note at the bottom left states: 'For unlisted locations, use the CENSUS County Look-up site.'



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Faces of the Force



Reserve Component Command Everett

Damage Controlman 2nd Class Sean M. Knight. DC2 was selected as Navy Operational Support Center Minneapolis Junior Sailor of the Quarter, 4th Quarter. Knight is the Training and Operations Work Center Supervisor for Defense Travel System Authorizing Official (DTS/AO), Navy Reserve Orders Writing System Orders Specialist (NROWS/OS). He is responsible for the leadership and management of two Junior Sailors processing more than \$3.1 million dollars in NROWS orders execution, and ensuring more than 96 percent in travel liquidation. An active leader in his community, he volunteers as a mentor for the Minnesota Veterans Rehabilitation Program which supports veterans who find themselves on the wrong side of the law.



Reserve Component Command Great Lakes

Master-at-Arms 2nd Class Gennipher Hopkins. MA2 Hopkins is the Funeral Honors (FH) coordinator managing over 1,120 veteran funeral services in FY14. She is the region SAPR advocate and Chairperson of the RCC Great Lakes Centennial Celebration Committee devoting over 50 hours to coordinating special community events throughout Detroit. MA2 has volunteered over 40 hours for military and veteran organizations such as Operation Christmas, Fight for Air "Climb Detroit," Valentines for Vets, and Adopt-A-Highway clean up. Through her dedication, she earned her fifth Navy and Marine Corps Achievement Medal and Letter of Commendation from the Vietnam Veterans of America.



Reserve Component Command Great Lakes

Mineman 1st Class James C. Imoehl. MN1 Imoehl, is attached to Navy Operational Support Center Madison, Wisc., and was just awarded the 2014 Navy League All Seas Service Member of the Year award for outstanding personal contributions that advance the logistic readiness and competence of the sea services. He was hand selected to fill a gapped supply billet at NOSC Madison and immediately jumped into the role coordinating the budget, requirements for messing and berthing, as well as the uniform needs for the over 130 SELRES that NOSC Madison supports. He is also the NOSC Command Fitness Leader.



Reserve Component Command Great Lakes

Damage Controlman 1st Class Anthony Guerra. DC1 was named Navy Operational Support Center Chicago Full-Time Support Sailor of the Quarter, 3rd quarter FY-14. Attached to Assault Craft Unit One (ACU-1), DC1 Guerra coordinated the training and qualification of 63 small boat operators and 57 assault craft engineers during the past year. He also made himself available to train and mentor 367 local area NJROTC cadets. Hosting the aspiring future sailors at the ACU-1 unit spaces, DC1 got underway with groups of 25-30 cadets on Lake Michigan utilizing a 40ft Maritime Prepositioning Force Utility Boat (MPFUB). DC1 is also an Assistant Command Fitness Leader at NOSC Chicago.



Commander, Navy Reserve Forces Command

Personnel Specialist 2nd Class Kathy Cozza. PS2 Cozza is a Full-Time Support Sailor at Commander, Navy Reserve Forces Command and an industrial and information security specialist. She was recently selected as Junior Sailor of the Quarter. Her efforts significantly contributed to her departments success during an IG security inspection and she serves as an Assistant Command Fitness Leader for a staff of over 300. PS2 also volunteers as a victim advocate for a staff of 331, conducts sexual assault audits for the Reserve Force and has coordinated numerous SAPR events during SAAM.



Reserve Component Command Great Lakes

Information Systems Technician 1st Class Jeff S. Delling. IS1 coordinated three Career Development Boards, ordered ten Navy Advancement Exams, and coordinated a retirement ceremony and Enlisted Information Dominance Warfare System (EIDWS) training for thirty Sailors for two Commander, Pacific Fleet Reserve units. He has also assisted in raising \$2,700 for Breast Cancer Awareness through 'Fit Body Boot Camp'. During FY-14 Quarter One, he successfully completed ONENet re-accreditation Authorized to Operate (ATO).

Navy Reserve Force Phone Directory



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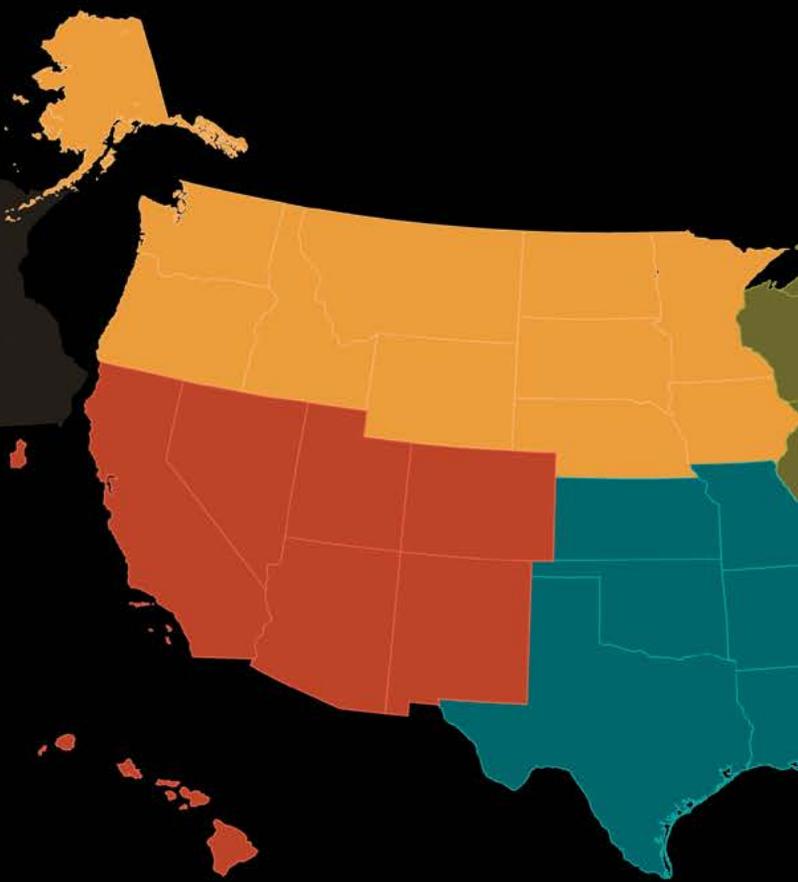
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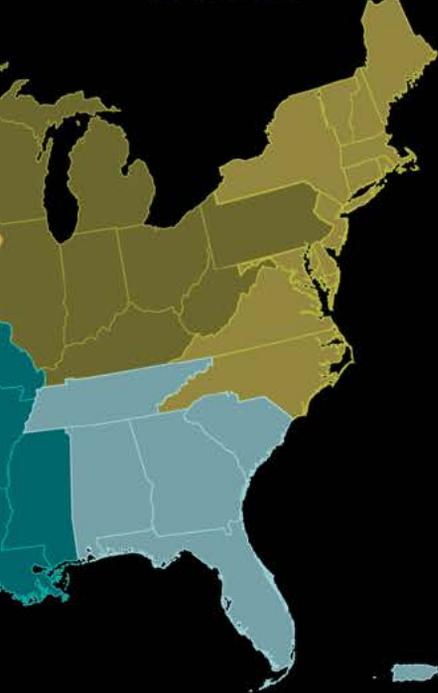
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SHIPMATES

Amid all of the hustle and bustle of the Holiday season it is important that we don't lose sight of what is truly important in our lives. While we all have obligations such as work or school, at the end of the day it is those who care for us that really matter. Taking the time to let someone know how valuable they are to the Navy team, and what their service means to others, can make an immediate, positive, difference in someone's life. Showing concern – treating others with kindness, dignity, and respect are key elements of our core values and what it means to be a "Shipmate".

How can I be a better Shipmate?

- Know your Shipmates and, most importantly, *listen* to them.
- Know when and how to ask for help for others – or yourself.
- Commit to making a difference by being a resource for others in need.
- Create a positive atmosphere of dignity and respect for others.
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