

# TNR

THE NAVY RESERVIST

SEPTEMBER 2012

## Continuum of Service

ONE-ON-ONE WITH CNR 08  
RESERVE INTEL SUPPORTS RIMPAC 12  
CHANGING LANES FOR RSOY 18

RESERVE P-3 FORCE AT RIMPAC 20  
FAMILY READINESS 24



NAVY RESERVE  
Ready Now. Anytime. Anywhere.

# Ready Now!



Aviation Structural Mechanic 1st Class Bryan Menchen, a San Diego Recruiter, speaks to Sailors about the benefits of joining the Navy Reserve at a Career Expo at Naval Base San Diego.

Volume 4, Issue 10

## Deciding to Stay

September 2012

Shipmates,

As the new Chief of Navy Reserve, I am committed to developing career options that enable you to "Stay Navy" and personalize your career. For the past four years, VADM Debbink worked tirelessly to break down barriers and create the policies and resources that enable your desire to serve. FORCM Wheeler and I will continue these efforts and work to expand the options and tools the Continuum of Service (CoS) now offers. Today, there are a number of resources that will help guide your career decisions.

A [Pay and Benefits Guide](#) is one tool that will help you understand all the financial advantages of remaining in the Navy. Another tool is the [Retirement Calculator](#). Both are online and can be accessed through the Navy Reserve Homeport website.

A major concern of many Reserve Sailors is health care. Today, virtually all Sailors and their family members qualify for [TRICARE Reserve Select \(TRS\)](#). The [Transition Assistant Management Program](#) also provides Reserve Sailors 180 days of healthcare after a SELRES transition.

The [Post 9/11 GI Bill](#) provides financial support for education and housing to individuals with at least 90 days of aggregate service on or after September 11, 2001. This benefit can also be transferred to your spouse or children.

[FleetRIDE for SELRES](#) pulls together the information Reserve Sailors need to make better career choices. This sophisticated online tool matches an individual's knowledge, skills, and abilities with career progression opportunities, and allows the Navy Reserve to deliver a more ready and skilled force.

These are just a few of the tools at your disposal. The Continuum of Service concept recognizes that the Navy is an all volunteer force. Each and every one of us has selflessly taken an oath to support and defend our Constitution and the Nation. In return, our covenant to you is to provide challenging and meaningful work while recognizing that our Sailors need flexibility and choices when deciding how best to respond to life's challenges and opportunities. The ability to easily change "lanes" between RC, AC or the IRR under the CoS umbrella is a critical element in making it easy to choose a Lifetime of Service.

VADM Robin R. Braun  
Chief of Navy Reserve

FORCM (AW) Chris Wheeler  
Navy Reserve Force Master Chief



# TNR

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

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

This Issue: **SEPTEMBER 2012**

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**COVER PHOTO:** A Sailor stands at parade rest while manning the rails aboard the aircraft carrier USS Abraham Lincoln (CVN 72) as the ship pulls into Los Angeles Harbor. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Zachary S. Welch.

# Letter from the Editor



Shipmates,

In my years of leading people, as a Sailor and as a civilian, I have been reminded many times that you can't expect your people to succeed if you don't give them the tools. This month TNR focuses on Continuum of Service and all the programs and tools available to enable you to have a successful and rewarding career.

When I first joined the Navy, the educational benefits were minimal. I paid \$2,700 into the Veterans Educational Assistance Program and in return I could withdraw \$8,100 to use for my education. We have come a long way. Sailors now have the Post 9/11 GI Bill. This is one of many tools you have available for your education or for the education of a family member. The financial benefits you receive while serving in the Navy Reserve are great, and there are many other tools you can use to manage your career.

Your ability to have input on the billet you fill (through CMS/ID, APPLY, or JO/Apply) has a huge impact on your career progression and job satisfaction. You have a number of opportunities to change lanes during your career. Service can be on active duty, as a drilling Reservist, or in another program that supports your life and work balance. So when you are done reading this message, delve further into the magazine to learn more about the programs available to you.

Also in TNR this month, the Chief of Navy Reserve Vice Adm. Robin Braun gives some insight on our Reserve Force. Be assured we are continuing to move forward with our mission and our contribution to the total force.

As always, TNR tells the stories of the valuable work Reservists do. I only had the opportunity to serve during one Rim of the Pacific exercise, but I do know, every time RIMPAC is conducted the Reserve footprint is huge. Read about Reserve contributions at RIMPAC in this month's edition.

I am always looking for your story, so please keep them coming.

VR/R/WR

Jim

Jim Vorndran  
Editor-in-chief  
The Navy Reserve Magazine



## GETTING IT TO THE SAILOR



# Protecting your Privacy

Written by Lt. Cmdr. CHRISTINE BRASHEAR and Lt. JOHN GUZMAN

With social media, online financial transactions, e-mail and the ease of online shopping, computer users are able to accomplish quite a bit in little time. There are many reasons to be cautious about online personal information. You should be most concerned with keeping personal information from cybercriminals and identity thieves. Here are some ways to keep your private information from prying eyes.

**Be Anonymous:** It is easy to give too much personal information online making the work of cybercriminals easier. To protect your online anonymity:

Disclose personal information only when absolutely necessary.

Be cautious of fast friends you have just met online who ask you to reveal personal information.

Be cautious of social networking friends you have not seen or heard from in years.

Use a disposable, anonymous e-mail account for websites that require an e-mail address to register.

**Watch out for Cookies:** Cookies are files that websites use to store information about your browsing habits. Most of the time, these files are harmless. For example, a cookie may remember your username and password so you don't have to log in to a website every time you visit. However, some cookies are used maliciously to track your browsing habits to build a profile of your interests and activities.

Set your browser to warn you when a cookie is installed. Use anti-spyware software that removes tracker cookies. Both Symantec and MacAfee suites offer this capability.

Opt to use a plain text e-mail display instead of HTML e-mail. This way, tracking files and cookies cannot be included in e-mails.

**Consider Eavesdroppers:** Unencrypted e-mail and most website interactions can be monitored by your employer, internet service provider or any company along the internet path between you and the e-mail or web server you are communicating with.

Assume anything sent without encryption can be read by third parties. Always use encryption when sending e-mail containing sensitive information.

Spyware or viruses that install keyboard trackers can log the keys you press as you type and send them back to a hacker.

Only use secure (https) websites when you are shopping and banking online.

Never use a work e-mail address for personal use. Have a separate, private e-mail address for private business.

Be extremely careful when using public computers and public wireless networking hotspots as they are more susceptible to malicious behavior.

**Browse defensively:** Disable Java, JavaScript and ActiveX in your browser and only enable it on a site-by-site basis.

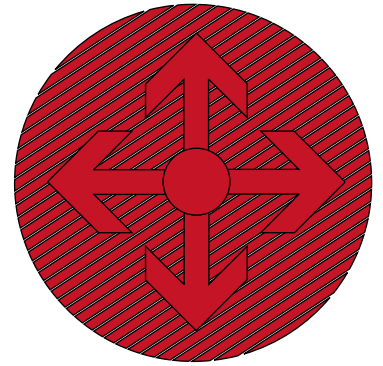
Read any privacy policy. Many are, in fact, grossly misnamed waivers of all privacy.

Remember that a secure link, with a padlock and https, doesn't say anything about the site's business practices or attitude to privacy.

## CAREER COUNSELOR CORNER

# Post 9/11 GI Bill

Written by Chief Personnel Specialist (SS) JAMES DUSEK



Any Reservist who has served at least 90 days (which don't have to be consecutive) of qualifying active duty after September 11, 2001, is eligible for Post 9/11 GI Bill educational benefits.

Qualifying service includes active duty, full-time-support, mobilization, presidential recall, active duty for special work, and active duty for training. It does not include inactive duty training (Drills), inactive duty training travel (IDTT), annual training (AT), or funeral honors. To be eligible for 100 percent of the benefit, a Reservist must serve 36 months or greater of qualifying active duty on or after September 11, 2001.

Transferring Post 9/11 GI bill benefits is a recruiting and retention tool. Reservists must apply for transferability of the benefits before transferring to the Individual Ready Reserve, Voluntary Training Unit, Retired Reserve, or being discharged. In addition to meeting the minimum active duty service obligation, Reservists must also complete at least six years of service in the armed forces and agree to serve four additional years of selected Reserve or active-duty service. Reservists with at least ten years of service, if precluded by statute or standard DoD or Navy policy from obligating the full four years, must serve the maximum amount of time allowed by that policy.

After August 1, 2013, all Reservists must agree to serve an additional four years. Reservists may transfer benefits to a spouse or dependent children who are eligible for benefits.

Once transferred, spouses are eligible to use the benefit immediately. Dependent children cannot use the benefit until the member completes 10 years of service.

Prior to transferring the benefit, all selected Reservists must sign a Page 13 (NAVPERS 1070/13) generated electronically in the Navy Standard Integrated Personnel System (NSIPS) agreeing to serve the obligated additional years of service in the armed forces (SELRES or active duty). It is the command's responsibility to enter the Page 13 into NSIPS. When transferring benefits, Reservists must ensure dependents are enrolled in Defense Enrollment Eligibility Reporting System (DEERS).

Servicemembers may access the transferability website at [www.dmdc.osd.mil/milconnect](http://www.dmdc.osd.mil/milconnect). Sign in to the website with a common access card or Defense Finance and Accounting System personal information number. Once logged in select the Transfer link under the Education tab.

After completing the transfer request, log back in to the website to check the application status. It generally takes two days for the request to be processed. There is no automated status notification. If approved, the member should print the approval letter and retain for his records. If an application is disapproved, servicemembers must take the action indicated on the web page or contact CNRFC N15 at 1-800-621-8853 or e-mail [CNRFC\\_POST911GIBILL@navy.mil](mailto:CNRFC_POST911GIBILL@navy.mil).

# 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](mailto:james.vorndran@navy.mil), for a submission form. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.



## Peter Vincent

AVIATION STRUCTURAL MECHANIC (SAFETY EQUIPMENT) 3RD CLASS

**Hometown:** Dallas/Ft. Worth, Texas

**NOSC:** 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.



## Michael Crane

CRYPTOLOGIC TECHNICIAN 1ST CLASS

**Hometown:** Modesto, Calif.

**NOSC:** San Jose, Calif.

**Unit:** Navy Information Operations Command Camp Parks

**Brief description of your Navy job:** I specialize in anti-missile ship defense and electronic/signal intelligence. I keep control of the electronic warfare spectrum

to ensure our ships are not attacked. I break down incoming signals to better understand our adversaries' actions in regards to how their different signals are constructed.

**Brief description of your civilian job:** I am a roofer for ALCAL Consulting specializing in commercial single-ply roofing and waterproofing. Also when I am not busy with roofing during the day I am a certified dog trainer for Petco where I do everything from cashier, customer service manager and dog training.

**What has been your greatest Navy achievement?** While on active duty I got in on the ground floor in building and testing a new database that is

now being used by the Navy, other branches and civilian agencies.

**Who has been your biggest influence since joining the Navy?** Chief Cryptologic Technician Harold Newbill, he takes the time out of his day no matter what he is doing to help any one of his Sailors day or night with any problem. I have talked to him numerous times since becoming a first class petty officer and he has truly guided me along the right path and where I need to be in my career.

**What do you enjoy most about the Navy?** The fact that no matter where a person comes from or what his socio-economic background is we are all here together performing missions to help support a common goal. I love the camaraderie the most.

**Most interesting place visited since joining the Navy:** Would have to be Hawaii on my last annual training. It was my first time visiting the island and I got to see Pearl Harbor and the Arizona memorial which has always been a goal of mine since joining back in 2002.

**Current hobbies:** Right now I am currently developing my own physical training program to see exactly how the body responds to different stimuli.

# Spreading The Word: Military Crisis Line



Reserve Sailors are always a part of the Navy family, even when they are not on duty, but the challenges faced during frequent transitions in and out of civilian life can cause stresses unique to the Reserve community. Chief Hospital Corpsman Jeffrey Lester, the Navy Reserve Suicide Prevention coordinator, understands these issues and is stepping up to the challenge to help Reservists cope during a time of crisis.

"We have a Force perspective on the issue," said Lester. "My whole focus is to train and develop Sailors and to make sure they have resources to be successful if they, or someone they know, find themselves in crisis."

A crisis feels different for everybody. It may involve feelings of anxiety, sleepless nights, or an inability to concentrate. To help Sailors recognize the signs of crisis and respond appropriately, Reservists now receive face-to-face suicide prevention training.

## Providing Support in Times of Crisis

Lester knows firsthand how important it is to know where to turn for help in times of crisis. "I've been in a couple of situations where I believe I've saved someone's life by having the knowledge and resources available to me," he said.

Reserve Sailors can call on a network of Suicide Prevention Coordinators (SPCs) located at each of the 123 Navy Operational Support Centers (NOSCs) across the country. These trained professionals coordinate support, conduct outreach to raise awareness of suicide risk and prevention resources, and work to make sure all personnel follow policies designed to get Sailors the care they need.

"SPCs are a Sailor's conduit to medical services, the community, and when appropriate, the chain of command," said Lester. "They can



also be an invaluable resource for worried family members. If there are stressors or conditions that Sailors' family members need to talk about, they can contact an SPC to get help."

Still, a significant portion of the Navy Reserve community lives outside of areas where military treatment facilities are available. That's where the U.S. Department of Veterans Affairs (VA) steps in to provide support. Most Reserve Sailors who have been mobilized are eligible for VA services, including mental health care, and any Reserve Sailor deployed to a combat zone is eligible for five years of comprehensive VA medical coverage.

When Sailors or their loved ones have an urgent need for support during an emotional or personal crisis, the VA is there through the confidential Military Crisis Line. Any Sailor, whether in the Reserve or active component, as well as family members or friends, can receive confidential support by phone (**1-800-273-8255 and Press 1**), online chat (**MilitaryCrisisLine.net**), or text (**838255**) — 24 hours a day, 7 days a week, 365 days a year.

The Military Crisis Line is staffed by caring, qualified VA responders, including many who have served in the military. They understand the issues unique to the Reserve community, including the difficulties of transitioning between active duty and Reserve status, and the challenges Sailors' families and friends can face in trying to lend support or deal with stress. All Sailors and their loved ones can use the Military Crisis Line, even if they are not registered with the VA or enrolled in VA health care.

The Military Crisis Line is confidential and anonymous; users do not have to share any personal information unless they want to.

"As people who serve our country, Reserve Sailors deserve support to help get through any hard times. The VA created the Military Crisis Line to make that possible," said Dr. Jan Kemp, the VA's national director for suicide prevention. She wants every Sailor to know: "This resource is for you. You've earned it."

#### **Spreading the Word During Suicide Prevention Month**

In September, the Navy Reserve and the Department of Defense (DoD) collaborated with the VA during Suicide Prevention Month to reach veterans' and servicemembers' support networks — families, friends, communities, and people who interact with them every day.

The theme of the month, "Stand By Them," calls on people in these networks to learn about the signs of suicide risk and contact the Military Crisis Line or Veterans Crisis Line if they are concerned about someone they know.

Everyone can help spread the word about the Military Crisis Line during Suicide Prevention Month. At [www.MilitaryCrisisLine.net](http://www.MilitaryCrisisLine.net), supporters can download banners, badges, content, and other materials to provide to loved ones or distribute in their community. They can also complete an online pledge of support and share it through Facebook.

No Sailor needs to face a crisis alone. Together with supporters nationwide, the Navy can make sure no Reservist ever does.

For more information about the Military Crisis Line visit [www.MilitaryCrisisLine.net](http://www.MilitaryCrisisLine.net).

For more information about the VA's mental health resources, visit [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov)

Reserve Sailors and their friends and family can find the SPC nearest them by contacting their local NOSC. A list of locations is available at [www.NavyReserve.com/about/locations](http://www.NavyReserve.com/about/locations).



**STAND BY THEM**  
Help a Service member

#### **SEPTEMBER IS SUICIDE PREVENTION MONTH**

Visit [www.MilitaryCrisisLine.net](http://www.MilitaryCrisisLine.net)  
to find out how you can help

**1-800-273-8255 PRESS 1**



... Confidential chat at [MilitaryCrisisLine.net](http://MilitaryCrisisLine.net) or text to **838255** ...



# Committed to Serving Our Sailors

In August, Vice Adm. Robin R. Braun became the 13th Chief of Navy Reserve. Shortly after taking command of the Navy Reserve Force, TNR had a chance to ask her a few questions about the way ahead for the Navy Reserve Force.

## What do you consider to be the Navy Reserve's strengths and accomplishments?

Undoubtedly, the strength of the Navy Reserve is in our people. Our Force has never been more ready, relevant, or aligned to the active component than we are today. Our Sailors have proven to be a force multiplier for the active component and are known for being flexible, responsive and innovative. In addition to Navy training and expertise, they bring valuable skills and credentials from their civilian careers. Our Sailors provide support within deployable, operational units or as individual augmentees (IA) to provide depth or expertise to the active component's needs. As an example, when the earthquake and tsunami

hit Japan, the Navy reached out to the Reserve component (RC) to provide support. Within the Reserve Force, they found personnel who were trained and experienced in nuclear power, had Japanese language and culture expertise, and had experience in humanitarian assistance and disaster relief operations.

As far as accomplishments, almost 60,000 Reserve component Sailors have mobilized since September 2001. That's quite an accomplishment. That shows the value of having a strong Reserve component that is trained and ready to surge when needed in a variety of operational and strategic roles. Our Sailors have been there to answer the Navy's call and have performed superbly.

## From your perspective, what challenges does the Navy Reserve face?

There is no question the Navy and the Navy Reserve are facing a challenging fiscal environment in the coming years; especially

with regard to budgeting for personnel, training, equipment and maintenance. We, as a Total Force, have tough decisions to make, including determining the proper mix of active and Reserve component Sailors across our many mission areas and the balance of operational versus strategic roles for our force.

Another challenge, that is really more of an opportunity, is to determine the role of the Navy Reserve in evolving mission areas like cyber, Littoral Combat Ship support, mine warfare, homeland defense and civil support, and unmanned vehicles.

At the unit level, our challenge is to ensure we are trained and ready, provide the capabilities the Navy needs, and develop processes and tools that make it easier for Sailors to serve. There is no doubt that people are our most important asset. In today's challenging and uncertain operating environment, it's more important than ever to ensure each of us is ready to respond when called. Every Sailor should be focusing on personal readiness — including mental, physical, medical and mobilization readiness. Of course, individual and unit training are critical to preparing our Sailors to provide value to their supported command.

**From your conversations with Reserve Sailors, what do you hear as their top concerns?**

Many Sailors are asking if there will be Perform to Serve (PTS) for selected Reservists (SELRES) or an enlisted retention board (ERB)

for SELRES. There are no plans for either PTS or an ERB for SELRES. Sailors are curious about advancement quotas and want to see increased opportunity for advancement. They also ask about potential changes in the retirement system and if those changes could affect them. While it's true that changes to the current system are being discussed, the Secretary of Defense has said all Sailors who are currently serving will be "grandfathered" under the existing policy.

Our Sailors are also asking if there will be opportunities to serve as an IA in the future. The Navy Reserve will continue to fill IAs over the coming years, but at a slightly reduced rate.

Full-time support (FTS) Sailors often ask about the future of the FTS community. Our FTS personnel provide valuable knowledge and experience in managing and working with our SELRES Sailors. They are doing vital work and there are no plans for major changes to the FTS community.

**As a SELRES yourself, what have some of your challenges been and what are some of the things you want to address?**

Personally, I'm probably no different than most of our SELRES who face the challenge of competing priorities with family, personal life, civilian career, and Navy Reserve service. It's definitely a balancing act and I'm grateful to those dedicated SELRES personnel who give so much of their time and effort to serve our Navy — given their work schedules and busy lives. Many are also commuting to drill — spending added







▲ Chief of Naval Operations Adm. Jonathan Greenert promotes Rear Adm. Robin Braun to vice admiral before she relieves Vice Adm. Dirk Debbink as the Chief of Navy Reserve. U.S. Navy photo by Mass Communication Specialist 1st Class Peter D. Lawlor.

hours on the road or flying to get to their drill site. These are inherent challenges for many of us who do not live in fleet concentration areas. Again, I appreciate that our people are going the extra mile to be members of the Navy team.

We've made improvements over the past few years that have made it easier for all of us to serve — more flexible drill options, emerging technology in information management and services, Direct to Sailor, and Continuum of Service initiatives. But, there is still more to be done. Work continues on the Integrated Pay and Personnel System — one of my top priorities. When put in place, this system will help alleviate pay issues that sometimes happen when transitioning between active and Reserve service. Additionally, we will look at our accession processes and how we can continue to build our force with both prior service and non-prior service personnel. This includes streamlining the process for inter-service transfer of officers in communities like aviation where there are no direct commissions. Additionally, we will review our cross-assignment policy to see if there is a more efficient way of doing business.

Commanding officers and senior enlisted leaders should look at every drill or active duty for training as an opportunity to enhance their Sailors' training and experience. We must provide challenging and meaningful training and opportunities that allow our Sailors to develop technical skills and leadership qualities. Our vision of

providing valued capabilities to the active component demands that we train and mentor our Sailors for success.

#### **What are the first steps you will take as Chief of Navy Reserve?**

One of the most important first steps for any leader is to listen; during the first three months I'll be on an aggressive schedule meeting with key stakeholders, flag officers, FTS and SELRES leadership teams, and our Sailors to listen to the challenges and opportunities they face. At the same time, we'll be developing our 2013 Strategic Plan, focusing on future budget development, and looking at evolving mission areas where Navy Reserve support is needed in either an operational or strategic role.

#### **How will your background help you as CNRF?**

Working with dedicated Sailors in many different units and commands across the Navy and the joint force for the past 32 years has provided valuable experience. Most recently I served at U.S. European Command in the European Plans and Operations Center in Stuttgart, Germany. This gave me the opportunity to see the great work our Reserve Sailors are doing in the joint environment and meet our SELRES personnel who serve and live in Europe and Africa. Three previous tours in Washington D.C. — at the Joint Staff, in OPNAV N2/ N6, and in OPNAV 13.



### What is the significance of being the first female to serve as CNRF?

There have been many other firsts for women during the 32 years I've been in the Navy and it's been a true privilege to serve during this time in history. This assignment is another example of the incredible opportunities our Navy offers all who serve. From our first day in the Navy, we're taught that we're part of the team. For me, over the past 32 years I've been part of the team. Whether in a support role or as a commanding officer, it's all about the 'we,' and not the 'I.' While serving in this job is an honor, it's still all about the teamwork, working together and moving our Force forward.

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

It's important to remember that every Sailor matters. As a force, we must be committed to supporting our Sailors, Navy civilians and their families. As a Navy family, each of us must take care of our shipmates and provide them with the tools and support they need to face all challenges. We must also ensure an environment of trust and respect for everyone, keeping in mind that the crime of sexual assault is incompatible with our ethos and core values. It's our obligation to help mentor, develop, and support those junior to us. They are the future of our Navy Reserve.

On any given week thousands of Navy Reservists are providing operational support to the Fleet. Currently, more than 4,200 dedicated Sailors are mobilized around the world, just as tens of thousands have mobilized during the past decade. The Sailors in the Reserve component of our Navy have answered every call — from overseas contingency operations to humanitarian assistance and disaster relief for those in need. I am extremely proud of the men and women of the Navy Reserve and continue to be inspired by the dedication and commitment of our Sailors and their families.

**“PERSONALLY, I’M PROBABLY  
NO DIFFERENT THAN MOST OF  
OUR SELRES WHO FACE THE  
CHALLENGE OF COMPETING  
PRIORITIES WITH FAMILY,  
PERSONAL LIFE, CIVILIAN  
CAREER, AND NAVY RESERVE  
SERVICE.”**

▼ Vice Adm. Robin Braun has her three-star shoulder boards affixed to her uniform by her son and daughter after being promoted to vice admiral by Chief of Naval Operations Adm. Jonathan Greenert. U.S. Navy photo by Mass Communication Specialist 1st Class Peter D. Lawlor.

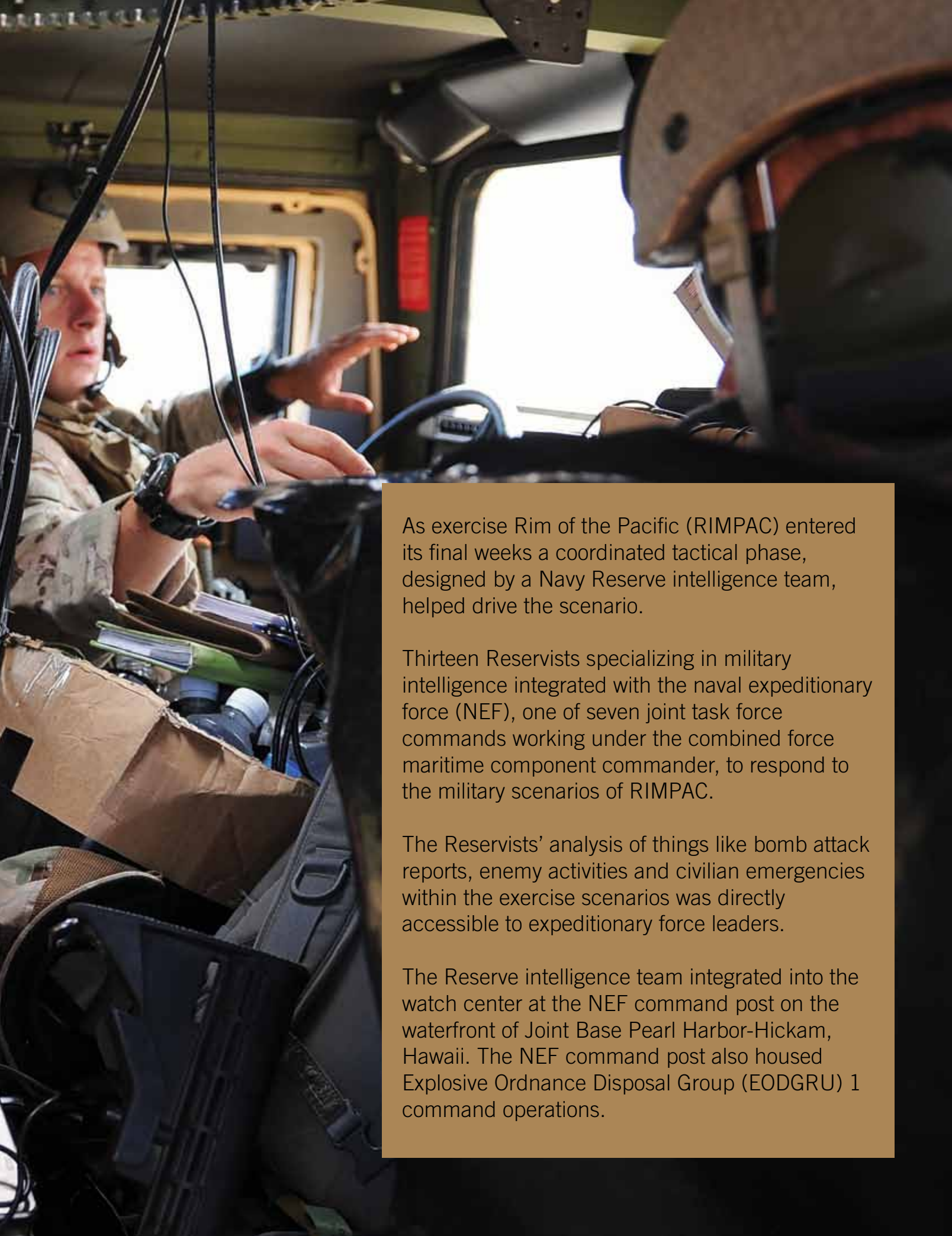


A soldier wearing a tan helmet and camouflage uniform is seen from the side, looking at a ruggedized laptop. The laptop has a dual-screen display. The left screen shows a first-person view of a person in a field. The right screen shows a close-up of a person's face. Below the screens, there are various controls, including a joystick and buttons. The soldier is holding a blue game controller in their right hand. The background is dark and indistinct.

# **Reservists Support Expeditionary Intelligence During RIMPAC**

Written by Mass Communication Specialist 1st Class Patrick Dille, RIMPAC Public Affairs





As exercise Rim of the Pacific (RIMPAC) entered its final weeks a coordinated tactical phase, designed by a Navy Reserve intelligence team, helped drive the scenario.

Thirteen Reservists specializing in military intelligence integrated with the naval expeditionary force (NEF), one of seven joint task force commands working under the combined force maritime component commander, to respond to the military scenarios of RIMPAC.

The Reservists' analysis of things like bomb attack reports, enemy activities and civilian emergencies within the exercise scenarios was directly accessible to expeditionary force leaders.

The Reserve intelligence team integrated into the watch center at the NEF command post on the waterfront of Joint Base Pearl Harbor-Hickam, Hawaii. The NEF command post also housed Explosive Ordnance Disposal Group (EODGRU) 1 command operations.

Two of the Reserve intelligence team officers, both explosive ordnance disposal (EOD) specialists, served as liaison naval officer consultants at the Pacific Warfighting Center on Ford Island, while two intelligence officers served at the NEF command post, one as a watch captain and the other overseeing intelligence operations. A third officer, Capt. Paul Jensen, is the commanding officer of the EODGRU 1 Reserve component, and served as deputy NEF commodore during the exercise.

“Getting to take part in a real-world, high-level exercise, the training, the experience can’t be attained anywhere else,” said Jensen. “You can’t attain that on a drill weekend, you can’t get it at a Reserve-only exercise; our immersion into the jobs we would do if we were called upon to activate is the main point of us coming here, and the main value that we take away.”

The Reserve intelligence team’s immersion during RIMPAC involved living and working in tents at the EODGRU 1 compound, the unit whose headquarters became NEF headquarters during RIMPAC. According to Jensen, the NEF is a relatively new concept where an adaptive force package is assembled from Navy Expeditionary Combat Command forces based on a specific mission. They are then deployed as the lead element into a conflict to assist the host nation with internal defense, and air and sea port defense until the arrival of follow-on forces.

The adaptive force package is assembled with capabilities that can range from explosive ordnance disposal, diving and salvage, maritime security, naval construction (Seabees), maritime civil affairs, intelligence, riverine, and combat camera.

“We have found that it is one of the best cases of integration of Reservists and the active component,” said Jensen. “They’re not looking for stuff for us to do, we immediately integrated and offered increased capacity in those mission areas that they maintain.”

One key mission area during the tactical phase of RIMPAC was locating simulated improvised explosive devices. For the intelligence team, this meant the intelligence specialists monitored the internal network known as CENTRIX, where the exercise scenario is played out in a sort of virtual reality. Intelligence information was sent, or injected,



▲ An explosive ordnance disposal technician, assigned to Explosive Ordnance Disposal Mobile Unit 11, attempts to find an improvised explosive device, as part of a training scenario during RIMPAC 2012. U.S. Navy Photo

into the intelligence watch monitor by exercise controllers known as the white cell, or by other exercise sources.

“In real life, it would be coming in from all different directions,” said Intelligence Specialist 1st Class Brad Vancleave, a nine-year Reservist serving as request for information and information collections manager.

Information sources could include people returning from the field giving direct reports to the NEF intelligence team, or cell. Sources could also include field teams briefing the NEF commanders after a mission, or field specialists collecting information using surveillance equipment.

“The intel guys don’t do as much outright collection as they do assessment — what it means,” said Jensen. “Then they have a product they can give the commander so he can make decisions based on that, and then potentially send out EOD or other forces as required.”

During RIMPAC, the field teams serving within NEF operated in field conditions to add an element of increased reality to the scenario. Dozens of tents were set up in compounds, known as tent cities, scattered across Ford Island and Joint Base Pearl Harbor-Hickam.



It was from these tent cities that expeditionary forces reacted to the information the Reserve intelligence specialists analyzed.

“This is old-hat for me,” said Vancleave. “As a civilian, this is what I do. I came from a tent in Afghanistan, and was a little hard-pressed to know I’d be in a tent in Hawaii; but this is how it is in theater, this is realistic.”

Just before attending his first RIMPAC this year, Vancleave spent six months in Afghanistan piloting unmanned aerial vehicles (UAV) as a military contractor. He also deployed in 2003, just after joining the Reserve, for more than a year with SEAL Team 5 as a targeting analyst focused on human intelligence. Between his job flying UAVs and gathering intelligence with the Navy, Vancleave has spent more than four years boots-on-ground in Iraq and Afghanistan. This experience has helped him separate kernels of valuable information from chaff.

Vancleave, and the other intelligence specialists on watch, stayed focused on intelligence injects related to smuggling routes, weapons smuggling, narcotics, and improvised explosive device detonations and discoveries.

“I tracked those instances, and then they got reported in the update brief,” Vancleave said. “It’s not as much about the capabilities right now as it is about the process.”

“A lot of the Reservists have done multiple deployments, and they’ve worked as intelligence specialists and analysts during those deployments. That’s an incredible value-added skill set to bring to the team that they didn’t have without our folks,” Jensen said. “It’s more, it’s better; it’s not an issue that they couldn’t do it without us, it’s that they can do it a lot better with us.”

The Reservists made the exercise more dynamic for EODGRU 1’s intelligence exploitation team (IET) by adding realism to their field operations. Chief Intelligence Specialist Eloy Rodriguez, EODGRU 1

Reserve element leading chief petty officer and watch supervisor, along with the other Reserve intelligence specialists on his team, served as role players impersonating foreign nationals.

The active duty intelligence specialists on the IET interviewed them to gather human intelligence. This interview activity simulated the way human intelligence would be gathered in the field, a process involving interaction between human intelligence collectors and the local population.

The information they gathered from Rodriguez and the other Reserve intelligence specialists wouldn’t have changed the course of the structured exercise, but if the right questions hadn’t been asked in the right way, Rodriguez said it could have made reaching their goal a lot more difficult.

“This side-play helps drive how the intelligence analysts from EOD build their target development so they can defeat the IED networks,” said Rodriguez.

Rodriguez trained early on as an aerospace engineer, and has since become a paralegal at a law firm in San Diego. He joined the Navy as an intelligence specialist in 1987 and gained experience along the way working with unmanned aerial vehicles as part of the Naval Special Warfare Command. In 2007, he started working with EOD, and has maintained that connection ever since. This is his fourth RIMPAC, and his experience with the biennial exercise spans more than 20 years.

“My first one was in the ‘90s,” said Rodriguez. “My last three have been with EOD, and I’ve seen it grow to this point where there’s an incredible level of detail.” He said this year’s incorporation of human intelligence collection had direct impact on EOD’s actions.

“It’s like getting the ground truth from the locals to determine if there is infiltration of bad guys in the area of interest,” said Rodriguez.

“They ask general questions to find out if an individual who has moved in to an area is actually from there. If he’s coming from somewhere else, what his intent is: is his intent to be a part of the community and contribute, or is it something else?”

As the tactical phase of RIMPAC progressed, Rodriguez began rotating his team through the watch floor and out into the field with EOD technicians to exercise their full range of skills.

“What that does is, it builds a trust with the EOD techs; they’re like, wow, this guy can shoot,” said Rodriguez. “So, the credibility of that IS has now grown, and that EOD tech can now come to us with confidence in our abilities.”

◀ U.S. Navy Explosive Ordnance Disposal (EOD) Technicians carry on an improvised explosive plan of action during an EOD night drill, as part of Rim of the Pacific 2012 U.S. Navy photo



# BACK TO BASICS

## Naval Material Conditions

Written by Navy Reserve Force Information Service

**M**aterial Conditions (NWP 3-20.31) establish the fighting integrity of the ship and maintain its survivability. The determination of the material condition set at any time is the responsibility of the commanding officer, who may authorize modifications of any material condition.

One of the most important features of ship survivability is the ability to configure the ship to simultaneously allow the survivability system to function and the ship to be operated. Standard configurations representing varying degrees of closure and known as “material conditions” set the ship according to the degree of threat to the ship and the current operational directives. Some fittings that are required to be open or closed for specific purposes carry special markings indicating how they are to be set during various material conditions. Closures are defined as closable openings in overheads, decks and bulkheads for access by personnel. Fittings are covers, valves, caps and plugs for access other than for personnel and for control of fluid flow. They may be on or in piping and ventilation systems, or in overheads, decks and bulkheads. For brevity, where context allows, the term fitting is used to include the meaning of both fitting and closure, and the term compartmentation is used to include both structural and fluid system segregation.



### WILLIAM:

W (W)

WILLIAM fittings are vital sea suctions, Collective Protection System zone ventilation fittings valves (serving vital equipment in manned spaces) and valves that must be open to maintain mobility and fire protection. WILLIAM fittings are open during all material conditions. They are secured only to control damage, contamination or to repair equipment served.

WILLIAM fittings are marked with a black W.

Circle WILLIAM fittings, like WILLIAM fittings, are normally open, but are secured for protection in attack. Circle WILLIAM fittings are marked with a black W in a black circle.



U.S. Navy photo by  
MCSN Cale Bentley

W X Y Z (W) (X) (Y) (Z) D



U.S. Navy photo by  
MC2 Edward L. Holland

## X-RAY:



X-RAY provides the least tightness and the greatest ease of access throughout the ship. It is set when the threat to the ship is minimal, during working hours when in port, or when there is no danger of attack or bad weather.

When condition X-RAY is set, all fittings marked with a black X are closed.

## YOKE:



YOKE is set when at sea, or in port during wartime.

Condition YOKE provides a greater degree of watertight integrity than condition X-RAY, but to a lesser degree than the maximum condition.

When Condition YOKE is set, all fittings marked with black Xs and Ys, Circle X and Circle Y are closed. A modified condition YOKE is sometimes used at sea when cruising independently in good weather and calm seas and in port in peacetime. In the modified condition, YOKE fittings above the waterline are left open to improve ventilation and habitability.

All other X-RAY and YOKE fittings are closed.

## ZEBRA:



ZEBRA provides the greatest degree of subdivision and tightness to the ship. It is set immediately and automatically when general quarters is sounded. It is also set when entering or leaving port during wartime, to localize damage and control fire and flooding, or at any time the Commanding Officer deems it necessary. Modified Material Condition ZEBRA - allows movement around the ship for special conditions such as: Underway Replenishment (UNREP); Vertical Replenishment (VERTREP); Air Operations; Amphibious Operations; transit of known or suspected hazardous navigation areas.

Condition ZEBRA is the maximum state of readiness for the ship's survivability system.

Condition ZEBRA is set:

- Immediately and automatically when general quarters is sounded;
- When entering or leaving port in wartime
- To localize damage and control fire and flooding when the crew is not at general quarters
- At any time the CO deems the maximum condition of survivability should be set.

When condition ZEBRA is set, all fittings marked with black Xs and Ys, Circle X, Circle Y, Circle Z, red Zs and DOG Zs are closed.

Circle ZEBRA fittings are closed when condition ZEBRA is set. They may be opened with the permission of the CO during extended periods of general quarters for the preparation and distribution of battle messing, to provide access to limited sanitary facilities, to ventilate battle stations, to transit from squadron ready rooms to the flight deck and to allow limited access throughout the ship. Open Circle ZEBRA fittings must be guarded so they can be closed immediately. Circle ZEBRA fittings are marked with a red Z in a red circle.

DOG ZEBRA fittings are secured when condition ZEBRA is set and whenever the ship is darkened, regardless of the material condition that is set. During Darken Ship they are closed to prevent light inside the ship from showing outside. DOG ZEBRA fittings are marked with a red Z in a black D.





# Citizen Sailor and the Desire to Serve

Written by Mass Communication Specialist 1<sup>st</sup> Class Jennifer Gold

He is currently a sergeant at the Port of Seattle, assigned to the patrol division as the gang unit supervisor. He has moved up the ranks because of his hard work and dedication, much like he has in the Navy Reserve, where he is now a chief master-at-arms and was selected as the 2011 Reserve Sailor of the Year (SOY).

His career roadmap didn't go exactly according to his plans, but looking back now — he says he wouldn't change a thing.

Chief Master-at-Arms (SCW/FMF) Doug Newman's father and grandfather both served in the U.S. Army and he too dreamed of a long rewarding military career. After high school he enlisted in the Marine Corps, unlike his father and grandfather he was drawn to the sea service. But he would have a different path to a military career than his forefathers.

Less than two years in to his career as a Marine, rare bone tumors were discovered in his hip, a pre-existing condition. He underwent surgery to remove the tumors and steel rods were inserted for support, but because of this medical condition he was honorably discharged from the Marines. Doctors told him he would never be able to serve in the military again.

After the devastating news the young man decided that if he could not serve his country in the military, a career in law enforcement would be the next best thing. He began his law enforcement career as a cadet in the Pima County, Ariz. Police Academy.

Once he graduated he started working as a corrections officer at the Pima County Sheriff's Department. He worked two years in corrections, then in 1998 was promoted to deputy sheriff. After three years working for Pima County he started working as an Arizona Police Officer in South Tucson and Florence.

Wanting to serve in the military again, Newman underwent two painful surgeries to remove the metal in his leg which required a long rehabilitation process.

In 2001, his dream was realized when he joined the Navy Reserve. Although it was a long process, and required numerous medical notes and documentation from his doctors — he was finally medically cleared to re-affiliate with the military.

When he joined the Navy Reserve, he served with Naval Mobile Construction Battalion 17, as the battalion master-at-arms, Echo Company Commander. He also deployed alongside Marines in Fallujah, Iraq with the 30<sup>th</sup> Naval Construction Regiment attached to the 2nd Marine Expeditionary Force. It was an opportunity he never thought he would get to fulfill.

In 2006, he was offered a unique employment opportunity, and laterally transferred to Washington State as a police officer. Because of the transition of moving his family, and starting a new job, he needed to change lanes and take a brief break from military service.



Once he was settled in his new home and job, the desire to serve in the Navy continued to burn. So with his family's support and the flexibility from his civilian employer, Newman re-joined the Navy Reserve in 2010, and has been hard charging ever since.

This is the career path of Newman, who is assigned to Navy Reserve Naval Security Forces, Naval Base Kitsap, Bangor, attached to Navy Operational Support Center Kitsap. Newman was selected for the second consecutive year as the Navy Region Northwest Reserve Component Command Reserve Sailor of the Year, which led to his selection as the Reserve Sailor of the Year.

Newman balances his two careers with the continued support of his family, his civilian employer, and his Navy unit. He says without this balance a continued military career would not be possible.

"I have a passion for helping people and serving my country, my career and the Reserve lets me do both," Newman said.

The correlation between his two careers is uncanny.

"Our motto at the Port of Seattle is 'Leadership, Integrity, Accountability,'" Newman said. "If that doesn't emulate the Navy core values of 'Honor, Courage, and Commitment,' I don't know what does." He added, "If you live by these words — you can't go wrong."

"It was a chance of a lifetime being selected as the Reserve sailor of the year, but without the support of my family and civilian employer there is a strong chance I couldn't continue to re-enlist and serve my country," Newman said.

The support from his employer is apparent, the Port of Seattle chief of police flew across the country to support him during his chief petty officer pinning ceremony in Washington, D.C.

"It is such an honor working for the Port of Seattle and I am so proud to work for the Navy Reserve," said Newman. "I have been successful because of my family, my employer and my command."

Working in the Navy Reserve has allowed Newman to grow as a leader. "It's a balance in the Navy: mission first, Sailors always," said Newman.

Much like working in the Navy, working for the Port of Seattle is a very diverse opportunity; it's not only his job to protect people on the ground, he could be called to help at the port on vessels in the water, or at Seattle Tacoma Airport on planes in the air.

"We have so many people working here with such diverse backgrounds, many of them are prior military," said Jon Hornbuckle, Commander of the Port of Seattle SWAT, dive team and marine patrol unit.

"Doug takes care of his people," Hornbuckle continued. "He has worked really hard to get here. We are happy to have him on our team. It's a win-win."

Navy Reserve masters-at-arms have helped Newman bridge the gap between his two careers. For the past two years Newman has brought young Navy masters-at-arms to augment the Port of Seattle Police force during Seattle Seafair. Seattle Seafair is an annual summer celebration for the Navy, Coast Guard and Royal Canadian Navy with many ships visiting Seattle.

Participation by Reserve masters-at-arms increases the abilities of both forces and creates a symbiotic relationship.

"It's great training for young MA's to be exposed to real-world-operational training and it means additional eyes and ears for the Port of Seattle," said Newman. "It's a great force multiplier for both the Navy and the Port."

The Port of Seattle has a strong reputation as being a supportive employer of the Guard and Reserve with approximately 20 percent of its staff either military Veterans or currently serving in the Reserve or Guard. The Port of Seattle was also recently selected for the prestigious Employer Support of the Guard and Reserve Freedom Award.

Newman says he has learned many things throughout his careers, whether it was serving in his police uniform or military uniform.

"I learned so many important lessons," said Newman. "I learned that it is a true privilege to be able to serve my country," Newman said. "It's an opportunity that some people don't get and I will never take for granted."

"It's nice to know the Navy's top leadership understands what challenges Reservists go through. It's not just one weekend a month," Newman said. "Some Reservists continue their career with periods of active duty, and others, like I did at one point, take some time off through the individual ready Reserve or the voluntary participation unit. They know there are opportunities to return to selected Reserve drill status when life's commitments allow."





▲ Cmdr. Scott McJoynt, a pilot with VP-69, does an exterior inspection preflight check on a P-3C Orion during RIMPAC 2012. U.S. Navy photo by Mass Communication Specialist 1st Class Todd A. Stafford.

# Patrol Squadrons VP 62 & 69

## RIMPAC Experience

Written by Commander, Naval Air Force Reserve Public Affairs

Four aircrews and more than 50 maintenance personnel from the Broadarrows of Patrol Squadron (VP) 62 and the Totems of Patrol Squadron 69 increased their warfighting skills during RIMPAC 2012.

The 23rd biennial Rim of the Pacific (RIMPAC) exercise on and around the Hawaiian Islands is the world's largest international maritime exercise. The exercise involved 25,000 personnel from 22 nations, 40 ships and submarines, and more than 200 aircraft. RIMPAC is designed to foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans.

"Our goal at the exercise was to obtain advanced qualifications in our core readiness areas of anti-submarine warfare and anti-surface warfare," said Cmdr. Jerry Dearie, commanding officer of VP-62. "From where I stand, we could not have had a better exercise. The Broadarrows flew 10 coordinated operations sorties

accruing more than 50 hours and were awarded 18 advanced crew qualifications.

"RIMPAC has always been a valuable source of multi-nation, combined operational training. I don't remember the last time we missed one," said Dearie, who joined the squadron in 2002 as a new lieutenant commander. "It takes a great effort to get aircrew and maintenance personnel out to a major fleet exercise, but the fantastic return on investment will keep us coming back for years to come."

The theme of RIMPAC 2012 was 'Capable - Adaptive - Partners.' The participating nations and forces exercised a wide range of capabilities that demonstrate the inherent flexibility of maritime forces. These capabilities range from disaster relief and maritime security operations to sea control and complex war fighting. The realistic and relevant training syllabus at RIMPAC included exercises in a wide array of operational fields, including amphibious ops, missile and gunnery

firing, anti-submarine warfare (ASW), air defense, counter-piracy, mine clearance, explosive ordnance disposal, and diving and salvage.

“During the next 12 months the VP-69 crews will expand their readiness qualifications to be world-wide deployable. The RIMPAC exercise allowed our combat aircrews to conduct missions and hone their warfighting skills in a challenging real-world environment,” said Cmdr. Mike Mineo, commanding officer of VP-69. “The Totems flew more than 50 hours and achieved 14 readiness qualifications. Our crews and maintainers performed exceptionally well and were an outstanding representation of the Navy Reserve.”

While many exercises use simulated conditions for training, RIMPAC gave the squadrons an opportunity to train using live fire.

“We successfully fired a live Maverick missile against a decommissioned target ship as part of a large joint live fire exercise,” said Cmdr. Kris Moorhead, one of VP-62’s mission commanders at RIMPAC. “It is a very rare opportunity for us to get live ordnance in a training environment so this has been a fantastic training exercise for the aircrew and maintenance personnel.

“We also dropped a torpedo on an undersea target sled,” Moorhead continued. “Most of our events were focused on ASW and it was great training. We coordinated our ASW efforts with P-3s from several countries, ASW helicopters, and the newest ASW patrol aircraft, the P-8 Poseidon.”

In addition to supporting their own missions, Broadarrow and Totem maintenance personnel supported the maintenance departments of Patrol and Reconnaissance Wing 2.

Chief Aviation Electricians’ Mate (AW/NAC) Brian Norman has been a member of the VP-69 Totems for 12 years, serving as both a P-3 flight engineer and maintenance control supervisor. “We really fit in well with our active duty counterparts in the maintenance department. Keeping up with a very high optempo required a real team effort,” Norman said.

“We assisted in operational and maintenance support of eight P-3C aircraft participating in the month-long multi-national maritime operation,” said Chief Aviation Structural Mechanic (AW) Tyson Anderson. “My maintenance team worked on avionics systems, power plants, electronics systems and airframe related issues on eight P-3C aircraft.”

While it has always been a major exercise for the Broadarrows and Totems, RIMPAC 2012 was even more important this year for the VP Reserve. Next summer, both squadrons will deploy to forward locations to fill a void created by the transition from the P-3 Orion to the P-8 Poseidon.

“VP-69 was proud to demonstrate their Totem tenacity and experience throughout the exercise,” said Mineo, who has served as a full-time support officer in both squadrons. “We flawlessly conducted our operational readiness evaluation flight events under the evaluation of commander, Patrol and Reconnaissance Wing 10 in preparation for their upcoming Partial Unit Mobilization in June.

“As an integral part of the maritime patrol and reconnaissance force, these same dedicated aircrewmembers and maintainers from both VP-62 and VP-69 look forward to representing the Navy Reserves during a regularly scheduled Peacetime Forward Presence deployment in Kadena, Japan from June to December 2013.

**“WE SUCCESSFULLY  
FIRED A LIVE MAVERICK  
MISSILE AGAINST A  
DECOMMISSIONED TARGET  
SHIP AS PART OF A  
LARGE JOINT LIVE FIRE  
EXERCISE”**





# CONTINUUM OF SERVICE

Written by Capt. Jim Rossi, Office of Chief of Navy Reserve



Continuum of Service (CoS) is a transformational approach to personnel management that provides opportunities for seamless transition across service status categories to meet mission requirements and encourage a lifetime of service. Within the context of the 21st Century Sailor, CoS encompasses care for wounded, ill and injured and ensures a continuum of care to include civilian employment, if desired. Within the context of the 21st Century Sailor, CoS maintains Sailors for life and retains the talent and expertise gained on active or Reserve duty to make the Navy the strongest it can be.

CoS makes service easier for Sailors by identifying and eliminating barriers impacting their desire and ability to serve. CoS gives Sailors more opportunities to make the Navy a career, and assures appropriate benefits based on location and duration of service. Within the Reserve component, CoS gives Sailors the ability to change lanes while navigating their careers from affiliation to retirement.

CoS is not a just a Reserve issue — it is a total force concept. It allows the Navy to recruit the most qualified and talented people to serve, and retain Sailors for a lifetime of service, paying significant dividends for Sailors and the Navy. CoS helps win the nation's wars by ensuring the Navy has the right Sailors, with the right skills, in the right job.

CoS has a personal aspect to it as well: It is the Navy's commitment to its Sailors. It provides flexible service options and improves life and work balance. This in turn helps Sailors navigate their careers with lane change options on the Navy highway. All Sailors reach decision points during their career, and many desire careers other than the 24/7/365 or nothing option. CoS provides both full-time and part-time service opportunities, depending on the Navy's needs and a Sailor's desire.

As an example of how CoS could work: A petty officer is nearing his expiration of active obligated service in the active component, and has a civilian job opportunity he wants to pursue, so he visits the NPC Stay Navy website and Career Toolbox to investigate his options. Reviewing the Navy Pay and Benefits Guide and using the Retirement Calculator, he realizes he can turn his eight years of active Navy service into a non-regular (Reserve) retirement at age 60 if he continues his career in the Navy Reserve. He requests, is approved for, and accepts a SELRES quota.

After receiving transition assistance from the Career Transition Office (CTO), this Sailor selects his Navy Operational Support Center (NOSC) through the Career Management System/Interactive Detailer (CMS/ID Active), and CTO processes him into the SELRES preventing any transitional pay problems.



Once affiliated with the Navy Reserve the petty officer checks in to his NOSC where he is assigned a command sponsor, receives command indoctrination and is given a career development board (CDB).

These transitional activities are conducted through the Brilliant on the Basics initiative. They help Sailors integrate faster into the Reserve community, get started on a successful Reserve career and make them feel more a part of the team. During this Sailor's first SELRES CDB, his command career counselor (CCC) qualifies the petty officer in Fleet Rating Identification Engine (Fleet RIDE) for SELRES to determine if it is in his best career interest to convert into an undermanned rating for which he is qualified, or to continue in rate. He and his CCC agree that he should stay in rate, and after getting comfortable in his new unit, he decides to go on annual training (AT) at his supported command. That day, he verifies his Page 2 electronically in his Navy Standard Integrated Personnel System self-service electronic service record. This saves valuable training time since he is no longer required to verify in person with the Personnel Support Detachment or carry a hard copy with him while on orders.

Using the Defense Travel System (DTS) integrated with Navy Reserve Order Writing System (NROWS) the petty officer requests his orders, makes his travel arrangements, and submits his travel claim which is paid within a week.

About a year after affiliating, the petty officer is given a position of greater responsibility in his civilian job, and he and his wife are expecting their first baby. Because of these new obligations, the Reservist must dedicate much more time at home and work. He

decides that a lane change to the Individual Ready Reserve (IRR) is best for him and his family, but he still has the desire to serve in the Navy and wants to build his Reserve retirement as much as possible. Fortunately, his CCC advises that his rating makes him eligible to affiliate with the Variable Participation Unit (VPU), which allows him to muster at his NOSC from two to five days a year for active duty for training (ADT).

While in the VPU, he volunteers for additional ADT when funding is available and his schedule permits. Two years later, when he has comfortably settled into his new civilian roles, he decides to re-affiliate with his previous SELRES unit using CMS/ID (Reserve) to complete his billet selection.

Later that year, he decides the timing for a lane change back to active duty is right for him, his family, and his employer, so he volunteers for 120 days of ADT at his supported command. The supported commander is impressed with his work and asks if he would be interested in a temporary recall to active duty for one to three years. After discussing the opportunity with his family, employer, SELRES CCC, senior enlisted leader, and commanding officer, the petty officer applies for the recall and the supported commander submits a by name request. He is selected for a two-year recall, so he decides to carryover his accrued leave for use during his upcoming active duty period.

This story is an example of how CoS initiatives help Sailors navigate their careers. It is unlikely every Sailor will need every CoS initiative but it's important to know that there are lane changes available when needed.



The following links can be found under the Career Info dropdown at [www.npc.navy.mil](http://www.npc.navy.mil)

- NPC Stay Navy Website
- Pay and Benefits Guide
- Career Transition information
- Career Counseling information

Fleet RIDE info is located at the Career Counseling page

Retirement Calculator can be found at Bupers Online [www.bol.navy.mil](http://www.bol.navy.mil)

Career Management System/Interactive Detailer is located at <https://www.cmsid.navy.mil>

Brilliant on the Basics info can be found on the private side of the Navy Reserve website. Under the Commands drop down menu choose CNRFC then N Codes, N1 followed by N15.

Variable Participation Unit information is in COMNAVRESFORINST 1001.6

Enlisted Active Duty Recall information can be found in MILPERSMAN 1320-155

SELRES carryover of accrued leave is explained in NAVADMIN 163/12

# Best in the Navy Reserve

## NOSC Tampa's Family Readiness

Written by Mass Communication Specialist 2nd Class (NAC/AW) Charles White, Navy Region Southeast Reserve Component Command

Within the DoD there are seven military Reserve components, the Navy, Marine Corps, Coast Guard, Army and Air Force Reserves along with the Air and Army National Guards. Of key importance to all seven Reserve components is maintaining the highest possible levels of family readiness. The United States relies on significant numbers of Reservists to serve in critical locations worldwide and family readiness has proven to be a key component of mission readiness.

Achieving success in improving family readiness depends on active family readiness programs employed at the unit and NOSC levels. In the Navy Reserve, applicable programs include the ombudsman program which provides military families a liaison to their Sailor's command leadership and deployment readiness training which is training provided to imminently deploying Reserve Sailors and their families on the challenges faced at each phase of deployment.

Each year since 2000 the DoD honors one unit from each of the seven Reserve components for having the best family readiness program

in that service. The 2011 DoD Reserve Family Readiness Awards Ceremony held in the Pentagon Hall of Heroes and was hosted by Acting Assistant Secretary of Defense for Reserve Affairs David L. McGinnis. Receiving the award for the Navy Reserve was Navy Operational Support Center (NOSC) Tampa, Fla.

NOSC Tampa, home to more than 900 selected Reserve Sailors (SELRES), was honored for their effective combination of programs that led to the NOSC meeting 100 percent of its mobilization requirements and more impressively, a 97 percent retention rate even while 20 percent of the NOSC's drilling population was mobilized.

Family readiness programs of note at the NOSC included a "Unit in the Spotlight" program to prepare Sailors and families for mobilization. During the event, one unit is selected to walk through 43 functional areas to ensure completion of all annual certifications. Additionally, the NOSC maintains on-going contact with the families of deployed Sailors. This serves as a support structure and a reminder of the



▲ A hospital corpsman from Operational Health Support Unit (OHSU) Jacksonville, attached to Navy Operational Support Center (NOSC) Tampa, tests a shipmate's blood glucose level. U.S. Navy photo by Mass Communication Specialist 2nd Class Charles E. White.



▲ Logistics Specialist 2nd Class Khristen Wells, a selected Reservist attached to Navy Operational Support Center Tampa practices “at” words with her daughter Mykhya. U.S. Navy photo by Mass Communication Specialist 2nd Class Charles E. White.

resources available to them while their family member is away. On Sept. 10, 2011 the NOSC held a pre-deployment readiness conference, now known as deployment readiness training, which was attended by more than 750 SELRES and family members.

Boatswain’s Mate 1st Class Jeaniel Image attended the conference with her husband and three children and, because of the flexible scheduling of the event, was able to take care of her highest priority which was family ID card services offered by the NOSC.

“I’ve been on deployments where I didn’t have any information to give my family, and now, because of PDRCs I feel I can leave my husband with everything he needs to manage things while I’m gone,” said Image.

Lt. Cmdr. Jason Goulas, executive officer of NOSC Tampa says that the emphasis on family readiness at NOSC Tampa echoes that of the DoD.

“Family Readiness is a force multiplier for us,” said Goulas. “Our Sailors can be ready and accessible anytime, anywhere when they know their families have the resources and means to take care of themselves. Reservists who’s families are fully prepared, are that much more valuable, ready to deploy, and able to perform their duties to the utmost of their abilities without the distraction of being worried about the homefront.”

Each winning unit received a commemorative plaque and framed certificate from McGinnis. They each also received a certificate and cash award from the Military Officers Association of America, with the stipulation that the money be put towards family readiness. NOSC Tampa received \$1000.

Of being recognized, Goulas noted “NOSC Tampa’s Family Readiness programs are integrated across all command services and departments and therefore the entire command takes great pride in this award.”

**ACHIEVING SUCCESS  
IN IMPROVING FAMILY  
READINESS DEPENDS  
ON ACTIVE FAMILY  
READINESS PROGRAMS  
EMPLOYED AT THE UNIT  
AND NOSC LEVELS.**





Master-at-Arms 1st Class Robert Evans directs visitors through an entry control point during Navy Week Baltimore. U.S. Navy Photo

## Written by Chief Mass Communication Specialist William Lovelady

*A military adventure often serves as the turning point for a life change. After the Great War, many returning servicemen came home with new ideas and a new view of the world. A popular song from 1918 asked, "How 'ya gona keep 'em down on the farm after they've seen Paree?"*

For many members of the Commemoration of the War of 1812 Naval Security Force (COMWAR 1812 NR NSF), the May through September series of events provided the right time for changing lanes.

"I'm putting in applications for law school now," said Master-at-Arms 2nd Class Lluvia Rodriguez from San Diego. "I got my BA in political science in 2009 before I deployed to Iraq. I work for the DoD police as a civilian, but I'm ready to go back to school and work toward becoming an attorney."

After providing security at OpSail Virginia in Norfolk, the team, aboard USS Fort McHenry (LSD-43), headed to Baltimore for the Star Spangled Sailabration where they provided pierside security for more than 30,000 tours of U.S. and foreign naval ships during the week-long event.

The team screened vehicles entering port and provided overwatch in conjunction with U.S. Coast Guard, state and federal law enforcement agencies.

They also maintained a security perimeter around two riverine patrol boats on display in downtown Baltimore.

"The people of Baltimore are super friendly," said Master-at-Arms 1st Class Robert Evans, a police officer from Wilkes-Barre, Pa., responsible for directing visitors through metal detectors.

"I feel like a rock star. I've had my picture taken more times this week than in my whole life."

This was the third major public event this group of Reservists covered since May when they hit the piers in Manhattan and Staten Island for New York Fleet Week.

"This event was a success for us," said Lt. Michael Smith, Maritime Expeditionary Security Squadron Fourteen (MSRON-14) officer in charge. "We had outstanding Sailors doing real-world missions, and they once again delivered — executing the security plan flawlessly."

"One of the most successful examples was when some parents got separated from their child during ship tours," said Smith. "Our chief of the guard organized a system of searches on the pier while ships' security teams searched their vessels. They secured all gates and conducted 100 percent searches of all outgoing vehicles and buses. Our people did everything smoothly and without hesitation. Ultimately, the child was found safe, and it was a great way to test our systems at a time when thousands of people were visiting."

"As we complete each event, we gain more corporate memory," Smith continued. "As they work with each other they continue to find and implement best practices which they take to the next city. When they arrive, they already know what to do and only have to make small adjustments according to the lay of the land."

When the team left Baltimore, they returned to Norfolk where they were scheduled to transfer back to USS Wasp (LHD-1). Unfortunately, Wasp got underway for a fleet exercise before Fort McHenry returned to port.



Rather than trying to purchase airline seats or arrange ground transportation, team leadership, working with Carrier Strike Group Two, arranged for the entire team to be flown to Wasp while it was underway off the Virginia Coast.

Everyone packed as little as they could get by with and headed to the air terminal at Naval Station Norfolk for a flight in a Navy CH-53 Sea Stallion helicopter.

By the time they landed on deck and got their gear stowed, it was time to man the rails and steam into Boston Harbor for Harborfest, where the tour numbers were almost as high as they had been at Fleet Week New York. More than 100,000 people toured U.S. and coalition naval ships during Boston Navy Week.

Boston Harborfest was the final event where MSRON-14 had the lead on pier security.

“Working with MSRON-14, our NSF members had the opportunity to hone their skills as chief of guard and entry control point supervisors,” said Chief Master-at-Arms Randy Vincent, COMWAR 1812 NR NSF force protection officer. “This will allow them to be more effective as we take over the security mission.”

Typically NSF personnel provide installation security, guarding the same assets and locations for prolonged periods of time.

“One of the great benefits of having MSRON-14 on this mission has been their expeditionary capability,” said Lt. Cmdr. Dell Griffith COMWAR 1812 NR NSF Reserve coordinator. “Throughout the War of 1812 Commemoration, the core team will continue traveling light from city to city. Each mission has a unique port security plan and a different group of high value naval assets and personnel to protect.

“This proved to be a low cost and small foot print model for non-recurring events of this nature,” Griffith continued. “This capability has proven to be efficient and effective in meeting the requirements for in-port security plans. The collective efforts from the top down of U.S. Fleet Forces Command, Navy Reserve Forces Command, Navy Expeditionary Combat Command, two carrier strike groups, and multiple regional commands and Navy Operational Support Centers has been impressive. We have superbly blended the capabilities of simultaneously operating at the strategic, operational and tactical level of anti-terrorism and force protection.”

As the MSRON prepared to hand off the mission, COMWAR 1812 NR NSF

members began working under instruction in the event command center with the anti-terrorism force protection watch officers from Carrier Strike Group Two.

“A few of our first classes shadowed the landward security watch officer in the strike group command center giving them a greater understanding of what the L-SWO has to keep track of and handle,” said Vincent. “Even though they won’t stand L-SWO watch until they make chief, having the chance to shadow gives them the situational awareness of what the L-SWO needs to know when they are serving as chief of the guard.”

As the MSRON mission ended, their commanding officer paid a visit to the detachment that had played a vital role in commemoration security.

“The integration of the two teams was well coordinated from the outset and went off as we hoped and planned,” said Capt. Martin Costa, MSRON-14 commanding officer. “That integration was improved upon at each port we worked together.”

After a month-long break phase two began in the Great Lakes with visits to Milwaukee, Chicago, Toledo, Cleveland, Detroit and Buffalo.

During the break, Master-at-Arms 1st Class Lanieka Towle didn’t just change lanes. She changed her state of residence, moving from Virginia to Colorado, but addresses weren’t the only thing she changed.

“I’m applying for a police department in Colorado when I get there,” said Towle who was finishing up her associate’s degree in Virginia. “I hope to go pre-med at a university in Colorado. I want to be a doctor. In the meantime, law enforcement is the skill and experience I have from the Navy so I hope it will help me get hired by a local department.”



Naval Security Force members board a CH-53 Sea Stallion helicopter headed for USS Wasp (LHD-1)  
U.S. Navy Photo



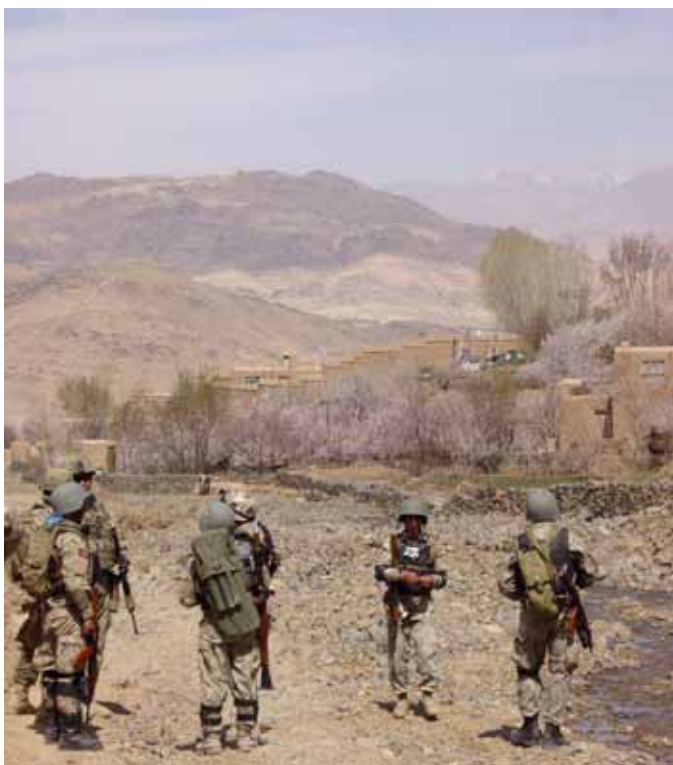
*Navy Reservist Lt. j.g. Jeff Strong is mobilized to Forward Operating Base Airborne, in the Wardak Province of Afghanistan. He is a Human Resources officer with 25 years in the Navy, more than 20 of which were spent as a gunner's mate. Assigned as a combat advisor for the 3rd Kandak (Battalion), 1st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

*One of the most amazing things I have noticed here is the incredible beauty that can be found in Afghanistan. It seems to be everywhere.*

At the end of a long, boring, and crowded flight from Kuwait, I was standing at the rear of the plane looking out the window. It was nearing sunrise and the sun was turning the sky an incredible variety of color that was nearly breathtaking. I stood there for the longest time and contemplated the contradiction of war and beauty.

Since my arrival in country I have been fortunate enough to do some traveling in order to obtain a variety of equipment and information for my



# SAILOR STRONG

## CHAPTER 7:

## A CONFLICT OF BEAUTY

unit, Security Transition Team 6. In nearly every camp or forward operating base I visited there was something beautiful that caught my attention.

Kandahar, like other areas of the country, is typical and yet unique. It is hot, dry, dirty, and holds a unique combination of smells. Among all of that I still find myself stopping to stare at a pattern created in the sand by the wind. An intricate beautiful design can even be found on the side of a water truck or a transport truck.

Bagram is surrounded by mountains that could easily be confused for some of the peaks viewed from many of the worlds nicest ski resorts. Throughout the winter I did not see anyone skiing here, but the views looking out from these mountains are beyond incredible. The snow capped peaks and the transitions across the varying altitudes make for a natural, long lasting rainbow of color.

After taking in the mountain views all day you can quickly grasp that the lack of light pollution, prevalent in so many U.S. cities, gives a





night sky that shames nearly any planetarium you have ever seen. The number and brightness of the stars is amazing. Being several thousand feet higher in elevation also makes a huge difference in the view of the moon at night. I am reminded of a scene in a movie where the actor throws an imaginary rope around the moon and pulls it closer to earth. That is the view of the moon that the people here have all the time. The illumination provided is beyond anything I have ever witnessed in the United States.

I have been able to visit many villages around the area and have been amazed at the varying appearances of them. Some are obviously dirt poor with very little in terms of beauty while others are extremely nice and contain both natural and manmade beauty. I have seen everything from stained glass to waterfalls, exotic flowers to braided rugs and shades.

You may wonder where the conflict comes from. The reality is that this beauty exists side by side with such pure ugliness that the contradiction can't be missed. Some advise that life is about taking

the time to stop and smell the roses. Stopping and smelling a flower here can be deadly, deadly in the sense of losing your sense of your surroundings, situational awareness. Stepping away to take that whiff may bring you into the realm of an improvised explosive device, or a sniper's bullet.

One of the most beautiful and paradoxical things in Afghanistan are the poppies. Long a symbol of fallen soldiers, poppies and the opium that is derived from them continue to fund terrorist activities around the world, and the demand for them often keeps Afghan farmers from devoting their resources to growing food crops.

A vicious cycle of poverty and crime surrounds the beautiful pink, white and red flowers that Afghanistan has become infamous for. Perhaps more than anything, it is a symbol of the extreme beauty and ugliness that live side by side in this harsh country.

Until I get a chance to write again: stay positive, watch out for your shipmate, and beyond all stay safe.



# Activation and Mobilization Checklist

Required documents for you and your family.

## • PAY/DIRECT DEPOSIT/ALLOTMENT

- ☐ Voided personal check or deposit slip (displaying bank address/telephone, bank routing/account numbers).
- ☐ Bank account information (bank address/telephone, bank routing/account numbers) for each desired allotment.
- ☐ Copy of current mortgage(s) (with principal/interest/tax/insurance breakdown) and documentation of one month's average utilities, OR copy of house or apartment rental agreement and documentation of one month's average utilities.
- ☐ Copy(s) of current child support agreement(s).
- ☐ If [Medical Corps (MC), Dental Corps (DC), Medical Service Corps (MSC) (Clinical), Nurse Corps (NC)] certified copies or proof of the following:
  - Current license/certificate – Current BCLS, ACLS, PALS, etc.
  - Current demographic information if MC – Internship
  - Residency – Board certification in specialty or board certification qualifications.

## • SERVICE RECORD/PSD

- ☐ Certification of discharge/separation (DD-214) for all former periods of active duty.
- ☐ Your birth certificate or passport (for those deploying OUTCONUS).
- ☐ Birth, adoption or guardianship certificates for family members.
- ☐ Social Security Numbers for self and family members.
- ☐ Certified copy of marriage certificate for present marriage.
- ☐ Certified copies of documentation terminating any previous marriage (divorce/annulment/spouse's death certificate).
- ☐ Certification of full-time enrollment for self and college-age dependents from school registrar.
- ☐ Signed statement from licensed physician for dependent parent/children over twenty-one years of age who are incapacitated.
- ☐ Current DON Family Care Plan Certification (NAVPERS 1740/6).
- ☐ Verify emergency Contact Information on Electronic Service Record.

## • LEGAL

- ☐ Location of current valid will.
- ☐ Copy of current power(s) of attorney.
- ☐ Documentation to support potential legal issues, such as loss of college tuition assistance, loss of security deposit on lease, loss of employee medical benefits.
- ☐ Social Security Numbers for self and family members.

## • SECURITY CLEARANCE

- ☐ Certified copy of naturalization papers.
- ☐ Names/addresses of personal/professional references (minimum of three each required).
- ☐ Names/addresses/dates of employment for the past ten years (or since graduation from high school).
- ☐ Names/addresses/dates of high school and college.
- ☐ Addresses and dates of all previous residences.
- ☐ Names/dates/places of birth for your parents and your spouse's parents.

## • MEDICAL

- ☐ Verify Defense Eligibility Enrollment Reporting System (DEERS) information for self and family members.
- ☐ Copy of most recent eyeglass prescription and extra set of eyeglasses. (\*\*NOTE Contact lenses may not be authorized depending upon duty assignment.)
- ☐ Extra hearing aid/batteries.
- ☐ Documentation of significant medical/dental conditions not documented in military medical/dental records.
- ☐ Copy of prescription(s) issued by physician (or other documentation of approved medications). Minimum 90 days supply of medications.
- ☐ Documentation to support enrollment of exceptional family member in available Navy/DOD programs.
- ☐ Documentation of enrollment in TRICARE SELRES Dental Program (TSRDP).

### Complete appropriate Medical Screening documents:

- ☐ NAVMED 1300/4, Expeditionary Medical and Dental Screening for Individual Augmentee and Support Assignments to Overseas Contingency Operations
- ☐ NAVMED 1300/5 – 11, Area of Responsibility theater-specific medical screening forms
- ☐ NAVPERS 1300/21, Medical Suitability Certification
- ☐ NAVPERS 1300/22, Expeditionary Screening Checklist

## • PERSONAL

- ☐ Driver's license (to support issuance of government license.)
- ☐ For those authorized POV travel, vehicle registration/insurance documentation.
- ☐ Documentation to support any claim delay and/or exemption.
- ☐ Completed and mailed application for registration and absentee ballot. Federal Post Card Application (FPCA, SF 76), Federal Write In Ballot (FWAB, SF 186).

\*\* NOTE: If requirements listed above for Service Record/PSD and Security Clearance are reflected in your service record, you need not bring additional documents.



# Navy Reserve Travel and Pay Processing Checklist

What you need to know.

## • MESSING AND BERTHING

Verify whether you will be reimbursed for commercial or government berthing and messing:

- ☐ A Berthing Endorsement or Certification of Non-Availability (CNA) is required for reimbursement of commercial lodging expenses (hotel costs). If a CNA is not provided on your itinerary and you are directed to stay in government berthing, you must stay in government quarters or obtain a CNA endorsement from the local berthing authority.
- ☐ Verify government messing availability/non-availability at check-in. If messing is directed but not available, endorsement or order modification is required for meal reimbursement.

## • SELRES PAY AND ALLOWANCE (FOR AT AND ADT ORDERS)

Upon reporting for duty, submit to that Command's local PSD:

- ☐ Orders with Command Endorsements (Note: Orders must be imprinted with the word "ORIGINAL" ).
- ☐ Completed and signed ACDUTRA PAY AND ALLOWANCE CHECKLIST (requirement varies by PSD).
- ☐ Electronic Funds Transfer (EFT) Certificate.

## • SELRES TRAVEL CLAIM CHECKLIST (FOR ALL ORDERS: AT, ADT AND IDTT)

Submit the following to your Reserve Activity within five (5) working days of completing travel:

- ☐ Completed Travel Voucher DD 1351-2 with ORIGINAL signature.
- ☐ Copy of endorsed orders.
- ☐ Second copy of endorsed orders (only required for IDTT processing).
- ☐ Receipts for lodging (regardless of amount) and all reimbursable expenses. Credit card receipts are not acceptable for rental cars—actual rental car receipts are required.
- ☐ Copy of SATO Travel Itinerary (if travel incurred).
- ☐ Completed Direct Deposit "verification" form with Electronic Funds Transfer (EFT) data.
- ☐ Certification of Non-Availability (CNA) for commercial lodging/meals from the BEQ/BOQ (if SATO has not already provided this on your Itinerary).
- ☐ Reserve Activity Authorizing Officer (AO) approval.

NOTE: Incomplete Travel Claims can result in returned or incomplete payment!

To minimize errors on your Travel Claims, see detailed instructions for your PSD and global forms at <http://www.psasd.navy.mil>.

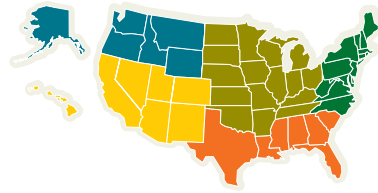
REF: JFTR VOL 1 and JTR VOL 2 / DODFMR VOL9 U2510

Endorsed and approved by: PSAs LANT, WEST, PAC and EUR



# 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](mailto:james.vorndran@navy.mil) with the correction.



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Office of the  
Chief of Navy Reserve  
(703) 693-5757

Commander Navy Reserve  
Forces Command  
(757)445-8500

Force Equal Opportunity  
Advisor and EO Hotline  
Chief Steven Sawyer  
1-877-822-7629  
(757) 322-5679

Naval District Washington RCC  
(240) 857-4880

**Region Mid-Atlantic RCC**  
(757) 444-7295

Avoca, Pa.  
(570) 457-8430

Baltimore, Md.  
(410) 752-4561

Bangor, Maine  
(207) 974-1301

Buffalo, N.Y.  
(716) 807-4769

Charlotte, N.C.  
(704) 598-0447

Earle, N.J.  
(732) 866-7288

Ebensburg, Pa.  
(814) 472-5083

Eleanor, W. Va.  
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Erie, Pa.  
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Fort Dix, N.J.  
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Greensboro, N.C.  
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Lehigh Valley, Pa.  
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Long Island, N.Y.  
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Newport, R.I.  
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(757) 318-4500

Pittsburgh, Pa.  
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Plainville, Conn.  
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Raleigh, N.C.  
(866) 635-8393

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(804) 271-6096

Roanoke, Va.  
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Rochester, N.Y.  
(585) 247-6858

Schenectady, N.Y.  
(518) 399-2134

Syracuse, N.Y.  
(315) 455-2441

White River Junction, Vt.  
(812) 295-0050

Wilmington, Del.  
(302) 998-3328

Wilmington, N.C.  
(910) 777-2510

**Region Southeast RCC**  
(904) 542-2486 x123

Amarillo, Texas  
1-866-804-1627

Atlanta, Ga.  
(678) 655-5925

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(706) 733-2249

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Cincinnati, Ohio  
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Memphis, Tenn.  
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Milwaukee, Wis.  
(414) 744-9764

Minneapolis, Minn.  
(612) 713-4600

Nashville, Tenn.  
(615) 267-6345/6352

Oklahoma City, Okla.  
(405) 733-1052

Omaha, Neb.  
(402) 232-0090

Peoria, Ill.  
(309) 697-5755

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Saginaw, Mich.  
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Springfield, Mo.  
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St. Louis, Mo.  
(314) 263-6490

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(419) 666-3444

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(918) 279-3700

Wichita, Kan.  
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Las Vegas, Nev.  
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Lemoore, Calif.  
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Los Angeles, Calif.  
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Moreno Valley, Calif.  
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Pearl Harbor, Hawaii  
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Port Hueneme, Calif.  
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Reno, Nev.  
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Everett, Wash.  
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Helena, Mont.  
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Kitsap, Wash.  
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Portland, Ore.  
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Spokane, Wash.  
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Springfield, Ore.  
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Whidbey Island, Wash.  
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VP-62  
(904) 542-4461

VP-69  
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Fleet Logistics, Support Wing  
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VR-1  
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VR-46  
(817) 782-3420

VR-48  
(240) 857-6814

VR-51  
(808) 257-3289

VR-52  
(609) 754-0908

VR-53  
(240) 857-9029

VR-54  
(504) 678-3061

VR-55  
(805) 989-8755

VR-56  
(757) 433-4065

VR-57  
(619) 545-6920

VR-58  
(904) 542-2380 x110

VR-59  
(817) 782-5411

VR-61  
(360) 257-6595

VR-62  
(904) 542-8557

VR-64  
(609) 754-1890

ETD Pacific  
808-448-9278

ETD Sigonella  
011-39-095-86-5289

Tactical Support Wing  
(817) 782-5295

VAQ-209  
(240) 857-7828

VAW-77  
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VFA-204  
(504) 678-3491

VFC-12  
(757) 433-4919

VFC-13  
(775) 426-3644

VFC-111  
(305) 293-2654

HSC-85  
(619) 545-7218

HSC-84  
(757) 445-0861

HSL-60  
(904) 270-6906

VP-30 SAU  
(904) 542-3060

VAQ-129 SAU  
(360) 257-2276

VAW-120 SAU  
(757) 444-5072

VFA-125 SAU  
(559) 998-1841

HSC-3  
(619) 545-8196

HS-10  
(619) 545-6600

VFA-106  
(757) 433-9081

VFA-122  
(559-998-3482

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

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

Bureau of Medicine  
and Surgery  
(202) 762-3211

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

Comptroller of Navy  
(202) 685-7000

Defense Intelligence Agency  
(202) 231-4044

Defense Logistics Agency  
(866) 204-4850

Destroyer Squadron Two  
(757) 444-1452

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

Expeditionary Strike Group Two  
(757) 462-7403 x 110

Expeditionary Strike  
Group Three  
(619) 556-1470

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

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

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

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

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

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

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

Fleet Forces Command  
(757) 836-3644

Fleet Intelligence  
Training Center Pacific  
(619) 524-5814

Headquarters  
US Marine Corps  
DSN: 278-9360

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

Joint Transformation Command  
for Intelligence  
(757) 836-7000

Judge Advocate General  
(202) 685-5190

Logistics Group Western Pacific  
011-65-6750-2645

Marine Forces Reserve  
(504) 678-1290

Strategic Sealift  
Readiness Group  
(800) 535-2580

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

Mine and Anti-submarine  
Warfare Command San Diego  
(619) 524-0114

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

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

Naval Construction Forces  
Command  
(757) 462-3658

Naval District Washington  
Headquarters  
(202) 369-7683

Naval Education and  
Training Command  
(850) 452-4000

Naval Facilities  
Engineering Command  
(202) 685-9499

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

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

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

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

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

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

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

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

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

Naval Hospital  
Oak Harbor, Wash.  
(850) 505-6601

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

Naval 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

Naval Reserve Intelligence  
Command

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

Naval Intelligence Reserve  
Region Northwest  
(360) 315-6001

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

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

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

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

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

Naval Intelligence Reserve  
Region Midwest  
(847) 688-6273

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

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

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

Naval Intelligence Reserve  
Region Washington  
(240) 857-7878

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

Naval Intelligence Reserve  
Region tMidwest 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 cutline 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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