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the Reserve Supply Community

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THE NAVY RESERVIST

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▲ **Hull Technician 1st Class Jeff Vandersteen** of Garland, Texas, stuffs the last of his gear into a sea bag at Fleet Logistics Support Squadron (VR) 57 in San Diego. Vandersteen is one of three Navy Reserve Sailors embarking with the advance team, or "Blue" crew, on board littoral combat ship USS Freedom (LCS 1).

(U.S. Navy Photo by Chief Mass Communication Specialist Roger S. Duncan)

The Navy Reservist is an authorized publication for members of the Department of Defense (DoD). Contents are not necessarily the official views of, or endorsed by, the U.S. Government, DoD or the U.S. Navy. This monthly magazine is prepared by the Public Affairs Office of Commander, Navy Reserve Forces Command, Norfolk. Contributors may send news and images by mail to: The Navy Reserve, COMNAVRESFOR (NOOP), 1915 Forrestal Drive, Norfolk, VA, 23551-4615 or by e-mail to CNRFC_PAO@navy.mil.

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

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

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



FOCUS ON THE FORCE

Vice Adm. Robin R. Braun

Vice Adm. Robin Braun talks
to Sailors from Navy Mobile
Construction Battalion (NMCB) 25.

*(U.S. Navy photo by Mass
Communication Specialist 1st Class Kim
McLendon)*



Shipmates, Since 2006, Reserve Component Sailors assigned to Navy Expeditionary Combat Command have been providing stellar operational support around the world. This month we welcome home over 500 Seabees from Mobile Construction Battalion FIFTEEN from their highly successful deployment to Afghanistan. Many of us have enjoyed following their Facebook page and counting their many accomplishments while they were deployed forward. Ably led by CDR Anthony Spinler, NMCB-15 deployed throughout the AOR, improving the living and working conditions for both allied forces and local nationals, from Camps Krutke and Leatherneck to Kandahar and Regional Command East where they took on a major runway expansion project. Some NMCB-15 Seabees served in Convoy Security Elements, a challenging and dangerous job illustrated by the fact that SW2 Tinsley earned a Purple Heart during this deployment.

Also deployed forward are the men and women of Navy Expeditionary Logistics Support Group Forward PAPA. NAVELSG FWD is comprised of 295 Reserve Sailors located at 13 different bases in Kuwait, Afghanistan, Oman, Jordan, and the UAE. Their detachments provide customs services as well as other supply support throughout the CENTCOM AOR. We look forward to welcoming NAVELSG FWD PAPA home in October.

We are tremendously proud of the selfless service of our NECC forces. Over the years, these Sailors have stepped up and made significant contributions to the Navy's expeditionary mission. They have successfully completed every extended overseas assignment they were tasked with, exhibiting truly inspiring professionalism, skill, and courage. They have represented the Navy Reserve with pride and distinction. Bravo Zulu to all of our NECC Sailors and all those who have deployed in support of global operations.

As the Navy begins a major reorganization of our Active and Reserve NECC forces, this month will mark the disestablishment of a number of our units. CNRFC is working to reassign displaced Sailors into new units as we align to the future construct. Navy Reserve support is still in high demand by the Active Component and plans are firming up for RC support for emerging missions. Remember there are enlisted billets available for transition to full active duty via the RC2AC program. See your Career Counselor to find out what active or reserve billets you qualify for via the Career Navigator site.

As Fiscal Year 2013 comes to a close, I want to congratulate the Force for the exceptional level of support provided to the Fleet, Combatant Commanders, and allied forces this year. As we continue to operate in a fiscally constrained environment, your judicious use of travel, training, and operating funds will allow us to better support the Navy where and when needed. Rest assured that the Navy Reserve will continue to play an important role in future missions, because you are valued for your readiness, skill, and professionalism. Your support is a cost effective way to meet operational demands and reduce risk by maintaining important capabilities in a part-time status. Your contribution, no matter the level, is much needed. As always, thank you and your families for your service.

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

Force Master Chief (AW) Chris Wheeler

Force Master Chief Chris Wheeler
congratulates a Sailor during a recent
awards ceremony.

(U.S. Navy photo)



Hello fellow Navy Warriors, Good leadership is often difficult to explain but always easy to recognize. However, working hard and being diligent are two characteristics that are easy to spot and common among all good leaders. As I travel around the Force, I see these attributes demonstrated time and again. Leaders like YNCS JoAnn Barnes, the Senior Enlisted Leader (SEL) at the NOSC New Jersey ECRC Detachment, is one such person. Every day she goes the extra mile to get Sailors ready for overseas Individual Augmentation assignments. Because Senior makes the extra effort, those around her follow her example. At NOSC Phoenix ETCS Terry Parker also goes above and beyond his normal duties to address the needs of his Sailors. With over 750 Reserve Sailors, and 16 Reserve units, this is no small task. The good news is that these individuals are not the exception but the rule.

When people care and work to make a difference, the result is a command environment that inspires everyone to excel. Within this positive environment readiness thrives and mutual respect flourishes. The equation for success as a leader and a Shipmate is not complicated. In many ways it boils down to this: the more you contribute, the more you find ways to work together. The more you support one another, the more rewarding your work-life experience becomes. In the end this makes you and the Navy Reserve more resilient and mission ready.

All of this falls in line with MCPON Steven's mantra of "work hard, stay out of trouble and be a good and decent person." Together these simple truths go a long way to make our Commands and Navy a better place to serve.

Again, thank you and your families for all that you do for our Nation and Navy Reserve. Please safely enjoy the remaining days of summer.

Force Master Chief (AW) Chris Wheeler

FOCUS ON THE FORCE



Reserve Component Personnel Program Excellence Award

By Navy Reserve Forces Command, Reserve Force Retention & Career Resources

The Reserve Component (RC) Personnel Program Excellence Award (RPPEA) commenced in 2012. This award has a strong foundation of Brilliant on the Basics. Retaining quality, trained personnel is integral to shaping our Navy's total workforce to meet current and future war fighting requirements. All Full Time Support (FTS) and Selected Reserve (SELRES) commands and units are eligible for this award. Individual Ready Reserve (IRR) units, Voluntary Training Units (VTU), Variable Participation Units (VPU) and Active Status Pool (ASP) are not eligible.

RC Personnel Program Excellence Award criteria for Fiscal Year 2013

To be eligible a command or unit must:

- 1]** Achieve a passing grade of 85 points or better on the annual Career Information Program Review (coordinate with ISIC to schedule and conduct the review). This review is required in accordance with OPNAVINST 1040.11D, Navy Enlisted Retention and Career Development Program.
- 2]** Maintain a reenlistment rate at or above 75 percent across all zones as reflected in the Navy Retention Monitoring System (NRMS).
- 3]** Complete all training requirements within the time limits outlined on the Prior Service Reenlistment Eligibility Reserve (PRISE-R) NAVPERS

1070/613, Administrative Remarks contract annex for commands/units with PRISE-R Sailors.

- 4]** Achieve 100 percent on-time Career Waypoints-Reenlistment (formerly Perform to Serve (PTS)) application submissions (AC/FTS only).
- 5]** Achieve 100 percent Command Indoctrination, Reserve Affiliation Success Workshop and First Term Success Workshop completion documented in the Career Information Management System (CIMS).
- 6]** Achieve 100 percent Leadership Development Program (LDP) completion as reflected in Fleet Training Management and Planning System (FLTMPS).
- 7]** Maintain a Navy enlisted advancement examination discrepancy percentage of 10 percent or below.
- 8]** Achieve 100 percent SELRES qualification in Career Waypoints (formerly Fleet Ride).

RC Personnel Program Excellence Award submission, announcement and recognition.


- Echelon V and VI commands will submit eligible candidates via their chain of command to Commander, Navy Reserve Forces Command (COMNAVRESFORCOM) no later than November 30, 2013.
- Award announcement will be promulgated no later than January 15, 2014.
- Awardees may fly the Personnel Program Excellence Pennant

(formerly the Retention Excellence Pennant) and paint command anchors gold following announcement of award results until release of the following year's award announcement message. Commander, Navy Reserve Force (COMNAVRESFOR) will provide commendation certificates via COMNAVRESFORCOM (N15) for all qualifying commands.

The RC Personnel Program Excellence Award is in its second year of existence.

At many Navy Reserve Activities, the Unit Career Counselor (UCC) and unit Senior Enlisted Leader (SEL) are the driving forces behind a successful career program. The RPPEA allows Force recognition of this achievement. Previous retention awards only recognized units comprised of FTS and AC Sailors. The RPPEA recognizes eligible Reserve units that have been recommended and selected for meeting the criteria set forth in the current fiscal year COMNAVRESFOR message. The Navy Reserve has more than 2,000 staffed Reserve units. Last year's Reserve Personnel Program Excellence Award recognized 98 qualified Navy Reserve units and 90 qualified Full Time Support commands.

Point of contact

Questions regarding the RPPEA may be directed to COMNAVRESFORCOM N15 at CNRFC_RETENTION@navy.mil. 

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.



Navy Counselor 1st Class Leroy H. Munisar

Hometown: Bronx, N.Y.
Command: Commander,
Navy Reserve Forces
Command

Unit: Special Assistants

Brief description of your Navy job: Assists command in organizing and implementing an aggressive enlisted Command Career Development and Retention Program. CNRFC's principal advisor on policies and regulations related to Navy career planning matters.

Brief description of your civilian job: Full Time Support (FTS).

What has been your greatest Navy achievement?

Every time one of the Sailors assigned to my charge agrees to "Stay Navy". In late 2011, (then) Perform to Serve eliminated my Year Group and I made it to my first day of terminal leave before being approved to attend Navy Counselor school and subsequently cross-rate. After months of interviews and intense studying, I was able to reenlist. Most do not understand how important that one little thing is until there is a chance that they may not be allowed to do so.

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

My immediate response is NC1 Kelvin R. Powell. He was the Command Career Counselor that handled my cross-rate to FTS NC while attached to the "Gunslingers" of VFA-105 (hooyah) on active duty. Over the course of a lengthy tour, I watched him and adopted many of his leadership and management techniques. It was evident that this shipmate was ahead of his peers and I have modeled my entire Career Counselor persona on the many examples he set while I worked and trained with him.

What do you enjoy most about the Navy? This has to be and will remain the camaraderie that comes from a shared brotherhood. Nothing is comparable to the Navy experience. I enjoy being a part of something bigger than a paycheck.

Most interesting place visited since joining the Navy:

In 2001, I was able to visit Dubai, UAE, when it was nothing but a few towns separated by sand, and then later in 2010. Today, my opinion is that Dubai might just be the most beautiful place on this earth. The local culture, and the way it coexists with commercialism on a world scale is simply fascinating.

Current hobbies: Amateur photography, writing, and cars.



Yeoman 1st Class (AW) Jennifer Pare

Hometown: Gladstone, Mich.
Command: Commander,
Naval Air Force Reserve
(CNAFR), San Diego, Calif.

Brief description of your Navy job: I'm responsible for all correspondence and awards for our subordinate Echelon IV and V commands. I am also the Command Managed Equal Opportunity Program Manager and the Assistant Command Career Counselor assisting Sailors with their careers and constantly supporting a positive command climate.

Brief description of your civilian job: I am currently a Full-Time Support (FTS) Yeoman at CNAFR.

What has been your greatest Navy achievement?

My greatest achievement so far would have to be making YN1 in less than four years in the Navy. Lots of hard work and dedication definitely pays off.

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

It wouldn't be right to give credit to one single person. I've been fortunate enough to always have great leadership, both officer and enlisted, that have given me guidance and knowledge through the years. All of them have influenced me in a different way and for that I am very grateful.

What do you enjoy most about the Navy? The thing I enjoy the most are the opportunities you're offered in the military. The Navy provides you so many opportunities whether it be traveling, meeting new people, or advancing your education. You just need to get out there and take advantage of them.

Most interesting place visited since joining the Navy:

When coming back from a detachment with HSC-84, we ended up being stuck in Germany for a few days. It was definitely an adventure sightseeing and trying to getting around the different towns.

Current hobbies: As for hobbies, they are pretty non-existent at the moment due to working and pursuing a nursing degree full-time.

To nominate a Sailor, email the editor, CNRFC_PA0@navy.mil, for a submission form. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.

Take heed during **Suicide Prevention** Month

By Navy Reserve Forces Command Medical

Be a part of the **solution.**

Suicides are tragic outcomes that can often be avoided. The key to prevention is often the initial recognition that a shipmate is contemplating taking their life. With September 10 being World-Wide Suicide Prevention Day, the Navy is joining the international community in observing the month of September as Suicide Prevention Month in hopes that a continuing focus on the issue will help save lives.

During September the Navy will participate in a number of suicide prevention activities as part of a renewed and stronger emphasis on suicide awareness and prevention for the Sailor and the military family. The recently created 21st Century Sailor Office (N17) brings several prevention

programs together into one central point to help both Sailors and their families by fostering an understanding of suicide prevention, and promoting help-seeking and resilience efforts.

The goal of the new 21st Century Sailor campaign, “NavyTHRIVE,” is to encourage Sailors, commands, families and civilians to empower themselves by taking personal responsibility for their health, wellness and growth—the next step in building resilience. Instead of helping Sailors and their families to just “bounce back” from adversity this program aims to build them up so they emerge stronger and healthier than ever before. With a solid foundation they can face each challenge with confidence, knowing that life’s next hurdles aren’t insurmountable.

A key part of prevention is an understanding of what kind of situations can lead to suicide attempts. While each case is unique, there can often be contributory factors that everyone should be on the alert for. Situations including major family or relationship problems, financial distress or legal issues put Sailors at a higher risk for attempting suicide. Identifying these situations and being proactive with Sailors by talking through their problems with them can avert a potential tragedy.

Another step in prevention is building Sailors up by creating resiliency. The Navy is committed to bolstering resiliency by promoting cohesiveness and a sense of purpose and belonging

for all Sailors. These protective factors can reduce the prospects of suicide.

The first step toward building more resilience is to understand the psychological traits of resilient people. The National Center for PTSD researched this topic extensively and found that there are six measureable factors that are key to developing and maintaining resilience: Positive outlook, spirituality, active coping, learning and making meaning and acceptance of limits. Examining each of these factors on a scale allows for measurement, which is the basis for the Response to Stressful Experiences Scale created by the Center.

“By building up each of these traits, people gain the mental flexibility that enables them to endure in the face of adversity,” said Dr. Douglas C. Johnson, a clinical psychologist and one of the co-authors of the resilience scale.

“To see the benefits of flexibility, just look at the difference between an oak tree and a blade of grass,” said Johnson. “The oak tree is large and massive with a strong but rigid trunk and a system of roots and branches. The blade of grass is slight and has a very shallow root system. Yet, in the face of hurricane-force winds, it’s the oak that’s destroyed because the blade of grass is able to bend, deflect and return to form.”

This isn’t just a Navy effort. In a move to create better resiliency across the services, the Joint Chiefs of Staff are emphasizing the Total Force Fitness

A key part of prevention is an understanding of **what kind of situations can lead to suicide attempts.**



framework, which promotes both mental and physical fitness for all DoD service members.

Through positive command efforts to foster pride and esprit de corps, combined with healthy mind, healthy body programs like Total Force Fitness and NavyTHRIVE, Sailors will be better armed to successfully face those challenges that could otherwise lead to suicide.

However, commands must also create an atmosphere of help-seeking. This also applies to issues outside of suicide, including alcohol and substance abuse, domestic violence and sexual assault. If Sailors do not believe that they will be taken seriously, they will not seek the help that they need. Each command must closely examine its efforts to help Sailors to ensure that they not only provide the needed assistance, but also that those seeking help know that

coming to them is the right thing to do.

The Navy takes suicide prevention seriously, and all Navy Reserve Sailors and commands must be equally determined in eliminating this problem. With the appropriate policy and programs in place, what's needed now is an all-hands effort to making the Navy Reserve suicide free.

If you suspect that a shipmate or family member may be feeling suicidal, talk to them and assist them with accessing the many medical and counseling resources available to them.

Immediate help can be received by calling the Military Crisis Line at 1-800-273-8255 or <http://militarycrisisline.net> for chat and text service. O

The Navy takes suicide prevention seriously, and all Navy Reserve Sailors and commands must be equally determined in eliminating this problem.



Welcome to the Reserve Supply Community edition of TNR!

There has never been a better time to serve in our Navy as a member of the Reserve Supply Community. Our Chief of Naval Operations, Adm. Jonathan Greenert's Sailing Directions are Warfighting First, Operate Forward and Be Ready. As an operational staff corps, the 3100 community embodies those directions like no other. Our Reserve Component members take great pride in earning warfare qualifications when serving with operating units, are mobilized around the globe in forward areas ensuring the logistics sustainment of warfighters and maintain a high readiness posture so as to be able to answer the call when needed.

Reserve Supply

The billets we serve in are roughly divided into three "swim lanes" that all provide critical professional skills to help the Navy meet its mission. **Operational Logistics** includes billets assigned to the Navy Expeditionary Combat Command (NECC) and support maritime security operations worldwide. **Supply Chain Management** billets ensure products and services are provided to operating forces in order to perform their mission...and sustain that performance as required in every part of the world. Billets included in this swim lane include those assigned to our Global Logistics Support (GLS) organization and Defense Logistics Agency (DLA). Those who serve in the **Acquisition/Contracting** swim lane are experts in procurement; ensuring the maximum return on our taxpayer's dollars as well as ensuring our warfighters have exactly the right equipment they need.

This edition of TNR includes information on DLA and the Navy Supply Systems Command, emphasizing the contribution of the Reserve Component. It also provides insight into the management of the Supply Community Reserve Component through the lens of the N4 shop at Navy Reserve Forces Command, specifically including the junior officer billet assignment and mobilization opportunity processes.

Our community members see professional development throughout their careers along three continuums simultaneously; as functional experts in logistics and business management, as warfighters skilled in maritime and joint force employment and as leaders developing necessary skill sets from small unit division officers to enterprise executive oversight. Once again, there has never been a time when the expertise brought to the fight by the Supply Corps community, especially the Reserve Component with its surge capability and business acumen, has been more important. We're proud of our contributions today and look forward with excitement to the future.

Rear Admiral Mark Belton
Commander, Navy Expeditionary Logistics Support Group

► **Rear Adm. Jonathan Yuen**, commander of Naval Supply Systems Command, Global Logistics Support, pins an Enlisted Information Dominance Warfare Specialist pin on Navy Logistics Specialist 1st Class Jason Baker.

(U.S. Navy photo by Mass Communication Specialist 1st Class Eric Dietrich)





▲ Reserve Sailors take aim during a weapons qualification course.
(U.S. Navy photo)



▲ Capt. Michael J. Stiglitz, left, deputy commander of Navy Expeditionary Logistics Support Group (NAVELSG), and Cmdr. Nathan Johnston, commanding officer of Navy Cargo Handling Battalion (NCHB) 1, assess an ammunition supply point during Ordnance Exercise (ORDEX) 2013 at Naval Weapons Station Yorktown, Cheatham Annex.
(U. S. Navy photo by Boatswain's Mate 2nd Class Nelson Doromal)

Community

► A Sailor from Fallbrook Explosives Outload Team (FBEOT) 1 and a Marine from Combat Logistics Regiment-17 (CLR-17) coordinate with Sailors on an MH-60 helicopter to attach a pallet of ordnance destined for USS Boxer (LHD-4) off of the coast of Camp Pendleton. Helicopters from HSC-21 and HSC-23 rotated duties in order to complete 423 lifts in 2.5 days.

(U.S. Navy photo by Mass Communication Specialist 1st Class Eli J. Medellin)



Supplying the force

A look at Reserve Supply Corps Sailors and their role

By Cmdr. Alex Woldemariam, Navy Reserve Forces Command

The Supply Corps runs the Navy's logistics framework, ensuring that supplies are always available to the warfighter. Supply Corps Sailors in the Navy Reserve manage functions including financial management, inventory control, merchandising, transportation, procurement, data processing and personnel services. Unlike the Active Component (AC), Reserve Component (RC) Supply Corps functions do not fall under a single umbrella. Instead they are managed by different organizations and perform a variety of roles to ensure that the Reserve force is "Ready Now. Anytime, Anywhere."

1] Navy Reserve Forces Command N4

The N4 department at Commander, Navy Reserve Forces Command (CNRFC) touches nearly every aspect of logistics throughout the force. In order to accommodate the needs of RC Sailors and their commands, CNRFC N4 is separated into four divisions: Internal Supply, Cards, Plans and Policy and Community Management.

Internal Supply – The mission of the personnel assigned to CNRFC is to facilitate strategic depth and deliver operational capabilities to the Navy and Marine Corps team and Joint forces from peace to war. The role of Internal Supply is to support the staff that supports the force.

With contributions from Capt. Eddie Montero and Cmdr. Alex Woldemariam of Commander, Navy Reserve Forces Command, Lt. Cmdr. Michael Mihaly, Lt. Cmdr. Jeffery "JD" Mayor and Lt. Benjamin Chen of Naval Supply Systems Command and U.S. Air Force Maj. Bryan Lewis of Defense Logistics Agency



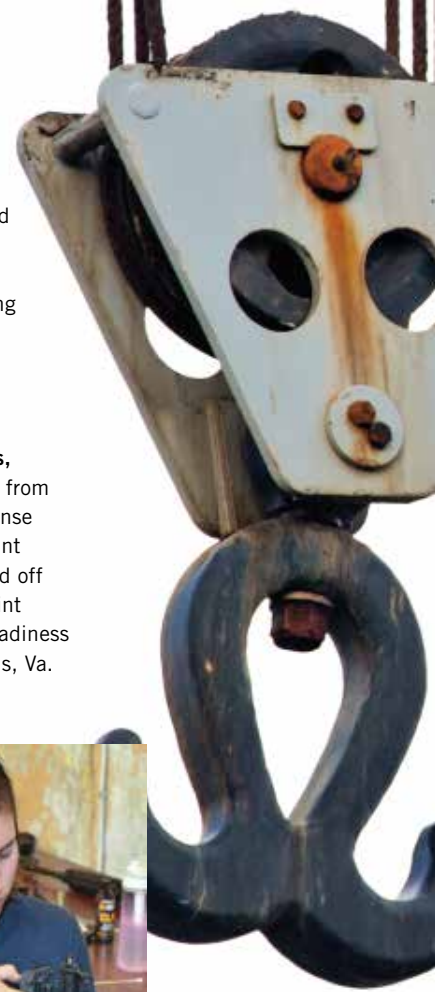


◀ **A Supply Officer discusses** pier onload issues with Navy representatives from other countries during RIMPAC 2012.

(U.S. Navy photo by Lt. Cmdr. Al Unger)

▼ **Airmen, Marines, Sailors and Soldiers** from throughout the Defense Logistics Agency Joint Reserve Force kicked off the Sixth Annual Joint Reserve Training Readiness Exercise at Ft. Eustis, Va.

(DoD photo)



Cards Division – The management of the Government Travel Charge Card (GTCC) and Government Commercial Purchase Card (GPCPC) programs for the force is a critical function within CNRFC N4. The GTCC has become an enabler for the force to achieve its mission. The roster of card holders exceeds 45,000, and these individuals rely on the GTCC to travel and get to the fleet.

The Cards Division ensures that not only Naval Supply Systems Command's (NAVSUP) Consolidated Card Program Management Division (CCPMD) guidelines are being followed when using the card, but also the CNRFC instruction, which has a more specific Reserve flavor. The Card Division GTCC subject matter experts (SMEs) rely on developed relationships with CCPMD and Citibank to ensure that accounts are paid on time, activated when needed and are available to individuals regardless of CONUS or OCONUS travel requirements.

Plans And Policy Division – This division interacts with Supply Corps Sailors across the force. Given that their e-mail box and phones are their links to the field, they are regularly contacted to address special circumstances, and answer specific questions where instructions may not adequately address a given situation. They also perform the assessment of logistics operations of lower echelons throughout the year.

The Plans and Policy Division maintains the N4 link on the CNRFC website, publishes the monthly LOGTALK newsletter and maintains the P-4000 Supply Instruction.

◀ **Sailors from Navy Cargo Handling Battalions 1 and 10** move cargo as part of the annual resupply mission at McMurdo Station, Antarctica to support Operation Deep Freeze.

(U.S. Navy photo by Boatswain's Mate 2nd Class Nelson Doromal)



Additionally, they assist the Navy Reserve Professional Development Center with revisions to the Independent Logistics Specialist course in order to ensure the relevancy and currency of the information provided to LSs in the field is accurate.

Community Management Division – The full time support (FTS) Supply Corps officer (3107 designator) community is afforded the privilege of supporting Selected Reservist (SELRES) Supply Corps officer (3105 and 3165 designators) communities at every level. Their relationship with CNRFC Manpower (N1), Operations (N3) and Training (N7) departments allows them to bring the level of service provided to the force up a notch as this division concentrates solely on the Supply Officer community. Career management, counseling, JOAPPLY, APPLY, mobilization, active duty orders and billet selection, are but a few of the topics covered on a daily basis when communicating with more than 850 SELRES officers in the field and 200 Direct Commission Officers (DCOs) going through the Reserve Basic Qualification Course at Newport, R.I. This division also works closely with the RCC N4 office at each of the five CNRFC regions, in addition to representatives from



▲ **Deputy Assistant Secretary of the Navy for Energy, Mr. Thomas Hicks,** (center) tours NAVSUP Fleet Logistics Center (FLC) Yokosuka fuel facilities at Defense Fuel Support Point (DFSP) Hakozaki on the island of Azuma located within Tokyo Bay Feb. 11. John Floyd (center-left), NAVSUP FLC Yokosuka Kanto Area Fuel Director, and Lt. Cmdr. Rasaq Balogun (center-right), Fuel Department Head for NAVSUP FLC Yokosuka, brief the secretary on the layout of DFSP Hakozaki while onboard the small craft HAKO-8 (25' Boston Whaler) enroute to the island.

(U.S. Navy photo)

Defense Logistics Agency (DLA), NAVSUP, U.S. Fleet Forces (USFF), Defense Contract Management Agency (DCMA) and Navy Personnel Command (NPC), in order to support the requirements of the fleet and personal requirements of Reserve Supply Corps officers.

2] NAVAL SUPPLY SYSTEMS COMMAND (NAVSUP)

NAVSUP encompasses two of the three swim lanes Rear Adm. Mark Belton referred to in his introduction on page 9: Supply Chain Management and Acquisition and Contracting. As an organization, NAVSUP Sailors comprise 11 percent of the enlisted RC supply ratings and 15 percent of the Supply Corps officer RC billets. These RC Sailors fully integrate with the AC to optimize fleet support across the range of military operations to support NAVSUP's mission to deliver sustained global logistics and quality-of-life support to the Navy and Joint warfighter.

NAVSUP's RC is comprised of 562 Reservists attached to 27 Navy units. Two headquarters units under the command of Rear Adm. Mark Heinrich, Commander and Chief of Supply Corps, are located in Mechanicsburg, Penn. Rear Adm. Valerie Huegel, Reserve Flag Officer, leads the 25 NAVSUP Global Logistics Support (GLS) RC units that support seven AC NAVSUP Fleet Logistics Centers (FLCs). As NAVSUP's operational "face to the fleet," NAVSUP GLS provides headquarters oversight for a global network of NAVSUP FLCs providing logistics to sustain continual world-wide mission support in alignment with NAVSUP and the Chief of Naval Operation's sailing directions.

"Reserve capabilities are recognized as key to maximizing mission readiness and are cultivated to enable NAVSUP GLS to fully support and sustain the warfighter in a responsive, agile, resilient and efficient manner," said Huegel. "Reserve Component capability and capacity enable the 'One-Team Logistics Ready' GLS mission."



Navy Reserve NAVSUP FLC teams serve as an integral part of NAVSUP GLS Logistics Response Team (LRT). LRTs are the boots-on-ground logistics specialists who provide mobile logistical support out in the field. During fiscal year 2012 they provided more than 11,673 full-time equivalent days of support to nearly 150 NAVSUP GLS activities. These Reservists are positioned and ready to fill today's assignments and meet tomorrow's challenges with determination and success.

Reduction Of Navy Working Capital Funds and Excess Inventory – The implementation of Navy Enterprise Resource Planning (ERP) has positioned the fleet with a supply system that will serve our Navy for years to come. This highly effective integrated system successfully incorporates existing legacy systems in key operational areas of supply chain management, procurement, contracting and finance.

In one example, four waves of Reservists, engaged with FTS and AC Sailors, implemented a strategy at Naval Air Station (NAS) North Island to help reduce \$780 million in excess inventory that had been identified at 21 Naval Air Stations around the world. Logistics Specialist 1st Class Denetress Jackson, NR NAVSUP FLC Bahrain, served as Leading Petty Officer for the RC Augment Support Team.

"This is a great opportunity, both personally and professionally," said Jackson. "I can use this training for future assignments and I can also put my training and experience on my civilian resume."

Acquisition And Contract Management – Reservists assigned to NAVSUP coordinate their missions to support acquisition requirements in direct collaboration with the Director of Acquisitions Career Management (DACM). RC contracting officers are fully qualified in several aspects of the acquisitions career path.



Reservists integrate with the NAVSUP GLS activities and NAVSUP FLCs to support its Navy and DoD customers. There are 49 Reserve acquisition contracting billets within the NAVSUP GLS Enterprise supporting NAVSUP FLCs during exercises, procurement audits and executing the day-to-day contracting for \$10.2 billion of active contracts across the NAVSUP GLS enterprise.

Exercise Support – NAVSUP GLS Reservists continually support a wide range of exercises every year including Pacific Partnership, Ulchi Freedom Guardian, Valiant Shield, Continuing Promise and Cobra Gold. During the 2012 Rim of the Pacific (RIMPAC) Joint Exercise, 28 NAVSUP GLS Reservists provided 395 man-days of support, providing both support to the fleet and developing their professional experience.

“Without logistics support, all the warships in the Navy would not be able to execute their mission,” said Vice Adm. Gerald Beaman, Commander, U.S. 3rd Fleet. “The outstanding contributions of the Reserve Component, not only in support of RIMPAC but in all of its missions, once again demonstrates NAVSUP’s commitment to the total force. AC and RC personnel working side-by-side – truly a winning team.”

Fleet Support – Reservists from the NAVSUP enterprise can be found around the globe. In addition to the contributory support RC Sailors offer on drill weekends and their two-week annual training (AT), they often answer the call to duty via extended tours. NAVSUP Reservists can be found throughout the fleet in warehouses, in support of husbanding services, as HAZMAT specialists, in Household Goods Offices and conducting postal support at Embassies and Fleet Postal Support activities. There are currently 22 NAVSUP Reservists mobilized to active duty across the globe in countries including Afghanistan, Bahrain, Djibouti, Dubai, Kuwait and Pakistan



▲ **A Procurement Performance Management Assessment Program (PPMAP)** is a mandated inspection and review of all contracting and procurement operations that must take place at least once every three years.

(U.S. Navy photo)

◀ **Working on Hickam AFB, Hawaii**, Navy Reserve Sailors load a plane with supplies heading to USS Nimitz (CVN 68).

(U.S. Navy photo)

3] DEFENSE LOGISTICS AGENCY (DLA)

As members of the Defense Logistics Agency Joint Reserve Force, Reservists from all branches of the military are stationed throughout the U.S. and across the globe to assist with all aspects of logistics. In addition to Disposition Services, Reservists serve on DLA Support Teams (DST), which serve as down range, one-stop shops for all aspects of DLA’s mission.

“Deploying for DLA allowed me to see logistics from a worldwide, operational perspective,” said Logistics Specialist 2nd Class Rachel Woodall. As the leading petty officer for the DST in Kuwait for six months last year, she provided administrative support. “I was able to see how other services operate as I completed admin needs for DLA personnel.” Motivated by this role in DLA, Woodall not only re-enlisted on a helicopter while deployed, but will soon serve as a Navy Reserve Supply Corps officer following her commissioning ceremony in October.

4] NAVY EXPEDITIONARY COMBAT COMMAND (NECC)

The expeditionary environment is where Supply Officers get to support operations away from the waterfront and in locations far from the regular supply lines. NECC is composed of units to include cargo handling battalions, coastal riverine squadrons, maritime civil affairs teams and the storied Seabees. Equipment in these units are not painted gray, and are designed and made to operate away from the deep blue sea and generally purchased off-the shelf.

Expeditionary Sailors tend to work closely with the civilian population of the country they are assigned to. Whether at port facilities handling cargo, the building of a local school, or at a village receiving much needed training, NECC Sailors need to be aware of their surroundings and of the resources available. This knowledge could mean the difference between on-time mission accomplishment or delay. A delay could result in lives being lost or place at risk, or a cost in operations while the support is delayed. ○

Defense Logistics Agency

Logistics Sailors relish joint environment and unique deployments

By Major Bryan Lewis,
Defense Logistics Agency

DLA

During routine operations and training, equipment and gear inevitably break down. In a war zone, that process is accelerated by austere conditions, strained supply chains and exposure to combat. If left unchecked, damaged, unserviceable or outdated equipment can impact the mission.

To keep the warfighter ready, this equipment must be replaced with newer or improved items, and the older equipment disposed of appropriately. Operational units can't afford the time and labor required to dispose of older items in addition to the acquisition of needed items. This is where a unique group of Reservists step in to provide all aspects of logistics.

Deployed to Afghanistan last year, Logistics Specialist 3rd Class Tesfaye Fekade was a member of a Defense Logistics Agency Expeditionary Disposition and Remediation Team (EDRT). The team coordinated and assisted in the process of clearing the battle space of more than 40 forward operating

bases (FOBs) throughout Afghanistan. This included the segregation and disposal of unserviceable property.

Fekade joined the Navy Reserve in 2009 and chose logistics in hopes of expanding his knowledge of accounting. "I like accounting and thought the logistics specialty was more accounting," he

said. "But I found out Navy logistics is comprehensive, and encompasses different tasks such as supply, store keeping, record keeping, accounting and other related tasks."

Scratching his itch for numbers, Fekade helped appropriately dispose of more than a half million pounds of property while deployed for DLA Disposition Services. "One of my duties was to ensure that military property with offensive and defense capabilities wasn't sold or released to the local market as it could be used against our warfighters in Afghanistan," said Fekade.

Yeoman 2nd Class Arnulfo Obando, a Navy Reserve Sailor who deployed to Afghanistan as a DLA EDRT member, was tasked with segregating and determining the proper manner of disposal of unserviceable property.

"I was responsible for the sale and removal of scrap from the FOBs. The segregation of scrap yielded in many instances property that could be reused by other units that were in need of a certain piece of equipment," Said Obando. "Rather than waiting for the equipment to arrive from the States the unit could obtain it from Disposition Services. Also, the sale of scrap to local contractors allowed the recoupment of monies, which is a benefit for the taxpayer."

Reservists are an integral part of DLA activities abroad. "Since 9/11 more than 1,045 Reservists from DLA have



▲ A Sailor cuts apart scrap at Forward Operating Base Jalalabad. (U.S. Navy photo)



▲ Sailors at Forward Operating Base Jalalabad utilize blowtorches, saws, sledgehammers and heavy equipment to dismantle equipment for scrap. (U.S. Navy photo)

DLA Joint Reserve Force Assignment Locations



▲ A Sailor cuts apart scrap at Forward Operating Base Jalalabad. (U.S. Navy photo)

activated for 1,340 tours of duty,” said Rear Adm. Patricia Wolfe, DLA Joint Reserve Force director. “Now, that may not seem like a large number at first, but when you consider only 752 of DLA’s nearly 27,000 employees are Reservists, this is quite an accomplishment for the Joint Reserve Force. It fluctuates, but at least 50 percent and as high as 80 percent of deployed DLA members are Reservists.”

Of the 752 DLA Reservists, more than 400 are Supply Corps officers and Sailors. However, DLA supports more than just the warfighter.

“Our number one priority is to train and maintain a deployment-ready force,” said Robert McCullough, DLA JRF deputy director. “JRF members are stationed and deployed around the world in support of DLA’s mission. This mission extends beyond warfighter support. We must stand ready to respond to anything that might occur around the globe. Situations like the tsunami in Japan and the earthquake in Haiti can occur at any moment, and DLA must be ready to support the needed response.”

DLA training provides Sailors like Fekade and Obando a unique, joint experience that encompasses teamwork and training.

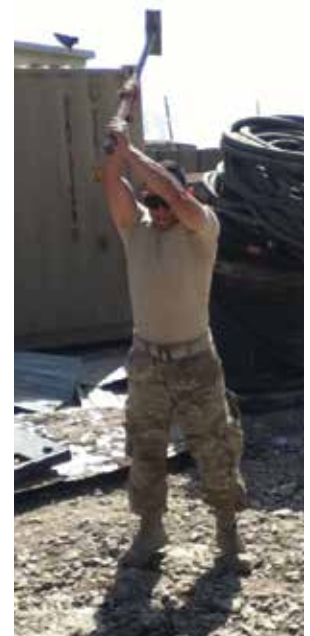
“The advantage for a young Sailor to work at DLA is having the opportunity to work with very smart and talented individuals

in the Navy as well as the other branches,” said Obando. “One also learns the true meaning of teamwork because although each branch has a different way of doing things, the task gets done smoothly. Being in a joint environment has allowed me to learn about the other branches as well as gain the reward of teaching them about the Navy. I had the privilege to have an Army major as my commander; to wear the Army ACUs and multi-camos and still be a Sailor, while being able to remind the Army about the Navy’s 11-year winning streak in football.” ○



▲ DLA Joint Reserve Force members complete an improvised explosive device identification and reaction course during the Seventh Annual Joint Reserve Training Readiness Event at Fort Eustis, Va.

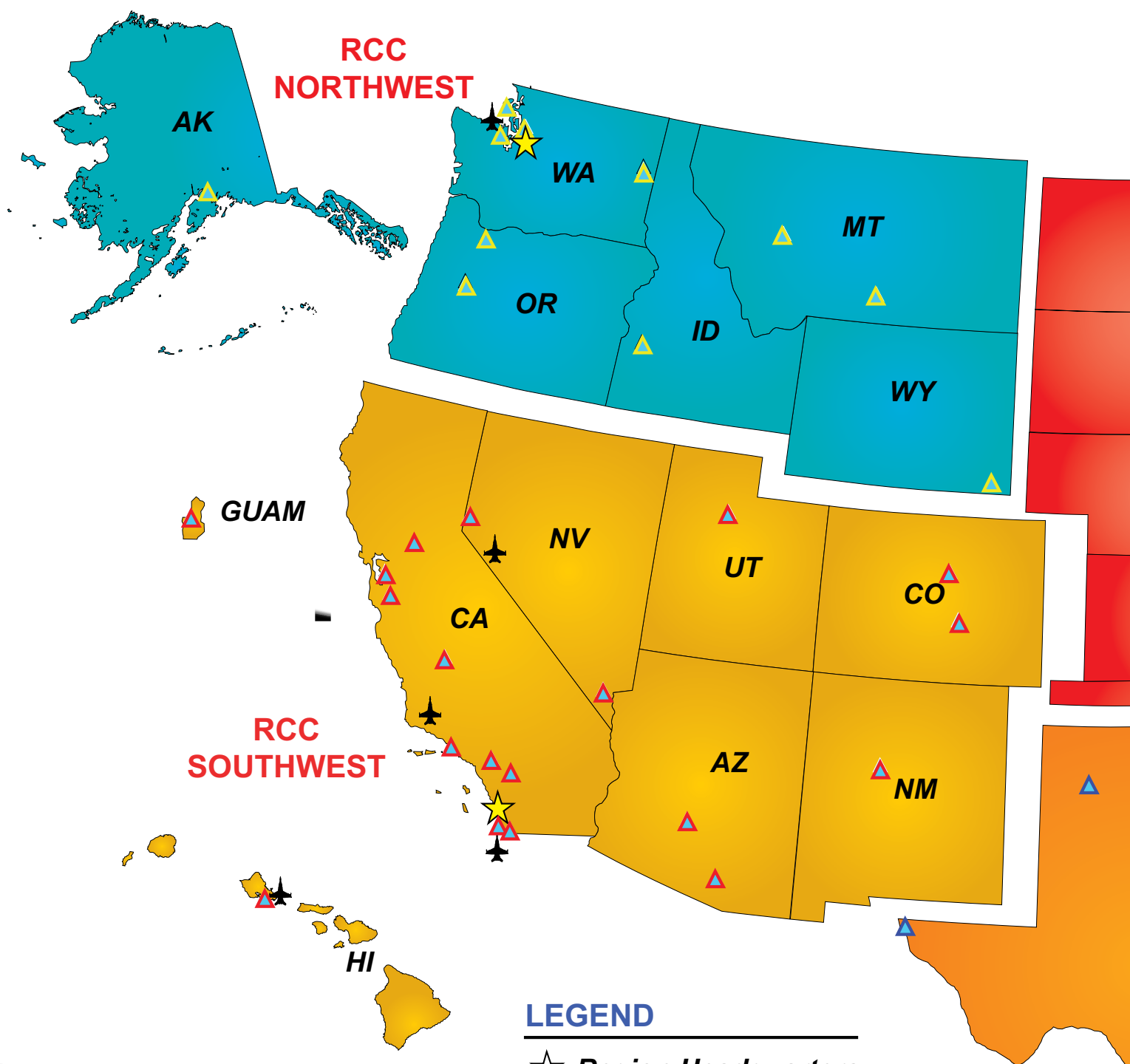
(U.S. Air Force photo by Major Bryan Lewis)



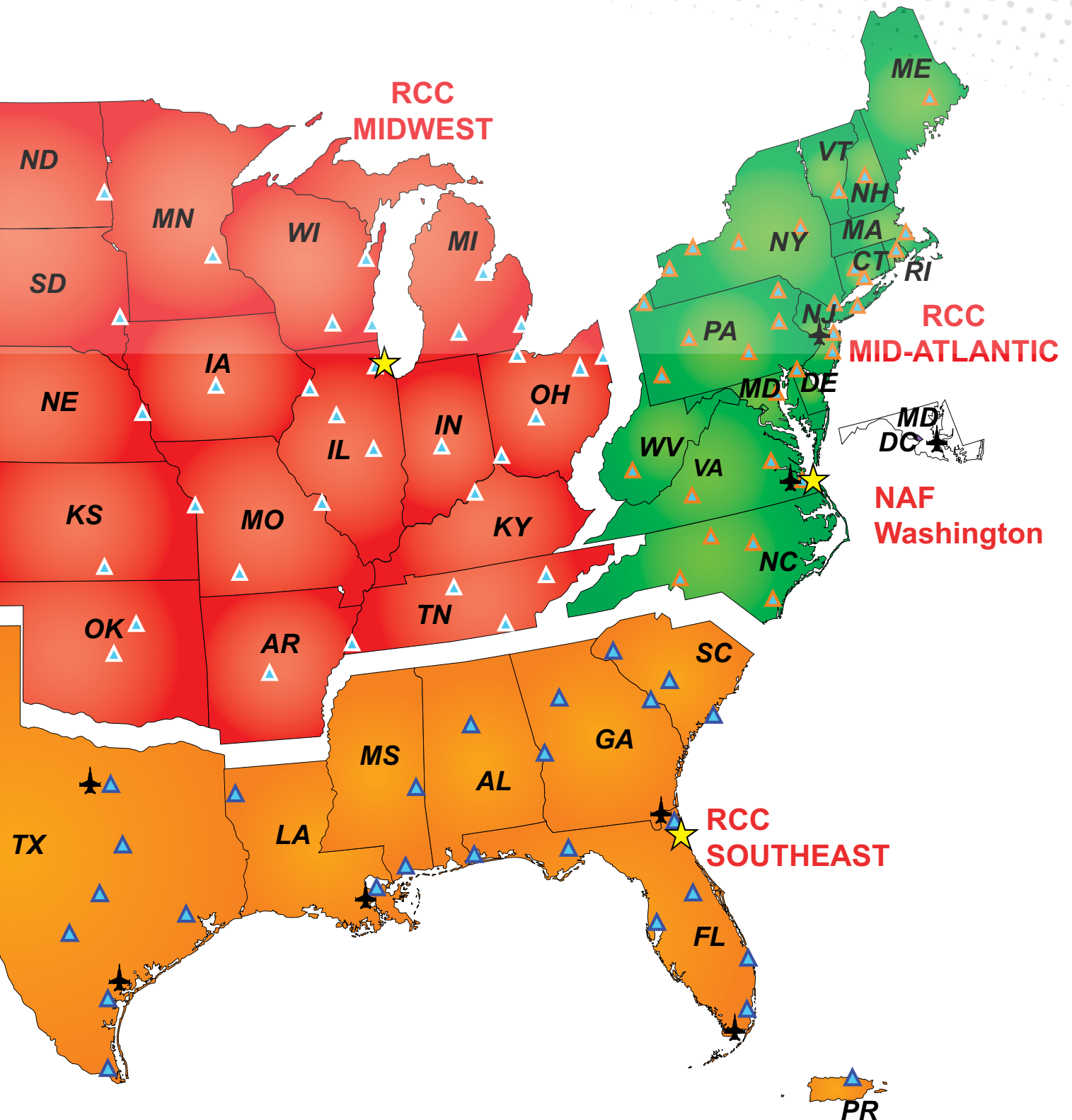
▲ A Sailor dismantles equipment for scrap at Forward Operating Base Jalalabad.

(U.S. Navy photo)

Back To Basics



Navy Reserve Force



Supply Corps Reserve Officers

take on the

By Cmdr. Alex Woldemariam, Navy Reserve Forces Command

As you walk onboard a combatant grey-hull, you may be surprised to learn the junior Supply Corps officer holding the Disbursing, Sales, Food Service or Wardroom Officer job is actually a Navy Reserve officer, designator 3105.

Having Reservists serve as division officers afloat is an opportunity unlike any other. As a result of recent 3100 manning shortages, the Supply Corps community began augmenting gapped afloat billets with Reservists who have completed the six months Active Duty Basic Qualification Course (BQC), or have completed the BQC-NR with high marks.

Having completed the same training as their active duty counterparts, the integration process has proven to be seamless. Since September 2012, 12 Supply Corps Reserve junior officers are serving on various afloat units homeported on both coasts, as well as Yokosuka, Japan.

▼ **Sailors prepare to unload supply pallets** during an underway replenishment aboard the guided-missile destroyer USS William P. Lawrence (DDG 110).

(U.S. Navy photo by Mass Communication Specialist 3rd Class Carla Ocampo)

Lt. j.g. Manuel Enciso and Lt. j.g. Roger Hawthorne are two of the recently selected officers heading off to be Disbursing or Sales Officers aboard San Diego-based amphibious dock landing ship USS Comstock (LSD 45) and guided missile destroyer USS Sampson (DDG 102), respectively.

"This opportunity gives new meaning to 'one team, one fight,'" said Lt. j.g. Hawthorne. "These opportunities will strengthen the Supply Corps Selective Reservist (SELRES) ranks for years to come by giving them a broader perspective and hands-on experience to be ready to answer the nation's call to duty."

Lt. Amy Stoniecki, currently serving as the S5 officer aboard multipurpose amphibious assault ship USS Wasp (LHD-1), notes that sea duty is a different experience from the boots on the ground missions that have been the staple of many Reserve mobilizations for the past ten years.

"This is a great opportunity, both personally and professionally," said Stoniecki. "I went straight from BQC

“This opportunity gives new meaning to ‘one team, one fight.’”

—Lt. j.g. Hawthorne.

Waterfront

▼ **Lt. Amy Stoniecki** conducts mess bill collection at sea.

(U.S. Navy photo)



▲ **Master-at-Arms Seaman Alexander Cardone** from Fallbrook Explosives Outload Team (FBEOT) 1, Damage Controlman 2nd Class Brandon Dominguez from Seal Beach Explosives Outload Team (SBEOT) 1 and Logistics Specialist 1st Class David Zolan from SBEOT 2 prepare a pallet of ordnance for delivery to USS Boxer (LHD-4).

(U.S. Navy photo by Mass Communication Specialist 1st Class Eli J. Medellin)

graduation into the Reserves, and shortly thereafter mobilized to Afghanistan for a year. I didn't have a good feel of what Supply Corps SELRES officers did. After being picked up for the ship recall billet, I knew it was going to be a challenge being a newly promoted lieutenant coming in feeling like I was directly out of BQC.”

She said that her previous assignments prepared her to work with Joint and senior officers, “but I hadn't done anything with supply. Though it has only been a short time, I have learned so much and realized that with this tour under my belt, I will have many opportunities available to me moving forward.



“All my experiences in this role, thus far, have prepared me for whatever path my career takes. SC Reservists have the opportunity to serve with active components. It gives them more of an opportunity to serve their country and be a part of something bigger than just doing their regular commitments.”

Lt. Cmdr. Antonio Carmichael oversees the Reserve Program at the Navy Supply Corps School (NSCS) at Newport, R.I. When asked what impact these recall assignments would have on the 3105 SC community, Carmichael said, “Members gain invaluable experience as well as hands-on application of the knowledge, tools and techniques gained during their respective training phases. Having completed a tour afloat will definitely separate these individuals from their peers and provide them with a knowledge-base only gained by their active duty counterparts.

If the trend continues, having Reservists assigned afloat will add increased credibility to the Reserve force.

"There are plenty of Reservists out there that would love to go active and get that experience – this is definitely the way to do it," said Stoniecki.

As with any other 3100 with orders to their initial sea tour, those selected for recall orders are assigned to a three-year tour as an Assistant Supply Officer or Division Officer. In addition to putting into practice the information attained at NSCS, 3105's also bring a unique quality to the table. When active component (AC) BQC seats are made available to the Reserve community, there is a thorough selection process that takes place, to ensure only those candidates who have shown high academic aptitude are chosen.

In addition to academic achievements, their civilian work experience can also be considered during the selection process. Those selected for these exciting opportunities are extremely talented individuals, and bring onboard a proven track record established not only as a Reservist, but also from the private sector. This diverse pool of knowledge and experience attained from their civilian jobs not only helps close the gap between their active duty counterparts, but has also proven to be quite beneficial to the commands where they serve.

▼ **Two Marines from Combat Logistics Regiment (CLR) 17** prepare to attach a pallet of ordnance for delivery to USS Boxer (LHD-4) off of Camp Pendleton's coast.

(U.S. Navy photo by Mass Communication Specialist 1st Class Eli J. Medellin)

So what is the waterfront saying about the Reserve junior officers at sea?

"Lt. Amy Stoniecki is performing superbly as my S5 Division Officer", said Cmdr. Darrell Mathis, USS Wasp (LHD-1) Supply Officer. "I could not be more pleased with the energy she brings to the job every day. Having been employed in the business sector, she brings additional maturity and work experience that has allowed her to be seamlessly incorporated into how we do business."

"She is a trusted member of Wasp's Supply Department, and will be assigned future divisional responsibilities within normal division officer rotations. This is a great initiative that has allowed me to fill a manning deficiency with a quality junior officer."

▼ **Lt. Amy Stoniecki** conducts an inventory on the silver collection at sea.
(U.S. Navy photo)



In addition to temporary recall opportunities, NSCS, Commander, Navy Reserve Forces Command (CNRFC) and Commander Naval Surface Force Atlantic (CNSL) have teamed to champion the “BQC to Sea” pilot program. This program allows a select few graduates from each BQC-NR company the unique opportunity to perform their first annual training (AT) aboard a ship for a shortened underway period. Each individual participating in this program has the opportunity to experience what life aboard a ship would be for a junior Supply officer, which includes everything from running a ship’s store and operating a barbershop, to standing underway watches.

Capt. Eddie Montero, Deputy Chief of Staff for Logistics at CNRFC said he encourages more 3165’s to take advantage of the AC BQC seats when available.



▲ **Navy Reservist** Lt. Cmdr. Kevin Hunt (left), assistant officer in charge Navy Reserve Fleet Logistics Center Bahrain Detachment A, Navy Operational Support Center St. Louis, and Logistics Specialist 3rd Class (SW) Franklyn Corlett, conduct an inventory check of ballistic missile defense parts Aug. 22, aboard the guided-missile destroyer USS Ramage (DDG 61).

(U.S. Navy photo by Mass Communication Specialist 2nd Class Brian T. Glunt)

“The camaraderie associated with going to the BQC with the 3100s, the chance to go on AT to a ship in support of the BQC to Sea program, not to mention the chance to be recalled to active duty to assist the 3100 community, is a once in a lifetime set of opportunities,” said Montero.

At the completion of the two weeks of AT, an after action report highlighting their experience is generated and personnel qualification standards (PQS) and job qualification requirements (JQR) are submitted to the CNRFC program manager.

It’s this type of active-Reserve integration that creates the blueprint to allow junior officer SELRES to seamlessly fill traditional Supply Corps afloat billets.

“We continue to receive positive feedback regarding the ‘BQC to Sea’ program from our afloat Supply officers and recent participants alike,” said Cmdr. Brian Malloy at CNSL.

“Allowing BQC graduates to perform their initial annual training onboard our ships offers these junior officers a greater perspective of supply operations at sea,” said Malloy. “The pilot program provides a unique opportunity for these officers to actively participate in day-to-day operations support. The fleet benefits by having a more prepared Reserve Supply officer in the event of contingency.”

In an era where funding constraints drive numerous manpower decisions, the Reserve component continues to play a major role as a reach-back source. For the past several years, the partnership that exists between the active and Reserve components has strengthened significantly.

The ability to place 3105s aboard ships in a seamless manner is based on several factors. Allowing SELRES to fill AC BQC seats ensures fully qualified Supply Officer’s are readily available for future requirements. Additionally, the “buy-in” from the AC to create and accommodate an afloat training environment for 3105 junior officers, allows the community to maintain future readiness and validates the concept of a “one force” Navy.

“Although the recent recall assignments are primarily a result of 3100 manning shortages, there’s a lot of value to be gained in the long run when it comes to having qualified 3105 shipboard-experienced Supply Corps officers in the inventory,” said Montero. “Individuals who have completed a division officer tour at sea, and are warfare qualified, would also be excellent candidates to be recalled for short-fused, gapped department head afloat billets, if the requirement exists.

“The Reserve Supply Corps community has always taken pride in being a sea-going community. Hence, it is imperative that these types of opportunities are embraced by our junior officers, and they make every effort to experience time underway. The opportunity to serve aboard ship, in a leadership role, and be able to earn a warfare pin, in addition to directly supporting the fleet side by side with the AC counterpart and do it successfully, would be a superb professional accomplishment and ultimately prove to be very valuable to anyone’s career. This will fully embrace the Supply Corps motto of “Ready for Sea,” and at the same time provide great benefit to the individual and ultimately Big Navy.”

“Ready for Sea” now has an added Reserve flavor. The Reserves have long solidified their footprint on land through expeditionary logistics, but are now proudly making their mark aboard ships. The lines that once clearly divided the designators seem to be blurred as initiatives developed through AC-RC integration and partnership continue to validate the “one team, one fight” concept. ○



Food Services Keep Seabees Moving

FUELING the FORCE

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

Any Seabee knows that if their equipment runs out of fuel, a project can grind to a halt. Seabees themselves are the same way, which is why the dedicated staff of Culinary Specialists and food service assistants (FSA's) assigned to Naval Mobile Construction Battalion (NMCB) 25 work to keep their personnel well-fed no matter where they are.

Whether the battalion is training in the field or working in an operational environment, getting regular meals to personnel is a daily operation that is planned months in advance.

"The first thing we have to do is find out how many people we're going to be feeding," said Chief Culinary Specialist Russell Reeves, NMCB-25 S4 Services Chief. "Then we'll come up with a menu, taking into consideration things like what kind of foods can and can't be sent to the field. Also, what the situation is in the field; are the personnel going to be in one or more location, whether or not they'll be moving from location to location. Once we get that information, we can figure out what menu items we will be cooking for them, how many people we'll need to support cooking and distributing the food, as well as what kinds of vehicles are needed for transportation."

Consideration must also be paid to what type of rations will be used. In the field, the battalion will usually be fed either A-rations, meals freshly cooked in or transported to the field, Unitized Group Rations (UGRs) meals packaged

for 50 personnel, or Meals Ready to Eat (MREs) which are prepackaged meals with longer shelf lives.

"There is a cost difference between buying food and buying MREs," said Reeves. "Three days worth of MREs for 350 personnel will cost about \$27,000, whereas cooking a meal from scratch will usually cost about \$7,000. We're allotted about \$12 per person per day for food, but with creative cooking, we can usually get that down to about \$10."

With the plans and locations in place, the kitchen can get to work. Three culinary specialists and a staff of nearly a dozen FSA's make up NMCB-25's kitchen staff. The FSA's are a rotating staff of junior-enlisted personnel from the battalion who serve in this capacity for three to six months, and are specially trained in food service safety and sanitation.

"I really enjoy being able to do this for the rest of my unit," said Construction Electrician 3rd Class Jonathan Johnson, an FSA with NMCB-25. "I like food, I like engaging with these guys, and I especially like learning to cook from different perspectives with different techniques."

That feeling is common among the FSAs, and they show it through a fast high-energy pace, often for long work shifts. When cooking, most of the battalion's kitchen staff will have been working to get breakfast out since 4 a.m., and some of the senior enlisted won't close up shop until the last food service vehicles return from the field, sometimes as late as 1 a.m.

“It’s the only job I can think of that directly affects the morale of 100 percent of the people that are in whatever unit you’re in.”

—Culinary Specialist 2nd Class (SS) Mark Clark

◀ **Steelworker Constructionman Recruit Whitney Davis**, working as a food service assistant (FSA), serves food to fellow members of Naval Mobile Construction Battalion (NMCB) 25 during the battalion’s command post exercise (CPX) June 27. FSA’s assist unit Culinary Specialists in the preparation and distribution of food regardless of the battalion’s location.

(U.S. Navy photo by Mass Communication Specialist 1st Class Patrick Gordon)

“We have some highly-motivated FSA’s that make a difference,” said Culinary Specialist 2nd Class (SS) Mark Clark. “There are armed forces recipes, but sometimes you have to be able to play off-the-cuff based on what you have to cook with and where it has to be, and these guys really go with the flow.”

Keeping the food at safe temperatures during transport is accomplished through the use of specialized containers called marmites, which are airtight coolers that you can fill with hot water or ice to keep food at the desired temperatures. Within minutes of cooking, the food is packed into a marmite container, loaded on the transport vehicle, and shipped to wherever the Seabees are working or training.



▲ **Ensign Kevin Graves, Naval Mobile Construction Battalion (NMCB) 25 administrative officer**, enjoys a freshly cooked meal in the field during the battalion’s command post exercise (CPX) June 27.

(U.S. Navy photo by Mass Communication Specialist 1st Class Patrick Gordon)

“Whether it’s being served where it’s cooked or being transported to the field, once the food is prepared, the important thing is to keep it out of the ‘danger zone’ where bacteria grows,” said Clark. “You have to keep it either below 41 degrees or above 135 degrees for safe food handling, depending on whether they are hot or cold foods.”

Despite the speed and cost-effectiveness of the meals, they are by no means “fast food.” From top to bottom, the command structure knows that a healthy meal makes a healthy Seabee, leading ultimately to force readiness.

“Personally, I think this is the most rewarding job in the Navy,” said Reeves. “It’s the only job I can think of that directly affects the morale of 100 percent of the people that are in whatever unit you’re in. I look at it like I am in customer service, and everybody that’s here is one of my customers.” ○



▲ **Vice Adm. Robin Braun, Chief of Navy Reserve**, thanks Culinary Specialist 1st Class John Johnson, a native of Chattanooga, Tenn. assigned to Naval Mobile Construction Battalion (NMCB) 25, for his service in preparing the last cooked meal planned for NMCB-25 prior to departing for field training.

(U.S. Navy photo by Mass Communication Specialist 1st Class Kim McLendon)



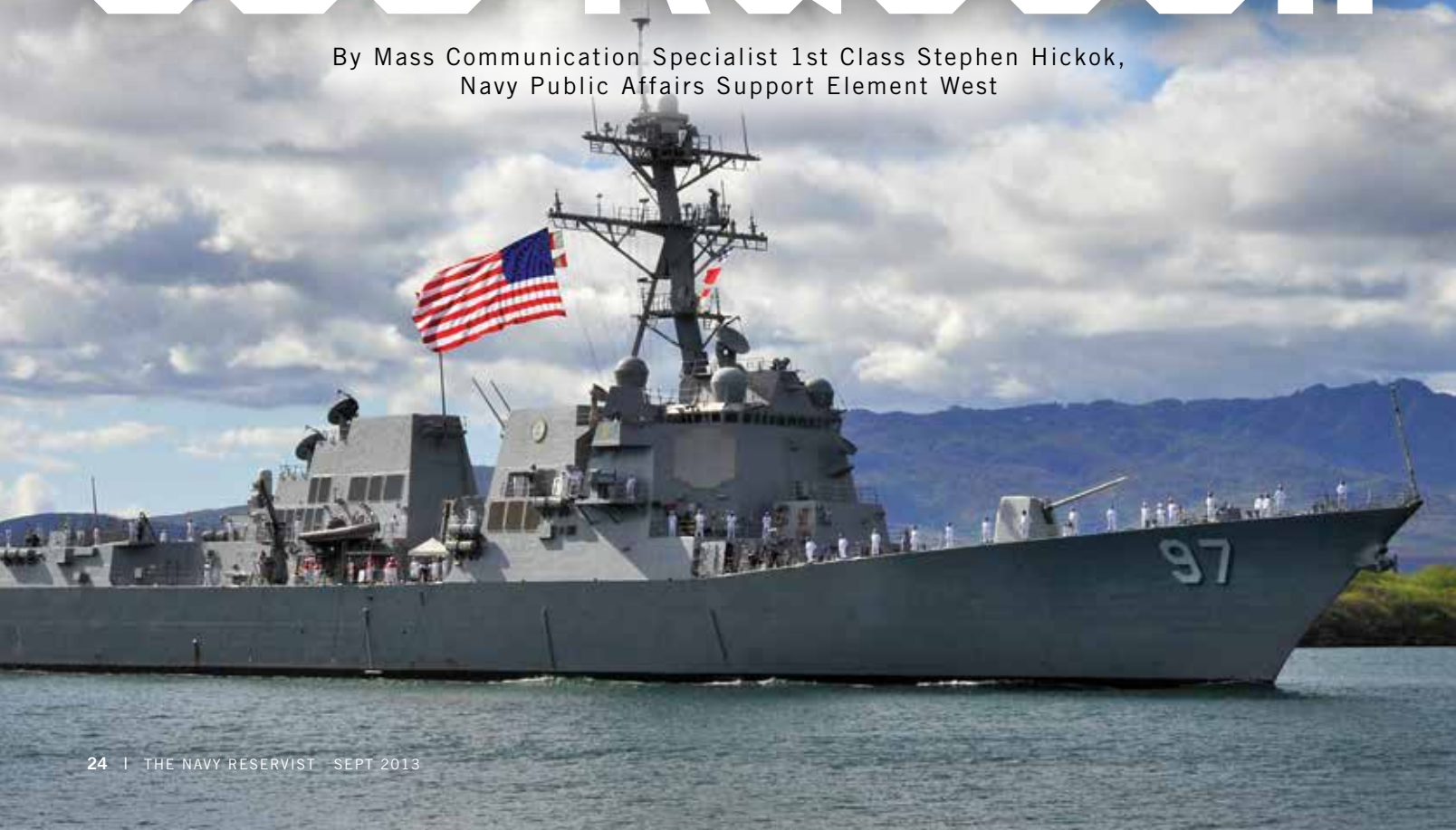
◀ A line handler releases the mooring lines onboard the guided-missile destroyer USS Russell (DDG 59) as the ship departs Joint Base Pearl Harbor-Hickam for the last time.

(U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Barker)

Reserve Sailors Make an Impact Aboard

USS Russell

By Mass Communication Specialist 1st Class Stephen Hickok,
Navy Public Affairs Support Element West



▼ **Logistics Specialist 2nd Class Manuel Gonzalez** instructs Logistics Specialist Seaman Apprentice Brittany Jackson on inventorying hazardous material aboard the guided-missile destroyer USS Russell (DDG 59) during their monthly drill weekends.

(U.S. Navy photo by Mass Communication Specialist 1st Class Stephen Hickok)



▼ **Logistics Specialist 2nd Class Ausson Duque**, a Reservist assigned to Fleet Logistics Center (FLC) Yokosuka, inventories hazardous material aboard the guided-missile destroyer USS Russell (DDG 59).

(U.S. Navy photo by Mass Communication Specialist 1st Class Stephen Hickok)



▼ **Logistics Specialist 2nd Class Charletta Harter**, assistant leading petty officer for the supply department onboard the guided-missile destroyer USS Russell (DDG 59), explains the Hazardous Inventory Control System computer program to Logistics Specialist 3rd Class Chris Wadell, a Reservist assigned to Fleet Logistics Center (FLC) Yokosuka, aboard the Russell.

(U.S. Navy photo by Mass Communication Specialist 1st Class Stephen Hickok)



The Reserve Sailors also benefit from the Russell experience as they gain valuable hands-on training and become mobilization ready.

Sailors assigned to Reserve Fleet Logistics Center (FLC) Yokosuka have made a name for themselves by providing logistical support to ships stationed at Naval Base San Diego. This support includes running inventories, moving supplies and keeping up with supply administrative paperwork.

This was just another weekend for an enthusiastic group of Navy Reservists showing their mettle aboard the guided-missile destroyer USS Russell (DDG 59).

Reserve Logistics Specialist (LS) Sailors support critical fleet operations and help ships stay on schedule by providing assistance while in the shipyards. Logistics Specialist 2nd Class Charletta Harter, supply department assistant leading petty officer onboard Russell, said that the group has helped the ship stay on schedule by providing assistance while in the shipyards this past April.

"In April they came and helped us with our inventory," said Harter. "If they didn't help us out, our days would have had to been pushed back because our inventory wasn't finished."

Reservists report to the Russell once a month for their two-day drill weekend, and have become a critical asset for the active duty LS's aboard the ship.

Logistics Specialist 2nd Class Manuel Gonzalez, a Reservist assigned to FLC Yokosuka, said the active duty counterparts in San Diego have witnessed the great work done by Reservists.

"It's been about three years that we've been supporting all the ships," said Gonzalez. "They know that we know how to work. They feel really comfortable and like us. The word is out about FLC Yokosuka that we are expert LS's."

Reserve Sailors also benefit from the Russell experience as they gain valuable hands-on training and become mobilization ready.

Logistics Specialist Seaman Apprentice Brittany Jackson, assigned to FLC Yokosuka, said that she appreciates the opportunity to see what Logistics Specialists actually do in the fleet.

"For me, I went to 'A' school and then I went to Reserves, but you don't really get to see what LS's do," Jackson said. "Here you get to see the physical work."

Harter said having this teamwork improves the Navy.

"If they are learning their rate, then they are going to be successful."

When are the Reserves welcome back?

"Everyday!" she exclaimed. ○



Story and photos by Chief Mass Communication Specialist
Roger Duncan

After 22 hours of flying an air logistics mission that included more than 7,000 miles of transit and crossing the International Date Line, the last thing anyone expected on a Navy C-40A Clipper was the smell of fresh baked cookies. But Reserve Naval Aircrewman Mechanical 2nd Class Allison Beck had made cookies in the plane's galley and was serving them to the nearly 90 dozing and sleepy passengers who had started their day as early as 2 a.m. San Diego time.

By mid-afternoon, Singapore time, members of littoral combat ship USS Freedom (LCS-1) Blue Crew were munching on cookies as they prepared to take part in the first forward-deployed LCS crew swap.

Beck, the aircraft loadmaster, was awake and alert as she walked through the Clipper carrying the plate of warm chocolate chip cookies. She was part of the third - and last - crew to man

► **Chief Logistics Specialist (SW/AW) Mike Moranparra** of Los Angeles sleeps through the dawn while headed towards Anchorage, Alaska aboard a C-40A operated by VR 57 for San Diego. LSC Moranparra is part of the Blue crew of USS Freedom (LCS 1). "Blue" Crew flew from San Diego to Singapore on a 25-hour transit.

this C-40A during this mission. The flight originally left San Diego hours before, flown by crews assigned to Fleet Logistics Support Squadron (VR) 57. Beck's team was from VR-58, which had assumed flight duties when the aircraft stopped for fuel in Yokota, Japan.

Five months prior to the crew swap, the LCS-1 Gold Crew had taken Freedom from San Diego on her maiden deployment

to Southeast Asia. Crossing the Pacific Ocean and visiting Hawaii, Guam and Manila on the way, Freedom has since participated in a variety of international naval exercises and hosted thousands of visitors.

The LCS program requires multiple crew swaps, by air, each year. The 93-98 person company that takes over the ship includes a core crew, mission package team and an aviation detachment and their gear. Much of the cargo that is transported by Navy airlift would be classified as hazardous material and rejected by commercial airlines.

"We don't consider the equipment the Search and Rescue swimmers bring to be HAZMAT," said Naval Aircrewman Mechanical 2nd Class Brandon Bishop, a loadmaster with VR-57. "It's lifesaving gear. We're military, we understand that this is mission critical."

In order to execute the mission as a continuous evolution, VR-57 prepositioned an aircrew in Alaska. This crew then took over flight duties during a fuel stop, and this model allowed the passengers on the plane to reach their destination sooner, while keeping crews fresh en route.

"Collaboration wasn't a challenge at all," said Cmdr. Garrett Edmonds, commanding officer of VR-57. "Taking over an aircraft from another unit's crew is not that challenging. Bottom line, we're trained the same way and the equipment is the same. We do a short pass down on the details and it gets done smoothly."

The C-40A is a modified 737 that can be configured to support cargo, passengers or both. It has a range of more than 3,000 miles and is capable of carrying up to 40,000 pounds.

The challenge that the LCS community faced was to determine the most operationally effective and fiscally efficient method to swap their ships' crews. Swapping ship crews while maintaining the hull deployed forward will save the Navy, and the American taxpayer, millions of dollars in fuel and maintenance costs.

Given that fast and agile are two words that accurately describe the LCS community, the choice to use Navy airlift just made sense. Scheduled by the Navy Air Logistics Office

▼ **Cmdr. Pat Thien**, right, Commanding Officer of the oncoming crew of USS Freedom listens to briefs from his team of officers and department heads. Freedom is conducting the first crew swap of a littoral combat ship during an overseas deployment.



A forward deployed Fleet with a dynamic operational schedule demands flexible, responsive air logistics support.

(NALO) and operated by VR squadrons belonging to the Fleet Logistics Support Wing (FLSW), the first ever LCS crew swap benefited from the capabilities found only in the Navy Unique Fleet Essential Airlift (NUFEA) community.

"As the sole operator of land based air logistics aircraft for our Navy, we perform a unique mission that is focused on enabling the war-fighting readiness of the Fleet," said Capt. Mark O. Bailey, Deputy Commander of Navy FLSW, based in Fort Worth, Texas. "We understand what our Navy units need because we are Navy and we know the Navy's mission. A forward deployed Fleet with a dynamic operational schedule demands flexible, responsive air logistics support. We deliver that capability to Navy units worldwide and we are proud to provide unparalleled air logistics support to the LCS community, including their crew swaps."

LCS is designed to operate close to shore and maintain a forward deployed presence. Their focus can be changed on the fly with equipment and crew "mission packages" that allow the advanced ship to perform surface warfare, mine countermeasures or anti-submarine missions. The ship is minimally manned with the expectation that all hands have no fewer than three jobs. While Sailors do work hard aboard LCS, they are also expected to advance fast due to the variety of skillsets they build while aboard.

"We are all very busy from the minute we pull out to the minute we pull in," said Freedom's Command Master Chief Christopher Kotz.

As a relatively new program there are many things that the LCS squadron and Sailors have to continuously adjust and focus on to ensure that they get it right. Getting there is no longer one of those concerns. By expertly carrying out the crew swap mission and making the process seamless for all involved, the crews of VR-57 and VR-58 let the LCS crews focus on the mission.

That and enjoying the fresh baked cookies. ○



IN THE SPOTLIGHT

Boots on the Ground

By Master-at-Arms 2nd Class Natiya Kazemi



▲ Master-at-Arms 2nd Class Natiya Kazemi on her final day in Afghanistan.

(U.S. Navy photo)

With only a few days left in theatre with re-deployment right around the corner, I ran down the checklist for the last time. Weapons cleaning, packing, training my replacement, getting contact information from new friends, informing my family and friends that I'm coming home and taking last minute pictures for memories? Check!

The last few days in Afghanistan seemed to pass by in the blink of an eye. You know you've made lifelong friends when you're at the airfield ready to get on the plane and fellow Sailors, Soldiers, Airmen and Marines text or drop by to say, "Be Safe! And we'll see you again so please keep in touch." The process of departing was so exciting, from lining up to board

"Fair Winds and Following Seas!" has been a well known term that the Navy has used in saying goodbye and best wishes. The time had finally come to bid farewell to the 43 Sustainment Brigade, this amazing Joint military environment and Kandahar, Afghanistan.

the plane, to the doors closing and, finally, getting in the air.

The first step was the flight to Manas, Kurdistan. It was a short flight and we were in Manas for only three days. It was the first step out of theatre before proceeding to Germany. It seemed strange having nothing to do but relax, with the dining facility open all day every day and unlimited use of amenities like the gym and the Green Bean lounge for TV and computer access.

The next stop was the Warrior Transition Program (WTP) in Germany, and the second we got off the plane the Navy was there with open arms giving us a warm welcome. The arrival process was quick, easy and enjoyable with no delays or concerns. I remember driving from the airport to the base and seeing rolling green hills, thinking, "I truly am out of Afghanistan." It was during that drive that I realized the difference of being out of a war zone.

The program involved a series of briefs and workshops that are designed to help Sailors make the transition back to the United States or their next duty station overseas. While participating

in the program we were able to turn in our weapons and military gear, arrange travel out of theatre and even catch up on some much needed rest. All of these things were important, but one of the greatest benefits was the time to prepare before jumping back into another routine waiting at home.

I have to say the WTP is an outstanding idea. As I've stated in one of my past articles, I realized that returning home to loved ones and friends can also be a very overwhelming experience. A study explained that 80 percent of Soldiers returning home were excited, ready and responsive, while 20 percent may have high anxiety, feel emotionally strained and scared of the reintegration. WTP gives returning deployers a chance to reacclimatise to the little things like civilian clothing, and time to focus on absolutely nothing but ourselves.

The environment was relaxed yet informative. The Navy team in Germany was attentive, compassionate and positive with a make-it-happen attitude. I can honestly say it made a tremendous difference with the anxiety I was

personally feeling about returning home.

The schedule for the week was very open; the first three days consisted of the arrival process, base familiarization, weapons cleaning and turn-in, administrative brief, gear drop and a short Combat Operational Stress Continuum Workshop. The fourth and fifth days consisted of Navy Mobilization Processing Site (NMPS)/Travel Brief and onward movement/fly out arrangements. Besides those important planned events they had MWR trips that were fun, relaxing and amazing, including castle tours, hiking and a day in a local town.

When I boarded the plane headed back to the United States, I felt like I just came off of a short vacation. I was clear minded, relaxed and truly ready for this last leg of processing at NMPS San Diego. Thinking things couldn't possibly get any better, I arrived to my seat only

to realize I was upgraded to first class.

The two weeks at San Diego NMPS seemed quick and easy. The rest of the first week went by fast with the normal medical and dental exams and Navy processing. The second week was extended where the Navy did an eight-hour daily class for assistance with resumes and job placement guidance. By the end of the week in San Diego we were 100 percent ready to go home. The final task was processing our DD-214s. I learned that if you send your awards home make copies so they can be placed on your DD-214.

Finally, the last leg was Las Vegas, only an hour flight away. I remember

sitting in the plane thinking of the past year. However, an hour after landing and walking out of the terminal the 115-degree Nevada desert heat hit my face and I had déjà vu. One desert to the next but at least I had the comforts of home. Walking into my house and seeing my dogs was exciting and after 30 minutes of playing with them I was able to call my family and friends in Hawaii.

I look back at this deployment with respect, appreciation, a sense of pride and a different outlook on life. I'm truly grateful for this experience and even though I missed family and friends this opportunity was a well worth the journey. ○

► **Master-at-Arms 2nd Class Natiya Kazemi** on her flight from Germany to San Diego.

(U.S. Navy photo)

▼ **Master-at-Arms 2nd Class Natiya Kazemi and her unit** pose in front of Navy Operational Support Center Las Vegas.

(U.S. Navy photo)



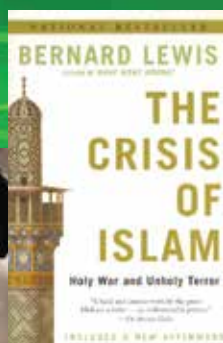
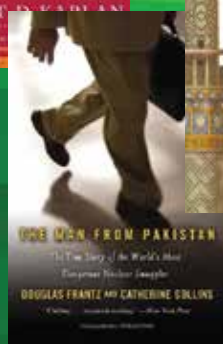
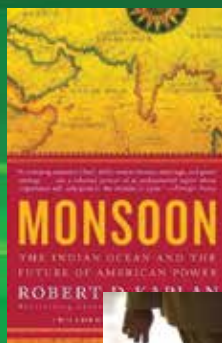
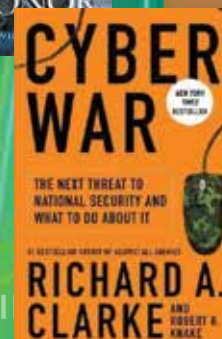
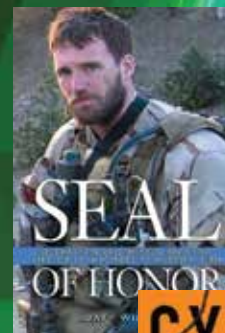
Navy Reading

Books and additional publications of interest in the Navy Professional Reading Program are selected by the Program's advisory group based on program criteria.

ESSENTIAL READING

warfighting first

- 1812, The Navy's War
- Cyber War: The Next Threat to National Security and What to do About It
- SEAL of Honor: Operation Red Wings and the Life of LT Michael Murphy
- Shield and Sword: The United States Navy and the Persian Gulf War
- The Gamble: General David Petraeus and the American Military Adventure in Iraq
- Wake of the Wahoo: The Heroic Story of America's Most Daring WW II Submarine, USS Wahoo

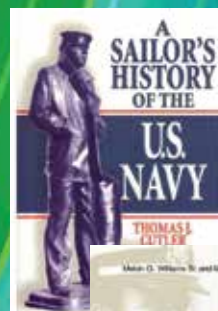


operate forward

- Crisis of Islam: Holy War and Unholy Terror
- "Execute against Japan": The U.S. Decision to Conduct Unrestricted Submarine Warfare
- Monsoon: The Indian Ocean and the Future of American Power
- Neptune's Inferno: The U.S. Navy at Guadalcanal
- Red Star over the Pacific: China's Rise and the Challenge to U.S. Maritime Strategy
- The Man from Pakistan: The True Story of the World's Most Dangerous Nuclear Smuggler

be ready

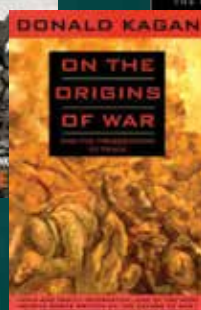
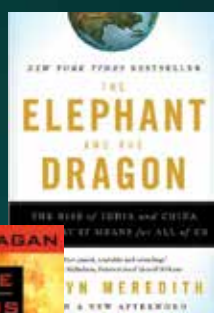
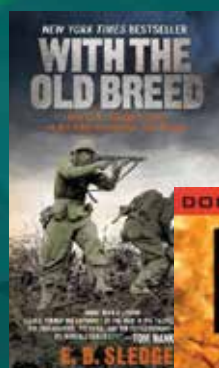
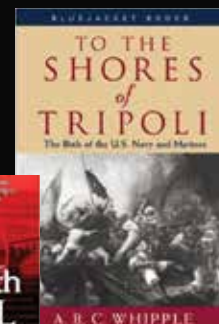
- A Sailor's History of the U.S. Navy
- Navigating the Seven Seas: Leadership Lessons of the First African American Father and Son to Serve at the Top in the U.S. Navy
- In the Shadow of Greatness: Voices of Leadership, Sacrifice, and Service from America's Longest War
- The Morality of War
- Time Management from the Inside Out: The Foolproof System for Taking Control of Your Schedule and Your Life
- Wired for War: The Robotics Revolution and Conflict in the 21st Century



[RECOMMENDED READING]

warfighting first

- The Art of the Long View: Planning for the Future in an Uncertain World
- Shackleton's Way: Leadership Lessons from the Great Antarctic Explorer
- Six Frigates: The Epic History of the Founding of the U.S. Navy
- Starship Troopers
- The Second World War, Volume 1: The Gathering Storm
- The Seventh Angel
- To the Shores of Tripoli: The Birth of the U.S. Navy and Marines
- Tried by War: Abraham Lincoln as Commander in Chief

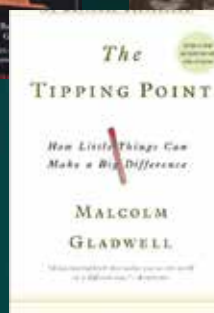
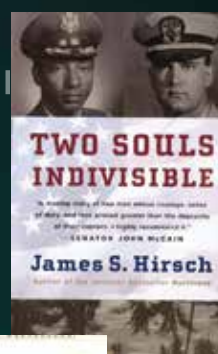
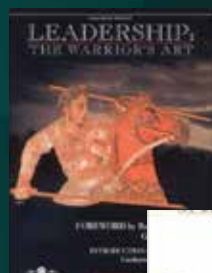


operate forward

- Aircraft Carriers at War: A Personal Retrospective of Korea, Vietnam, and the Soviet Confrontation
- On the Origins of War: And the Preservation of Peace
- One Hundred Years of Sea Power: The U. S. Navy, 1890-1990
- The Elephant and the Dragon: The Rise of India and China and What It Means for All of Us
- The Great Wall at Sea: China's Navy in the Twenty-First Century
- The Last Stand of the Tin Can Sailors: The Extraordinary World War II Story of the U.S. Navy's Finest Hour
- The Sand Pebbles
- With the Old Breed: At Peleliu and Okinawa

be ready

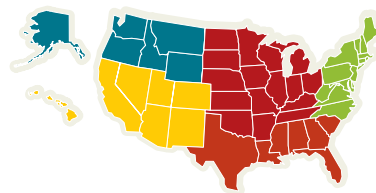
- 1776
- Integrity
- Leadership: The Warrior's Art
- Longitude: The True Story of a Lone Genius Who Solved the Greatest Scientific Problem of His Time
- Master and Commander
- The Innovator's Dilemma: The Revolutionary Book That Will Change the Way You Do Business
- The Tipping Point: How Little Things Can Make a Big Difference
- Two Souls Indivisible



The selection of these books and publications should not be construed as an explicit or implicit endorsement by the U.S. Navy for these particular books and publications, or the authors' or publishers' views or interpretations. Authors and publishers may submit other books for consideration for inclusion on future program lists to Accelerate Your Mind, Naval War College, 686 Cushing Road, Newport, RI 02841-1207.

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VR-55
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VR-56
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VR-57
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VR-58
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VR-59
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VR-61
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Warfare Command
(540) 653-5001

Naval Network Warfare
Command
(757) 417-6750

Naval Operational
Logistics Support Center
(717) 605-5790

Chief of Naval Operations
(703) 697-5664

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

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

Naval Personal Development
Command
(757) 444-2996

Naval Sea Systems Command
(202) 781-1748

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

Naval Special Warfare Command
(619) 437-2848

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

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

Naval Supply Systems
Command
(717) 605-3565

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

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

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

Naval War College
(401)-841-3304

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

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

Navy Expeditionary Combat
Command
(757) 462-4316

Navy Expeditionary
Logistics Support Group
(757) 887-7639

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

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

NIOC Norfolk, Va.
(757) 417-7112

NIOC Pensacola, Fla.
(850) 452-0400

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

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

Navy Installations Command
(202) 433-3200

Navy Munitions Command
(757) 887-4834

Navy Personnel Command
1-877-807-8199

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

Navy Region Guam
(671) 355-1110

Navy Region Southeast
(904) 542-2324

Navy Region Hawaii
(808) 473-4505

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

Navy Region Korea
011-822-7913-7251

Navy Region Mid-Atlantic
(757) 322-2800

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

Navy Region Hawaii
(808) 473-1168

Navy Region Midwest
(847) 688-2884

Navy Region Northwest
(360) 315-5123

Navy Region Southwest
(619) 532-2925

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

Office of Naval Intelligence
(301) 669-5557

Office of Naval Research
(703) 696-5031

Puget Sound Naval Shipyard
(360) 476-7683

Sealift Logistics Command
Atlantic
(757) 443-5758

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

Sealift Logistics Command
Pacific
(619) 524-9600

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

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

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

Submarine Group Nine
(360) 396-6530

Submarine Group Ten
(912) 573-3733

Submarine Group Two
(860) 694-5683

Submarine Squadron Eleven
(619) 553-8641

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

US Central Command
(757) 836-4180

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

US Fifth Fleet
011-973-724-383

US Fleet Forces Command
(757)-836-4180

US Joint Forces Command
(757) 836-6555

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

US Naval Forces Alaska
(907) 463-2248

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

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

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

US Naval Forces Korea
011-822-7913-5795

US Naval Forces Marianas
(671) 339-7133

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

US Naval Special Warfare
Command
(619) 522-2825

US Northern Command
(719) 554-5920

US Pacific Command
(808) 477-9138

US Pacific Fleet
(808) 474-8415

US Second Fleet
(757)443-9850

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

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

US Southern Command
(305) 437-1261

US Strategic Command
(402) 294-0246

US Third Fleet
(619) 767-4296

US Transportation Command
(618) 229-8269

Navy Reserve Intelligence
Command

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

Navy Intelligence Reserve
Region Northwest
(360) 315-6001

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

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

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

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

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

Navy Intelligence Reserve
Region Midwest
(847) 688-6273

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

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

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

Navy Intelligence Reserve
Region Washington
(240) 857-7878

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

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

Navy Expeditionary Combat
Command
(757) 462-4316

Explosive Ordnance Disposal
Group One
(619) 437-3700

Explosive Ordnance Disposal
Group Two
(757) 462-8453

First Naval Construction
Division
(757) 462-3658

Naval Construction Forces
Command
(757) 462-3658

Maritime Expeditionary
Security Force

Maritime Expeditionary
Security Group One
(619) 437-9808

Maritime Expeditionary
Security Group Two
(757) 396-0513

Chief of Naval Air Training

CAOSO
(361) 961-3386

CNRF CNATRA/FRS PM
(757) 322-6751

SUBMISSION GUIDELINES

PHOTO SUBMISSIONS

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

STORY SUBMISSIONS

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

QUESTIONS AND SUGGESTIONS

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

We're all in this together.



Give Help a Chance.

If you are having difficulties or know someone who is, now is the time to **ACT**.

ASK - CARE - TREAT

ASK if someone is thinking about suicide.

Let them know you **CARE**.

Get them assistance (**TREATment**) as soon as possible.

Suicide does not discriminate - anyone can be at risk.

www.suicide.navy.mil