

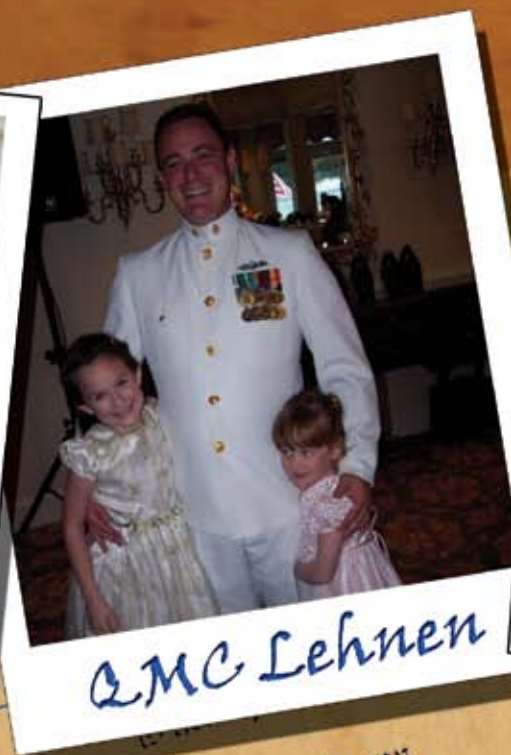
TNR

Ready Now.
Anytime,
Anywhere.

July/
August
2009
Vol. 35
No. 7



AW1 Frost



QMC Lehnen



HSC 84

recognized as one of many

Outstanding Performers
in today's Navy





NAVY RESERVE

Ready Now. Anytime, Anywhere.

Hello Readers,

"Thank you for your service." When Commander, Navy Reserve Forces Command CMDCM Ken Rimmel sends an E-mail he more often than not includes that message. I always thought I had been pretty good at saying those words to the people I work with, but when I see it from Master Chief it reminds me that I could always do better.

A Letter from the EDITOR

This month's TNR is focused on some of our shipmates that really deserve thanks from us all: outstanding Sailors who do amazing things. I can't think of a better way for the world to find out about the great Sailors in our Navy Reserve than to read about the Sailors of the year and father of the year. It is shipmates like them that show the leadership and dedication to duty the Navy Reserve is known for.



Rear Adm. John G. Messerschmidt, commander, Navy Reserve Forces Command; R. Kent Hudgens, executive director, Navy Reserve Forces Command; Vice Adm. Peter H. Daly, deputy commander, U.S. Fleet Forces Command; and Vice Adm. Dirk J. Debbink, commander, Navy Reserve Forces participate in the ribbon cutting ceremony for the opening of the new Navy Reserve Forces Command Headquarters at Naval Station Norfolk. (U.S. Navy photo Mass Communication Specialist 2nd Class Leslie N. Long)

"Thank you for your service."

You may have recently noticed a change to the Navy Reserve Web site. Read all about it this month as we explain some of the great capabilities now available.

Also, you may remember the photo to the left from our May edition. We do our best to be accurate with the information we publish in TNR but alas I made a pretty big goof in the caption of that photo. At journalist 'A' school it would have been an automatic failure on an assignment. Long out of 'A' school now, I am printing the photo of the headquarters ribbon cutting—this time the people in the photo are identified correctly.

One last Bravo Zulu: congratulations to everyone who is going through CPO Transition.

Happy reading.

Jim Vorn dran
Editor-in-Chief

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Congratulations to Aviation Warfare Systems Operator 1st Class (AW/NAC) William J. Frost on being named Reserve Sailor of the Year for 2008.

QMC John Lehen is recognized for going above and beyond as a service member and a father by the National Fatherhood Initiative.



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Check out the new Navy Reserve Web site at <https://navyreserve.navy.mil>.

An Active/Reserve integrated squadron achieves a milestone in Naval aviation.



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Commander, Navy Reserve Forces Command Rear Adm. John Messerschmidt discusses the Navy Reserve vision.



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Cover illustration by
Mass Communication
Specialist 2nd Class
Leslie Long



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

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

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



Vice Adm. Dirk J. Debbink
Chief, Navy Reserve

Rear Adm. John Messerschmidt
Commander, Navy Reserve Forces Command

Lt. Adam Bashaw
Force Public Affairs Officer

July/August 2009

Jim Vorndran
Editor-in-Chief

Mass Communication Specialist 2nd Class
Ryan Hill
Editor

Mass Communication Specialist 2nd Class
Leslie Long
Creative Director

Mass Communication Specialist 2nd Class
Elizabeth Merriam
Staff Writer



Critical Elements

Sailors Matter

Written by
CMDCM Kenneth L. Green
Commander, Military Sealift Command

A critical element of our Nation's Maritime Strategy is the capability to provide underway replenishment (UNREP) services at the will of combatant commanders. Our civil service Mariners and Sailors that crew and operate our Naval Fleet Auxiliary Force (NFAF) provide UNREP services daily across 24 time zones. Like the rest of our Navy, this force is lean and cannot do it alone.

Sailors from the Navy Reserve are specifically trained to operate UNREP rigs for cargo, ordnance and fuel transfers to augment the civilian service mariners (CIVMARS) who man our rig teams daily. Reserve Cargo Afloat Rig Teams (CARTs) provide an interim source of manpower for operating UNREP stations until an increased number of qualified CIVMARS become available.

Three CART units are designated as primary units responsible for training and administration of their respective CART detachments.

(1) CART ONE: is located at Earle, N.J. and has three detachments assigned: One Alfa in Syracuse, N.Y., One Bravo in Brunswick, Maine and One Charlie in Worcester, Mass.

(2) CART TWO: is located in Charleston, S.C. and has two detachments assigned: Two Alfa in

Columbia, S.C. and Two Bravo in Youngstown, Ohio.

(3) CART THREE: is located in Alameda, Calif. and has three detachments assigned, Three Alfa in San Diego, Calif., Three Bravo Los Angeles, Calif. and Three Charlie in Lemoore, Calif.

The detachments are composed of one lieutenant and 27 enlisted. They train specifically for connected replenishment and vertical replenishment operations. Training is conducted at the Military Sealift Command Underway Replenishment Training Center (TRACEN) located at Naval Weapons Station Earle and/or on board T-AO, T-AOE, T-AE and T-AKE class ships during exercises or routine underway operations.

Training consists of standard tension replenishment operations, material handling equipment (MHE)/ordnance handling equipment and various courses designed to meet the UNREP mission. TRACEN utilizes one cargo rig and one fuel rig on-site to provide all weather, day and night hands-on training. Training on explosive MHE includes forklift and pallet truck instruction. TRA-

CEN also provides exportable training to reserve sites on both coasts.

When a need for a CART is identified they will initially report to Military Sealift Fleet Support Command (MSFSC) who will assign them as needed. Upon reporting to the designated vessel for operations, CARTs are under the command of the Ship's Master.

MSFSC may also utilize CARTs in support of contingency operations through active duty training assignments up to 180 days. CARTs use annual training to provide operational support while participating in exercises and training onboard NFAF ships.

Contact me if interested in NFAF opportunities at kenneth.l.green1@navy.mil.



The Military Sealift Command fleet replenishment oiler USNS John Ericsson (T-AO 194) pulls alongside the aircraft carrier USS George Washington (CVN 73) during a replenishment-at-sea.

U.S. Navy photo by Mass Communication Specialist 3rd Class Charles Old



Retirement Points: Why they are Important

Written by
Navy Counselor 1st Class (AW) Debra Barlow
CNRFC Reserve Career Resources and Information

Every Reservist earns points towards retirement. The more points you have, the more money you will see in your retirement check. You can access your Annual Retirement Points Record (ARPR) at <https://www.bol.navy.mil/> under the ARPR/ASOSH heading. When you get into your record, look it over and if it is correct, print and file it. By keeping these on file you can track your points and if a problem comes up in the future, you'll have documentation to help straighten it out. You have the primary responsibility for tracking your points.

Recent changes pertaining to Reserve retirements include:

1. Reservists can be credited with up to 130 inactive points per anniversary year effective Oct. 30, 2007.
2. Qualified Reservists can start receiving retirement pay earlier than age 60. Effective Jan. 29, 2008, each 90-day aggregate of active duty completed in a fiscal year will allow a member to begin receiving retired pay three months earlier than age 60. Medical benefit eligibility remains at age 60, and only service performed on or after 29 January 2008 counts.
3. PERS-91 will review a member's record and establish a retired-pay eligibility date at the time the member is transferred to the Retired Reserve.

So how do you earn the points that could get you the bigger retirement check? In the following ways:

- One point for each day served on active duty in any status to a maximum of 365 per year (366 in a leap year).
- One point for every unit training assembly or drill. You'll normally get four or five points for a drill weekend, depending on when it starts (i.e., Friday night or Saturday morning.) Two points are the maximum for any calendar day.
- One point for each day of military funeral honors.

- One point for every three hours of nonresident instruction or correspondence courses.
- Fifteen points are given each year as "membership points" for being in a Reserve status.

A qualifying year:

The day you enter Reserve status is considered your anniversary date. From that point you must earn a minimum of 50 points a year in order to have a "qualifying year" toward retirement. As long as you do not have a break in service, your anniversary date will remain the same even if you go from active to inactive status and back. Once a break occurs, your anniversary date is the day you sign up again.

A non-qualifying year:

A non-qualifying year (one in which you do not earn at least 50 points) counts toward your total time in service, but not retirement. Points earned in a non-qualifying year also count toward your final total of points. Points can't be carried from year to year in order to claim a qualifying year. Unlike your cell phone minutes, there are no rollover points!

Status:

You don't have to be in an active, drilling or paid status with a Reserve unit to earn points. Reservists in many categories can earn points and gain qualifying years toward retirement. These include: Participating Individual Ready Reserve, Individual Mobilization Augmentees and Navy Volunteer Training Units.

You can find information and answers to questions concerning Reserve Retirement at <http://www.npc.navy.mil/CareerInfo/ReservePersonnelManagement/ReserveRetirements>.

If you need further assistance, contact your unit Career Counselor. They are there to help.

Written by
Eric Harris

Family Support Program Administrator
Navy Region Mid-Atlantic Reserve Component Command



In the post Sept. 11 era, Reserve component service members are receiving turn-key services such as streamlined mobilization processing, increased entitlements and long term psychological health services before and after deployment.

For active component service members, transition includes mandatory pre-separation counseling and voluntary attendance in a Department of Labor employment workshop. They must also attend Veterans Administration (VA) benefits briefings and a VA Disabled Transition Assistance Program. This is all bundled into a four-day workshop known as the Transition Assistance Program (TAP).

However, a Reservist who has received a 20-year retirement eligibility letter but has not

received retirement pay may be eligible to receive gray area benefits. Gray area benefits are a large compliment of benefits unknown to most and certainly not discussed, at least until now!

Navy Region Mid-Atlantic Reserve Component Command (RCC-MA) has instituted a unique Guard & Reserve Retirement Benefit Seminar referred to as R-TAP, which dispels the myths concerning gray area benefits and entitlements.

“What sets R-TAP apart is the fact it blends Reserve specific content with the presentation expertise of the active duty TAP,” said Chief Navy Counselor (AW) E. Adrian Currie, RCC-MA career information program manager and R-TAP lead.

Transitionally, consideration is given to the fact Reserve Component service members generally have civilian jobs and don’t need the résumé writing and interview skills the active duty TAP includes. Additionally, accommodating Guard and Reserve members during a drill weekend is an advantage of R-TAP.

“As a career counselor at a Naval Operational Support Center, I was

asked almost every drill weekend ‘What is available to Reservists when they retire without pay?’ I would spend time explaining the benefits available to retired without pay members. No sooner would I finish and another group would form in my office and ask the same question,” Currie said.

Since R-TAPs inception three years ago, more than 500 Guard members, Reservists, spouses and retirees have attended.

What began as a Navy program has changed to a multi-service initiative with great success. Joint service R-TAP sessions have taken off tremendously in all areas. Featured at the sessions are representatives from the Navy Fleet and Family Support Center, Army Human Resource, Air Force Family Readiness Center and Marine Forces Reserve. The Air National Guard, Army National Guard, the Navy Reserve Force Master Chief’s office and Master Chief of the Coast Guard Reserve Force’s office also provided valuable information.

Creating Traditions

Written by Carol Tracy

When your spouse deploys and you assume the single parent role, the mundane tasks take on a new weight and your focus must change. In the midst of that, your family still looks for you to continue through and keep life interesting. Creating new and fun traditions will make the burden seem lighter.

When my daughter turned eight, I took a different approach to the birthday concept. I needed more bang for my buck on a tight budget. I found I could combine several goals with one event. She could have her birthday presents and learn about spending money and we could create a very special tradition between us.

I put \$10 per month in the budget for her birthday. I kept a ledger, wrote down the amount and put the money in a savings account that was not to be touched.

Her birthday arrived and we set aside an entire Saturday for just her and me to go shopping for her birthday presents. I put the entire \$120 in her hands. The only condition was she had to spend it all. Now this also becomes a very good lesson in parenting. I call it the "bite your tongue" lesson!

Be very careful you do not tell them what to get with the money. Be very careful you do not advise them to put any part of the money into savings.

Of course there is nothing wrong with that kind of advice, but if someone gave you a gift of money would you want them to also tell you how much of it should be saved? This is about fun. It's their day!

She quickly learned the value of spending money. Through the years, that turned into the value of what you get for the money!

Our first day of this new tradition, she was in charge. She told me which stores she wanted to go shopping. We drove around town together looking for her favorite items. She got to choose where we had lunch and what she would order. We found ourselves at a food court laughing at the sticky mess we were left with and feeling very full.

She quickly learned the value of spending money. Through the years, that turned into the value of what you get for the money! She had to spend it foolishly in my opinion in order to

learn to spend it wisely. When she came up short for one last purchase, I didn't give in.

Remember, three things in all of this; One: have fun! Two: bite your tongue! Three: your child will learn the value of a dollar.

This is about them and what they want. You are building memories. You are teaching them about spending money. Best of all, they finish the day with a great feeling. Time was set aside just for them. The focus all day was on what she wanted. Most important to her -- she finished the day getting exactly what she wanted for her birthday!



Ms. Tracy is an author, businesswoman, Hampton Roads Realtor and her tour as a Navy spouse began more than 20 years ago.



The Blue “H” Award

Written by
Mass Communication Specialist 1st Class Paul G. Scherman

The Blue H - Navy Surgeon General's Health Promotion and Wellness award, encourages and rewards the promotion of health in Navy and Marine Corps organizations.

The reward recognizes commands who achieve excellence in health promotion and primary prevention.

There are three versions of the award; Fleet, Medical and Semper Fit Center.

The Fleet version recognizes excellence in workplace primary prevention policies, activities and outcomes.

The Medical version recognizes excellence in clinical primary prevention, community health promotion and medical staff health in Navy medical organizations.

The Semper Fit Center version recognizes excellence in community-level primary prevention conducted for Marine Corps populations. Quantifiable and specific, the award criteria provide clear direction for building and strengthening a well-rounded health promotion program.

Participation is open to all Navy and Marine Corps commands. Medical treatment facilities use the medical criteria. All other commands, including NOSCs, use fleet criteria.

Some of the health topics assessed include: alcohol and drug abuse prevention, health risk assessment, injury prevention, nutrition, physical fitness, sexual health and responsibility, psychological health such as stress management, suicide prevention, tobacco cessation and weight management.

Challenging but achievable, commands are awarded points for meeting or exceeding a minimal pass standard.

BRONZE ANCHOR:

Every organization that submits a report will at least receive the Bronze Anchor award.

SILVER EAGLE:

To achieve the Silver Eagle level award, commands must accumulate at least 50 percent of the total available points for every topic and category and must earn a minimum of 50 percent of the total available points.

GOLD STAR:

To achieve the Gold Star level award, a command must accumulate at least 50 percent of the total available points for every topic and category and must earn a minimum of 80 percent of the total available points.

A person designated by the commanding officer of the participating command can

download and save a copy of the criteria set/application, complete it and send it attached to an e-mail to the Navy and Marine Corps Public Health Center (NMCPHC) Award project manager. The blank criteria set/application (Medical, Fleet and Semper Fit) may be accessed from the Award Web site at http://www-nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx.

A Health Promotion program for our Reserve community can easily expand beyond notes in the Plan of the Month using the wealth of resources of the NMCPHC. Activities related to monthly wellness topics can be found on the Web site and the expanded toolbox provides multi media tools to help deliver the wellness messages.

For more information, contact the project manager, Bob MacDonald at 757-953-0974 or E-mail him at michael.r.macdonald@med.navy.mil.





Diversity – A Strategic Imperative

Written by
Lt. Cmdr. Elizabeth Zimmermann
Public Affairs Officer
Navy Diversity Directorate

The maritime strategy highlights the changing nature of both the threats and opportunities that exist for the Navy to respond to around the globe. It talks about collaborative partnerships and the trust that must exist within the Navy, among the services and among our partners worldwide.

This trust comes from relationships, developed through shared experiences, ideas, goals, heritage, language and a multitude of other diverse factors. To build relationships external to our organization, we must first look within. Fragmented groups cannot work effectively as a team, and individuals who feel like they're outside the team cannot reach their full potential.

Adecco USA, an arm of the global workforce solutions leader, conducted a workforce insights survey on diversity in 2008. While some might think maintaining a diverse workforce is just a senior leadership concept, the survey found the majority of workers think a diverse workforce makes their organization more successful. In fact, 53 percent of respondents felt they would become more productive as their company became more diverse.

The Navy agrees with this estimate and works to attract, recruit, develop and retain a diverse cross-section

of the American people – as active, Reserve or civilian members.

To attract, we need to be out there. Everyone has opportunities to talk about the Navy in their social or civic circles. We take small towns to sea and operate even bigger communities on land. The Navy has every kind of job and opportunities for everyone. To retain, we need to provide opportunities to develop both personally and professionally.

Enter mentoring and life/work integration initiatives.

When considering what career to pursue or where to work, many people look at others following a similar path and their successes. Not seeing role models who resemble them (in gender, race, culture, economic background, etc.) can often dissuade someone from a particular path.

Navy mentoring initiatives seek to overcome some of these barriers. Encouraging participation in internal and external affinity groups helps individuals find role models and mentors to whom they can relate. E-mentoring programs, internet networking groups and other options provide ways to link geographically dispersed people – such as Reserve unit members, individual augmentees and community/enterprise members of

ethnic or gender minority. Efforts to match mentors with protégés, beyond formal mechanisms, are also encouraged.

Mentoring aids in personal and professional success, but not achieving satisfactory integration between life and work commitments often leads Sailors to leave the service. The Navy's life/work integration efforts have resulted in civilian accolades. More importantly, these efforts have given Sailors a number of benefits such as adoption and paternity leave, career intermission and the expanded GI bill. These all help retain the diverse talent pool the Navy needs to meet operational objectives.

We hope building long-term relationships with our Sailors leads to a lifetime of service within the Navy total force. In turn, a stable, diverse total force gives us a wide range of knowledge and experience from which to forge essential global relationships and effectively carry out our missions.

For more information on
diversity, life/work and
other programs, visit
www.npc.navy.mil.



OPERATIONAL STRESS CONTROL- THE SPIRITUAL CONTINUUM



Written by
Lt. Cmdr. Patrick Finn, CHC
Navy Mobilization Processing Site and
the Injured Sailor Division

My goal for the Command Religious Program at Naval Mobilization Processing Site (NMPS), Norfolk, is to provide guidance to help increase a Sailor's resiliency while deployed as a Navy Individual Augmentee or Mobilized Reservist. Stress and combat stress are inherent in many of the types of duty Sailors perform after leaving NMPS. Stress is defined as any challenge or demand placed on the mind, body or spirit. Stress requires an adaptive response. Problems arise when the stress is too intense or lasts too long. I have developed the "3 COMMANDMENTS OF SPIRITUAL BALANCE" as a simple way to stay in the spiritual green zone.

3 COMMANDMENTS OF SPIRITUAL BALANCE

1. LOVE GOD (Higher Power)

Belief in a higher power and the eternal significance of one's life can contribute greatly to a sense of calm and inner peace. Have an "attitude of gratitude." Focus on the things for which you are most grateful. Count your blessings and you will be blessed.

2. LOVE NEIGHBOR (Shipmate/Soldier)

One of the most frequently noted

stressors of returning Sailors is interpersonal dynamics. Forgiving and being forgiven is your most powerful spiritual tool. You can break the back of hate and discord with these three words, "I am sorry." Say this when interpersonal tensions are rising. Say it to your spouse, brother, mother, significant other or shipmate (even when you don't feel like it) and watch the atmosphere and relationship change.

3. BE STILL

Quiet time and deliberate and purposeful quieting of the mind, body and spirit allow one to be open to eternal hope. Connect with others of your faith and practice your religious rituals. Even the most basic things your mother told you (Say your prayers before meals and bedtime) are important. We teach our Sailors what I have been calling mindfulness breathing. It is a way to relax, center and be more present to the movement of the eternal presence of hope and peace.

RELAXATION or MINDFULNESS BREATHING

1. Sit up straight — align back, neck and head
2. Relax eyes while looking down
3. Breathe in through nose on the count of one

4. Breathe out through mouth on the count of two (as if fogging a mirror)
5. Keep diaphragm full of air on inhale & exhale
6. Slowly inhale and hold - exhale slowly - hold and repeat
7. Allow thoughts and sounds to enter the mind freely
8. Release thoughts and forgiveness on the exhale

Use at the first signs of increased tension, frustration or anger. Practice for a few minutes at a time throughout the day

As a Navy we are moving to become more proactive in dealing with stress, especially operational stress. It is important to begin to dig deeper into how our spiritual resiliency can get us back to green on the operational stress continuum. If you haven't done operational stress control, please do. We all need to be on board with this. We can help our shipmates and soldiers and airmen counterparts.

The wounds to our spirit; inner conflict, guilt, shame, injury to our core beliefs, loss of faith in ourselves or God causes tremendous stress. Maintaining a sense of purpose and place in a greater plan brings stability and calm to our mind body and spirit.

SHORE SAILOR OF THE YEAR

WRITTEN BY SENIOR CHIEF YEOMAN (AW) AMY KELLY AND MASS COMMUNICATION SPECIALIST 2ND CLASS RYAN HILL

PHOTOS BY MASS COMMUNICATION SPECIALIST 1ST CLASS TIFFINI JONES



Chief of Naval Operations (CNO) Adm. Gary Roughead congratulates Storekeeper 1st Class (AW/EXW) Kesha McKibben, a finalist for the Chief of Naval Operations Shore Activities Sailor of the Year during the announcement ceremony at the Pentagon.

Storekeeper 1st Class (AW/EXW) Kesha McKibben made a little history earlier this year. She was selected as Vice Chief of Naval Operations (VCNO) Shore Sailor of the Year (SOY) April 29. McKibben is the first ever Full Time Support (FTS) Reservist to accomplish this.

"Petty Officer McKibben was one of four in the entire Navy representing not only this command, but the Navy Reserve," said Commander, Reserve Component Command, Naval District Washington (RCC NDW) Capt. Tim Fox. "She performed brilliantly."

McKibben started her journey towards VCNO SOY when she was selected as SOY for Naval Air Facility Washington. From there she was selected as SOY for RCC NDW. Her next step was her selection as the Chief of Navy Reserve SOY and then the VCNO SOY.



Finalist for the Chief of Naval Operations Shore Activities Sailor of the Year, Storekeeper 1st Class (AW/EXW) Kesha McKibben is introduced to the official party during the announcement ceremony at the Pentagon.

McKibben enlisted in the Navy Reserve April 5, 1994. She served as an individual augmentee with Combined Joint Task Force in the Horn of Africa. She currently has orders to Maritime Expeditionary Security Squadron Five in San Diego, Calif. She earned her Associates Degree in General Studies from Columbia College in July 2002 and is a volunteer with the Drug Education for Youth program.

"She made us very proud," said Naval Air Facility Washington Command Master Chief (SW) Ceroma Love. "Petty Officer McKibben is a model Sailor and an outstanding example of our Navy core values. She represented not only the Navy Reserves, but also the Navy in a truly professional manner. We are all very pleased to call her shipmate."

TNR Ready Now. Anytime. Anywhere.

We have many talented people in our Navy. Each month we highlight our stellar Sailors and some of the unique careers, skills and services they are providing to the fleet. E-mail the editor, james.vorndran@navy.mil, for the submission form if you'd like to nominate a Sailor. Please include a high-resolution (300 dpi) 5"x7" digital photo of the candidate.

Aviation Electronics Technician 1st Class (AW) Charles C. Barnhart

Hometown: Lufkin, Texas

NOSC: NAS North Island

Unit: VR-57 Conquistadors

Brief description of your job: I am the maintenance control LPO, ensuring squadron aircraft are maintained in an operation ready status, overseeing the day-to-day maintenance operations.

Your civilian job: I am currently serving as Full Time Support (FTS).

What has been your greatest Navy achievement: Having learned the ability to act as a member of some great organizations and contribute my part to a common goal.

Who has been your biggest influence since joining the Navy: AMCS Skimmer has taken an active role in my career and has mentored me in the importance of Sailorization and the value each individual member contributes.

Current hobbies: Family, running and golf



U.S. Navy photo

Aviation Structural Mechanic 1st Class (AW) Beati P. Guevarra

Hometown: Buckeye, Ariz.

NOSC: NAS North Island

Unit: VR-57 Conquistadors

Brief description of your job: I am currently the 100 Division LPO. I am in charge of airframes, power plants and environmental systems work center.

Your civilian job: Operations Specialist at a water reclamation facility in Buckeye, Ariz.

What has been your greatest Navy achievement: Having completed 12 years of active duty service for my country.

Who has been your biggest influence since joining the Navy: Cmdr. Kevin Simpson, my last commanding officer from my assignment at VP-65. He always reminded me that my workers are my greatest assets.

Current hobbies: Snorkeling and stamp collecting.



U.S. Navy photo



Aviation Warfare Systems Operator 1st Class (AW/NAC) William J. Frost, assigned to Helicopter Sea Combat Squadron (HSC 85), reacts after being named the 2008 Reserve Sailor of the Year on May 21, 2009.

SAILOR OF THE YEAR 2008

Story by Mass Communication Specialist First Class Barrie Barber
Photos by Mass Communication Specialist First Class Michael Moriatis

William J. Frost was a Sailor for life but didn't know that would mean a return to uniform until he attended a memorial celebrating his grandfather's legacy.

Frost attended a funeral in 2003 for the family patriarch, a former Navy Chief Radioman, when the grandson felt the call to rejoin the U.S. Navy.

Now, Aviation Warfare Systems Operator 1st Class (AW/NAC) Frost has built on that heritage his grandfather inspired him to follow. Frost is the Reserve Sailor of the Year, representing the "best of the best" of more than 56,000 enlisted Citizen-Sailors.

The San Diego, Calif., petty officer is a weapons and tactics instructor with Helicopter Combat Squadron 85 at Naval Air Station (NAS) North Island. A married father of twin boys, the medal-bedecked Sailor has served three tours of duty in Iraq.

"It's an honor I can't even begin to describe," he said. He was overcome with emotion when the envelope with his name inside was revealed as the winner among five finalists at an awards ceremony in May at the Ft. Myers Officers Club. "This is for you grandpa, it really is. My grandfather was the driving force in everything I've done in my naval career.

"He absolutely loved the Navy," Frost said. "Being a chief was the greatest thing in the world to him." Now, the two share something else in common: Frost will be meritoriously promoted to chief petty officer at a Pentagon ceremony in July.

Chief of Navy Reserve Vice Adm. Dirk J. Debbink said the

selection process was a celebration of the best of the best, and a reflection of the dedication of the Reserve Force, not a competition.

"They're all so talented," Debbink said. "Petty Officer Frost exemplifies the best of the best with his can-do attitude, his care and concern for those he works with, the support he gives to and receives from his family and his love for the Navy. "There's no doubt this is a Sailor for life."

Frost's demeanor and professionalism stood out, said Force Master Chief Petty Officer (FMF) Ronney A. Wright.

"The bottom line is, it's coming from the heart," he said.

"There's no doubt when you meet this Sailor, it doesn't matter if he's in a competition or a routine job during the day. He will give each equal effort and he's going to do the right thing," Wright added.

HSC-85 Command Master Chief Petty Officer Christopher T. Wheeler said Frost is an energetic and tenacious petty officer with great insight, great leadership and genuine concern about the mission ahead and his Sailors.

"They'll be very proud of him," Wheeler said.

Frost has volunteered in the past to deploy to Iraq. "I wanted to actively participate in the warfront," he said.

"I just felt it was something I had to do," he said. "I didn't come back to the Reserves for a paycheck." He said he lives by the acronym LBE: Lead By Example. "We can build all the ships and we can make all the planes, but it takes people to make it all work."

The finalists, all of whom received the Navy Commendation Medal for their achievement, were

representatives from the entire Reserve Force spectrum.

While in Washington, D.C., the Sailors took a fast-paced three-day trek through the nation's capital with stops at the Pentagon to meet with high-ranking military leaders. They also paid silent reverence to the fallen at Arlington National Cemetery and toured national monuments, the U.S. Capitol building and the U.S. Naval Academy (USNA) during commissioning week in nearby Annapolis, Md.

An early morning jog to the Iwo Jima Memorial reminded the Reservists of the sacrifice of "the greatest generation."

Later, amongst a maze of more than 17 miles of passageways at the Pentagon, the entourage paid homage to the Hall of Heroes. The Hall lists the names of hundreds of Medal of Honor winners; most from the Civil War to the early 20th century.

Passing portraits of former Secretaries of the Navy and Chiefs of Naval Operations (CNO), the group met with Vice CNO Adm. Patrick M. Walsh in the CNO's private conference room.

Walsh offered a glimpse of the magnitude of leading a force with nearly 332,000 active-duty Sailors, 115,200 selected and inactive Reservists, 187,250 civilians and about a \$125 billion budget.

"We're a service that absolutely relies on expertise; that relies on experience," he said.

The admiral asked questions, quizzed each RSOY finalist and offered advice.

"When you interact with those who you mentor, ask them, 'What are you proud of?'" he said. "You find something through the eyes of those you lead, and that exchange is priceless."

The five finalists in the 2008 Navy Reserve Sailor of the Year program stand on the steps of our Nations Capitol in Washington D.C.



The Sailors made a short stop to Master Chief Petty Officer of the Navy (SS/SW) Rick West's office. The lead enlisted leader was away on travel but left behind challenge coins shaped like an oversized MCPON three-star fouled anchor.

"He travels more than anybody in the Navy," said Master Chief Shawn Newcastle, who stood in for West and emphasized the key role of Reservists to the Fleet. "The Reserve Force is no different than active duty," he said. "We deal with both on the same level."

After a rapid tour of the Pentagon press conference room minutes before a daily briefing, Executive Assistant to the Chief of Navy Reserve Cmdr. Matthew Berta led the group to an area where the Pentagon made news on the first day of a new war.

The day was Sept. 11, 2001. A Memorial Chapel commemorates the fallen at the spot where terrorists turned the hijacked American Airlines Flight 77 into a missile, killing 184 victims. Outside the windows of the ceremonial space, benches honor every victim. Beyond the stained glass windows and across a hallway, the Sailors silently entered a windowless Reflection Room where the names of 56 Navy personnel and family members of Sailors who died that day are etched in a sandstone slate. The rock is a piece of the Pentagon itself, a piece that survived the attack.

From high above the fifth floor of the CNR's office, the entourage saw the flight path the plane took and then



Aviation Warfare Systems Operator 1st Class (AW/NAC) William J. Frost, assigned to Helicopter Sea Combat Squadron (HSC 85), hugs his wife after being selected as the 2008 Reserve Sailor of the Year on May 21, 2009.

struck the Pentagon where they stood. The Sailors are constantly reminded of their role in the long struggle against terrorism.

Reservists like the finalists have given a huge contribution to the fight against terrorism, said Sergeant Maj. Joseph A. Staudt, Senior Enlisted Advisor to the Assistant Secretary of Defense for Reserve Affairs.

The veteran Marine, who met with the Sailors, represents the interests of enlisted Reservists and Guardsmen. He expects they will continue to stay in high deployed numbers as the overseas mission turns more from Iraq to the conflict in Afghanistan.

As sunset approaches, the group tours the World War II, Korean and Vietnam war and Lincoln memorials.

Hordes of school children and others approach the Sailors and ask to have their picture taken with them.

They are, as Wright says later, suddenly "rock stars. And their fans are appreciative for their service.

"It's small things like that; that's what counts," Arellano said.

For Frost, a trip to the Vietnam Memorial is another personal touchstone. Flipping through the pages of a book near the monument, he finds a lost page in his family history. A page that led to a name engraved on the black granite "V" from another era and another war. The name of an uncle, U.S. Army 1st Lt. Robert E. Knadle, who died in October 1967. He was awarded the Distinguished Service Cross.

"His name is my brother's name now," Frost said. "He was only 23."

As a new day dawns, the group walks through the gently rolling land at Arlington National Cemetery to witness the methodic precision of the changing of the guard at the Tomb of the Unknowns.

The group is then whisked off to the U.S. Capitol, where the Sailors meet one of their own: Chief Aviation Electronics Technician (AW) Kathleen A. Reilly, the prior Reserve Sailor of the Year and a congressional staffer.

Reilly shows the group the inner sanctum of the U.S. Capitol, from the spiraling heights under the Dome, to passageways on the House and Senate sides of the nation's legislature.

"I wanted to take them places the public doesn't see and give them windows on American history," Reilly said. "It's just been amazing," Yeater said. "It was so much better than you can get out of any history textbook."

Along the banks of the Severn River, the finalists take another behind the scenes look, this time at the U.S. Naval Academy.

Outside, the peaceful blue skies are alive with the fury of thunder. The Blue Angels' F/A-18s rocket at low altitude in timed-to-the-second streaks of twisting and turning choreography above the academy during the

commissioning week visit.

From the Tiffany-stained glass windows to the crypt of John Paul Jones at the Chapel, the Sailors learn about the lore of the academy yard and the history.

They see the Freedom 7 space capsule of the late Alan B. Shepard; the first American in space and a USNA graduate. They see the academy's museum, ships' figureheads and old flags and pennants hidden behind closed doors in Bancroft Hall.

Midshipman 2nd Class Juan Diaz, of Port Chester, N.Y., gives a brief tour of Bancroft, a dormitory where all 4,500 midshipman live and dine together. Many of the hallways are filled with his shipmates standing watch.

To Diaz, it's more than a college. The Academy is a place of pride and tradition.

In a bridge simulator room in Luce Hall, the Sailors learn how to pilot a ship through a virtual world that mimics ports Navy vessels may dock. The scene can instantly change from day to night and from snow to rain to fog while helmsmen hear anything from sea gull calls to the ship's defensive weapons firing.



Reserve Sailor of the Year Aviation Warfare Systems Operator 1st Class (AW/NAC) William J. Frost, assigned to Helicopter Sea Combat Squadron (HSC 85)



Chief of Navy Reserve Vice Admiral Dirk Debbink presents the Navy and Marine Corps Commendation Medal to Aviation Warfare Systems Operator 1st Class (AW/NAC) William J. Frost, assigned to Helicopter Sea Combat Squadron (HSC 85), at Fort Myer in Washington D.C.

Marshall, the Seabee, tries to navigate through a rolling sea that sways the room from side to side before the "destroyer" helmsmen is told to collide with a cargo vessel; the sound of crunching metal rattles through the room.

"It was unbelievable because no matter what I did it wouldn't right the ship," he said. "Of course, I am a Seabee and I haven't been on a ship before."

On the final day, the group returns to the Pentagon to meet with Principal Deputy for the Assistant Secretary of Defense for Reserve Affairs David L. McGinnis. The Sailors also have a meet and greet handshake and photos with Chief of Naval Personnel Mark E. Ferguson III at the nearby Navy Annex.

"This is a big event because it allows us to show what you do for the force," said McGinnis, a former U.S. Army Green Beret.

The Sailors meet with Vice Adm. Debbink and the master chiefs for a last office call and a final word on the future and the past.

"Every one of us is a leader," Debbink said, "and every one of us is a mentor."

2008 RESERVE SAILOR OF THE YEAR FINALISTS



Master at Arms 1st Class (SW/SCW) Luis A. Arellano, petty officer in charge of training at U.S. Naval Forces Korea at Navy Operational Support Center (NOSC) Port Hueneme, Calif. The Long Beach, Calif., resident has served a tour of duty in Iraq with Support Unit 2. He was wounded while serving. He has a bachelor's degree in criminal justice and a master's degree in business management and is working on a Ph.D. in national security studies with an emphasis in anti-terrorism. He is a former law enforcement officer. The master at arms said he's overwhelmed at becoming a finalist. "I'm very humbled to be here, but I'm here also because I carry a voice." The Navy Reserve has helped him overcome challenges since he left active duty. "It was the Reserve Force that brought back stability," he said. Using his own wartime experience, he has helped returning veterans face the challenges of coming home. "The people who helped me opened doors for me, so I do the same," he said.

Aviation Warfare Systems Operator 1st Class (AW/NAC) Darryl W. Calzo, a crew chief with Fleet Logistics Supply Squadron 57 at NAS North Island in San Diego, Calif. Command advanced for superior performance, the San Diego resident has mobilized twice to support Operations Enduring Freedom and Noble Eagle and has earned an associate's degree in liberal arts for anthropology. He is a Colson Corp. systems engineer in San Diego. "It meant a lot to me knowing my peers, my chiefs and my unit believed in me and have given me this opportunity," he said. He recommends those who have the same goal to prepare for preparatory boards, listen to the chief's mess and be yourself. "You don't get as far by being somebody else."



Construction Electrician's Mate 1st Class (SCW) Robert M. Marshall, leading petty officer of Bravo Company of Naval Mobile Construction Battalion 21 at Naval Air Engineering Station Lakehurst, N.J. was another finalist. Marshall has served a tour of duty in Kuwait and is a one-time career counselor. The New York, N.Y., resident has an associate's degree in electrical/mechanical technology and is a court officer in Family Court for domestic violence and child abuse victims in New York City. "Being from New York City and seeing the [World Trade Center] towers come down motivated me to do something greater," he said. He attributed his success to the Sailors he leads and was mindful of being the first Seabee in memory to be a finalist in the competition. "To be the torch bearer is another great honor because it shows the Seabees back at the NOSC if you work hard, anything is possible."

Aviation Ordnanceman 1st Class (AW) Brian M. Yeater, who is a quality assurance technician with HSC-84 at Naval Station Norfolk, Va. The Suffolk, Va., resident has deployed to Iraq five times. He's a former assistant leading petty officer in the ordnance department. His advice to others: Start with the basics, meet job qualifications, take the dirty jobs and take care of your people. "You take care of them and they will take care of you," he said.





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National Fatherhood Initiative®

www.fatherhood.org

With Father's Day occurring in the month of June, countless fathers nationwide received a wide variety of gifts in that month. Many probably received clothing items such as ties, socks, T-shirts and slacks. Some of the outdoorsman types may have been given fishing poles, barbeque grills and camping equipment.

Chief Quartermaster John Lehnen, father of a nine year old daughter and six year old triplets, was given a family trip to Washington, D.C. While there, he was also given the National Fatherhood Initiative's (NFI) Military Fatherhood Award.

The Military Fatherhood Award recognizes a military dad who goes above and beyond his duties as both serviceman and dad to make sure he and his family stay connected throughout the stresses of military life. Lehnen was chosen to receive the award out of a field of more than 600 nominations. "We look for a military dad who displays an ongoing commitment and dedication to his children, makes extraordinary efforts to father from a distance when deployed, successfully balances military and family life and makes an effort to mentor other military fathers and military children who are separated from their fathers," said NFI President Roland C. Warren. "Lehnen has a high level of involvement with his four children. He has

STANDOUT FATHER AND CHIEF

Story by Mass Communication Specialist Ryan Hill

Photos provided by QMC John Lehnen

innovative ways of staying connected to them while on deployment and has creative ways of reconnecting upon his return. He helps other military fathers through the United Through Reading campaign and in family readiness groups."

Lehnen's dedication to his family did not go unnoticed at home either. His wife Jennifer, oldest daughter Katie and triplets Lindsey, Jacob and Isaac have been thankful for his service to them and their lives. Jennifer nominated him for the award in January.

"I am honored and blessed to call John my husband," she said. "His perseverance and dedication to our family have enabled us to triumph over the many obstacles we have faced."



From left to right: Katy, John (dad), Jacob, Lindsey, and Isaac

When learning he would receive the award, Lehnen held an unassuming demeanor. "I'm humbled," Lehnen said. "They gave me a link to the Web site where they had the write-up from my family and I read it. I looked at it and said 'yeah, I did all those things, but what's special about that?' The more than 600 other service members that were nominated deserve it just as much as I do. I accept it on behalf of all the armed forces fathers who are out there trying to do the best they can."

Balancing fatherhood with the demands of a military career is not something that came automatically to Lehnen. He had to learn how to balance the two through difficulties he experienced along the way.

"The first two years of marriage and the first year after Katie was born were really the hardest because I didn't know anything about being a father," said Lehnen. "I had a deployment to go on when she was only four months old. She was barely crawling. I came home [after deploy-

John and Jenn with the kids in younger days.

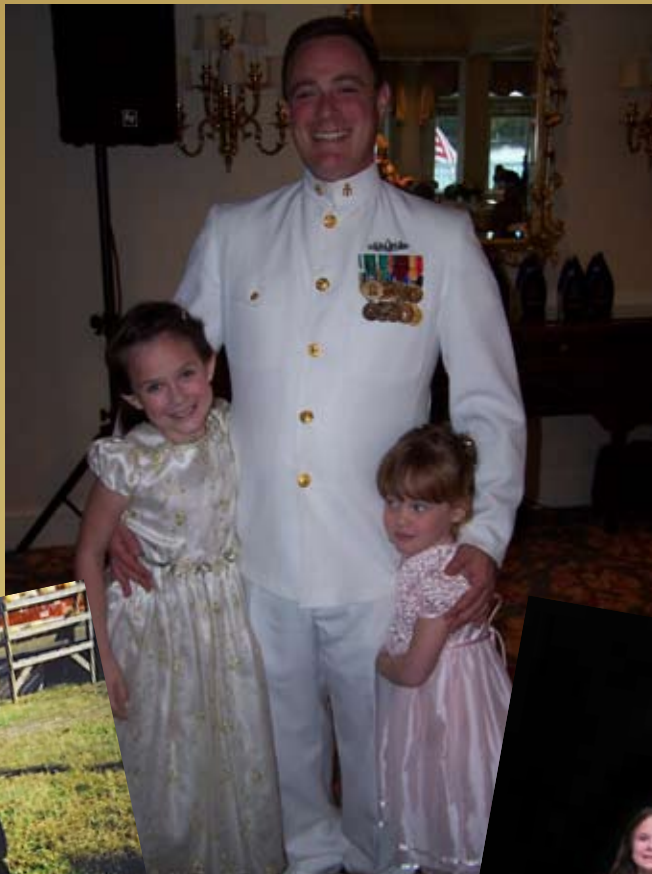


ment] and she was sitting up in a high chair eating crackers. It was a new experience and it was after that first deployment I realized I can't just go on deployment and come back and think everything's going to be the same." Lehnen learned he would need to keep some more lines of communication open if he wanted to keep his family growing strong together when he went away for lengthy deployments. He would make a greater effort on his next deployment, but he found he still had more to learn when it came to keeping in contact with family over thousands of miles of ocean.

"I made my third deployment when Katie was two and a half years old," Lehnen said. "I'd video tape myself reading books [to send home] and Katie didn't take well to that. She saw Daddy on the TV. She got up and tried to hug the TV and when she realized she couldn't get to me she started screaming. She couldn't watch any of the videos because it upset her too much. I had to send home post-cards, mail, pictures- different stuff to her so she would know I was thinking about her because the videos didn't work."

After his triplets were born, Lehnen was able to use the experience he gained from two deployments away from

Katy, John, and Lindsey



Katie to keep in better communication with his children. "I was experienced enough to know I need to get really creative with the things I do for these kids."

Lehnen used a variety of methods to keep constant communication with his kids throughout his deployments. He and his children each kept a journal they would share with each other when he got back, he read more books on video for them and he and his kids created a "Daddy Jar" with little gifts in it for them to remember him by while he was gone.

John and Jenn with Katy, Jacob, Lindsey, and Isaac.



It wasn't just Lehnan that learned from his early mistakes. Lehnen actively communicates with other parents at his commands to help them succeed in their own family relationships.

"I firmly believe you need to learn from other people's mistakes in order to be successful," Lehnen said. "I started sending correspondence to the whole command and started being an advocate for the other Sailors on the ship because they were in the same situation I was. I told them to get creative with their kids. Figure out what makes them happy. If they're going to be angry at you because you're gone, you're going to have to find multiple ways to make it seem like you're there with them." Being away from family can be a troubling fact of life for military fathers. For some, it can present an opportunity for family growth. As Chief Quartermaster John Lehnen found out, it can even get you awarded Father of the Year.

For more information on the Military Fatherhood Award and the National Fatherhood Initiative, check online at <http://fatherhood.org>.

NAVY RESERVE LAUNCHES NEW WEB SITE

BY MASS COMMUNICATION SPECIALIST 2ND CLASS (SW/AW) ELIZABETH
MERRIAM

Commander, Navy Reserve Forces Command (CNRFC) launched its new official Web site <https://www.navyreserve.navy.mil> to upgrade the way the Reserve Force uses the internet to facilitate operations. Using Microsoft SharePoint, the Web site will bring an updated look to the Navy Reserve online and a new way for users to share information across the globe.

"We have migrated to a newer version of SharePoint 2007, which will provide greater capabilities and allows us to utilize collaborative tools, single sign-on for applications and a number of other capabilities that will allow us to integrate better with other commands in the Navy," said Roberto Ochoa, Navy Reserve Customer Service Center (CSC).

"This Web site allows a common framework for users to have a public side that allows them to post so anyone in the world can see. There is also a private side after logging in with a Common Access Card (CAC) that allows users to see for official use only information."

The use of CAC login and single sign-on is an upgrade from the old Navy Reserve Web site, saving users time and trouble by not requiring a separate password. The use of CAC also creates a more secure Web site for users to share information.

"The Navy Reserve portal will have information and traditional links, but the big thing is the collaboration side of the tool featuring easy document posting and sharing, and the opportunities for wikis and blogs with real-time interaction and collaborative com-

munities of interest," said Michael Schoedler, CSC division director.


"We want this page to ultimately be a single-source library for information that can be instantaneously viewed," Schoedler said. "The users can interact within the Web site and we have the ability to expand it. It is a powerful collaborative tool that the whole Navy is going to."

While the Web site went online June 29, CNRFC will continue to evolve and update the information and services available. Users should also change their pop up blocker settings to allow pop ups from the Navy Reserve Web site for the full experience.





"It's a whole different culture and a whole different philosophy of how we're doing business. Users can take a document and send it across the United States and work on it together rather than e-mailing it as an attachment across the country," Senior Chief Information Systems Technician (SW) Carlton Harris said. "Users can set up a community of interest. They can have their own blog. It will make turn over easier. By using the Web site for document sharing the amount of room a user needs on a share drive gets reduced and e-mail storage gets reduced. It can all be done online in real time."

If users need technical assistance, they can click the help desk tab at the top of the page for assistance and FAQ resources. Users can also contact the CSC at NavyreserveCSC@navy.mil or call 1-866-830-6466. For more information on the Web site, visit <https://www.navyreserve.navy.mil>

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Around The Navy Reserve



WASHINGTON (NNS) -- The Navy Working Uniform (NWU) is now authorized for wear off-base, during routine stops and at eating establishments during the prescribed workday.

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Bravo Zulu




William J. Frost was a Sailor for life but didn't know that would mean a return to uniform until he attended a memorial celebrating his grandfather's legacy.

[AW1\(AW/NAC\) William J. Frost](#)


Leadership

Commander




VADM
Dirk J. Debbink
[Biography](#)

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< **July 2009** >

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A screenshot of the new Navy Reserve Web site.



10,000 and Counting...

The Red Wolves are in the thick of the fight. And they're not stopping any time soon.

Written by Mass Communication Specialist 2nd Class Ryan Hill

It was just another typical day in Iraq for the Norfolk, Va. based Red Wolves of Helicopter Sea Combat Squadron EIGHT FOUR (HSC-84). It was a night-time direct action mission with two helicopters, four Sailors in each helo and between seven and eight hours of flight time.

If asked to describe the mission in detail, those involved cannot even distinguish the particular mission from the many others in which they've participated.

"I'm trying to remember what mission it was," said Cmdr. Scott Gootee, HSC-84 executive officer and a pilot of one of the helos on the mission in question. "They all kind of run together. I don't remember off the top of my head."

While the mission itself may have been par for the course, the milestone HSC-84 achieved during that mission is not. The Red Wolves and

Reserve HCS community hit 10,000 combat flight hours on this May mission in Iraq – a feat that puts the Reserve community in a category all by itself.

"As part of the Navy Reserve HSC community, we are the only Navy helicopter community that has made that accomplishment," Gootee said. The 10,000 hours does not include training hours or anything other than flight time directly in support of combat missions. That equates to 10,000 hours of putting themselves in harms way. With four of the squadrons 10 helos permanently located in Iraq, there are plenty of opportunities for the Red Wolves to contribute to the fight.

"We do direct action missions against the enemy," Gootee said. "We do insert and extract missions with Army and Air Force units. We also do

intelligence, surveillance and reconnaissance, embedded combat search and rescue and casualty evacuation – taking people out into the field and getting them back."

Ninety-five percent of that flight time is at night. Fifty-two percent of that is the direct action type missions against the enemy with zero combat casualties for the unit.

Helping complete the variety of missions takes a variety of Sailors. Though they call themselves a Reserve squadron, HSC-84 is actually an integrated unit. Of the more than 300 personnel onboard the command, 144 are Full Time Support (FTS) Reservists, 110 are selected Reservists (SELRES) and 46 are active duty. This kind of integration is exactly the kind of total force the Navy has set as a goal.

The Red Wolves continue to support the Fleet. "We're taking active duty



HSC-84 HH-60Hs approaches on short finals for landing zones near Baghdad, Iraq. U.S. Navy photos.



Below: HSC-84 HH-60H and other joint helicopters prep for operations in Iraq. U.S. Navy photo.



Members of Combined Joint Special Operations Air Component (CJSOAC), from Helicopter Sea Combat Squadron (HSC) 84 conduct night operations. HSC-84 is the only Navy component of the CJSOAC and has been supporting vital special operations missions in the Iraqi theatre.

U.S. Navy photo by Petty Officer 1st Class Joseph W. Pfaff

Sailors, deploying them to Iraq, letting them do a mission they don't normally get a chance to do and sending them back to the fleet," Gootee said. "We're giving a lot of experience back to the fleet by having all these active-duty Sailors roll through. We're also giving Navy special warfare a lot of training support that goes directly back to the fleet. The majority of the training support they get every year is probably from us."

Work done between the active and Reserve components is seamless within the Red Wolves unit. "It's good camaraderie," said Aviation Ordnanceman 2nd Class (EXW) Justin Powell, a SELRES who joined the Red Wolves in April. "Everybody works together. They don't pick you out as a Reservist. I couldn't tell the difference [between Reserve and active] when I got here."

That kind of seamless integration is extremely important when using the kind of equipment the Red Wolves take on missions. On their direct action missions, HSC-84 often flies with the GAU-17 mini gun. This serious piece of machinery fires on two settings; 2,000 rounds a minute on the low setting or 4,000 rounds a minute on the high setting. On average, it will take a member of the Red Wolves 18 months to qualify as a gunner from the ground up. They take the responsibility of using their gear very seriously. A shooter has to go through 25,000 successful rounds to get qualified on the GAU-17. The fleet average for other guns is 1,000.

"We pride ourselves on quality," said Aviation Warfare Systems Operator 1st Class (AW) Edward Trembath, an FTS Reservist with the Red Wolves. "Our shooters will hit their targets on their first trigger burst."

Making sure their personnel are qualified to man equipment like the GAU-17 is just one way the Red Wolves remain vigilant. The training HSC-84 goes through ensures the command maintains their warfighter readiness. "We're constantly doing training back here," Gootee said. "We're training

with the local teams. We go to Nellis Air Force Base a couple times a year. We go with the SEALs to their training areas. We go down to Fort Bragg to work with the Army guys. We actually fly more hours here at home than we do over in Iraq, just training to send people over there. We do about 1,200 to 1,300 hours a year in Iraq and about 1,800 hours a year here just training to go to Iraq."

The Red Wolves fit perfectly into the Navy Reserve vision of being "Ready Now. Anytime, Anywhere."



"We are ready now," Gootee said. "We're able to deploy anywhere in the world within 72 hours. We're there. We've got four helos in Iraq all the time, 365 days a year since 2003 and we're not coming home any time soon."

Members of HSC 84 perform training maneuvers at Nellis AFB.

Photos by Kristopher Trajano at nellisspotters.com



Which G.I. Bill is right for you?

Written by:
Army Sgt. 1st Class Vaughn Larson
Joint Task Force Guantanamo Public Affairs

Military members thinking about or already enrolled in college may have a decision to make by the time the fall semester draws near.

The Post-9/11 Veterans Education Assistance Act of 2008, also known as the Post-9/11 G.I. Bill or Chapter 33, takes effect Aug. 1. It does not replace the Montgomery G.I. Bill, also known as Chapter 30, and both education benefits cannot be used at the same time.

Members already receiving the Montgomery G.I. Bill can switch to the Post-9/11 G.I. Bill, but they cannot switch back. More importantly, both bills generally provide up to 36 months of assistance, so any time already used under the Montgomery plan will be deducted from the Post-9/11 plan.

So, which program is best?

"It's not one program fits all," noted Candice Rice, director of the Navy College Office at Guantanamo Bay. She explained that factors such as the state, school and program impact the overall benefits available.

The Post-9/11 Bill, for example, covers tuition based on the highest public university tuition rate in that state. It also includes basic housing allowance at an E-5 rate for the zip code of the college, as well

as a yearly \$1,000 stipend for books and supplies. However, unlike the Montgomery Plan, the tuition coverage is paid directly to the college and not the service member. Also, if the state already provides military veterans with free tuition benefits for in-state schools, the Post-9/11 plan would only offer Basic Allowance for Housing and the stipend.

"You have to crunch your own numbers," Ernest Houston, a Veterans Administration program coordinator, told Joint Task Force Guantanamo troopers during one of several briefings this week. "You'll have to look at this individually."

The new G.I. Bill covers graduate and undergraduate degrees, vocational and technical school training offered by an institute for higher learning that has been approved for G.I. Bill benefits, tutorial assistance, as well as licensing and certification testing reimbursement. On-the-job training, apprenticeship, correspondence, flight and preparatory courses might also be covered.

Those who qualify for the Montgomery G.I. Bill or the Reserve Educational Assistance Program (REAP) are eligible for the Post-9/11 G.I. Bill. Active duty service after Sept. 11, 2001 determines the benefit amount members are eligible for. Individuals who served

between 90 and 180 days of active duty, for example, are eligible for 40 percent of total education benefits under the new bill. Those who have served at least 36 months since Sept. 11, 2001 are eligible for 100 percent of benefits. All who qualify are eligible for benefits up to 15 years from the last period of active duty of at least 90 days. Qualifications for the new G.I. Bill also include honorable discharge, placement on the retired or temporary disabled retired list or transferred to the Fleet Reserve or Fleet Marine Corps Reserve, or discharge due to hardship, condition interfered with duty or existed prior to service.

Other considerations include the \$600 kicker payment made into the Montgomery plan, which is not recoverable if the member transfers to the Post-9/11 plan. Also, if a student loan repayment plan was in force during any of the service member's post-Sept. 11 active duty time, that time does not count toward the Post-9/11 G.I. Bill eligibility.

Houston cautioned that all the bugs have yet to be worked out of the latest G.I. Bill, and recommends visiting www.gibill.va.gov for more information.

For more news from Joint Task Force Guantanamo, visit www.navy.mil/local/jtftgmo/.

READY NOW. ANYTIME, ANYWHERE.



Rear Adm. John G. Messerschmidt discusses the Navy Reserve's new mission statement in his office, located in the Commander, Navy Reserve Force Command's headquarters in Norfolk, VA.

WRITTEN BY MASS COMMUNICATION SPECIALIST 2ND CLASS RYAN HILL

PHOTOS BY MASS COMMUNICATION SPECIALIST 2ND CLASS (A W/SW) ELIZABETH MERRIAM

There's a new vision for the Navy's future: Navy Reserve. Ready Now. Anytime, Anywhere.

This statement refers to the flexible nature of the Reserve Force and the willingness and ability of Reserve Sailors to move quickly and efficiently to support the mission. This willingness is evident from enlisted Reservists mobilized in support of the overseas contingency operations all the way up to the admirals at the top of the command chain. Commander, Navy Reserve Forces Command (CNRFC) Rear Adm. John Messerschmidt exemplifies this, as he has become the first Selected Reservist (SELRES) to command CNRFC. "I've been the customer for 22 years," Messerschmidt said. "Now I'm a customer-service provider."

It has been more than six months since Messerschmidt took over the reigns of CNRFC Nov. 6, 2008. The change of command happened on a rainy day in New Orleans in front of the assembled staff outside the doors of the old Navy Reserve building—a building that has been in existence since June 1919. At the time he took over, the population of the command was shifting locations and New Orleans personnel were dwindling. On a typical workday, the Sailors wore either the Navy working blue or working white service uniform, depending on the season. These days Messerschmidt works in Norfolk, Va., in

the office of a brand new, state-of-the-art building whose doors officially opened March 24, 2009. The command he leads is now located in the world's largest Navy concentrated area and is just across the parking lot from United States Fleet Forces. The command is almost fully staffed and is gaining new personnel daily. The Sailors he is responsible for now wear the new blue digital camouflage Navy Working Uniform—a uniform that signifies "ready now" for anyone who wears it.

While the aesthetics may have changed, the heart and soul of the Reserve Force has remained the same. The quality of work remains unchanged: the Reserves still provide the Navy with strategic depth and provide operational support to the Navy/Marine Corps team and the joint forces from peace to war. "We have Reserve components because we provide a cost-effective force that can surge forward when the nation needs it. We've been doing that for the past eight years," Messerschmidt said. "We are cost effective because we pay SELRES a part-time salary to maintain combat readiness and proficiency so when we need them, they're ready to go. We've maintained our status as an all-volunteer armed force for the past 36 years because we've had this ready [Reserve] Force across all our components."

Cost effectiveness has become an increasingly important phrase in today's financially unstable world. Getting the most for the money spent is a

facet of the Reserve Force that makes Messerschmidt proud.

"If you were to look at everything we have to do, every contingency, every major combat operation and all the permutations, we can't afford the standing Navy required to be ready to do everything," he said. "For the past 94 years [the Reserve Force has] assumed risk by saying we will have a part-time Force. Should we need to surge, we will have them ready to go to expand our Force. Here is the presumption: We assume this risk on the assumption our Reservists are ready to go. Anyone who is a part-time Reservist has to embrace that commitment to be Ready Now. Anytime, Anywhere. I'm proud to say the Navy Reserve leads all the components in medical readiness, and we have really lowered the fallout rates on mobilization."

With being "Ready Now. Anytime, Anywhere" comes the understanding a Reserve Sailor must be prepared to support the country's overseas contingency operations. This often includes mobilization to places such as Iraq or Afghanistan.

"I think we're going to continue to mobilize, probably at least the same we have throughout the last several years," Messerschmidt said. "Generally we're averaging between 5,000 and 6,000 SELRES

mobilized at any time. I don't see that changing throughout the next couple of years. I tell everyone 'You ought to have the attitude it's not a question if you're going to get mobilized, but a question of when you're going to get mobilized.' I think every Reservist needs to take a little time off and ask themselves, 'Am I ready to go?' As important, 'If I get the call, am I going to go?' If you know ahead of time you're not going to go if the call comes in, then I think you need to be moving on. We're counting on you. The country is counting on us. Everyone needs to sort of internally retake that oath."

Getting prepared for the possibility of mobilization doesn't just fall on the Reservist, but affects others in the Sailor's life as well.

"One thing I try to emphasize to anyone who wears a uniform and has a family is readiness starts around the kitchen table," Messerschmidt said. "Readiness starts by sitting down with your spouse or significant other and talking about your commitment. What does that commitment entail? What are the jobs you perform in your household that, should you be mobilized, your spouse is going to have to pick up? There are some unique aspects to the Reserve component because we have to think not only about the Sailor, but we have to think about the family and the employer too."



Rear Adm. Messerschmidt and Yeoman Chief April Jackson review documents for his signature.



Rear Adm. John G. Messerschmidt discusses the Navy Reserve's new mission statement in his office, located in the Commander, Navy Reserve Force Command's headquarters in Norfolk, VA.

The commitment a SELRES makes to his country and to his Navy is not taken lightly at CNRFC. The Reserve Force is working hard to ensure the individual Sailor and the Sailor's family is taken care of. This aligns with one of the Chief of Naval Operations priorities to take care of our people. A Reservist always has the possibility of a mobilization assignment supporting overseas contingency operations. The Reserve Force is working hard to make this possibility a little less jarring.

"We've taken many steps to try to provide predictability into these assignments," Messerschmidt said. "The big one this year was our mobilization pool we put together for our unrestricted line officers. We looked at the historical demand, which is about 450. We looked at how many it takes to produce 450, considering dropouts. We pulled 600 random officer names based on the paygrades we need and said, more or less, throughout the next year, you're going to be mobilized. For the other unrestricted line officers who weren't on the list, we said it's unlikely you're going to be mobilized in the next year. However, you have to maintain your readiness regardless." When a Reservist is mobilized, there is a lot that goes on during and after the deployment to ensure a smooth process for them and their family.

"When a Sailor takes their oath, they're making a commitment," Messerschmidt said. "Conversely, we're making a covenant to them to ensure their families are taken care of when they're deployed. We're making a commitment that we'll re-integrate them and provide them with all the tools, counseling and resources they need when they return. That's who we are. Our core capability is preparing,

deploying, re-deploying and re-integrating." Readiness doesn't just involve mobilizations. It also involves keeping Reservists gainfully employed when they're at home in the states.

"Another aspect of readiness is making sure we have the right people with the right skills and levels of experience in the right jobs," Messerschmidt said. "Unlike active duty where you tell people where to go to work, we can't do that with SELRES. It's a big matching challenge to put people into the right jobs. We do our best to assign them locally, but in some cases we have to cross-assign them. Our goal is to provide meaningful work for every Sailor who wears a uniform, and that starts with having the right assignment."

Messerschmidt has learned much in his short time heading up CNRFC. Admirals who had the job before him were full-time support Reservists. Being the first SELRES Sailor to hold the job has proved to be useful since he now leads a command that provides support to the entire SELRES Force.

"I have a unique perspective," Messerschmidt said. "I take a special interest in that."



BOOTS

on the GROUND

by Capt. Larry Jackson

LOG ENTRY TEN

I'm learning a senior advisor is part travel agent. I was initially skeptical about this aspect of the job, assuming it was mostly about arranging boondoggles for Iraqi generals. But I was about to realize there is no faster way to bond than traveling through a war zone.



To learn the travel coordinator trade, I

accompanied my Australian Army boss, Brig. Gen.

Dunn, on a trip to the Diyala Operations Center with the Iraqi Chief of Staff, Gen. Babakir, and my principal, Lt. Gen. Hussain. Navy Capt. Chris Noble, who had organized countless "battlefield circulations" for Gen. Babakir, was the trip coordinator.

The flight to Forward Operating Base (FOB) Warhorse in Baquba went without a hitch, but when we got to Warhorse, there was no convoy

to take us to Diyala. Armed with two cell phones, a satellite phone, a notebook filled with phone numbers, some Arabic and his ingenuity, Noble began working the system to find the Iraqis who were supposed to meet us. It took a while to determine the convoy had gone to a landing zone (LZ) on the other side of Diyala. (Though we never learned for sure, we suspected the commander of the Diyala Operations Center did this purposely, as an intentional slight to Babakir.)

While Noble worked furiously to get us a ride, Dunn took the opportunity to discuss some issues with Babakir and I was able to talk a bit with Hussain. After about 30 minutes, however, everyone was feeling uptight. Babakir commented on the Aussie F88 being carried by the Brig's aide de camp, Maj. Wendt. Sensing an opportunity to ease tension a bit and kill some more time, Dunn summoned the major, took the assault rifle and handed it to Babakir.



After an hour or so, the Iraqi convoy arrived, but couldn't enter the FOB. We hitched rides to the front gate, got out, loaded our weapons and walked out to the convoy. The Iraqi soldiers focused on Babakir and Hussain and escorted them to vehicles. I noted with interest Dunn was treated courteously, but as a bit of an afterthought. "Where does that leave me?" I wondered. I quickly found an Iraqi Humvee and hopped in for the ride, which turned out to

be fairly wild. We swerved across the highway and the streets of Diyala. When my driver wasn't accelerating, he was braking. We were rarely more than 15 feet behind the vehicle in front of us as we whipped along. I came away convinced of the need for more training for Iraqi drivers.

We arrived at the ops center (an unimpressive building), received a briefing and gathered for lunch, Iraqi style. While the principals sat at a table, the strap-hangers ate standing up at a table in the hall. Everyone dug in with their unwashed hands. Noble spotted me looking askance at the melee around the food and walked over. "You have to dig in fast, or you won't get anything," he advised. "The food is good and you'll get used to the chaos." I pulled out my bottle of hand sanitizer from my cargo pocket and cleaned my hands. Tentatively, I ate a piece of bread and some vegetables, but was feeling too germaphobic to try anything else.

Before I was done, Noble was finished and on the phone again. He was discussing logistics with the local U.S. military training team commander, as the two tried to arrange for Babakir and the mayor of Diyala to meet. Civil-military relations are not part of the Iraqi culture and we (the Coalition) were serving as a catalyst to allow the meeting to take place.

I suspect, however, the real purpose of Babakir's visit was to meet with the mayor. He was warmly greeted. The two discussed military, security and economic issues of the region, with Hussain looking on. The media covered the event—important for building the sense of civil-military cooperation with the populace. I walked away impressed, feeling something meaningful had happened.

After tea, we walked back to the convoy and I got in an Iraqi Mine Resistant Ambush Protected (MRAP) vehicle with Noble and Dunn. Unfortunately, Babakir's driver didn't know we were departing from a different LZ, and sped off in the opposite direction, while the rest of the convoy turned onto the main street in Diyala. Inside the MRAP, with no

cell or satellite phone connectivity, Noble and the interpreter were having an animated conversation with the Iraqi vehicle crew, trying to get them to radio Babakir's escort. After a few minutes, it became clear there was no radio communications between the two groups. Noble got out of the MRAP to try using the phones, but had no luck. A Hummer was dispatched to chase down and redirect Babakir's car. Meanwhile, we waited for 20 tense minutes in downtown Diyala.

The drive to the departure LZ was mercifully short, and the flight back again uneventful. During the helo flight, with conversation impossible above the roar of the rotors, I reflected on the benefits and the challenges of travel in Iraq. It was difficult, expensive and risky, but also vital to understanding Iraq and Iraqis. Our ability to facilitate the travel was, in an era of declining Coalition spending, one of the few tangible things an advisor could do to help his principal, who would otherwise be a captive of the Green Zone, unable to inspect the men he commanded. And the time spent together enhances the personal connections so critical to the mutual trust on which success of the Iraqi-Coalition relationship ultimately rests. By the time we touched down at Phoenix, I was no longer a skeptic.



—CONTINUED NEXT MONTH—

Navy Reserve Resources for Life

Places You Need To Know

Health and Fitness

TRICARE

As a member of the military community, one of the most important benefits you've earned is comprehensive health care coverage. TRICARE is the Department of Defense's health care program for members of the uniformed services, their families and survivors.

<http://www.tricare.mil>

Quit Tobacco--Make Everyone Proud

Sponsored by the DoD, Quit Tobacco is a program dedicated to helping service members become tobacco free. Go to this site to chat with a coach, read about quitting, and create an account, which allows you to develop a customized quit plan.

<http://www.ucanquit2.org/>

The President's Challenge

The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. Create your own personal profile for free and log your daily activity. There are individual categories for seniors, adults, teens and children, educators, or create your own group and compete against your friends and family.

<http://www.presidentschallenge.org>

Hooah4Health

This Web site offers resources and tools to help service members and their families achieve good health and wellness. Using interactive tools such as a customizable food pyramid and various health calculators. There are healthy recipes and tip sheets on a wide range of topics--dietary supplements, cancer prevention, sun safety, and more.

<http://www.hooah4health.com/>

Finances and Relief

NMCRS

The mission of the Navy-Marine Corps Relief Society is to provide financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need. The Society provides financial assistance to eligible recipients in the form of: interest-free loans for educational purposes and budget counseling services.

<http://www.nmcrrs.org/index.html>

Hire Vets First

This Web site was created to help employers find qualified veterans, and to help veterans make the best use of a national network of employment resources. This site includes links and resources for veterans to search jobs, find information about one-stop career centers, and translate their military skills into current civilian workplace needs.

<http://www.hirevetsfirst.gov/>

Hope Now

HOPE NOW is an alliance between counselors, mortgage companies, investors, and other mortgage market participants. This alliance will maximize outreach efforts to homeowners in distress to help them stay in their homes and will create a unified, coordinated plan to reach and help as many homeowners as possible.

<http://www.hopenow.com/>

Veterans Affairs Home Loans

VA can guarantee part of a loan from a private lender to help you buy a home, a manufactured home, a lot, or certain types of condominiums. VA also guarantees loans for building, repairing, and improving homes. If you already have a mortgage, VA may be able to help you refinance your loan at a lower interest rate.

<http://www.homeloans.va.gov>

Services that make Reserve life easier!

Family

NAVY Services Family Line

Naval Services FamilyLine is a volunteer, non-profit organization dedicated to improving the quality of life for every sea service family. Their aim is to provide an introduction to Navy life and to increase family members' understanding of the Navy's mission.

<http://www.lifelines.navy.mil>

Military HOMEFRONT

A DoD Web site for official Military Community and Family Policy (MCMFP) program information, policy and guidance designed to help troops and their families, leaders, and service providers. Whether you live the military lifestyle or support those who do, you'll find what you need.

<http://www.militaryhomefront.dod.mil>

American Academy of Pediatricians

The American Academy of Pediatricians Military Youth Deployment Support Web site has been designed to support military youth, families, and the youth serving professionals caring for this population. Parents can download a PDF version of the Parent's Guide to the Military Child During Deployment and Reunion booklet.

<http://www.aap.org/sections/uniformedservices>

National Military Family Association

The National Military Family Association's primary goals are to educate military families concerning their rights, benefits, and services available to them. This Web site includes information and resources for deployment, education, family life, family member benefits, health care, and money management.

<http://www.nmfa.org>

Education

GI Bill

The Department of Veterans Affairs Web site contains information about the Montgomery GI Bill and the Post-9/11 GI Bill. Service members can decide which program is right and determine eligibility.

<http://www.gibill.va.gov/>

Navy COOL

A developing product for active and Reserve Navy service members. It allows the service member to obtain civilian credentials that relate to their rating, job, occupation, or designator. Navy COOL also works with programs that can help the service member pay for credential fees.

<https://www.cool.navy.mil>

One Stop Websites

Commander Navy Reserve Force

Ready Now. Anytime. Anywhere. The mission of the U.S. Navy Reserve Force is to provide mission-capable units and individuals to the Navy, Marine Corps Team throughout the full range of operations from peace to war.

<https://navyreserve.navy.mil/>

Military OneSource

Military OneSource is a 24-hour, 7-days-a-week, toll-free information and referral telephone service available worldwide to active-duty, Reserve, and National Guard military members and their families. Military OneSource provides information ranging from everyday concerns to deployment-related issues.

<http://www.militaryonesource.com/>

RC Phone Directory

Chief of Navy Reserve
(703) 693-5757

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 Dionn Henderson
1-877-822-7629
(757) 322-5679

Naval Air Facility, Washington DC
(240) 857-4880

Naval District Washington RCC
(240) 857-4880

Baltimore, Md.
(410) 752-4561

Region Mid Atlantic RCC
(757) 444-7295

Amityville, N.Y.
(631) 433-2532

Avoca, Pa.
(570) 457-8430

Bangor, Maine
(207) 974-1301

Brunswick, Maine
(207) 522-1064

Bronx, N.Y.
(718) 892-0312

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

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

Earle, N.J.
(732) 580-8545

Ebensburg, Pa.
(814) 472-5083

Eleanor, W. Va.
(304) 586-0326

Erie, Pa.
(814) 866-3073

Fort Dix, N.J.
(609) 723-7160

Greensboro, N.C.
(336) 254-8671

Harrisburg, Pa.
(888) 879-6649

Lehigh Valley, Pa.
(610) 264-8823

Manchester, N.H.
(603) 537-8023

New London, Conn.
(860) 625-3208

Newport, R.I.
(401) 841-4550

Norfolk, Va.
757-318-4500

Plainville, Conn.
(860) 747-4563

Pittsburgh, Pa.
(412) 673-0801

Quincy, Mass.
(617) 753-4600

Raleigh, N.C.
(866) 635-8393

Richmond, Va.
(804) 271-6096

Roanoke, Va.
(866) 527-6595

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

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

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

White River Junction, Vt.
(802) 295-0050

Willow Grove, Pa.
(215) 443-6331

Wilmington, Del.
(302) 998-3328

Wilmington, N.C.
(910) 762-9676

Worcester, Mass.
(508) 853-5522

Region Southeast RCC
(904) 542-2486 X123

Amarillo, Texas
1-866-804-1627

Atlanta, Ga.
(678) 655-5925

Augusta, Ga.
(706) 733-2249

Austin, Texas
(512) 458-4154

Bessemer, Ala.
(205) 497-2600

Charleston, S.C.
(843) 743-2620

Columbia, S.C.
(803) 751-9251

Columbus, Ga.
(706) 322-4670

Corpus Christi, Texas
(361) 961-2241

El Paso, Texas
(915) 565-3993

Fort Worth, Texas
(817) 782-1805

Greenville, S.C.
(864) 423-5889

Gulfport, Miss.
(866) 502-1271

Harlingen, Texas
(956) 425-0404

Houston, Texas
(713) 795-5202

Jacksonville, Fla.
(904) 542-3320

Meridian, Miss.
(601) 679-3610

Miami, Fla.
(305) 628-5150

New Orleans, La.
(504) 697-9205

Orlando, Fla.
(407) 240-5939 x 2117

Pensacola, Fla.
(850) 452-1341

Puerto Rico
(787) 707-2324

San Antonio, Texas
(210) 225-2997

Shreveport, La.
(318) 746-9657

Tallahassee, Fla.
(850) 576-6194

Tampa, Fla.
(813) 828-1971

Waco, Texas
(254) 776-1841

West Palm Beach, Fla.
(561) 687-3960

Region Mid West RCC
1-847-688-4916

Akron, Ohio
(330) 376-9054

Battle Creek, Mich.
(269) 968-9216

Chattanooga, Tenn.
(423) 698-8955

Chicago, Ill.
(847) 688-3760

Cincinnati, Ohio
(513) 221-0138

Columbus, Ohio
(614) 492-2888

Decatur, Ill.
(217) 875-1733

Des Moines, Iowa
(515) 285-5581

Detroit, Mich.
(586) 239-6148

Fargo, N.D.
(701) 232-3689

Grand Rapids, Mich.
(616) 363-6889

Green Bay, Wis.
(920) 336-2444

Indianapolis, Ind.
(317) 924-6389

Kansas City, Mo.
(816) 923-2341

Knoxville, Tenn.
(865) 545-4720

Lansing, Mich.
(517) 482-9150

Little Rock, Ark.
(501) 771-0880

Louisville, Ky.
(502) 375-3329

Madison, Wis.
(608) 249-0129

Memphis, Tenn.
(901) 874-5256

Milwaukee, Wis.
(414) 744-9764

Minneapolis, Minn.
(612) 713-4605

Nashville, Tenn.
(615) 267-6345

Oklahoma City, Okla.
(405) 733-1052

Omaha, Neb.
(402) 451-2098

Peoria, Ill.
(309) 697-5755

Rock Island, Ill.
(309) 782-6084

Saginaw, Mich.
(989) 754-3091

Sioux Falls, S.D.
(605) 336-2402

Springfield, Mo.
(417) 869-5721

St. Louis, Mo.
(314) 263-6490

Toledo
(Perryburg), Ohio
(419) 666-3444

Tulsa (Broken Arrow), Okla.
(918) 258-7822

Wichita, Kan.
(316) 683-3491

Youngstown, Ohio
(330) 609-1900

Region Southwest RCC
(619) 532-1842

Alameda, Calif.
(510) 814-2605

Albuquerque, N.M.
(505) 292-4141

Denver, Colo.
(720) 847-6205

Fort Carson, Colo.
(719) 526-2964

Guam
(671) 339-6724

Pearl Harbor, Hawaii
(808) 471-0091

Las Vegas, Nev.
(702)632-1455

Lemoore, Calif.
(559) 998-3778

Los Angeles, Calif.
(310) 241-2100

Moreno Valley, Calif.
(951) 656-1199

North Island, Calif.
(619) 545-2610

Phoenix, Ariz.
(602) 353-3002

Point Mugu, Calif.
(805) 989-7559

Port Hueneme, Calif.
(805) 982-6106

Reno, Nev.
(775) 971-6289

Sacramento, Calif.
(916) 387-7100

Salt Lake City, Utah
(801) 736-4200

San Diego, Calif.
(858) 537-8040

San Jose, Calif.
(408) 294-3070

Tucson, Ariz.
(520) 228-6282

Region Northwest RCC
(425) 304-3338

Kitsap, Wash.
(360) 627-2203

Billings, Mont.
(406) 248-2090

Boise, Idaho
(208) 422-6236

Cheyenne, Wyo.
(307) 773-6500

Eugene, Ore.
(541) 342-1887

Everett, Wash.
(425) 304-4777

Fort Richardson, Alaska
(907) 384-6491

Helena, Mont.
(406) 449-5725

Portland, Ore.
(503) 285-4566

Spokane, Wash.
(509) 327-3346

Whidbey Island, Wash.
(360) 257-2922

VP-62
(904) 542-2211

VP-69
(360) 257-6969

Fleet Logistics
Support Wing
(817) 825-6438

VR-1
(240) 857-3722

VR-46
(678) 655-6333

VR-48
(240) 857-6814

VR-51
(808) 257-3289

VR-52
(215) 443 6600

VR-53
(240) 857-9029

VR-54
(504) 678-3700

VR-55
(805) 989-8755

VR-56
(757) 433-4065

VR-57
(619) 545-6920

VR-58
(904) 542-4051

VR-59
(817) 782-5411

VR-61
(360) 257-6595

VR-62
(207) 921-1462

VR-64
(215) 443-6400

ETD Pacific
808-448-9278

Tactical Support Wing
(678) 575-6830

VAQ-209
(240) 857-7828

VAW-77
(678) 655-6382

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

HCS-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

Operational Support Offices and
Reserve Force Operations

Allied Command Transformation
(NATO)
(757) 747-4071

Amphibious Group One
011-81-611-742-2377

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

Expeditionary Strike Group Three
(619) 556-1470

Bureau of Medicine
and Surgery
(202) 762-3211

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

Naval Personal Development
Command
(757) 444-2996

Comptroller of Navy
(202) 685-7000

Defense Intelligence Agency
(202) 231-4044

Defense Logistics Agency
(877) 352-2255

Destroyer Squadron Two
(757) 444-1452

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

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) 443-1134

Fleet and Industrial
Supply Center Pearl Harbor,
Hawaii
(808)473-4627

Fleet and Industrial
Supply Center San Diego, Calif.
(619) 532-3439

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) 697-9121

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

Merchant Marine Reserve
Program
(504) 678-0590

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

Mine and Anti-submarine
Warfare Command Corpus
Christi
(361) 961-4858

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) 462-3943

Naval District Washington
Headquarters
(202) 433-0960.

Naval Education and
Training Command
(850) 452-4000

Naval Facilities
Engineering Command
(202) 685-9008

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

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

Naval Hospital
Camp Lejeune, N.C.
(910) 450-3079

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

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

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

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

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

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

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

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

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

Naval Inspector General
Hotline
(800) 522-3451

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

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

Navy Medicine Manpower
Personnel Training and Education
Command
(301) 295-2333

Naval Meteorology
and Oceanography Command
(228) 688-4384

Naval Network
Warfare Command
(540) 653-5001

Naval Network
Warfare Command
(757) 417-6750

Naval Operational
Logistics Support Center
(717) 605-5790

Chief of Naval Operations
(703) 697-5664

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

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

Naval 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
011-34-956-82-3232

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 Criminal Investigation
Service Espionage Hotline
(800) 543-6289

Naval War College
(401)-841-3089

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

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

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 Installations Command
(202) 433-3200

Navy Munitions Command
(757) 887-4541

Navy Office of Information
(504) 678-6055

Navy Personnel Command
1-877-807-8199

Navy Region Europe
011-39-081-568-4636

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
011-822-7913-5795

Navy Region Mid-Atlantic
(757) 322-2800

Navy Region Singapore
011-65-57-50-2594

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) 694-3696

Submarine Squadron Eleven
(619) 553-7033

US Central Command
(757) 836-4180

US European Command
011-49-711-680-4002

US Fifth Fleet
011-973-724-383

US Fleet Forces Command
(757)-836-4180

US Joint Forces Command
(757) 836-6555

US Naval Forces Alaska
(907) 463-2248

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

US Naval Forces Europe
011-44-207-514-4605

US Naval Forces Japan
011-81-46-816-3155

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) 554-5872

US Pacific Command
(808) 477-2322

US Pacific Fleet
(808) 474-8415

US Second Fleet
(757)443-9850

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

US Sixth Fleet
011-39-081-568-1267

US Southern Command
(305) 437-1109

US Strategic Command
(402) 294-8141

US Third Fleet
(619) 524-9537

US Transportation Command
(618) 229-4278

Naval Reserve Intelligence
Command

Reserve Intelligence
Command Headquarters
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
(800) 873-4139

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

Navy Intelligence Reserve Region
Midwest
(847) 688-6273

Navy Intelligence Reserve Region
Midwest Det Minneapolis
(800) 353-4011

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

Naval Expeditionary Combat
Command
(757) 462-7400

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

Naval Coastal
Warfare Group

Maritime Expeditionary Security
Group One
(619) 437-9475

Maritime Expeditionary Security
Group Two
(757) 396-0513

Chief of Naval Air Training

CAOSO
(361) 961-2409

CNRF CNATRA/FRS PM
(504) 678-1072

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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.

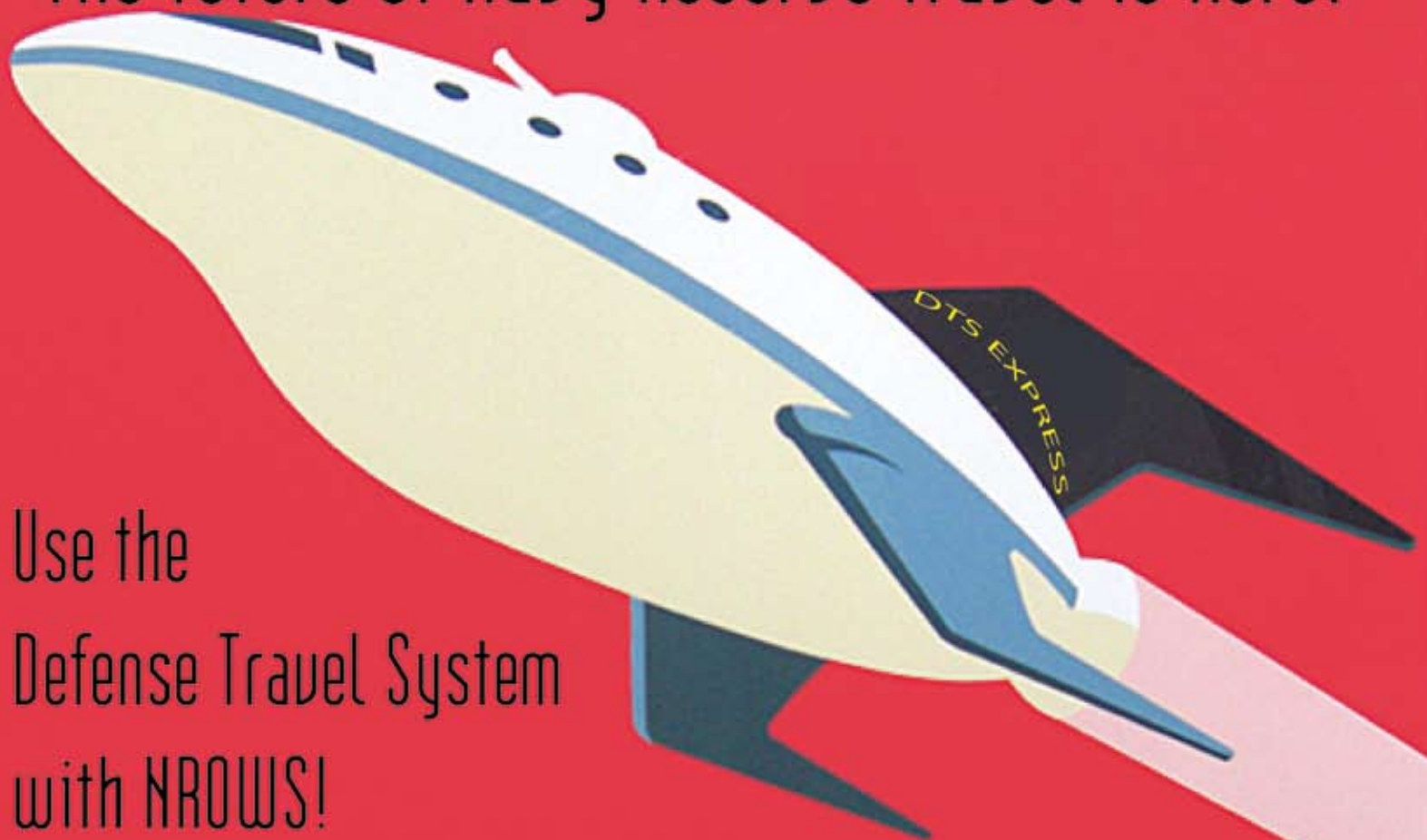
Feature stories: at least 600-700 words and need supporting photos. Feature-based stories will compel the reader to read the entire story. We do not want a straight-news story written in inverted pyramid newspaper style.

Questions and Suggestions:

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

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