

TNR

Ready Now.
Anytime,
Anywhere.

December
2009
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No.11



International
Seapower
Symposium



My
Sailor
Dad



Anchors
in the
Dirt



NAVY RESERVE

Ready Now. Anytime, Anywhere.

Readers,

In this month's letter to you, our readers, I am including a quote from the Chief of Naval Operations, Adm. Gary Roughead. He speaks about an important priority for the Navy Reserve.

A Letter from the EDITOR

"When a Sailor or civilian joins our Navy team, our commitment extends to their family. Mission success depends upon the individual readiness of our people and on the preparedness of their families. Supporting Navy families is critical to mission success."
--Adm. Gary Roughead, Chief of Naval Operations

That quote leads in to one of our stories this month about a Reservist who has a very creative way to help others take care of their family. Lt. Cmdr. Ross McKenzie put his thoughts on paper (or in a book) to help others explain to their children the unique and important job you do as a Sailor.

A second Navy Reserve priority we are covering this month has to do with "Continuum of Service." Today's Navy functions as a seamless team, with an active component and a Reserve component. There is no "us" and "them"--we are one total force. To ensure we continue to be one total force, our leadership is working to align our cultures, systems and procedures to enable the continuum of service. So check out our Sailor's Matter column for more information on continuing your service.

Enjoy this month's issue, and do me a favor: pass this on to your family, friends and employers. You, as a Reservist, are important to them, as they are to you. So let them know what our Navy Reserve is doing by sharing TNR.

VR

Jim Vorndran
Editor-in-chief, TNR



Editor-in-Chief Jim Vorndran is a civilian Navy employee and a Chief petty officer in the Navy Reserve.

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Navy Reservists bring diversity to a multi-national exercise in Croatia.

Citizen-Sailors from all over the country came together to support the 19th International Seapower Symposium (ISS) at the Naval War College.

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Lt. Cmdr. Ross Mackenzie helps Sailors and their families with deployment difficulties through "My Sailor Dad".

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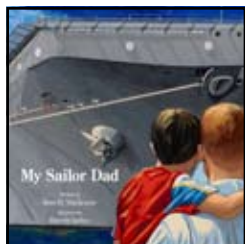


Chief Mass Communication Specialist Brian Naranjo begins a new series describing "Narmy" life as an Individual Augmentee in Iraq.



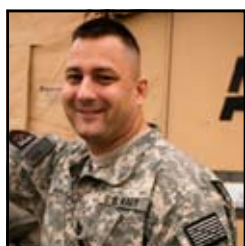
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Sailors train with airmen of the 934th Security Forces Squadron in preparation for deployment to Rota, Spain.



22 My Sailor Dad

CNRFC creates a Facebook page to enhance communications with Reserve Sailors.



26 Anchors in the Dirt

Our Cover:

Special operations forces descend a Jacob's ladder from an MH-47 Chinook helicopter, assigned to the 160th Special Operations Aviation Regiment (Airborne), onto the guided-missile destroyer USS Higgins (DDG 76) Photo by Chief Intelligence Specialist Louis Fellerman



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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://www.navyreserve.navy.mil>. Navy Reserve News Stand, a Web site featuring Navy Reserve news and photos, plus links to Navy fleet pages, can be viewed at www.news.navy.mil/local/nrf.

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



Ready Now.
Anytime,
Anywhere.

Vice Adm. Dirk J. Debbink
Chief, Navy Reserve

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NAVY RESERVE

Ready Now. Anytime, Anywhere.

Enabling the Continuum of Service

Written by Chief of Navy Reserve Public Affairs

Talk to a Reserve Sailor who has made the round trip from the Reserve component to the active component and back again, and you'll likely hear them say, "I love being in the Reserve Force. I love being on active duty. If only it wasn't so difficult to move from one to the other."

That message has been heard loud and clear by Navy leadership at the highest levels, and making that process better is a top priority.

Our Chief of Naval Operations, Adm. Gary Roughead, states, "We are one force today, one Navy, with an active component and a Reserve component." Being one force requires a change in our mindset, our actions and even the words we use to describe those actions.

"Not long ago we spoke of creating 'on ramps' and 'off ramps' to and from active duty," wrote Chief of Navy Reserve Vice Adm. Dirk Debbink in the September issue of the Ready Now! newsletter.

"Today, a better analogy is we're all on the same highway, and during your career, you may change lanes several times, moving from active to Reserve and back. We are working to make those lane changes easier and faster."

To make these 'lane changes' easy and routine, the Navy is working to create a single integrated pay and personnel system. This will enable Sailors to transition quickly and seamlessly from the active to the Reserve component without getting lost in the process.

By making those lane changes seamless and easy, we enable the continuum of service. When we enable the continuum of service, we ensure we are a strong and relevant part of the Navy's total force and capable of living our Navy Reserve motto: Ready Now. Anytime, Anywhere.

Speaking at a gathering of Navy Reserve command master chiefs, Debbink said, "We see a world where there is one kind of work – Navy work – and one kind of Sailor – a Sailor in the United States Navy. Some of the work is mostly done by the active component, and some of the work is done mostly by the Reserve component. When there is a need for a Sailor to do Navy work, often active and Reserve component Sailors are equally capable in our Navy total force.

"Our goal is to be able to have a Sailor transition from active to Reserve status, or from Reserve to active status, in 72 hours. It's ambitious, it's bold, and it's going to happen."

Ready Now: The Navy Reserve Strategic Plan is the blueprint for our Navy Reserve's future. The plan articulates our mission (what we do) and our vision (what we aspire to be).

Mission

The mission of the Navy Reserve is to provide strategic depth and deliver operational capabilities to our Navy and Marine Corps team and Joint forces, from peace to war.

Vision

Our vision for the Navy Reserve is to be a provider of choice for essential naval warfighting capabilities and expertise, strategically aligned with mission requirements and valued for our readiness, innovation and agility to respond to any situation.

Getting from where we are now to where we aspire to be requires a lot of work. Ready Now also identifies three strategic focus areas, which is how we organize our change efforts.

Strategic Focus Areas

DELIVER

a Ready and Accessible Force

PROVIDE

Valued Capabilities

ENABLE

the Continuum of Service

To learn more about Ready Now: Navy Reserve Strategic Plan, visit <http://navyreserve.navy.mil> and click on the Ready Now link on the home page.



Recruit Once...Retain for Life

Sailors Matter

Written by
CMDM (AW/SW) Robert Rose
Senior Enlisted Leader
Office of the Chief of Navy Reserve

When called upon during a local, national or global emergency, Sailors of the Navy Reserve have proven throughout their 94 year history they are a cost effective force always ready to support and defend when and where needed. The events of Sept. 11 accelerated the need to be ready as our Navy Reserve became even more engaged in supporting Navy and joint missions.

Today, the Navy Reserve is approximately 17 percent of the total Navy end strength; yet approximately 50 percent of the individual augmentees required to support overseas contingency operations are selected Reservists.

Recently, Chief of Naval Operations, Adm. Gary Roughead stated, "We cannot be the Navy we are today without our Reserve component (RC)." That's a powerful statement of support from our top Navy leader. If we want to meet this expectation, we as a Navy Reserve must be ready at all times to support any mission.

We are a much smaller force than we once were, which makes it even more imperative the Navy retain the best Sailors by creating a seamless transition process between the Reserve and active components (AC). This is called "Continuum of Service."

Sailors on active duty will have the option to apply for transition into the Navy Reserve as a drilling reservist via Perform-to-Serve. Those approved for transition will have the option to apply for orders to a Navy Operational Support Center nearest their home of record using Career Management System Interactive Detailing.

Also, a Career Transition Office was established at Navy Personnel Command to counsel Sailors before they leave active duty about Navy Reserve opportunities. By developing these new processes, we are eliminating the need for a Sailor to be recruited a second time in a career in order to continue their service in the Navy Reserve. The idea is to "Recruit once ... retain for life."

There are many aspects of Continuum of Service with challenging barriers to overcome. These barriers prevent Sailors from transitioning between components within 72 hours. Systems that include two separate pay and personnel systems are some of the major hurdles, but the most critical piece to a successful Continuum of Service initiative is a cultural change that redefines "Sailor for Life." This cultural change can only come as a result of proactive engagement and understanding by our deckplate leaders that a Navy career does not begin and end while on active duty.

Our Sailors have choices, and the concept of "Sailor for Life" is a course that takes a Sailor from their first day in the Navy to retirement. It doesn't matter if they begin or end their careers in the active or Reserve components, as long as we provide Sailors the opportunity and flexibility to reach retirement. Realistically, not everyone who takes an oath will choose the Navy as their primary career path. There are many circumstances that cause people to separate from active duty. Some plan to leave active duty to pursue higher education or deal with family medical issues, while others simply return to Hometown, U.S.A. to raise a family. Likewise, a selected Reservist who has graduated from college or someone who has raised their children to school-age years may want to continue their naval service on a permanent basis.

Whatever the reason, changing the cultural mindset and understanding of the link between AC and RC will enhance Continuum of Service and improve the Sailor for Life concept.





Family: A Military Strategy

Written by
Cmdr. Mark Spain
Commander Navy Region Southeast
Regional Operations Center Chaplain

In the Greek epic, “The Odyssey,” Homer tells the story of a twenty-year veteran of combat coming home to discover things were different. His father was now a widower and poor. His son was grown and distant. Meanwhile, Odysseus’ wife Penelope was surrounded by suitors. Not exactly what one expects after a mobilization or deployment.

All too many times portions of this story happens today. Certainly the impact is monumental within the household. Relationships are strained. There is distance, silence and coldness. The common remark is, “you’ve changed.” The reality is, everyone has changed with the experiences of the past month or year. Such breakdown within a family can render the Citizen-Sailor a casualty of war. The Sailor may be physically whole but deeply wounded within.

The Navy Reserve motto is “Ready Now. Anytime, Anywhere”. To live up to those words, a strategy must be in place to address these wounds. Navy Region Southeast is making use of two of the best-kept secrets in the Navy at work: Returning Warrior Weekends (RWW) and Chaplains Religious Enrichment Development Operation (CREDO). RWWs bring the returning Citizen-Sailor and possibly

a loved one, several months after mobilization, to a weekend getaway. It is where the puzzle pieces of their lives are identified and placed on the table for them to examine and assemble. Resources are made available, sea stories are shared, common bonds are discovered and heroes are recognized.

CREDO offers personal, spiritual and marriage retreats for Sailors. These 48-hour retreats are designed to help improve relationships, resolve issues and develop personal and spiritual resources.

Both programs provide a place for the Citizen-Sailor to work on their internal readiness. These programs are sometimes shunned as “too touchy feely.” The reality is, it takes great courage to examine oneself, identify areas of concern and move to strengthen oneself and their relationships.

Working hard to restore broken relationships, Odysseus was once again in the folds of his family, but only briefly. As the epic tale ends, there is one more assignment for him to complete. As Navy Reservists, we live with the tension of one more assignment, but with such personal tools as RWWs and CREDO, we can be ready now.

CREDO Goals and Locations

To serve the Navy and Marine Corps family by promoting personal, relationship and spiritual development. To show and share the unconditional love of God through non-religious programs within the sea service communities by (1) modeling healthy personal, marital and family relationships (2) enabling people to discover hope and (3) encouraging all to access community resources.

Navy quality of life surveys continue to emphasize CREDO’s long history of being ranked as one of the best programs for Navy-Marine Corps personnel and their families. CREDO locations are listed below:

Groton, Conn.
860-694-1144

Norfolk, Va.
757-444-7654

Bremerton, Wash.
360-476-3793

San Diego, Calif.
619-556-2826

Jacksonville, Fla.
904-542-4914

Camp Pendleton, Calif.
760-725-4995

Camp Lejeune, N. C.
910-450-1668

Marine Corps Base Hawaii, Kaneohe Bay
808-257-1919



Many Ways to Stay Navy

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

Vice Adm. Mark Ferguson, III, chief of naval personnel, and Vice Adm. Dirk Debbink, chief of Navy Reserve, have been talking up the concept of “Continuum of Service,” and working on ways to make it a reality.

In July, the Navy announced the establishment of the Career Transition Office.

“The overall goals of the Career Transition Office are to ease the transition of personnel into active duty and Reserve billets, decrease transition processing times and error rates, and increase Reserve affiliation among qualified Sailors leaving active duty,” Ferguson said.

If you watch Navy news, you’ve heard of several active duty life-work balance initiatives. Included in this is career flexibility programs like career intermission that transition active Sailors to Reserve status and return them after a sabbatical.

Another initiative looks at rapid transition (72 hours) between Reserve and active status. Our leaders continue to work on ways to more fully integrate active and Reserve components, to make career options much more seamless, and to encourage individuals to stay Navy through active, Reserve and civilian service.

There are many ways to skin a cat and to stay Navy for life.

Take this lieutenant commander I know. He started his Navy career as an active-duty pharmacy technician 28 years ago. After a few years he switched to the Reserve component, got a journalism degree, and was directly commissioned. Later he returned to active duty and will be able to retire at an age at which he may not have to work again – true retirement!

I also know of a Marine Corps civilian and concurrent Navy Reserve information technology senior chief who enlisted on active duty 29 years ago. During his career he

has successfully navigated two rating conversions. He has spent time as a contractor and civilian employee for the Navy, and attributes his military security clearance for helping open doors to current and previous civilian jobs. Presumably his on-the-job training helped too, since that’s the field in which he continues to be employed.

Civilian service is a great way to continue serving. If you’re retiring the uniform or just looking for other civilian employment, most veterans get hiring preference when applying for federal jobs, including those within the Department of the Navy (DoN). This preference may not get you the job, but it bumps you up higher in the list of potential contenders for that first interview. For those who want the excitement of deployments, the

Department of Defense has civilian augmentees in global expeditionary positions.

Talk about diverse career options! I would bet there are thousands of ways to stay Navy.

Navy Career Transition Office
<http://www.npc.navy.mil/CareerInfo/Transition/>

Dept. of the Navy Civilian Human Resources
<https://chart.donhr.navy.mil/>

As of this writing, there were 330,549 active duty officers, Sailors and Midshipmen; 109,299 Ready Reserve Sailors, with 6,528 Reservists mobilized, and 193,268 civilians are serving in the DoN. Each of you is part of that team of individuals, all pursuing the same goals in your own unique way – and we need every one of you.

Chief of Naval Operations Adm. Gary Roughead said it best earlier this year, “I believe we are a better Navy because of the diverse nature of who we are. Our backgrounds, our experience, our race and our gender give us different ways of looking at problems, and therefore better ways to develop the solutions.”

Thanks for your service – Stay Navy!



Written by Ms. Carol Tracy

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

As we approach the holiday season we begin our thoughts on the gifts we'll be giving.

I think the message we all take from a gift is it is an indication from the person giving of what they think about, or how much they think of, the person receiving. There's our quandary. How much does one spend to show a recipient is "worth it" and how do you do that and still have money for groceries through the next few months?

Gifts should come from the heart. They are meant to be given with no reciprocal stipulation. Think about the person for a bit and think of what would make them smile. What would they like? What do they need? As a child I received clothes for Christmas. Though practical and understandable, clothes were not what spoke to my personality. So I understand both practicality and personality.

When giving a gift you can combine something for you and your recipient. Is there a hobby or craft you've wanted to learn? Stained glass art? Wood carving? Maybe this is the year you learn knitting. Pick something that gives to you as well. Expose yourself to thinking of those on your list who would enjoy the benefits of your new talent.

It's really the effort, heart and thought that count the most—not the dollar amount. Your gift can show you have paid attention to the little things your loved ones share with you throughout the year. My daughter has talked about many things; collections of teacups, the love of anything moon shaped and her newfound and amazing ability to cook unique dishes for dinner. Paying attention to these things provides me with a way to lift her up and also find unique items she may not find in her everyday travels. Unique gifts I find, based on closely listening to her, tell her I've listened.

What if you just don't have the money? There are so many creative ways to deal with that and still show

love, time, effort, thought and consideration. I recall one couple telling the story of being so broke at Christmas they set out to find pictures of things they would get for the other if they had all the money in the world. These pictures were cut out and put on various

**When giving a gift
you can combine
something for you
and your recipient.**

papers with notes written on them. The papers were boxed and wrapped with festive paper and bows to be untied and exclaimed over as if the real thing was actually in the box. Not a penny was spent but they had—by their admission—the best Christmas ever. They have since become monetarily successful in their business ventures and money is no

longer an issue. Yet they speak most fondly of that one Christmas.

So put your thinking caps on. It's not about convenience, it is about caring.





Career Development Board, Anyone?

Written by
CNRFC Reserve Career
Resources and Information Office

What is the purpose of Career Development Boards (CDBs)?

Professional growth and goal setting is the key to enhanced career planning and motivation. CDBs are the primary method to ensure Sailors are provided the guidance necessary to make informed career decisions based on current Navy policies, programs and procedures.

Furthermore, CDBs provide the command the opportunity to shape the expectations of a Sailor from the very start of when they report.

When are CDBs required?

CDBs are conducted at the command and department level. Command CDBs should be conducted at the following intervals:

- Reporting (within 30 days/three drill weekends)
- Six months followed by annually
- Transfer/Separation

Department level CDBs are conducted for, but not limited to, the following reasons:

- A third pass not advance on an advancement exam, standard score of 40 or below, selection board not eligible and exam failures.
- Non-select for promotion to E-7/8.
- Records review for E-7/8 selection board candidates.

Note: CDBs can be conducted for other reasons and whenever requested by a Sailor.

What topics are discussed at CDBs?

- Familiarization with individual Sailor's background (personal history).
- Unit and Sailor expectations.
- Command/unit and Sailor goals.
- Establish individual career development plan.
- Military standards.
- Check-in/indoctrination process review.

- Personnel Qualification Standards
- Advancement requirements.
- Rating or "A" school selection.
- Warfare qualification familiarization.
- Reserve bonus/Montgomery GI Bill-SR, Post 9/11 eligibility.
- Retirement/Fleet Reserve.
- Thrift Savings Plan.
- Navy COOL opportunities.
- Reserve obligation/opportunities.
- Career intentions at end of obligated service.
- Rating conversion/Recruiting selective conversion and reenlistment (RESCORE).
- Advancement/leadership continuum/collateral duties.
- "A" school requests.
- Special programs.
- Advancement.
- Commissioning program.
- High Year Tenure.

Who's responsible for conducting CDBs?

Command level CDBs will be chaired by the command master chief/senior enlisted leader. Members will include the command and unit career counselors and be augmented by department leading chief petty officers (LCPO), Educational Services Officer (ESO), personnel/pay specialist, mentor and other Sailors in the command as directed.

Department level CDBs will be chaired by the department LCPO. Members will include division chief petty officers, leading petty officers and department career counselors. CDBs will be augmented by ESOs, personnel/pay specialists and mentors as directed.

Selected Reserve CDBs will be done for all Reserve Sailors annually. Command and unit career counselors will identify Sailors requiring CDBs monthly using the career information management system.

An effective career development program is the result of a coordinated effort of the entire chain of command. For further guidance on conducting CDBs, refer to the Bureau of Naval Personnel Command Career Counselor Handbook, NAVPERS 15878 and OPNAVINST 1040.11C.



Registering for DTS

Written by
Electrician's Mate 1st Class Eric Dixon
Reserve Force Travel

Hopefully by this time you have already heard the buzz regarding the Defense Travel System (DTS) integrating with the Navy Reserve Order Writing System (NROWS) for travel. As we launched DTS with our pilot site Navy Operational Support Center (NOSC) Everett, Wash., we have also launched Navy Region Northwest, Midwest and Mid-Atlantic.

The integration of DTS with NROWS adds the convenience of allowing each Sailor to choose their own travel arrangements and file travel claims electronically, which will reduce the time to liquidate claims.

To take advantage of DTS, it is important for every Sailor to self register. To complete registration you will need a common access card (CAC), a CAC reader, CAC software and your CAC personal identification number. If you have been using Navy computers, you probably already have these. Members will also need to download DTS security software DBsign, which you can find at www.defensetravel.osd.mil. When you complete self registration, be sure to have your bank routing and account number for electronic funds transfer as well as your government travel card information.

Detailed instructions for self registration can be provided by your NOSC or by signing in to the private side of the Navy Reserve Homeport and navigating to Commands> CNRFC> N Codes> N3 Operations. Click the link for N33 travel. Once there, detailed information is available for each region.

When registering for DTS, your social security number should be followed by an uppercase R. While navigating the self registration portion of DTS you will find a section labeled "Organization." Below is a guide showing what you should select based on your location.

When your registration is complete you will be able to take advantage of all parts of DTS. Most importantly, you will be able to get paid more quickly. When you use DTS to book your travel, submit a travel claim through DTS within five days of completing your travel.

In the case of extended IDTT, AT, ADT or ADSW, submit a claim through DTS for each 30 day period. That claim must be submitted within five days after each 30 day period.

Self-Registration	State	Site	NOSC
Northwest Region	Washington	Puget Sound	NOSC <city>SELRES
Mid-Atlantic Region	Virginia	MID-ATLANTIC Region Reserves	NOSC <city>SELRES
Midwest Region	Illinois	Great Lakes	NOSC <city>SELRES
NAFWashington	Maryland	NAFWashington	NOSC <city>SELRES
Reserve Flag Matters	Virginia	Navy Reserve Forces	Reserve Flag Matters
NOSC Everett	Washington	Everett	NOSC Everett SELRES
NOSCWhidbey Island	Washington	NASWhidbey Island	NOSC <city>SELRES

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.

Naval Air Crewman 1st Class (AW) Darryl W. Calzo

Hometown: Wagoner, Okla.

NOSC: NAS North Island

Unit: VR-57 Conquistadors

Brief description of your job: I work in maintenance control and am the crew chief for a C-40 Clipper.

Civilian Job: In my civilian job I do testing and evaluation of data link systems for aircraft and shipboard use for the Colsa Corporation.

What has been your greatest Navy achievement: My greatest Navy achievement was being selected as one of the final five candidates for Navy Reservist of the Year for 2008.

Who has been your biggest influence since joining the Navy: My biggest influence has been retired AFCM Bill Dunigan. He has helped me in achieving all my personal goals.

Current hobbies: I enjoy running, cycling, reading Naval history and anthropology.



U.S. Navy photo

Hospital Corpsman 1st Class Michael Dogoda

Hometown: Viera, Fla.

NOSC: Tampa, Fla.

Unit: 5th Fleet Maritime Operations Center (MOC). MOCs are the Navy's operational level warfare command and control organizations. The MOC initiative delivers global maritime capabilities throughout the full range of military operations.

Brief description of your job: Corpsman in support of unit mission.

Most interesting place you have visited since joining the Navy? Egypt.

What has been your greatest Navy achievement: Having the opportunity to work in a joint environment while evacuating thousands of American citizens from Lebanon in 2006.

Who has been your biggest influence since joining the Navy: Family members.

Current hobbies: High school running coach.



U.S. Navy photo

Navy Reservists Bring Diversity to Multi-National Special Operations Exercise

Story by Lt. Richard M. Gierbolini



Polish Special Operations Forces move towards a U.S. 160th Special Operations Aviation Regiment MH-47 Chinook helicopter to be extracted during the Jackal Stone 2009 multi-national special operations training exercise. Photo by Tech Sgt. Drew Nystrom

Members of Navy Reserve Unit U. S. Special Operations Command Europe (SOCEUR) 0530 from Stuttgart, Germany joined members of Navy Reserve SEAL Team 18 from Little Creek, Va. in exercise Jackal Stone 2009 (JS09) at Zemunik Air Base, Croatia.

JS09 is an annual multinational special operations exercise. The objective is to deploy North Atlantic Treaty Organization forces in order to improve the combined forces effectiveness. This helps to meet emergent worldwide mission requirements and crisis response.

The most recent exercise marked the first time the Navy Reserve had a significant presence in Jackal Stone. The U. S. Navy Reserve participants were instrumental in improving the capabilities and cohesiveness of the participating special operations forces of ten countries.

"As one of only a select few out of the continental United States

Navy Reserve units that drills onsite alongside our headquarters staff, there's a tremendous commitment by our Sailors," said Cmdr. Jeff Zimmerman, commanding officer, NR SOCEUR 0530.

"Their enthusiasm, professionalism and ability to integrate and understand foreign cultures from their time living and working overseas is paramount. The ability to bring a diverse set of warfighting communities, designators and ratings together from across the Navy Reserve provides a significantly increased combat support capability for SOCEUR."

While NR SOCEUR 0530 was supporting an intelligence and mission planning operation at Zemunik, SEAL Team 18 conducted multi-national special operations training with participating nation operators. Forty-two Reserve component SEALs served in the U. S. Task Unit which reported to a Romanian Task Group (TG). This combined joint TG included Romanian, Croatian and U. S. forces

located at the Croatian Special Forces training facility in Udbina.

Navy Reservists were involved in pre-exercise training with all NATO coalition forces located in Udbina.

The training increased the readiness of the combined force by conducting helicopter insertion and extraction with a Fastrope. Training was also held in close-quarters combat, small-arms fire, patrolling, communications, surveillance and parachuting.



A Hungarian Special Operations Soldier provides security during Jackal Stone 2009. Photo by Tech Sgt. Gillian Albro.

Background photo: International Special Operations Forces fastrope from a Croatian Mi-171 helicopter during Jackal Stone 2009 in Udbina, Croatia. Photo by Tech Sgt. Gillian Albro

Navy SEALs conduct a military freefall operation over the Adriatic Sea during Special Operations Exercise Jackal Stone 2009 this past September. Photo by Tech Sgt. Drew Nystrom

A Macedonian sniper sites his target during Jackal Stone 2009. Photo by Master Sgt. Donald Sparks.

New DoD Goal to give Reserves 180 Day Notice for Deployment

By Mass Communication Specialist 2nd Class (SW/AW)
Elizabeth Merriam

The work-life balance Navy Reservists juggle may soon become easier due to a Secretary of Defense policy leading to a change in the process of notifying Reservists about mobilization. This new policy gives Reservists earlier notification and more time for preparation.

"We are working with Fleet Forces Command and the Office of Chief of Naval Operations to reach the goal of notifying Reserve members 180 days prior to mobilization. We can probably get to that point for our rotational missions that happen every year," Commander, Navy Reserve Forces Command Mobilization Plans and Readiness department head, Cmdr. Joe Sallee said.

Earlier notification may help reduce stress placed on the Sailors, families and employers as they prepare for the Sailor's time away.

"We need service members to take the additional notification time and make sure they're getting ready so when they do have to execute their mobilization orders it's a smooth process; their family is ready, their employer is ready and they are ready," Sallee said.

What makes earlier notification possible is an organizational change in the mobilization process. The process itself—from the creation of a billet to the deployment of a Reservist—will still take the same amount of time, but the service member will be informed of their impending mobilization earlier in the process.

"This is good thing for Reservists because it's going to allow them to know well in advance they will be mobilized. Instead of getting a call two to three months before their mobilization, they're going to get a call much sooner," Sallee said. "This will give them more time to prepare themselves personally and professionally."

Some Reservists are already receiving earlier notification and in some cases greater than 180 days.

"We have already started implementing and achieving this goal," Sallee said. "We now have Sailors being notified from 180 to 210 days. This is currently a small percentage, but it's growing."

In spite of the new process, Reservists are encouraged to continue remaining ready at all times; a concept emphasized by the Navy Reserve motto "Ready Now. Anywhere. Anytime."

"Just because someone is given six months to get ready for a mobilization doesn't mean they shouldn't be ready at all times. There are certain readiness levels they should maintain," Sallee said. "When they are identified for mobilization all they should have to do is double check their readiness and make sure they have everything in line for mobilization."

For more information on the Reserve Component Alert/Mobilization Decision Process Implementation memorandum, contact the mobilization officer at the local Navy Operational Support Center.



U.S. Navy reservists, U.S. Public Health Service professionals, representatives of several non-governmental organizations and college medical students board a Fleet Logistics Support Squadron 58 C-40A Clipper aircraft for Panama City, Panama. The personnel will replace another group to continue the Continuing Promise 2009 mission aboard the Military Sealift Command hospital ship USNS Comfort (T-AH 20) to complete the four-month humanitarian and civic assistance mission in Latin America. Photo by Mass Communication Specialist 2nd Class Alan Gragg

Navy Reservists Support International Seapower Symposium (ISS)

Story by Mass Communication Specialist (SCW) 1st Class Kenny Ragland

Photos by Mass Communication Specialist 1st Class Tiffini Jones Vanderwyst



Chief of Naval Operations Adm. Gary Roughead is interviewed during a press conference at the 19th Biennial International Sea Power Symposium in Newport, R.I.

CITIZEN-SAILORS FROM ALL OVER THE COUNTRY CAME TOGETHER TO SUPPORT THE 19TH INTERNATIONAL SEAPOWERS SYMPOSIUM AT THE NAVAL WAR COLLEGE. THE LARGEST GATHERING OF NAVAL LEADERS IN THE WORLD, THE ISS OBJECTIVE IS TO ADDRESS MARITIME STRATEGIC SECURITY, ENCOURAGE NAVAL COOPERATION AND BUILD BONDS OF FRIENDSHIP.



Chief of Naval Operations (CNO) Adm. Gary Roughead delivers remarks during the 19th Biennial International Sea Power Symposium in Newport, R.I.

A total of 130 Navy Reservists staffed the event with 96 of them at command centers and watch-stations at the airport, war college and Hyatt hotel, where foreign delegates were berthed. The rest were involved in security and administrative support at the Pentagon and other locations.

Navy delegations from 101 countries attended the event, hosted by the U.S. Chief of Naval Operations (CNO), Adm. Gary Roughead.

"This is my first ISS convention I have attended," said support team member Cmdr. Arthur Robinson, from Naval Reserve Unit OPNAV N523. "I've worked three of them in the past from the Pentagon. This time I got to see our Reserve Sailors who work so very hard to put on the event."

Besides providing escort support, the Sailors served as liaisons, duty drivers and public affair's officers. They provided 1,380 man-power days.

"It's my first time to visit the war college and Rhode Island," said Logistical Specialist 2nd Class Yvonne Isbill from Navy Cargo Handling Battalion Twelve in Chattanooga, Tenn.

"I love the historical buildings. They remind me of the old buildings in Germany."

Originally from West Berlin, Isbill is a German immigrant and grew up being around foreign nationals. She worked with foreign delegates during the symposium with usher duties, driving and watch-standing. "I applied for the Seapower Symposium because the international delegations were coming," Isbill said. "I'm used to hearing many different languages in Berlin."

Mineman 1st Class Ken Lopez, a member of Mobile Mine Assembly Unit Three, (MOMAU) in Charleston, S.C., took pictures of the delegations and the symposium events. "I'm a professional photographer in my civilian occupation," he said. "I applied for this so I could do Navy photography too."

"I had the privilege of taking pictures of CNO Adm. Gary Roughead," he said. "And I got a coin from the Vice Admiral of NAVSEA."

Part of a greater MOMAU detachment headquartered in Earle N.J., Lopez is about to receive much more leadership responsibility.

"I am the Leading Petty Officer of my Reserve unit," he said. "Since our Senior Chief is deployed, I will become the Officer in Charge for MOMAU Three when I return from this event."

Heading up the support team was Navy Reservist, Capt. Tom O'Connell, commanding officer of the Naval War College Reserve Support Unit in Newport, R. I.

"I had 30 minutes to meet with my Navy Reservists when they arrived over the weekend," he said. "In one day, they were able to come together to fully support the seapower symposium."

O'Connell described how the U.S. CNO is the actual host for the event. "All of us as Navy Reservists are helping Adm. Roughead with his hosting responsibilities," he said. "We are all hosts too."

O'Connell had a three word saying he asked his Reserve Sailors to learn. "I want you to be 'flexible, adaptable and accommodating' to our foreign naval delegation representatives," he said. "And they were - I am so proud of the performance of our Navy Reservists."

There were three command centers responsible for coordinating all of the logistics for the symposium. They were at the airport, the Hyatt hotel and the war college.

"The command center at the airport was very important," O'Connell said. "The visiting delegations first impression of the U.S. Navy was at that welcome desk. Our Reserve Sailors pulled it off perfectly."

Supporting the command center group at the War College was Lt. Cmdr. Dave Kohnen from the Norfolk, Va. Navy Operational Support Center. "We received the calls for information and questions," he said. "We just coordinated the calls to the proper people, similar to a catcher on a baseball team."

Kohnen is being recalled to active duty following the symposium. He will be attending the Naval and Marine Corps Intelligence School in Norfolk.

Heading up the transportation group was Lt. Cmdr. Mario Caputo, from the Naval War College Reserve Support Unit in Newport, R. I. His group was responsible for providing delegate shuttle transportation between the airport, hotel and war college.

"This event is a great exercise in logistical training," Caputo said. "It is a lot to pull off."

The transportation team coordinated an impressive number of transits. "We had more than 500 travel requests," said Caputo. "Our drivers and hosts all came through magnificently."

Working closely with the Hyatt Hotel were Navy Reservists from NWC Support Unit, Newport R.I. "We're responsible for security at the hotel," said Master at Arms 1st Class Richard DeJesus. "We locked down the Hyatt with three shifts of 24-hour security."

Working in combination with the U.S. Coast Guard and the Newport Police, the Sailors did their part to keep the foreign naval delegations safe.

"The Coast Guard has the water and the Newport Police have the streets," said DeJesus. "We back-up the police entry control point in front of the hotel."

The security personnel enjoyed their annual training work. "It is very good to get to work with other law enforcement," said Yeoman 2nd Class John York from NWC Newport.

Navy Reserve Sailors also manned the help desk inside the hotel. "I've never seen so many high ranking officers," Information Systems Technician 2nd Class Gerard Hefel, from Pacific Command unit in Rock Island, Ill. said. "They were from all over the world."

Assisting O'Connell with the planning of the symposium was Capt. Lee Tabenken from Navy Reserve Unit OPNAV N523 at the Pentagon.

"This symposium attendance of 101 naval delegations is a record," said Tabenken.

Tabenken was quick to give praise to Roughead.

"Our CNO kept up an exhaustive travel schedule promoting this," he said. "The outstanding attendance is all thanks to Adm. Roughead and his staff's very hard work."

Tabenken also gave compliments to the Navy Reservists supporting the symposium.

"I too am very proud of the way our Navy Reservists performed during the event," he said. "Several of the foreign naval delegations told me this was the best naval symposium they have ever attended."



Adm. Jung, Ok-Keun, Republic of Korea Navy, Chief of Naval Operations, middle, listens via an interpreter to the opening remarks delivered by Chief of Naval Operations (CNO) Adm. Gary Roughead during the 19th Biennial International Sea Power Symposium in Newport, R.I.

CNRFC PUBLIC AFFAIRS BACK TO BASICS

MOPP

Written by
Mass Communication Specialist 1st Class Gino Flores

This month's Back to Basics focuses on the four MOPP (Mission Oriented Protective Posture) levels of readiness and their respective risk assessment levels. A step-by-step collective effort by all hands to increase the survivability and continue forward with its mission during a Chemical, Biological or Radiological (CBR) attack.



PURPOSE

- Enhance the survivability of ship's crew.
- Sustain shipboard operations critical to fulfilling the mission.
- Management tool which coordinates individual collective protection activities and shipboard systems into effective countermeasures.
- Provides for incremental preparations to defend against CBR attacks.
- Provides incremental application of increased protection to counter minimum to maximum levels of CBR environments.
- Implementation of MOPP levels must be the result of threat/risk assessment.

CHEMICAL, BIOLOGICAL & RADIOLOGICAL DEFENSE RESPONSIBILITIES

Commanding Officer

- Establishes maximum permissible exposure.
- Direct and coordinate the training of ship's crew and embarked personnel.
- Designate the appropriate MOPP level.

RISK ASSESSMENT THREAT LEVELS

Level 1 Suspected

- Possession of CBR capabilities by an adversary with delivery systems in the operational area constitutes a suspected threat.
- Implementation of MOPP-1 countermeasures.

Level 2 Possible

- Assessed political will of an adversary to utilize CBR warfare increases the threat.
- Implementation of MOPP-2 countermeasures.

Level 3 Probable

- Statements of intent to employ CBR warfare.
- Changes to political or military posture of an adversary possessing CBR capabilities.
- Use of CBR warfare within operational area.
- Implementation of MOPP-3 countermeasures.

Level 4 Imminent

- Confirmation of increased activity involving delivery systems.
- Recognized platform attack patterns.
- Electronic or visual indication of employment.
- Implementation of MOPP-4 countermeasures.



U.S. Navy photo by Mass Communication Specialist 1st Class Chris Desmond

MOPP LEVEL 1

Attack Suspected

- Individual protective equipment and medical supply are issued to shipboard personnel.
- Maintained at respective battle stations.
- Protective masks issued and fitted.

Biological Protection

- Protective measures same as chemical.
- No medical supplies.

Radiological Protection

- Mask only.
- Operational inspection of installed detection equipment monitoring systems.

Chemical Protection

- M40 protective mask.
- Chemical Protective Over (CPO) garment suit.
- Personnel decontamination kit, M-291.
- Operational inspection of detection equipment and monitoring systems.
- Threat is assumed as "worst case scenario".



U.S. Navy photo by Mass Communication Specialist 2nd Class Brian P. Caracci

MOPP LEVEL 3

Attack Probable

- Install new canister on M40 gas mask. Suit (with hood down) and boots worn. Mask and gloves are carried on person.
- Activate CWDS system intermittently.
- Weather deck activities require wet weather gear.
- Activate Collective Protection System (CPS).

Chemical Protection

- Don CPO with hood down.
- Initiate Nerve Agent Pre-treatment Pyridostigmine pills.
- M-291 kit stow in mask carrier, medical supplies are stored in jumper cargo pocket.

Biological Protection

- Same as chemical -medical supplies and NAPP.
- Radiological protection.
- Don battle.
- Warm up and test all Radiation Detection, Indication and Computations (RADIACs).
- Ready shelter.

MOPP LEVEL 4

Attack Imminent

- Set Circle WILLIAM.
- Activate CMWDS continuously.
- Chemical/biological, secure jumper hood overhead and around mask.
- Don protective glove set.

Radiological

- Don battle dress.
- Monitor radiation detection equipment.



U.S. Navy photo by Mass Communication Specialist 3rd Class Ja'lon A. Rhinehart

MOPP LEVEL 2

Attack Possible

- Protective mask in carrier case and readily accessible.
- Pre-position CBR-Decontamination equipment.
- Operationally test Countermeasure Wash Down System (CWDS).
- Operationally test alarms.
- Radiological only, issue dosimeters.
- Training.





★

2010 SECRETARY OF DEFENSE EMPLOYER SUPPORT FREEDOM AWARD

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ESGR is a Department of Defense agency established in 1972. Its mission is to gain and maintain employer support for Guard and Reserve service by recognizing outstanding support, increasing awareness of the law, and resolving conflict through mediation.





Commander, Navy Reserve Forces Command Rear Adm. John Messerschmidt addresses Navy Reserve Sailors assigned to European Command and Africa Command Nov. 30, 2009, during a town hall meeting at Patch Barracks in Stuttgart, Germany.

Attention Commanding Officers and CMC's:

Did you know that the Navy Reserve Professional Development Center's Subject Matter Experts are available to you via Mobile Training Teams (MTT), Video Tele-Conference (VTC) or Video Tele-Training (VTT)?

Questions? Please contact:
Chief Personnel Specialist (SW) David Rast
david.rast@navy.mil
 504-678-9289



Navy Reserve Professional Development Center has moved to Naval Air Station (NAS) New Orleans, La. Onboard NAS, NRPDC has new classrooms and office spaces to offer the best possible training to the fleet.

NRPDC offers courses in Reserve Pay Administration, Reserve Personnel Management, Reserve Career Information, Reserve Supply and Fiscal Support, Navy Reserve Order Writing System, Beamhit Laser Marksmanship Training System and Reserve Medical Administration

NRPDC's Norfolk detachment offers training for Navy Reserve Advanced Management Seminar, Operation Support Officer, Navy Operational Support Center Commanding Officer and Navy Reserve Unit Management

Joint Training Pays Off

Story by Tech. Sgt. Jeffrey Williams

Photos by Master Sgt. Paul Zadach



934th Security Forces Squadron member stand guard mount with Navy Reservists as part of the Joint Security Force Detail at the Minneapolis Air Reserve Station.

Fall in! The command comes from Air Force Tech. Sgt. David Hoover of the 934th Security Forces Squadron (SFS).

The Joint Security Force Detail of Air Force and Navy Master-at-Arms stand at full attention for Guard Mount at the Minneapolis Air Reserve Station, prior to assuming the watch at the Air Force Reserve Station Minneapolis-St. Paul.

This joint training was the idea of Navy Lt. Ryan Metzler, Navy Reserve Security Force, assigned to Naval Station Rota Spain. Realizing the need for his unit to gain experience before their annual training, he contacted the 934th SFS, and proposed the joint training.

"Almost all the drill weekend elements here mirror our active duty mission" Metzler said. "Naval Station Rota Spain has a large air strip with an Air Force detachment we work with.

Everything we do on the weekends here is designed to get our Sailors more experience and make them better when they deploy. It also works well for the Air Force. The 934th gets a pool of Reservists they can use for security on the weekends and we increase our expertise. So far it is a win-win situation."

During the last year Navy Reservists have augmented Air Force Security Forces during regular shifts for real world experience during half of their drill weekend each month. They use the other half for administrative needs and classroom training.

"They're cops, just like we are, but they do not get the opportunities to get operational experience except for their annual training," said Capt. Leo Moreno, SFS operations officer. "Here, they get their experience and we get a source of augmentees. We get help from the Navy, and they get training. It's all good. They go to the same security forces academy we do, but also have specialized Master-at-Arms training," he added.

Metzler and Moreno hope to eventually do some operational and law enforcement exercises with the extra manpower.

Master-at-Arms 3rd Class Brice Powers was one of the first to participate in the program. He said learning the different ranks and command structure between the two services is a benefit to this training program. "The loading procedures and how the Air Force carries a weapon is a little different and it took a little getting used to doing it the Air Force way," Powers said.

"I enjoy the challenge and opportunity to work with such a professional group as the 934th Security Police," Master-at-Arms 1st Class Jim Roberts said. "I feel working together makes us better to our respective services." Roberts is a Sergeant with the Golden Valley, Minn. Police Department in his civilian job.

The Sailors will eventually take what they learn to Rota, Spain to support their active duty command. "I have



Above: Master-at-Arms Seaman Foy stands at guard mount with 934th Security Forces members.

Left: Staff Sgt. Robert McDonald, 934th Security Forces Squadron (left), verifies proper weapons clearing procedures by Navy Master-at-Arms Seaman Rafael Banks before guard mount.

found that working with the Air Force has been beneficial in showing me more about the MA rating. It has given me the opportunity to gain experience in my field before I go over to Spain on annual training. This has been an invaluable experience," unit member Master-at-Arms 3rd Class Matthew Foy said.

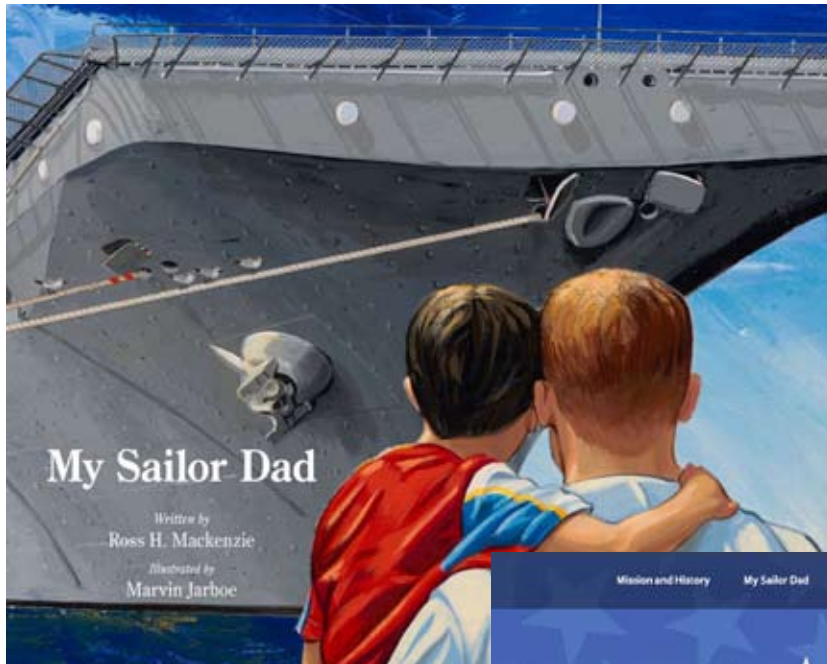
Moreno believes this to be the first time Navy Reserve Master-at-Arms and his Air Force active, guard and Reserve members have joined for on the job training during drill weekends here.

"This teaches the different services to work together. We are working a purple or joint world in our military. When we deploy, we end up working together almost every day. Just as important is getting the vital experience for our younger Sailors. There is no substitution for standing a post," Metzler said.

Following a year of the joint training, members of the Navy unit were able to bring their new skills to Spain during annual training. They performed duties as foot patrol details and assisted the active component in training. "A chief from the permanent security detail told me they couldn't have completed their mission without our Reservists," Metzler said."

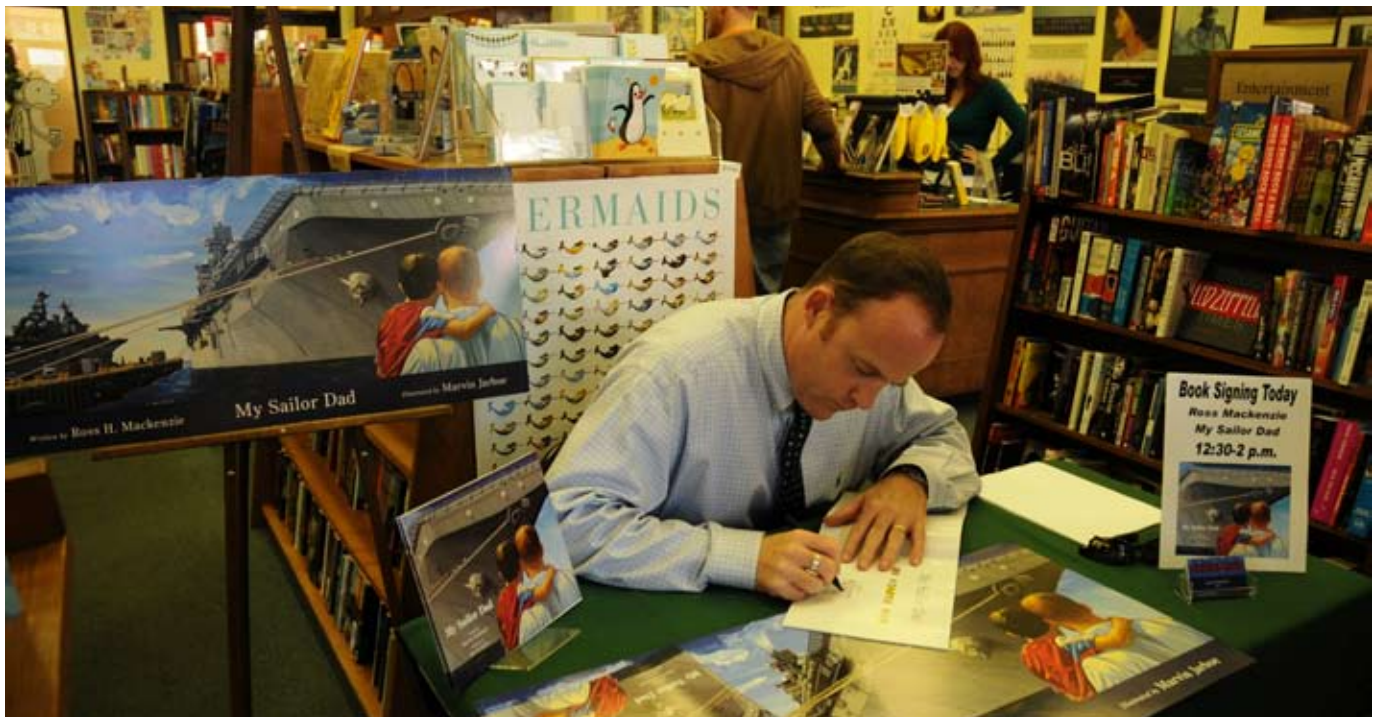
Keeping Kids Ready Now

Story and photos by Mass Communication Specialist 2nd Class Ryan Hill



Lt. Cmdr. Ross Mackenzie knows about separation from family during Navy deployments.

During his time as a pilot with Helicopter Antisubmarine Squadron (Light) 60, the Reserve Force's only Light Airborne Multi-Purpose System MK III helo squadron, he deployed on a number of counter-narcotics missions to the Caribbean and the Pacific Ocean.



On these deployments, Mackenzie spent countless time away from his two sons, missing milestones of their childhood in the process.

Many of these pilots and Sailors had children of their own. The difficulties of this lifestyle got Mackenzie thinking about his own kids.

said. “Dad, why do you have to go away? Is what you do important? Do you still love me when you’re gone? Are you ever going to come home?”

He eventually transferred to a shore command, but still thought about other pilots and Sailors deploying on dangerous missions.

“I started to look at my young sons and tried to imagine some of the questions they might ask me about my job as they got older,” Mackenzie

As I started to wrestle with those questions, I started to realize that I could answer them in a book format. I also thought maybe that book



Left and Above: Lt. Cmdr. Ross Mackenzie signs copies of *My Sailor Dad* at Prince Books in Norfolk, Va. Portions of the proceeds from sales of the book go to support military charities such as the Navy-Marine Corps Relief Society, the National Military Family Association and the Wounded Warrior Project.

could be helpful to other families and other kids who might have similar questions.”

That is how *My Sailor Dad* was conceived. *My Sailor Dad* is a children’s book for kids who have a parent serving in the Navy. Written by Mackenzie, the book tells the story of a father who leaves on deployment, why he has to leave and how much he misses and loves the child that he has to leave behind.

Told from the child’s perspective, *My Sailor Dad* is written in rhyme and is filled with colorful illustrations showing many aspects of Navy life. The illustrations were created by Marvin Jarboe; a veteran who served as an illustrator in the Army during the Vietnam War.

With both the writer and illustrator having experience with the military, giving something back to military families became an important endeavor for the two.

Coupled with the storyline of the book aiming to help military families is the fact the book is also helping military families by contributing to military charities. Portions of the proceeds from sales of the book go to support military charities such as the Navy-Marine Corps Relief Society, the National Military Family Association and the Wounded Warrior Project. Written as the first in the Patriot Kids

series, *My Sailor Dad* is the first in the list of books which plan to teach and help children of patriotic Americans. *My Soldier Dad* is the next in the series and is currently in production.



Lt Cmdr. Mackenzie walks across the flight line with his children to show them the helicopter he flies.

“The potential of Patriot Kids is limitless,” said Mackenzie. “It will depend on how these books find their audience. One of the things I’ve heard as I’ve been showcasing the book is ‘what about *My Sailor Mom*?’ We could do *My Air Force Dad* and *My Air Force Mom*, and go all the way through the various services and not necessarily stop with the military.

The way I define patriot is certainly not limited to the military. It’s people in our country who are giving time, effort, energy and livelihood to something greater than themselves. That could be an emergency room nurse, fireman, cop, soldier or Sailor.” For a Reservist being deployed, *My*

Sailor Dad can be a solid resource to help the family unit be “Ready Now. Anytime, Anywhere.”

“The Chief of Naval Operations says ‘Mission success depends on the individual readiness of our people and on the preparedness of their families’,” said Mackenzie. “Therefore, supporting family readiness is critical to mission success.” That’s a pretty succinct way to say the families are a critical part of a Sailor being ready.”

What I believe *My Sailor Dad* does is help that family get ready. You can sit down and have a wonderful conversation with your spouse about what you’re going to go through during a deployment situation, but kids often times don’t understand that. Part

of my goal with *My Sailor Dad* was to highlight the things a child would really key off to. The book is trying to help them understand, and answer those questions they really struggle with.

I feel *My Sailor Dad* could really help a child be ready and of course that translates to the service member. If that service member knows his family and kids are ready, then that’s going to make a more ready Sailor.”

For more information on *My Sailor Dad* or the Patriot Kids series, log on to www.patriot-kids.com.

CNRF Embraces New Media

By CNRFC Public Affairs

In an effort to expand communications with Reservists and their families, Commander, Navy Reserve Force (CNRF) has recently launched its own Facebook and Twitter pages.

CNRF communication plans call for increased use of different social media outlets. Sailors can now follow immediate news about the Navy Reserve on sites like Facebook, Twitter and YouTube. Other sites such as Delicious, LinkedIn and Flickr are also being explored.

"Social media represents a new method of communicating with our force," said Lt. Cmdr. Doug Gabos, CNRF public affairs officer (PAO). "We're interested in a dialog. This is another tool we can use to tell our Sailors, families and employers what our Navy Reserve Force is doing, but to also to hear their thoughts, concerns and feedback."

Deputy PAO Lt. Adam Bashaw is also interested in using Facebook as a two-way communication tool. "Facebook is not just about pushing information out. Sailors who view our page can interact with us and their shipmates," Bashaw said.

The Reserve Force Public Affairs team wants to use social media as a compliment to its other communication products like The Navy Reservist magazine, the Ready Now newsletter, e-mail distribution lists and the RC (Reserve Component) Communicator. Social media communication is not intended to replace the command's official Web site or other communication products.

To become a fan of the Navy Reserve on your Facebook page log on to your Facebook account and enter "Navy Reserve" in the search bar in the upper right hand corner. The Navy Reserve Facebook page will be at the top of the list. Click on "Become a fan" to start receiving information and updates on your Facebook page about what your Reserve Force is up to.

On the Navy Reserve Facebook page you'll find news stories featuring Navy Reservists, podcasts from Rear Adm. John Messerschmidt and videos from the Navy Reserve Force.

To follow CNRF Tweets, go to http://twitter.com/navy_reserve and click "Follow navy_reserve" icon on top of page.

In addition to Facebook and Twitter you can view Reserve-centric videos on the Navy Reserve YouTube page. The

Navy Reserve will be posting video products for Reservists on this page. Keep an eye out for upcoming video stories about exercises and activities the Reserve Force is involved in. To see the first video production posted to YouTube do a search for "Navy Reserve H1N1." This video is a short and entertaining couple minutes on preventing the spread of influenza.



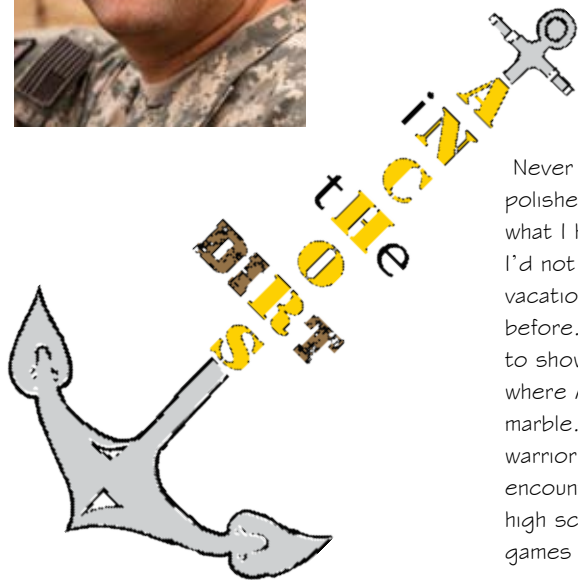
Broadcast Yourself





**WRITTEN BY CHIEF MASS
COMMUNICATION SPECIALIST BRIAN
NARANJO**

**PHOTOS BY MASS COMMUNICATION
SPECIALIST 1ST CLASS (SW/AW) RYAN
B. TABIOS**



hugs and sympathetic "give 'em hell" handshakes and backslaps.

Never mind the fact that underneath my polished bravado, and promises to "do what I have to do," I was pretty nervous. I'd not previously deployed or even vacationed to a bona fide combat zone before. And I would've been hard-pressed to show a geography teacher exactly where Afghanistan lies on the big blue marble. I also know without a doubt I'm no warrior; the closest thing to combat I'd encountered to that point was boxing in high school, or playing war-themed video games on my laptop.

Nonetheless, following some heart-wrenchingly awful goodbyes shared between me, my wife and kids, I was gone. A large red overstuffed suitcase took the place of the traditional Sailor sea bag. After a couple of days at my Navy Operational Support Center in Kansas City, Mo., I flew to Gulfport, Miss. to spend a few more days for in-processing and getting uniforms.

As a Navy Reservist in a Kansas town dominated by the U.S. Army, it was pretty cool dropping the A-bomb to friends and co-workers.

"Yeah, that's right," I said to them as I made my farewell rounds. "I'm headed to Afghanistan." Nodding my head slowly, hand digging into my pocket to retrieve an already beat-up copy of my orders, I added the next weighty statement. "I'll be gone for a year."

Actually, according to my mysteriously cryptic involuntary recall orders, my deployment could be up to 450 days, with 350 days actual "boots on ground." I had no idea where I'd be working, or with what command. No one else in the order-writing process did, either. That added to the angst of leaving behind my normal way of life for an unknown land.

But the build-up was pretty cool, with the quasi-celebrity status of being counted among small-town civilians as a dude going to "war." It brought with it impromptu lunch invitations, friendly

PART 1

Allow me to digress for a moment on the subject of the outfits they issued me and my fellow Navy types. They're Army Combat Uniforms (ACU), and are a sharp improvement over the old woodland design. I like them because they're durable and can be worn right out of the dryer.

As I was measured for my uniform issue, I asked a fellow Chief in supply at Gulfport why we had to dress like soldiers, and he gave me his best guess. "So you'll blend in, and the enemy won't think you're part of some special detail they might want to take a shot at," he said with a shrug. It made sense at the time, but here in theater, the Marines and airmen wear their own cammies, and I see the Macedonians wearing our old U.S.-style desert uniforms. The Italians, Brits, Australians and other countries are also wearing their uniquely-patterned outfits. None of these people on my compound have ever been shot by a sniper (knock on wood). So, why can't the Navy wear their own gear?

After being properly outfitted and declared fit for duty, I embarked to South Carolina for a three-week crash course in combat, administrative wimp style. Just southeast



A Sailor fires the Browning M2 .50 caliber Machine Gun under the eye of a range instructor during training at the Expeditionary Combat Readiness Center (ECRC) on Fort Jackson, S.C. Active and Reserve component Sailors deploying to various locations in the Middle East and Horn Of Africa complete the three-week basic combat course prior to their departure.

of Fort Jackson, there's a spartan compound known as Camp McCrady, home of antiquated open-bay barracks, the Expeditionary Combat Readiness Center and very little else.

It was here and on the firing ranges of Fort Jackson my fellow Navy deployers and I would receive a very basic three-week introduction to combat doctrine. In short, we'd become Narmy Strong.

Led by Army non-commissioned officers with brown Smokey the Bear drill instructor hats, the course curriculum included all kinds of stuff, like basic waiting in line; weapons familiarization and qualification; convoy driving techniques; Hurry Up and Wait 101; basic radio communication; basic land navigation; intermediate waiting in line; first aid; issuance of weapons and about 400 more pounds of gear, most of which I'd never use; advanced waiting in line; understanding Army cadence; and the popular thrice daily course, "eat chow in less than three minutes, after waiting in line for 20 minutes."

Honestly, including Navy boot camp, I have never stood in line or sat around waiting so much in my life. For instance, we'd go out to the firing range for 16 hours, and actually fire our weapons for 30 minutes, then spend another 30 minutes picking up brass. The other 15 hours was spent sitting around in the bleachers or trying to get warm in a tent rigged with a stove heater.

The stuff they taught us was pretty cool, but it was probably far more useful for those deploying to Iraq. Everything was desert-centric, from the improvised explosive device familiarization and convoy driving, to the first aid, which included information on poisonous wildlife in Iraq, and also Iraqi culture and politics. While it was pretty interesting, most of the information would do me no good in the mountainous region where I was headed.

The hardest thing to get used to, even now, is wearing the life-saving interceptor body armor, or IBA, and Kevlar helmet. This gear is actually critical anytime a person goes outside the wire. With the ballistic inserts, the gear will stop most any small arms fire from penetrating your soft skin. However, the downside is that once you put the bulky stuff on, you feel and look less like a Soldier, and more like a Teenage Mutant Ninja Turtle. Still, it's essential travel anytime you go outside the wire.

I enjoyed firing my M16A2 rifle, and was relieved to qualify the first time, and not need to be deposited in the "magic lane"



Sailors bound for Kuwait make the long walk on the flight line toward a waiting aircraft at Columbia, SC Metropolitan airport in May 2009. The trip to Kuwait is the first leg in a long journey to Afghanistan.

for qualification. The drill instructors, jokingly I think, told us about this last resort, sure-fire opportunity for a non-qualifier to try again, while a skilled Army marksman stood to the side, assisting the nervous student by knocking down any missed targets with a second rifle. [Editors note: Yes, that was a joke.]

Upon completion of this three-week

course, none of us considered ourselves warriors, ready to go on missions to kick in doors and kill or detain insurgents. But that wasn't the purpose. The course was designed to give Navy individual augmentees basic skills needed to handle situations they may encounter in theater.

In fact, this training actually showed me, a Navy mass communication specialist, just how complicated things are in these downrange areas, and how little I really knew about the environment in which I was preparing to spend a year of my life.

To be continued...



Spartan living conditions greet Sailors, Soldiers, Airmen and Marines during their processing at Camp Virginia, Kuwait. Tents and other support structures make up a large portion of the isolated camp.

BOOTS

by Capt. Larry Jackson

On the GROUND

LOG ENTRY THIRTEEN

During my time here, the Iraqi Army and the Multi-National Security Transition Command – Iraq were engaged in an all-out push to recruit, train, equip and field Iraqi Army units. At the time, the Iraqi Army would grow by 73,000 personnel, roughly equivalent to generating the entire British Army in a year. General Hussain was responsible not only for training, but also melding the troops with the hardware to create entire units from scratch—a process referred to as “force generation.”



One of the many challenges facing Hussain was training the officers to lead these units, including issues familiar to us, such as balancing quantity with quality and achieving ethnic and regional diversity. But there were also less familiar challenges, such as teaching in both Kurdish and Arabic, mitigating threats against the cadets, and accommodating families' desires to be able to visit their sons.

An outgrowth of the regional, ethno-sectarian challenges was the Iraqis had four military academies for training officers. One day I asked Hussain if he had been to all of them. He had been to all but one: Qalachulon, which happens to be in Kurdistan, in the mountains about 20 kilometers from the Iranian border. I said we should go, and he agreed.

At the time of our conversation, Hussain was scheduled to give a commencement address at one of the southern academies, but a few days

later, his assignment mysteriously changed to Zacho, the other academy in Kurdistan.

As it is in the U.S. all the academies graduate on the same day. I asked what had happened. “Ah,” Hussain began, “I spoke with Babakir and he said I should give speech at Zacho.” He grinned triumphantly, and then added, “And he will arrange for us to drive from Zacho to Qalachulon! You just make the flight arrangements to get us to Zacho and from Qalachulon—Babakir arranges the rest.”

General Babakir, you may recall, is the senior military leader of Iraq—a four-star general who also happens to be a Kurd; though he now considers himself simply an Iraqi. But to Kurds, Babakir is a hero, the former commanding general of the Peshmerga (Kurdish Army), and a sheikh who owns several businesses and a fairly decent hunk of Kurdistan.

I set to work making the arrangements. My first task was to get a Coalition general officer to agree to go with us. That wasn't too difficult—my one-star Aussie boss rogered-up immediately. Then I set to work arranging the flights. I walked up to the air operations cell to discuss it with them. Most people just fill out the form on the secret web site, but I like visiting people the first time I try to do something, especially something a little tricky like this trip.

I knew I was in for a difficult time when the U.S. Air Force Tech Sergeant looked at my proposed itinerary and said, “Qalachulon...I've always wondered when someone was going to



Entrance to the military academy at Zacho



Babakir, dressed in traditional Kurdish garb, speaks with Brigadier Dunn (Australian Army), while Hussain looks on.

ask me to fly there." He looked up at a huge map of Iraq on the wall above his desk, leaning back to see the northeastern portion. All over the map I saw now-familiar names and symbols for helipads and landing fields. No such markings were printed on the map for Qalachulon. The only marker for the town was a Post-it® pointer with "Qalachulon" written on it by an anonymous predecessor.

It took days to plan the trip. When departure day came, however, nothing could fly due to a dust storm. I studied other options for the next day, but the dust storm persisted. We called Zacho and cancelled the visit. The next day, I was with Hussain in Babakir's office when one of the staff approached us and expressed his apologies that we were unable to visit Kurdistan. Hussain, who was translating, said "He was going to have us to his farm in Kurdistan for lunch, and he had made all of the arrangements." I said we were the ones who should apologize and then later asked Hussain why this gentleman was going to host us. Hussain looked at me, perplexed, and said, "Because Babakir told him to."

At this point I should explain that most, if not all, of the immediate office staff for Iraqi senior officers are related to the senior officer. The senior officer receives a certain stipend for hiring his protective service details, his aide, his office manager and so on. They usually hire family or tribe members for these jobs because 1) families and tribes are very tight and important in Arab culture, 2) the senior officer is accorded sheik-like status and expected to help his family, and 3) in a place as dangerous as this is, you have to really trust those who know your schedule, travel plans, home address and so on.

So, most of the officers and staff in Babakir's office are relatives. When he goes to Kurdistan, so do they. Friends of his are automatically friends of theirs. They speak Kurdish in the office, as well as Arabic,

and serve Kurdish refreshments. The bottled water served in Babakir's meetings is bottled in his family bottling plant.

Anyhow, I was disappointed about not going, until Hussain said he thought we should still go because he hadn't seen Qalachulon and needed to visit Zacho again. General Dunn (my Aussie boss) was still game. So, I made another set of flight arrangements: a helo from the Green Zone to Baghdad International, a C-12 from Baghdad to Mosul and a helo from Mosul to Zacho. Hussain, working with Babakir, promised we'd have an amazing drive from Zacho (near Turkey) to Qalachulon.

Then Capt. Noble, Babakir's advisor, told me the General would be home on leave during our visit. As it turns out, Hussain already knew and we were now invited to Babakir's ranch for lunch on the day we'd be driving across Kurdistan.

Babakir and Hussain were right: Kurdistan was amazing and different from everywhere else I'd been in Iraq. Security was so tight we eventually hid our weapons. We ate in restaurants and went to a shopping mall. Building and highway construction was prevalent in every city and town. We saw smiling children. We stayed in a hotel for two nights and we were treated as liberators. We shopped in a street market in Sulaymania and flew out of the commercial airport. The economy was booming.

I believe there are several reasons for this, but the main ones are oil revenue and the near decade-jump Kurdistan had on the rest of Iraq as a result of Operation Northern Watch. Also important, the Kurds settled a long, bitter, and bloody tribal rivalry, allowing the economy to blossom.

It gives one hope the rest of Iraq will be similarly pleasant in ten years.



Lunch for Babakir and a hundred or so guests under the gazebo near the river.

-CONTINUED NEXT MONTH-

ACRONYMS

You Should Know These

AA - Authorized Absence
AAFES - Army and Air Force Exchange Service
ABSC - Active Billet Sequence Code
AC - Active Component
ADSW - Active Duty for Special Work
ADT - Active Duty Training
AO - Area of Operations
AOC - Aviation Officer Candidate
AOI - Area of Influence
AOR - Area of Responsibility
APG - Advanced Pay Grade
AT - Annual Training
ATP - Additional Training Period

BUDS - Basic Underwater Demolition School
BUMED - Bureau of Medicine and Surgery

CACO - Casualty Assistance Calls Officer
CAI - Cross-Assigned In
CAO - Cross-Assigned Out
CEC - Civil Engineering Corps
CFC-A - Coalition Forces Command - Afghanistan
CFL - Command Fitness Leader
CITF - Criminal Investigative Task Force
CJSOTF - Combined Joint Special Operations Task Force
CJTF - Combined Joint Task Force
COB - Close of Business
COLA - Cost of Living Allowance
CMS/ID - Career Management System Interactive Detailing
CNAFR - Commander, Naval Air Force Reserve
CNIC - Commander Navy Installations Command
CNR - Chief of Navy Reserve
CNRC - Commander Navy Recruiting Command
CNRFC - Commander, Navy Reserve Forces Command
COMRATS - Commuted Rations
CONUS - Inside the Continental United States
COCOM - Combatant Commander
CSG - Carrier Strike Group

DCO - Direct Commission Officer
DDS - Direct Deposit System
DEERS - Defense Eligibility Enrollment Reporting System
DEMOB - Demobilization
DFAS - Defense Finance and Accounting System
DOD - Department of Defense
DONTFS - Department of the Navy Total Force System

ECRC - Expeditionary Combat Readiness Center
EOS - Expiration Of Service
ESG - Expeditionary Strike Group
ET - Equivalent Training

FOB - Forward Operating Base
FOUO - For Official Use Only
FTS - Full Time Support

IA - Individual Augmentee
IADT - Initial Active Duty Training
IAG - Information Assurance Group
IAP - In Assignment Processing
IDT - Inactive Duty Training
IDTT - Inactive Duty Training Travel
IED - Improvised Explosive Device
IMAPMIS - Inactive Manpower and Personnel Management Information System
IRR - Individual Ready Reserve
ISAF - International Security Assistance Force

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

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

NAF - Naval Air Facility
NAS - Naval Air Station
NAT - New Accession Training
NAVELSG - Navy Expeditionary Logistics Support Group
NAVSTA - Naval Station
NAVET - Navy Veteran
NCO - Non-Commissioned Officer

NCS - National Call to Service
NEC - Navy Enlisted Classification (or Code)
NECC - Navy Expeditionary Combat Command
NEX - Navy Exchange Service
NMPS - Navy Mobilization Processing Site
NOBC - Navy Officer Billet Classification (or Code)
NOE - Notice Of Eligibility
NOSC - Navy Operational Support Center
NPQ - Not Physically Qualified
NR - Navy Reserve
NRIP - Navy Reserve Intelligence Program
NROTC - Naval Reserve Officer Training Corps
NROWS - Navy Reserve Order Writing System
NRWS - Navy Reserve Web Site
NSA - Naval Support Activity
NSIPS - Navy Standard Integrated Personnel System
NSPS - National Security Personnel System

OCNR - Office of the Chief Navy Reserve
OCONUS - Outside Continental United States
OCS - Officer Candidate School
OIC - Officer In Charge
OJT - On the Job Training
OLA - Office of Legislative Affairs
OPNAV - Office of Chief of Naval Operations
OPSEC - Operational Security
OPTEMPO - Operational Tempo
ORM - Operational Risk Management
OSC-A - Office of Security Cooperation - Afghanistan
OSO - Operational Support Officer

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

RBSC - Reserve Billet Sequence Code
RC - Reserve Component
RCC - Reserve Component Command
RCCPDCS - Reserve Component Common Personnel Data System

RCHB - Reserve Cargo Handling Battalion
RESFORON - Reserve Force Squadron
RIAC - Reserve Intelligence Area Commander
RIPO - Reserve Intelligence Program Officer
RHS - Reserve Headquarters System
RTB - Reserve Transition Benefits
RTSS - Reserve Training Support System
RUAD - Reserve Unit Assignment Document
RUIC - Reserve Unit Identification Code

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

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

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

VTU - Volunteer Training Unit



RC Phone Directory

Chief of Navy Reserve (703) 693-5757	Roanoke, Va. (866) 527-6595	San Antonio, Texas (210) 225-2997	Rock Island, Ill. (309) 782-6084	Region Northwest RCC (425) 304-3338	VAQ-209 (240) 857-7828	Fleet Activities Chinhee, Korea 011-82-55-540-2852
Office of the Chief of Navy Reserve (703) 693-5757	Rochester, N.Y. (585) 247-6858	Shreveport, La. (318) 746-9657	Saginaw, Mich. (989) 754-3091	Kitsap, Wash. (360) 627-2203	VAW-77 (504) 390-6288	Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1000 x144
Commander Navy Reserve Forces Command (757)445-8500	Schenectady, N.Y. (518) 399-2134	Tallahassee, Fla. (850) 576-6194	Sioux Falls, S.D. (605) 336-2402	Billings, Mont. (406) 248-2090	VFA-204 (504) 678-3491	Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1134
Force Equal Opportunity Advisor and EO Hotline Chief Dionn Henderson 1-877-822-7629 (757) 322-5679	Syracuse, N.Y. (315) 455-2441	Tampa, Fla. (813) 828-1971	Springfield, Mo. (417) 869-5721	Boise, Idaho (208) 422-6236	VFC-12 (757) 433-4919	Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808)473-4627
Naval Air Facility, Washington DC (240) 857-4880	White River Junction, Vt. (802) 295-0050	Waco, Texas (254) 776-1841	St. Louis, Mo. (314) 263-6490	Cheyenne, Wyo. (307) 773-6500	VFC-13 (775) 426-3644	Fleet and Industrial Supply Center San Diego, Calif. (619) 532-3439
Naval District Washington RCC (240) 857-4880	Wilmington, Del. (302) 998-3328	West Palm Beach, Fla. (561) 687-3960	Toledo (Perryburg), Ohio (419) 666-3444	Eugene, Ore. (541) 342-1887	VFC-111 (305) 293-2654	Fleet Air Mediterranean 011-39-081-568-4184
Baltimore, Md. (410) 752-4561	Wilmington, N.C. (910) 762-9676	Region Mid West RCC 1-847-688-4916	Tulsa (Broken Arrow), Okla. (918) 258-7822	Everett, Wash. (425) 304-4777	HSC-85 (619) 545-7218	Fleet Forces Command (757) 836-3644
Region Mid Atlantic RCC (757) 444-7295	Akron, Ohio (330) 376-9054	Battle Creek, Mich. (269) 968-9216	Wichita, Kan. (316) 683-3491	Fort Richardson, Alaska (907) 384-6491	HCS-84 (757) 445-0861	Fleet Intelligence Training Center Pacific (619) 524-5814
Amityville, N.Y. (631) 433-2532	Chattanooga, Tenn. (423) 698-8955	Chicago, Ill. (847) 688-3760	Youngstown, Ohio (330) 609-1900	Helena, Mont. (406) 449-5725	HSL-60 (904) 270-6906	Headquarters US Marine Corps DSN: 278-9360
Avoca, Pa. (570) 457-8430	Region Southeast RCC (904) 542-2486 X123	Cincinnati, Ohio (513) 221-0138	Region Southwest RCC (619) 532-1842	Portland, Ore. (503) 285-4566	VP-30 SAU (904) 542-3060	Joint Chiefs of Staff (703) 693-9753 (703) 695-1033
Bangor, Maine (207) 974-1301	Amarillo, Texas 1-866-804-1627	Columbus, Ohio (614) 492-2888	Alameda, Calif. (510) 814-2605	Spokane, Wash. (509) 327-3346	VAQ-129 SAU (360) 257-2276	Joint Transformation Command for Intelligence (757) 836-7000
Bronx, N.Y. (718) 892-0312	Atlanta, Ga. (678) 655-5925	Decatur, Ill. (217) 875-1733	Albuquerque, N.M. (505) 292-4141	Whidbey Island, Wash. (360) 257-2922	VAW-120 SAU (757) 444-5072	Judge Advocate General (202) 685-5190
Buffalo, N.Y. (716) 807-4769	Augusta, Ga. (706) 733-2249	Des Moines, Iowa (515) 285-5581	Denver, Colo. (720) 847-6205	VP-62 (904) 542-2211	VFA-125 SAU (559) 998-1841	Logistics Group Western Pacific 011-65-6750-2645
Charlotte, N.C. (704) 598-0447	Austin, Texas (512) 458-4154	Detroit, Mich. (586) 239-6148	Fort Carson, Colo. (719) 526-2964	VP-69 (360) 257-6969	HSC-3 (619) 545-8196	Marine Forces Reserve (504) 678-1290
Earle, N.J. (732) 580-8545	Bessemer, Ala. (205) 497-2600	Fargo, N.D. (701) 232-3689	Guam (671) 339-6724	Fleet Logistics Support Wing (817) 825-6438	HS-10 (619) 545-6600	Merchant Marine Reserve Program (504) 678-0590
Ebensburg, Pa. (814) 472-5083	Charleston, S.C. (843) 743-2620	Grand Rapids, Mich. (616) 363-6889	Pearl Harbor, Hawaii (808) 471-0091	VR-1 (240) 857-3722	VFA-106 (757) 433-9081	Military Sealift Fleet Reserve Support Command (202) 685-5155
Eleanor, W. Va. (304) 586-0326	Columbia, S.C. (803) 751-9251	Green Bay, Wis. (920) 336-2444	Las Vegas, Nev. (702)632-1455	VR-46 (817) 782-3420	VFA-122 (559-998-3482	Mine and Anti-submarine Warfare Command Corpus Christi (361) 961-4858
Erie, Pa. (814) 866-3073	Columbus, Ga. (706) 522-4670	Indianapolis, Ind. (317) 924-6389	Lemoore, Calif. (559) 998-3778	VR-48 (240) 857-6814	Operational Support Offices and Reserve Force Operations	Naval Air Force US Atlantic Fleet (757) 444-2928
Fort Dix, N.J. (609) 723-7160	Corpus Christi, Texas (361) 961-2241	Kansas City, Mo. (816) 923-2341	Los Angeles, Calif. (310) 241-2100	VR-51 (808) 257-3289	Allied Command Transformation (NATO) (757) 747-4071	Naval Air Forces/ Naval Air Force US Pacific Fleet (619) 545-2017
Greensboro, N.C. (336) 254-8671	El Paso, Texas (915) 565-3993	Knoxville, Tenn. (865) 545-4720	Moreno Valley, Calif. (951) 656-1199	VR-52 (215) 443 6600	Amphibious Group One 011-81-611-742-2377	Naval Construction Forces Command (757) 462-3943
Harrisburg, Pa. (888) 879-6649	Fort Worth, Texas (817) 782-1805	Lansing, Mich. (517) 482-9150	North Island, Calif. (619) 545-2610	VR-53 (240) 857-9029	Bureau of Medicine and Surgery (202) 762-3211	Naval District Washington Headquarters (202) 433-0960.
Lehigh Valley, Pa. (610) 264-8823	Greenville, S.C. (864) 423-5889	Little Rock, Ark. (501) 771-0880	Phoenix, Ariz. (602) 353-3002	VR-54 (504) 678-3700	Center for Naval Aviation Technical Training (850) 452-9700	Naval Education and Training Command (850) 452-4000
Manchester, N.H. (603) 537-8023	Gulfport, Miss. (866) 502-1271	Louisville, Ky. (502) 375-3329	Point Mugu, Calif. (805) 989-7559	VR-55 (805) 989-8755	Comptroller of Navy (202) 685-7000	Naval Facilities Engineering Command (202) 685-9008
New London, Conn. (860) 625-3208	Harlingen, Texas (956) 425-0404	Madison, Wis. (608) 249-0129	Port Hueneme, Calif. (805) 982-6106	VR-56 (757) 433-4065	Defense Intelligence Agency (202) 231-4044	Naval Health Care Newport, RI (401) 841-3771
Newport, R.I. (401) 841-4550	Houston, Texas (713) 795-5202	Memphis, Tenn. (901) 874-5256	Reno, Nev. (775) 971-6289	VR-57 (619) 545-6920	Defense Logistics Agency (877) 352-2255	Naval Hospital Bremerton, Wash. (360) 475-4000 Naval Hospital
Norfolk, Va. 757-318-4500	Jacksonville, Fla. (904) 542-3320	Milwaukee, Wis. (414) 744-9764	Sacramento, Calif. (916) 387-7100	VR-58 (904) 542-4051	Destroyer Squadron Two (757) 444-1452	
Plainville, Conn. (860) 747-4563	Meridian, Miss. (601) 679-3610	Minneapolis, Minn. (612) 713-4605	Salt Lake City, Utah (801) 736-4200	VR-59 (817) 782-5411	Employer Support of the Guard and Reserve (ESGR) (800) 336-4590	
Pittsburgh, Pa. (412) 673-0801	Miami, Fla. (305) 628-5150	Nashville, Tenn. (615) 267-6345	San Diego, Calif. (619) 545-2610	VR-61 (360) 257-6595	Expeditionary Strike Group Two (757) 462-7403 x 110	
Quincy, Mass. (617) 753-4600	New Orleans, La. (504) 697-9205	Oklaheoma City, Okla. (405) 733-1052	San Jose, Calif. (408) 294-3070	VR-62 (904) 542-8557	Expeditionary Strike Group Three (619) 556-1470	
Raleigh, N.C. (866) 635-8393	Orlando, Fla. (407) 240-5939 x 2117	Omaha, Neb. (402) 451-2098	Tucson, Ariz. (520) 228-6282	VR-64 (215) 443-6400	First Naval Construction Division (757) 462-8225 x 222	
Richmond, Va. (804) 271-6096	Pensacola, Fla. (850) 452-1341	Peoria, Ill. (309) 697-5755	ETD Pacific 808-448-9278	Tactical Support Wing (678) 575-6830		
Puerto Rico (787) 707-2324						

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
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and Oceanography Command
(228) 688-4384

Naval Network
Warfare Command
(540) 653-5001

Naval Network
Warfare Command
(757) 417-6750

Naval Operational
Logistics Support Center
(717) 605-5790

Chief of Naval Operations
(703) 697-5664

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

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

Naval Personal Development
Command
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Naval Sea
Systems Command
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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 War College
(401)-841-3089

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

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

Navy Expeditionary Combat
Command
(757) 462-4316

Navy Expeditionary
Logistics Support Group
(757) 887-7639

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

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

NIOC Norfolk, Va.
(757) 417-7112

NIOC Pensacola, Fla.
(850) 452-0400

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

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

Navy Installations Command
(202) 433-3200

Navy Munitions Command
(757) 887-4541

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 Africa Command
011-49-711-729-4484

US Southern Command
(305) 437-1109

US Strategic Command
(402) 294-8141

US Third Fleet
(619) 524-9537

US Transportation Command
(618) 229-4278

Navy 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
Southwest 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

Navy 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

CNRN CNAATRA/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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